

# What is needed in order to scale-up child mental health care services in Viet Nam?

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Is the burden of child mental disorders a public health problem in Viet Nam?

- Certainly YES.
- Evidence from community-based surveys using SDQ25:
  - Tuan et al. (2003): 20% (n=998 children 8 yrs from 31 communes of 5 provinces across the country)
  - Thach et al. (2007): 14% in Khanh Hoa province (n=771 children 11-17 yrs), and 15.2% in Da Nang city (n=597 children 11-17 yrs).

# How about current child mental health care services?

- Almost nothing!
- Evidence:
  - *None of the total cases identified from the community-based surveys 2003; 2007 had ever received psychiatric treatment;*
  - *Child mental health care services are available only in Hanoi (National Hospital of Paediatrics; TuNa clinic of RTCCD; Sao Mai; N-T Center) and Ho Chi Minh city (Paediatric Hospital No.1 & 2). No services in other provinces, even at the Center of Paediatrics, Hue Central Hospital.*
  - *National community mental health care project: distribution of drugs to patients with schizophrenia or epilepsy discharged from central or provincial hospitals of psychiatry; no specific components for child's mental health*

## **SWOT** ANALYSIS

### for scaling up child mental health care

- **Strengths:**

- Strong Primary Health Care System resulted in good outputs in EPI, antenatal care (>70% pregnant women got 3 antenatal care visits)
- Very strong political will for poverty reduction.
- Evidence on burden of mental disorders as public health issue has reached government agencies & international organizations working in Viet Nam
- Screening tools for common mental disorders are validated
- There has been the initiative for the early detection of common mental disorders using psychological screening tools and a clinic which provides mental health care services following WHO recommendations has been operating well.

## *SWOT* ANALYSIS

for scaling up child mental health care

- **Weaknesses**
  - Mental health care is limited within the psychiatric community
  - Lack of critical mass trained on modern mental health care community mental health
  - Lack of awareness for maternal mental health care among those are running the maternal health care system (government, international donors, INGOs...).
  - Research capacity is very weak (350 papers published/year - nation wide)

## *SWOT* ANALYSIS

for scaling up child mental health care

- Opportunities:
  - Public awareness on mental health is increasing;
  - Recently, Buddhism is in favour with political views; people are more attracted to yoga
  - Internationally, a call for scaling up mental health care in developing countries has been released.

## *SWOT* ANALYSIS

for scaling up child mental health care

- Threats:
  - Market-oriented approach: Health care system is driven toward a more curative than preventive one
  - Mental health care infrastructure: **very poor**
  - International collaboration on research & education for mental health care: **little**

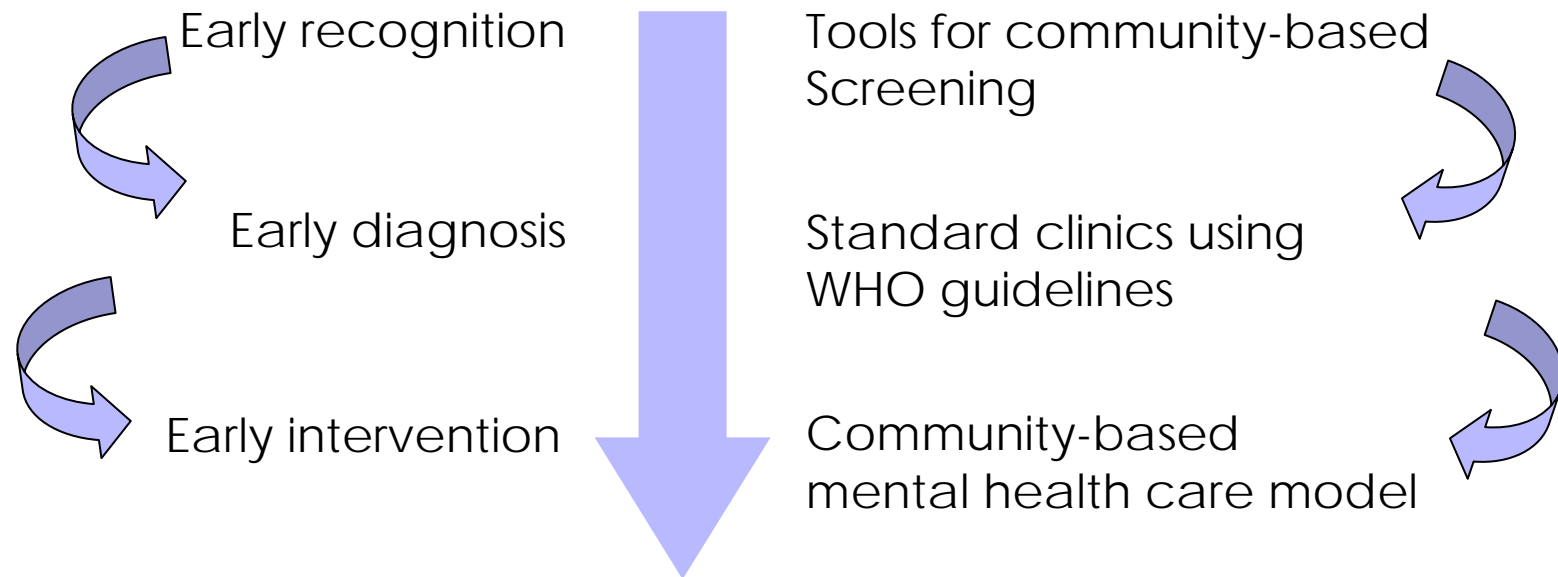
# Scaling up strategy

- Integrating mental health care (incl. maternal and child mental health) with a poverty reduction program
- Developing a community mental health care model & cost-effectiveness study
- Community-based research evidence & Policy advocacy for government and international support
- Establishing an association of promotion, prevention and early intervention for control of maternal and child mental disorders

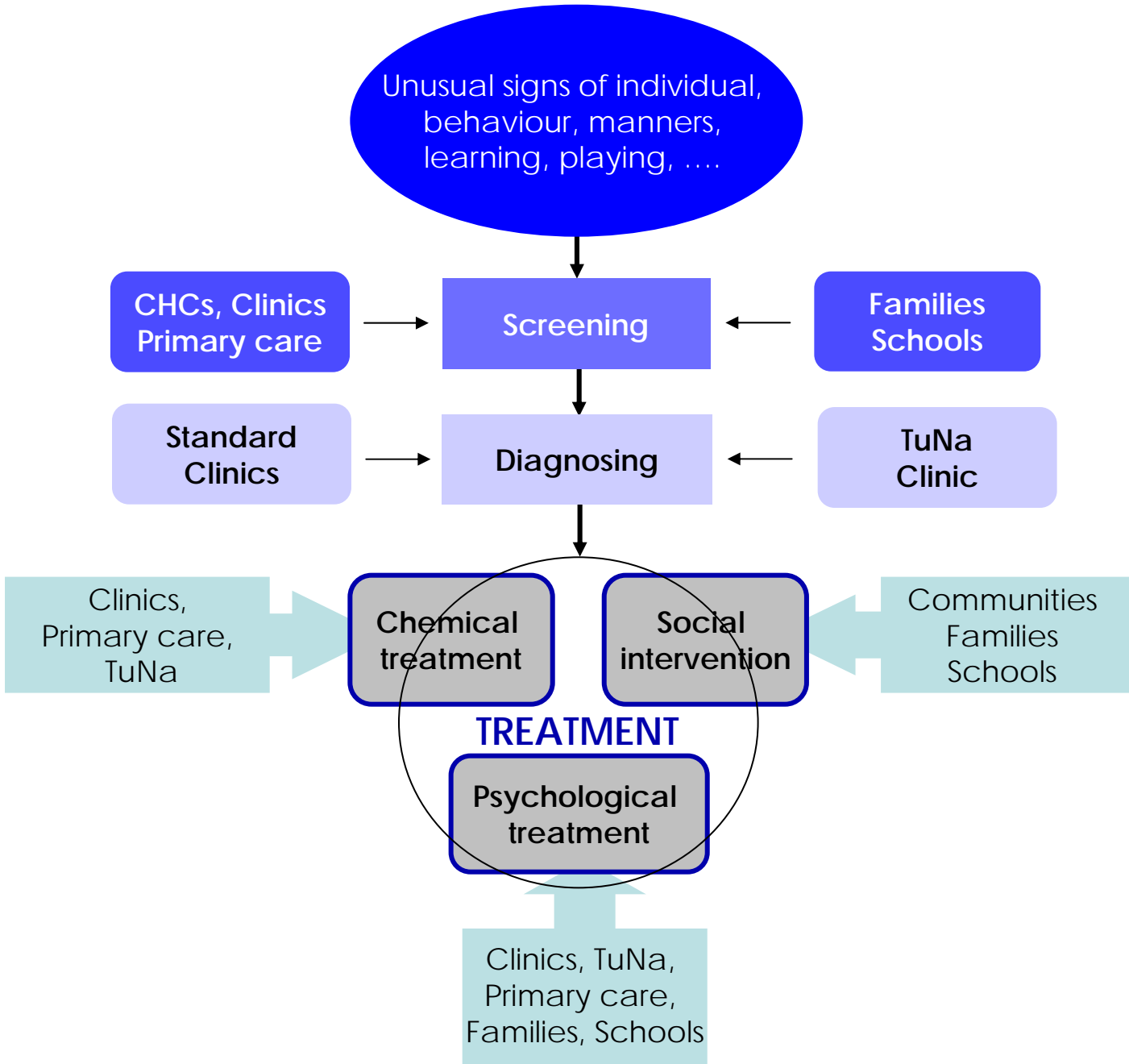
# What have we been doing so far?

- **Raising public awareness:** Epidemiological messages sent to stakeholders and the public
  - Workshops on epidemiology of mental health care, including maternal and children mental health: 2005, 2006, 2007
  - Evaluated current mental health care system: 2007-08
  - Workshops on prompt action for maternal and children mental health care: community-based mental health care model: 2006, 2007, 2008
- **Pilot community-based intervention model:** Van Don (2009-2010); Da Nang and Khanh Hoa (2010-2012)
- **International collaboration for research:** Partnership for mental health care for mothers and children
- **Mental health care national taskforce project:** awaiting for funded from AP.

# Integrating child mental health care with poverty reduction program



**..... A cost-effectiveness in  
*control of social problems and poverty  
reduction in Vietnam***



# What are we planning to do?

- Costs-effectiveness study on mental health care and poverty reduction model
- Conduct local validation studies of psychometric instruments for screening common mental disorders
- Provide training on using validated instruments at PHC level & WHO-based guidelines for mental disorders in primary care
- Develop public education materials on mental health care
- Introduce mental health care into the school health system
- Policy advocacy: publications, workshops, networking
- Establish an association of promotion, prevention and early intervention for control of mental disorders (priority given to mothers and children)

Thanks you all for your attention!