

“1 in 4”

The anti-stigma strategy in Andalusia, Spain

Tackling stigma from general public campaigns to empowering the associative movement



Copenhagen, 20-22 September 2017



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1. Mental health care context



National Health System (Spain)

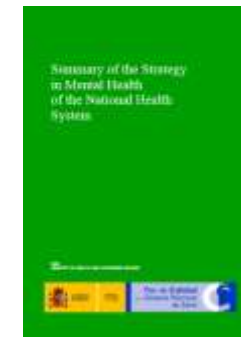
17 Autonomous Communities & 2 Autonomous Cities



- **Ministry of Health, Social Service & Equality** (Central Government): Basic and general health coordination, health abroad and international health agreement and pharmaceutical legislation
- **Regional Department of Health** (Autonomous Communities): Health planning, public health and health care

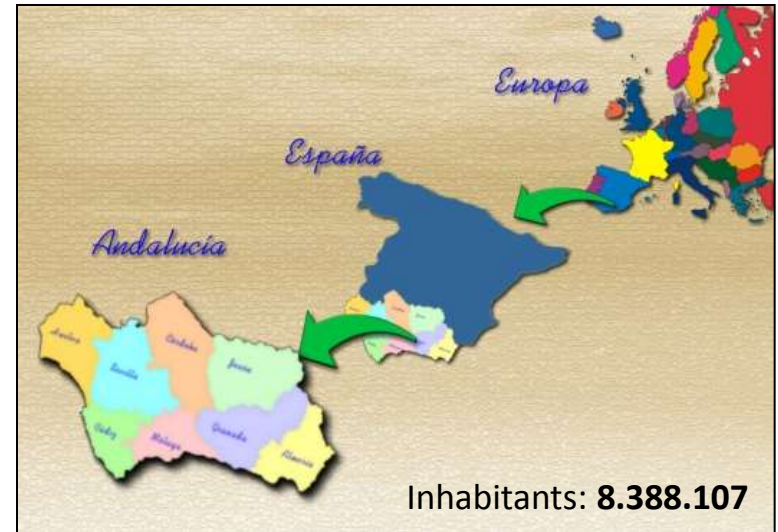
REGIONAL HEALTH SERVICES

Coordination:
Inter-territorial Council of the National Health System



Mental Health System in Andalusia

- **Primary care:** Health Centre
- **Specialized mental health care:**
 - Community Mental Health Centre
 - General Hospital Acute Mental Health Unit
 - Children & Adolescent Mental Health Centre
 - Rehabilitation Centre
 - Therapeutic Community
 - Day Hospital
- **Specialized social support. Main programmes:**
 - Housing
 - Employment
- **Users and relatives movements. Main programmes:**
 - Peer support
 - Leisure and social network
- **Access to ordinary services:**
 - Community Social Services
 - Employment
 - Education
 - Culture and sport
 - Economic support
 - Others



MH Community model
+
Recovery & Human Rights
approach



¿Cuál?

de estas personas puede tener una enfermedad mental



Las apariencias engañan.
No decidas por la cara.

Estas personas no son nutrición, enfermos o médicos. Algunos tienen enfermedad mental y otros no.

www.1decada4.es



2. Introduction to “1 in 4”



“1 in 4” strategy

- “1 in 4” (1decada4) is a cross sector anti-stigma strategy that started in 2007 as a part of a global approach that include the improvement of social & mental health services based on recovery and human rights principles.
- The general aims of “1 in 4” are:
 - Fight stigma, discrimination and human rights violation experienced by people with mental health conditions.
 - Support people with lived experience and relatives in their recovery journey.



“1 in 4” strategy

- “1 in 4” is co-ordinated by the **Awareness Group** that is part of the Comprehensive Mental Health Plan of Andalusia, formed by the following agencies:



- Andalusian Federation of People with Mental Health lived Experience
- Andalusian Federation of Relatives and People with Mental Illness
- Andalusian Health Service
- Andalusian Public Foundation for Social Integration of People with Mental Illness
- Andalusian School of Public Health



“1 in 4” strategy

- The cross sector actions are addressed to:
 - General population
 - Young people
 - Professionals from several sectors:
 - Media
 - Health & social service
 - Police & other security forces
 - Workplaces
 - People with mental health lived experience and families
- Also, 1 in 4 promote local actions, with the leadership of people with lived experience and relatives.



“1 in 4” strategy

Example of one of the actions taken addressed to health professionals



Mental health stigma affects the general health of people with mental health problems due to situations of discrimination that occur in health services





3. Key moments for the reorientation of 1in4



Key moments

- ❖ **Since 2008:** Inclusion of experts by experience and relatives voices & promotion of the recovery approach.
- ❖ **Since 2011:** Human rights as principal drive for 1in4 strategy, mainly within health service.



