

Implementation of Elements of the Belgian Best Practice in ESTONIA

BACKGROUND

CONTEXT: The pilot project is being implemented by the Ministry of Social Affairs' Mental Health Department in collaboration with Viljandi Hospital. Viljandi Hospital is the largest general hospital in Estonia and the only healthcare provider in Estonia that offers both inpatient and outpatient compulsory (also known as coercive) psychiatric treatment services for psychiatric patients directed to treatment by court order. The aim of the pilot project is to **develop community-based mobile mental health service to individuals with chronic mental health issues.**

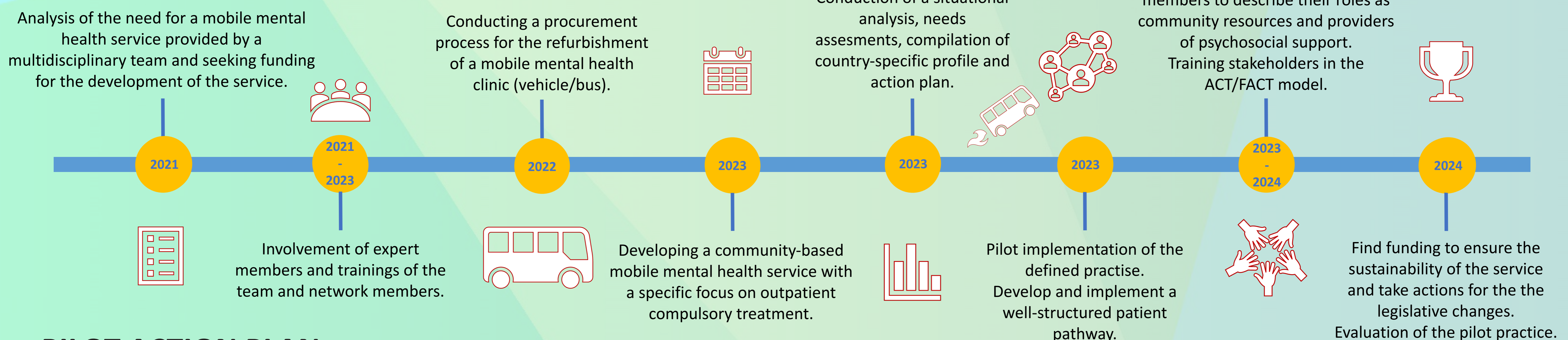
LEVEL OF IMPLEMENTATION: National level

GENERAL PURPOSE OF THE PILOT:

General purpose is to ensure the continuity, sustainability, and improved contact with the network members of individuals with chronic mental health issues through the creation of a community-based mobile mental health service. **The main goals of the service:**

- ✓ to provide service closer to the patient's place of residence
- ✓ assessment of the patient's adherence to treatment
- ✓ assessment of daily life coping skills
- ✓ prevention of crime and hospitalization
- ✓ developing network cooperation

Timeline of Implementation Process



PILOT ACTION PLAN

SA 1/ENSURE GOVERNANCE STRUCTURES/MECHANISMS - Set-up intersectoral networks at pilot site.

SA 2/DEVELOPMENT OR TRANSFORMATION OF MH SERVICES AND INTERVENTIONS - Prevention, support for mental health promotion, early interventions, screening, diagnostic.

SA 3/EXTENSIVE GLOBAL TRAINING PROGRAMME OF STAKEHOLDERS - Developing and implementing training & capacity building for all relevant stakeholders.

KEY LEARNINGS

CHALLENGES AND SOLUTIONS

The system of mental health support services is still fragmented, and its funding is heavily biased towards specialized medical care, but even the help provided at that level is far from sufficient, and its availability varies greatly by region. Access to quality services is limited, and the systematic development of community-based mental health services in Estonia is still in its early stages.

- ✓ Good cooperation with policy makers and political will to develop mental health services.
- ✓ Cooperation with local network members across the country.

POSITIVE OUTCOMES

- ✓ Mobile teams are patient-centric, recovery-oriented and cooperate with network members.
- ✓ A model has been created to describe a community-based mobile mental health service and the service has been piloted in geographically diverse regions of Estonia.

KEY LESSONS LEARNED

- ✓ Involving and promoting collaboration with the regional support network is crucial for identifying the needs of individuals undergoing outpatient compulsory treatment and ensuring support systems during and after the treatment.

GAINS FROM JA ImpleMENTAL NETWORK

- ✓ International cooperation to achieve common goals, establishing an international network.
- ✓ Involvement of experts in the implementation of project activities and ensuring the sustainability of project results.
- ✓ Exchange of experiences through trainings, workshops, and seminars.

Learn more about the Estonian community-based mobile mental health service by scanning the QR code here:

