

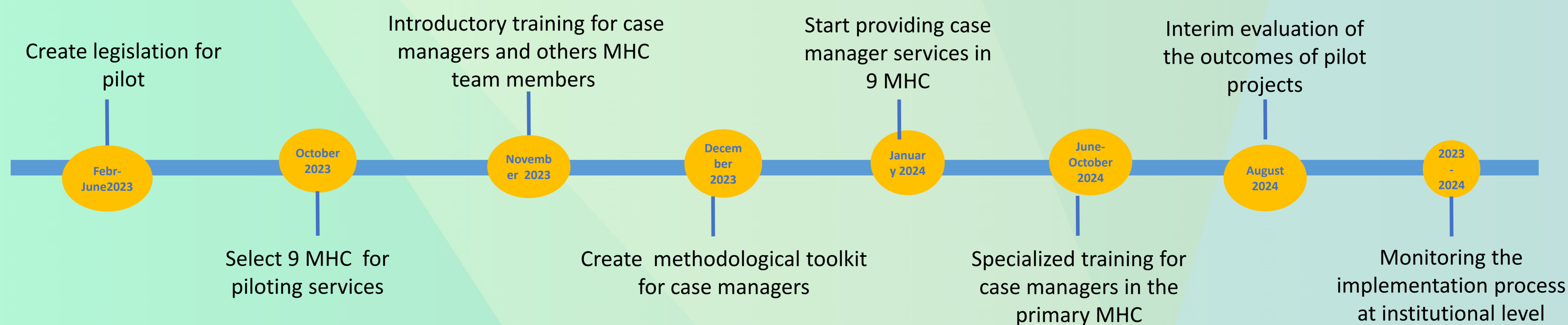
Implementation of Elements of the Belgian Best Practice in Lithuania

BACKGROUND

Lithuania covers an area of 65,300 km, with a population of 2.8 million, has 10 counties which are subdivided into 60 municipalities. Mental health care centers operate in 58 municipalities, but the mental health system remains geared towards hospital care. Lithuania has a high level of admissions to inpatient care, compared with ambulatory care, and high level of repeated hospitalizations. In order to improve the effectiveness of mental health services, Lithuania has prepared a mental health reform plan. The aim of the reform is to move from hospital-based services toward community-based services.

- **General Purpose of the Pilot** – to provide better-quality community-based services, increase patient’s satisfaction and decrease rehospitalization rate by providing community-based case manager services for severely ill patients
- **Level of Implementation** – National level
- **Target Population** – 9 counties (pilot)

Timeline of Implementation Process



CASE MANAGEMENT PILOT ACTION PLAN:

SA1. Ensure (strong) governance structures/mechanisms
creating necessary legislation for piloting and sustainability

SA2- Development or transformation of MH services and interventions
selecting PMHC for piloting + service providing + involving patients in service plans creating process

3 SA - Training
Introductory training for case managers in pilot + training for case managers when spreading services among country

4 SA – Communication
internal + external communication, awareness raising

5 SA: monitoring & evaluation
assessment of patients' quality of life before and after service provision

KEY LEARNINGS

Challenges

- No experience of providing the new type of services

Solutions

- To prepare methodology
- To Organise trainings for service providers

Positive outcomes

- Improved knowledge of stakeholders and other professionals in delivering of client-centered mental health services

Key lessons learned –

- Very important to implement a person-centred, strengths-based and recovery-focused paradigm and human rights-oriented approach in all mental healthcare services
- Ensuring sustainability for further funding is core element of pilot

Positive outcomes(gains) from your participation in JA ImplementAL Network -

- An opportunity to exchange experiences and avoid mistakes made by other countries
- Possibilities to organize training for service providers
- Improved suicide prevention and intervention model in Lithuania