They are people's rights and therefore should be compulsory (CRPD), but also... →



Stigma

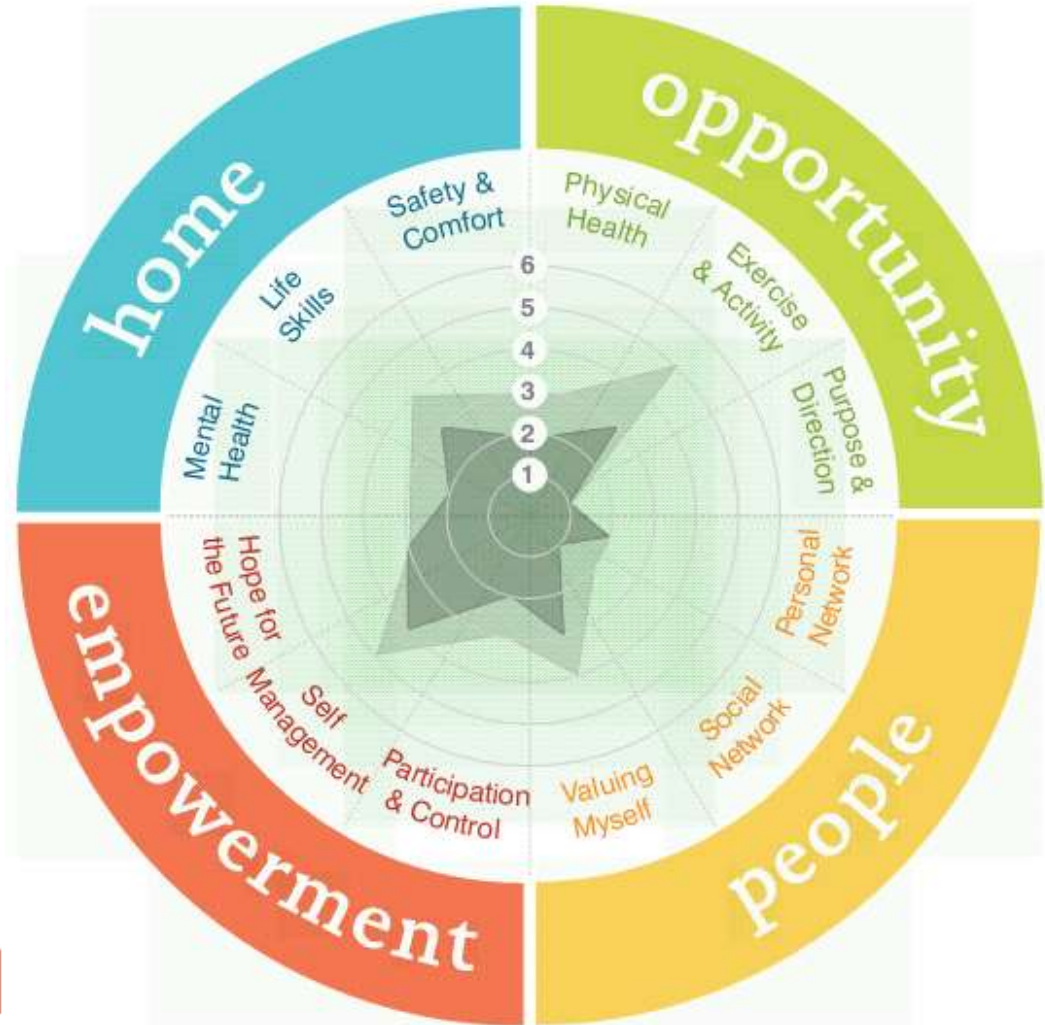


Discrimination
Human rights violations



Barriers to Recovery





HOPE
model of wellbeing

I-ROC

penumbra



Stigma, human rights & mental health care

- Non-violation of rights is not guaranteed by the community approach:
 - Violation of human rights are not exclusive of closed institutions
 - Old psychiatric institutions practices can be continued at the community *"old problems with new forms"*
- Violations of human rights are often related to the use of coercion in the process of care (actions taken against the person's will):
 - i.e. physical, mechanical or chemical restrain; involuntary admission...,
 - but also, forcing the person to participate in activities or making decision against their will (or without their consent).



