Some Viewpoints on Professional Education in Social and Societal Psychiatry and Mental Health

An European Public Mental Health Perspective

by

Professor Wolfgang Rutz MD, PhD

Director Mental Health Program
WHO Europe 1998 – 2005
Head / Unit for Public Mental Health
Uppsala University Hospital 2005-2009
Faculty of Social Sciences / Coburg University

WASP Lisbon 2013
World Health Assembly - May 2013: Comprehensive Mental Health Action Plan 2013 - 2020

• Comprehensive, integrated and responsive mental health and social care in community-based settings
• Mental Health Care, promotion and prevention
• User driven treatment and recovery
• Family involvement
• All stakeholders in cooperation
• Norwegian Health Minister:
  All Ministers are Ministers of Health
Mental Health Promotion – Prevention - Treatment
An Issue of Complexity

• Biological - Genetic – Epigenetic Vulnerability
• Additive Environmental and Stress Factors in Interaction:
  Determinants of Health and Mental Health
• Processes of
  Decompensation and Recovery,
  Thresholds, ”Functional Shifts”
  Reversibility
• Need for Process Thinking, Individual Adaptation,
  Intersubjectivistic Patient Centred Approaches
• Differences in Phenomenology, Laden, Consequences
  and unmet needs durin life course
WHO

“Health For All” - “The Solid Facts”
Determinants of Health and Welfare

-Cohesion: existential values, meaning, self-transcendence

-Control: mastery, participation, self-directedness

-Connectedness: social significance, to care, to be cared for

-Caseness: (“Ipseity”, “Personhood”):
  Autonomy, integrity, identity, status, dignity, equality


• UN:
  Health, Treatment and Access to Determinants of Health
  – A Human Right
Eastern Europe during the 90-ies: An Epidemiological Laboratory Situation

Life Expectancy at Birth – Years

Source: WHO/Europe, European HFA Database, June 2006
Suicide in Transition
“High suicide” cluster - males

SDR, suicide and self-inflicted injury, 0-64 per 100000, male
Cardiovascular Death in Transitional Societies

SDR(0-64), Ischaemic heart disease, per 100000
Homicides in Existential Transition
”Fabric of Society”
Education I
Essence of Social Psychiatry

• Rethinking - Reconceptualisation – Renaissance

• Integration – Synopsis - Confluence:
  – Body – Mind
  – Humanistic - Natural Sciences
  – Individual – Aggregate Level
  – Promotion – Prevention - Treatment – Recovery
  – Dimension – Categorisation
  – Classification of Disease (ICD) - Classification of Functioning (ICF)
Social Psychiatry and Mental Health Education III

• Evidence:
  Sophia – Phronesis – Episteme - Techne

• Personcentred – Focus on People

• Holistic:
  Condition Humana, Body and Mind

• Integration:
  Existential Cohesion, Control,
  Social Connectedness , Identity
  vs. Biological Vulnerability

• Social – Community - Societalal Psychiatry
Education IV

- Salutogenesis, Resilience, Promotion, Treatment Recovery – Rehabilitation
- Risk - Protection
- Individual – Aggregate Level – Service Design
- Signalfuction, Impact Analysis, Impact Assessment, Political Advise, Human Ecology
- Environment – Health Interaction
- Health Accountancy, Health and Risk Monitoring
- THIS NEEDS A NEW PROFESSIONAL IDENTITY
EDUCATION V

• *For this we need a Psychiatry that is*
• Holistic, integrative, synoptic and focussed on people and persons
• Psychodynamic, process as thinking and observing
• Dimensional and Categorizing
• Interested in the Complexity, Multimodality, Multidimensionality of Human Life, Wellbeing and Suffering
• Has a psychosocial, and existential approach against the background of biological vulnerability
• Interested in the borderlands of psychiatry towards other fields of humanistic science
• Respects the complimentarity, mutual interaction and presupposition of neurobiological and humanistic – psychotherapeutical approaches

• *Psychiatric Treatment is - like education - not a matter of product development*
• *Commitment to Human Ecology*
Education VI
Social Psychiatry – Public Mental Health

• Coordination and Conducting of Teamwork
• Intersectorial Cooperation with the First Line
• Intersectorial Cooperation with Decisionmakers and Opinionbuilders
• Public Mental Health – Rehumansiation - ”Conditio Humana” – ”Homo Mensura”
• Resilience and Pathogenesis – Private and Public Space
• Guidelines – Manuals – Intersubjectivistic Narratives
• Avoid ”Procrustes Bed”– Effect

• YOUNG PSYCHIATRISTS INTERESTED
Education VI

• **Social Psychiatry**
  has to integrate social humanism into the knowledge of and respect for biological determined vulnerability, but also the epigenetic influence of environmental factors on humans genetic make up influencing future generations.
Some Quotations
-Human Ecology and Mental Health-

- Kyprianou
  "The Societies we have created ... create mental ill health ... one of Europe's greatest killers"
- Virchow:
  "Medical Science --- is a social science."
- Osler:
  "Not the symptoms, but the person ..."
- Ortega y Gasset:
  "I am I and my circumstances"
- Eisenberg:
  "No mindless brain, no brainless mind"
- Marmot:
  "If the causes are psycho social, so should be the remedies."
- Moussaoui:
  "We are the specialists of Complexity – this stupid war has to be stopped"
WHO - New York Times - International Herald Tribune

- Increasingly in Europe, Suicides ‘by Economic Crisis’
- Dramatic Increase in Suicides in Greece, Ireland, Spain, Italy
- In Countries formerly known for good suicide data and positive mental health
- Today: USA increasing suicides due to economical crisis
- 90-ies: Mortality Crisis due to Transition in Eastern Europe
THANK YOU