

# Role of District Public Health Office: A Public Health Approach

Public Mental Health in Nepal: Training of District Public Health Officers

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# Public Health Approach

# Overview of public mental health approach advocated by WHO (2001)

- Provide treatment in primary care
- Make psychotropic drugs available
- Give care in the community
- Educate the public
- Involve communities, families and consumers

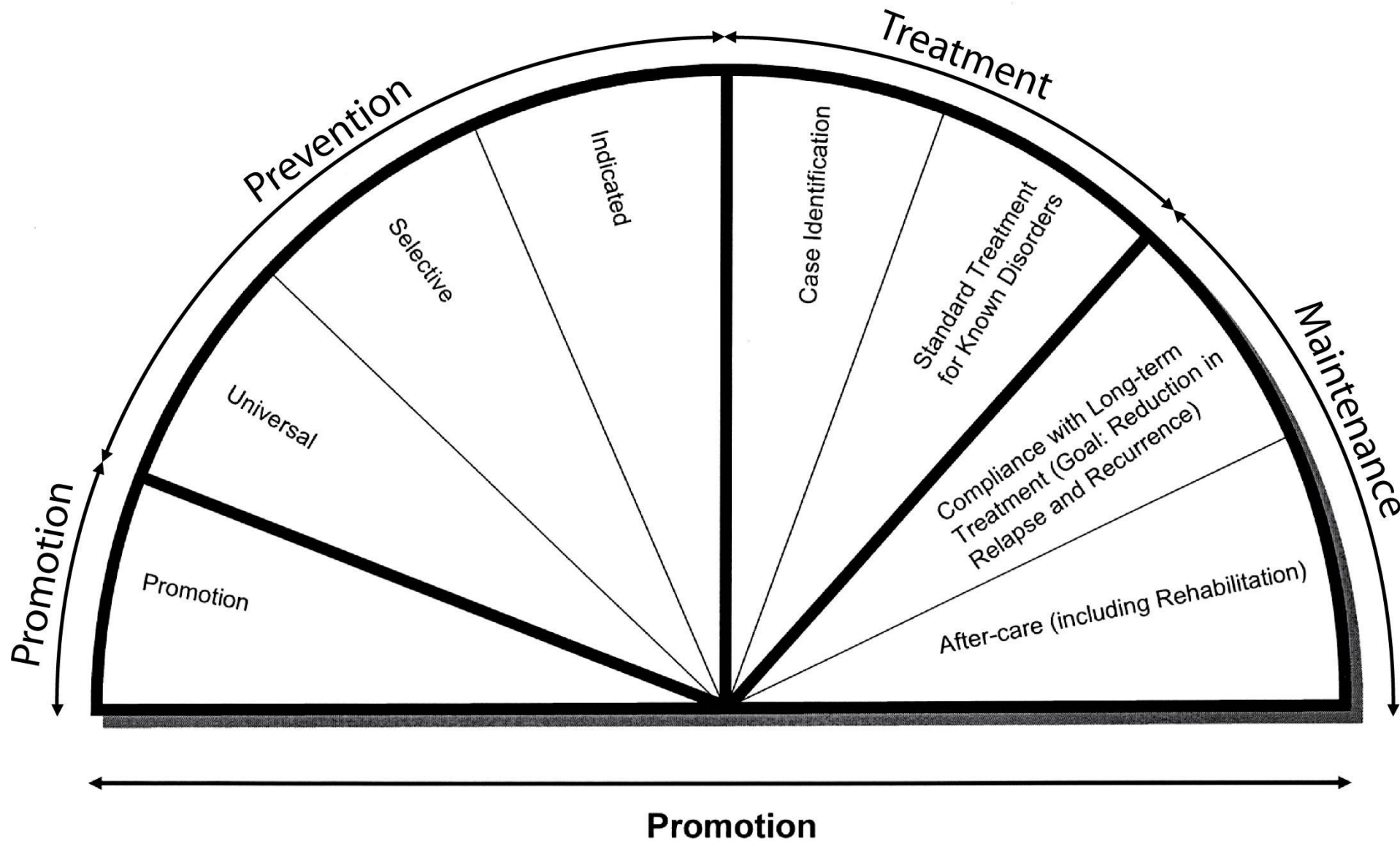
# Public mental health approach WHO (2001)

- Establish national policies, programs and legislation
- Develop human resources
- Link with other sectors
- Monitor community mental health
- Support more research