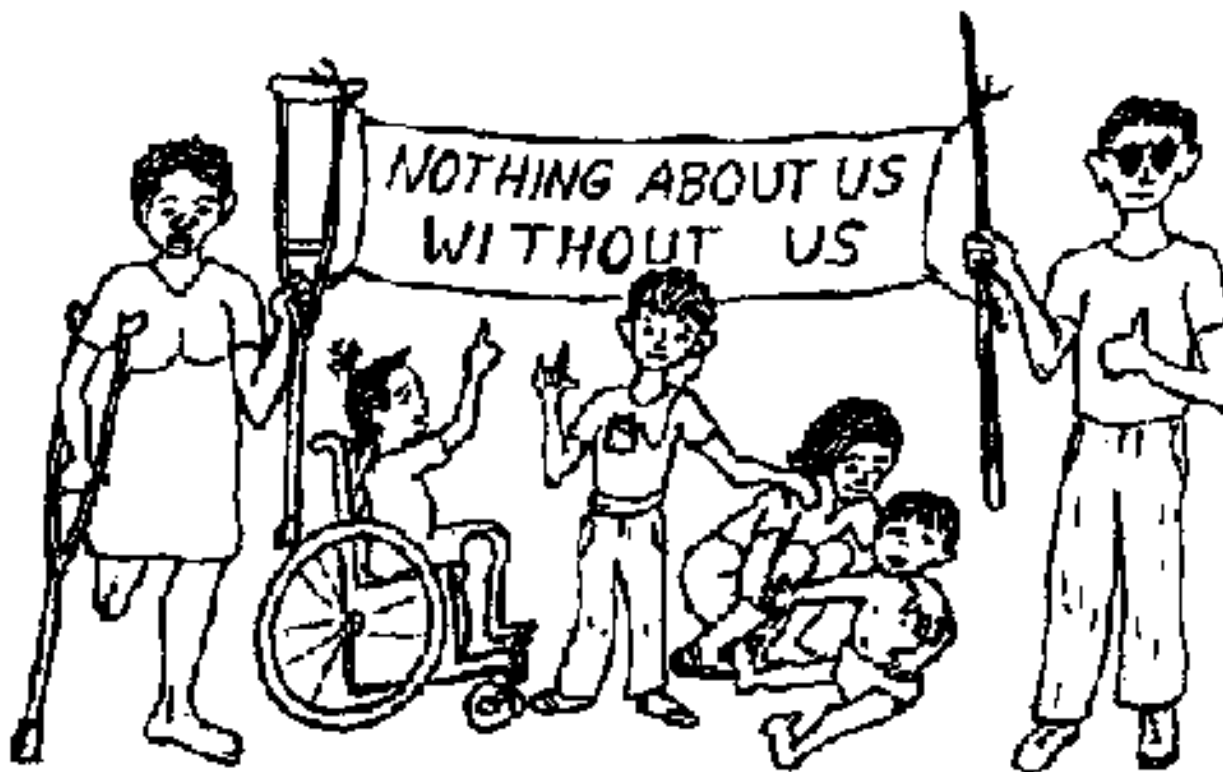
Violations of human rights against Recovery

- The use of coercion is contrary to recovery. **There is no recovery by force** and in the majority of situations coercion is a setback on the recovery journey.
- Coercion makes the person feel insecure within the services. They are seen as hostile to the person, who need to escape from them and not returning.



4. The leadership of people with lived experience and relatives organizations





- In Andalusia, as in the rest of the country, the first organizations that emerged after the arrival of democracy were the relatives movements.
- It was not until approximately 2000 that the first self-managed people with lived experience movements came out.
- After the incipient emergence of the self-managed associations, some tensions appeared within relative organizations, who were gradually incorporating people with lived experience too.
- At present, the two Andalusian federations that form part of 1decada4 are:



Practice leadership

- Since 2008, all actions are developed in co-production
- Almost all public budget addressed to fight stigma is given to people with lived experience & relatives associations to develop their own actions and strengthen their organizations (annual agreements are signed each year)
- Actually, the main role of 1in4 coordination team is to support, highlight and coordinate cross sector local actions
- New training looking at evidence based anti-stigma programs have been developed for people with lived experience & relatives organizations.



Example of actions addressing human rights

- Human rights & mental health awareness, with examples of rights violation in MH services based on the CRPDS and measures to ensure them.
- Stigma VS Recovery & Human Rights training courses, with the participation of service users and relatives, addressed to MH professionals.
- Human rights service users' guide made by the federation of people with lived experience, with the purpose of supporting people with MH problems to require rights, within the framework of the CRPD



Example of actions addressing human rights

- MH advanced decision making procedure and guide, addressed to practitioners and service users to guarantee the right of self-determination in case the person is considered not capable to decide for him or herself, during a certain period of time.
- Physical restraints prevention strategy, with clinical staff training (de-escalation techniques for prevention, critical incidence analysis, trauma due to restraint awareness...), data system to allow analysis, and measures for improvement and specific prevention plan.





5. Conclusiones



Conclusions

- People with mental health problems and relatives movements have strengthened in Andalusia in the last years and they are the main speakers against stigma in the region.



The voice against discrimination is the voice of people with lived experience

- At present, the main role of 1in4 is to support, highlight and coordinate cross sector local actions leaded by them.



Conclusions

- Supporting these movements have multiple outcomes:
 - it helps them speak out against stigma as the most authorized voice in the field;
 - it gives social and political visibility to mental health issues with a positive impact.
 - it empowers people with lived experience and strengthens their social recovery...but...don't forget a fundamental challenge:
 - The need of mental health services transformation (based on recovery and human rights principles)



Many thanks

