

IMPROVING ACCESSIBILITY AND EFFICIENCY OF CHILDREN'S MENTAL HEALTH SERVICES IN ESTONIA

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INTRODUCTION

According to the WHO worldwide 10-20% of children and adolescents experience mental disorders¹. Moreover research findings have shown that less than half of the children and adolescents with mental health problems actually receive treatment or are recognized by their parents or professional². Therefore increasing awareness about mental health problems, providing reliable information, improving early detection and equal coverage of services are of utmost important.

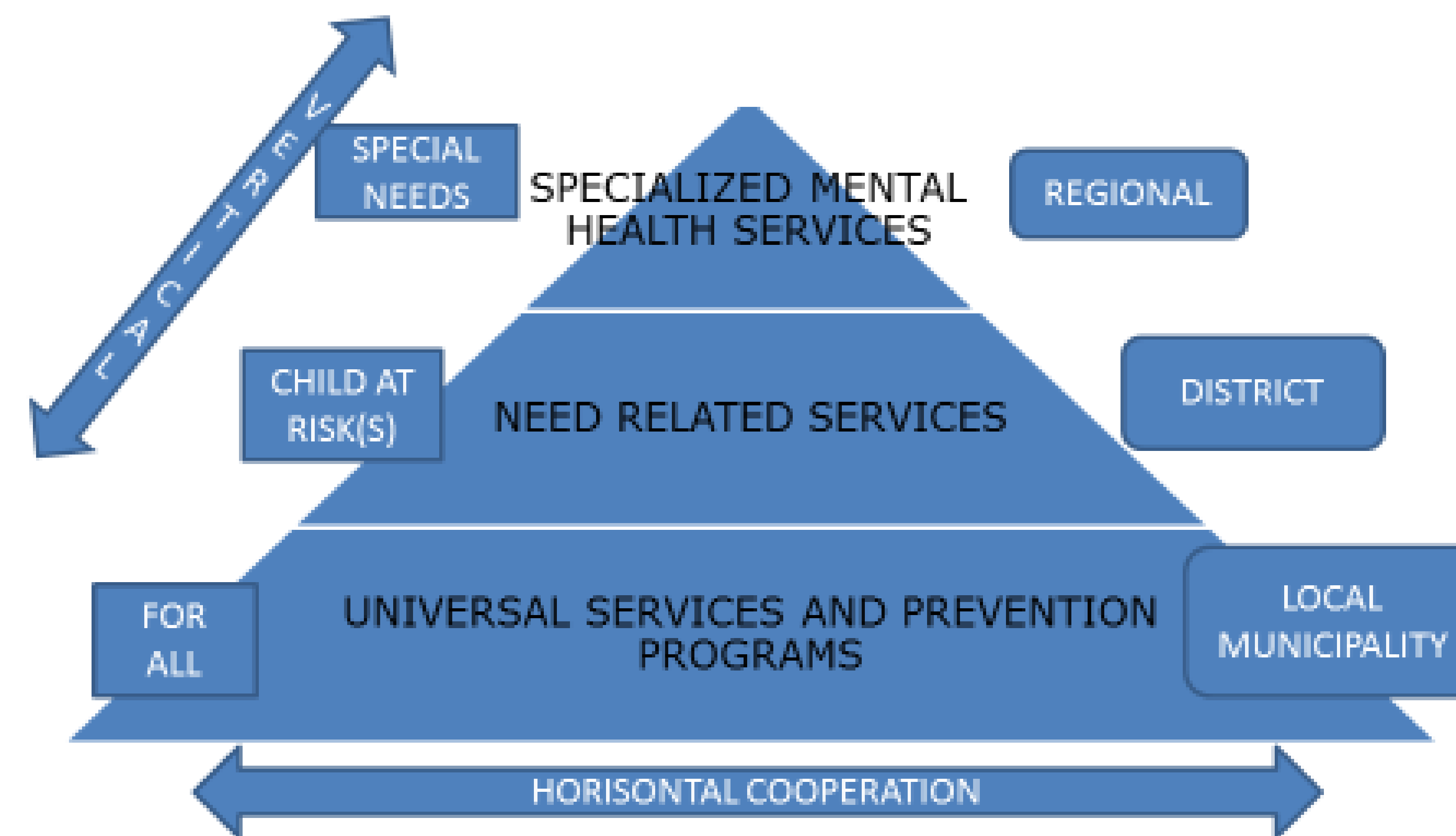
OBJECTIVES

The aim is to describe an integrated system how children mental health services are developed and mental health literacy is improved in Estonia.

METHODS

The proposal is a descriptive analysis of an ongoing development of children's mental health services and mental health system in Estonia. Under the Norwegian Financial Mechanism, Estonia is developing a system of integrated services in three levels for improving service delivery, increasing mental health competence among specialists and determine cross-sector responsibilities³. Additionally web-based mental health services and information sources were developed for providing first counselling and information on mental health to foster help-seeking behaviour which also help to increase awareness and decrease stigmatization of mental health problems.

Integrated services in three levels:



RESULTS

By developing a system of integrated mental health services and web-based mental health services shortages of the service delivery and cross-sector cooperation will be improved. Specifically providing trainings and supervision for specialists from different sectors will help to increase early detection of mental health problems and provide needful services on time. For example during the Norway Grants programme period in 2014-2016 specialists around Estonia have involved with trainings and supervision and approximately 5000 children have benefitted with integrated mental health services. Besides psychiatric services approximately 6535 children and youngsters got help through e-counselling services. Several self-help tools were developed, for example smartphone applications for preventing common mental health problems, interactive cognitive trainings, videos and animations. All developed tools are available on two websites (enesetunne.ee, peaasi.ee), which provide comprehensive information about different mental health problems and general mental health topics. Websites have 15 000 -17 000 visits per month.

REFERENCES

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