# Public Health Approach to Mental Health:

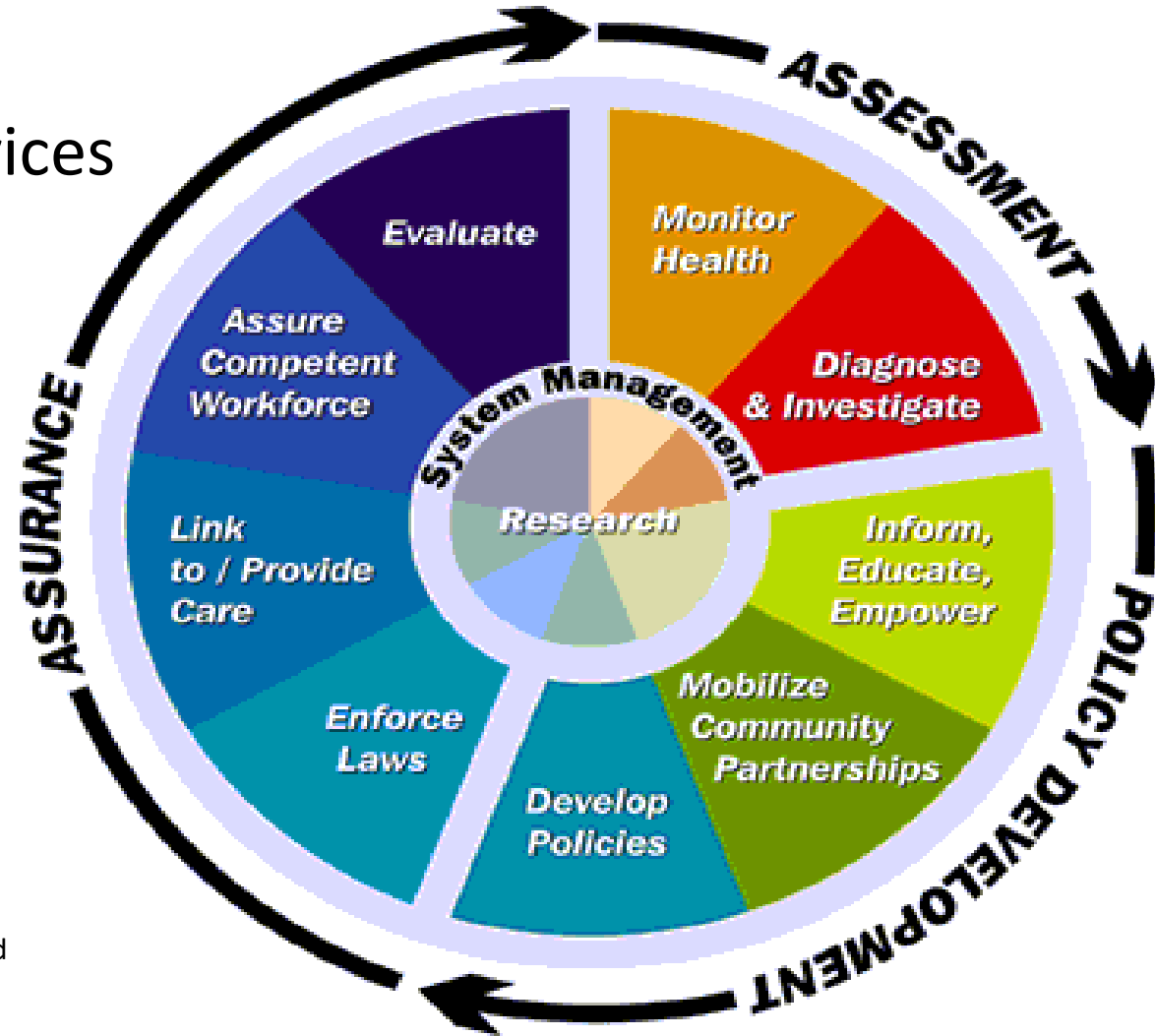
- Population Focus
- Includes Promotion and Prevention
- Addresses Determinants of Health
- Process/Action Steps
- Resource-efficient
- High impact

# Mental Health Intervention Spectrum



# The Public Health Approach: Process

- Three core functions
- Ten essential elements/services



# Roles of DPHOs



# DPHO's Three Roles at Three Levels

1. Ensure adequate individual-level services: manage/organize treatment, care, and rehabilitation services

- Arrange in-service training of general health workers from district hospital, PHCs, HPs on mental health
- Arrange for training of mid-level community psychosocial workers
- Orient FCHVs on mental health issues and their responsibilities (identify, refer, report)
- Organize monthly outreach program with nearest mental health team

# DPHO's Role contd.

2. Provide population services: campaigns, awareness programs, screening programs

- Conduct at least one promotive and one preventive activity per year

# DPHO's Role contd.

3. Take intersectoral action: DPHOs acts as stewards of mental health sector; should take a leadership role in coordinating multisectoral collaborations, advocacy for improved policy and legislation, and mobilization of resources from private, NGO, governmental (health and non-health) sectors as well as the community

- Develop, strengthen, and sustain self-help organizations for individuals with mental illness and their families/carers
- Make sure livelihood, safe motherhood, and early childhood programs include or prioritize mentally ill and disabled
- In some districts the local department of women and children has allocated space for a psychosocial counseling center

# Experiences sharing from districts

- Brainstorming

# Remember

- Mental health is more than the absence of mental illness: it is vital to individuals, families and societies
- There is no health without mental health
- Mental health can be enhanced by effective public health interventions

Thank You.