

Implementation of Belgian Best Practice Mental Health Reform in Germany

BACKGROUND

• The Belgian Mental Health system includes various approaches, such as community-based care, early intervention and integration of mental health services into primary care. These approaches need to be implemented in Germany, to ensure a good-working, efficient mental health system. Therefore, the City of Delmenhorst is implementing the Best Practice as a pilot-project at **local level**. Delmenhorst has a total population of approx. **80,000**, with approximately **3,800 children with mentally ill parents**. The Delmenhorst Institute for Health Promotion has chosen these vulnerable families as their focus.

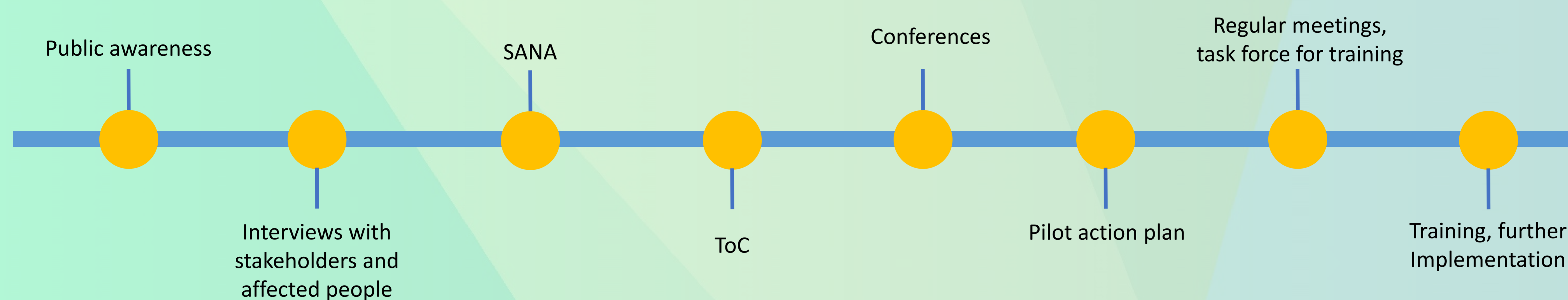
• The general approach is improving care for these highly vulnerable families by bringing together all relevant, analyzed occupational groups & settings looking at the issue in a holistic way:

-social work, medical and social care, emergency services, mental health services, (psychotherapeutic) practices and (psychiatric) clinics

-schools, kindergartens, workplaces

Furthermore, the approach of **participation** is to be brought into focus, which is why the individual needs for Delmenhorst were explored through interviews and are being adapted.

Timeline of Implementation Process



PILOT ACTION PLAN

SA 1: Intersectoral, multidisciplinary collaboration increased

SA 2: Stakeholders are more **sensitized** (regarding recovery and social inclusion) and **more transparent** in their offerings

SA 3: Awareness of MH issues, **destigmatization** and **social inclusion** are promoted through information and communication

SA 4: Mental Health professionals are well-trained and informed on **community coalition and sensibilization**

SA 5: The use of existing data is facilitated and disseminated

KEY LEARNINGS

Challenges and solutions

- Transform sector borders into sustainable collaboration
 - need of an independent institute without own interests that can mediate
- Lack of mental health data
 - concept for dashboard development

Positive outcomes

- All relevant stakeholders were successfully contacted and activated

Key lessons learned

- Dependance on resources/time and political and administrative structures.

GAINS FROM JA ImPLeMENTAL NETWORK

- High **motivation** due to scientific exchange on international level
- Access to **diverse perspectives** and **collaborations**
- **Sustainable change** based on the latest scientific evidence
- **Advice and coordination** in a structured way
- **Cultural exchange**
- Sense of **connection**
- Provides **support** that contribute in professional and personal **growth**