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APEC Roadmap to Promote Mental Wellness in a Healthy Asia Pacific (2014-2020)

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Submitted by: LSIF, HWG
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APEC Roadmap to Promote Mental Wellness in a Healthy Asia Pacific (2014-2020)

INTRODUCTION

1. Mental health is critical to overall health, social and economic participation, workplace productivity, and sustainable economic growth for the Asia Pacific region. Swift economic changes, ageing populations and natural disasters raise challenges for APEC member economies that require a proactive and concerted response. There are significant opportunities for APEC member economies to strengthen mental health through heightened investment and the facilitation of multi-lateral, multi-sectoral collaborations and public-private partnerships. APEC member economies acknowledge the significant economic benefits of a mentally healthy population and that prevention and recovery from mental disorders is possible through affordable and effective treatments and care. Inaction by APEC member economies to prioritize and strengthen mental health will result in costs that impede the achievement of economic development goals while threatening the wellbeing of communities and workplaces.
2. The World Economic Forum notes that chronic disease will cost the global economy more than US\$47 trillion between 2010 and 2030. One third (US\$16 trillion) is attributed to mental disorders. The World Health Organization advises that mental disorders serve as the world's leading cause of years lived with disability and account for 37% of all healthy life years lost from chronic disease. Furthermore, 25% of all patients using a health service suffer from at least one mental disorder. Despite this burden, annual spending worldwide on mental health remains less than US\$2 per person.
3. Obstacles to care and recovery from mental disorders drive the challenge facing APEC member economies. These obstacles include social stigma, shortages of specialists, insufficient training of primary health care professionals, inadequate prevention programs, limited access to quality care with continuity or effective medications, and poor treatment adherence. APEC member economies acknowledge these obstacles should be addressed through heightened investment, cross-sectoral initiatives and the facilitation of public-private partnerships that support awareness building, effective mental healthcare interventions, enhanced mental health promotion, and engagement on community-based care, where appropriate.
4. Success by APEC economies to reduce obstacles to care and recovery from mental disorders is enhanced through heightened collaboration among all stakeholders, including the private, academic, community, and health / non-health public sectors. Multi-sectoral, multi-lateral collaborations and model public-private partnerships – built on best and innovative practices and appropriate to the local situation – support the translation of global and local best practices into concrete, measurable results. The expansion of



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innovative collaborations and public-private partnerships also help communicate within APEC economies the benefits of expanded public and private investment in mental health.

5. On 3 July 2013, the APEC Life Sciences Innovation Forum (LSIF) and APEC Health Working Group (HWG) convened in Medan, Indonesia for a roundtable dialogue to share experiences and develop a path forward to strengthen mental health. Both fora subsequently adopted the Joint LSIF-HWG Work Plan on Mental Health¹, launching an effort to strengthen mental health in the region through the promotion of innovative collaborations and public-private partnerships. This effort was endorsed by APEC Ministers in Oct 2013.
6. On 15-16 August 2014, the 4th APEC High Level Meeting on Health and the Economy convened in Beijing, China and issued a Joint Statement welcoming the development by APEC of a roadmap for mental health.²
7. On 20-21 August 2014, the APEC Workshop to Promote Innovative Collaborations in Mental Health was held in Beijing, China in accordance with the Joint LSIF-HWG Work Plan on Mental Health. The workshop convened leading global and regional mental health experts from government, industry, academic institutions, civil society and international organizations (such as the World Health Organization) to showcase model collaborations and public-private partnerships that strengthen mental health. Experts also provided recommendations for this roadmap.
8. As the primary forum supporting sustainable economic growth and prosperity in the Asia Pacific region, APEC has an opportunity to lead in the promotion of innovative collaborations in mental health that provide tangible benefits for economic growth, social inclusion and the wellness of communities and workplaces. APEC has a unique advantage to convene key stakeholders, to raise awareness at both the highest and grassroots levels, to attract and leverage multi-stakeholder resources, and to support region-wide and local capacity building efforts.

ALIGNING WITH THE HEALTHY ASIA PACIFIC 2020 INITIATIVE & APEC LEADERS BOGOR DECLARATION

9. The APEC Roadmap to Promote Mental Wellness in a Healthy Asia Pacific (2014-2020) aligns its goals and activities with the Healthy Asia Pacific 2020 initiative.³ APEC member economies should be encouraged under this initiative to develop sustainable and high-performing health systems by adopting, or adapting, as appropriate to local context, “health in all policies” and a holistic approach, namely “whole of

¹ APEC LSIF-HWG Joint Recommendations and Joint Work Plan on Mental Health (Pgs. 12-13):

http://mddb.apec.org/Documents/2013/MM/AMM/13_amm_011.pdf

² 4th APEC Health & Economy Ministerial Meeting Joint Statement (15-16 August 2014): http://www.apec.org/Meeting-Papers/Ministerial-Statements/Health/2014_health_hlm.aspx

³ Healthy Asia Pacific 2020: http://mddb.apec.org/Documents/2014/MM/HLM-HE/14_hlm-he_002.pdf



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government”, “whole of society” and “whole of region” to achieve people’s health and wellbeing throughout the whole life course to 2020. The Healthy Asia Pacific 2020 initiative has included, as a core area of focus, the “prevention and control of antimicrobial resistance and non-communicable diseases, as well as injuries and mental health.”

10. APEC member economies have set a target of open trade and investment liberalization and facilitation by 2020 under the APEC Leaders Bogor Declaration (Bogor Goals).⁴ The LSIF and HWG have aligned their targets to the Bogor Goals because of the importance of health and life sciences to the region’s economic growth and productivity. Because of the significant economic and social impact of mental health, this roadmap also aligns its activities with the Bogor Goals timeline. Economies are best suited to take advantage of free and open trade and investment if they have a physically and mentally healthy workforce.

COMPLEMENTING THE WORLD HEALTH ORGANIZATION’S MENTAL HEALTH ACTION PLAN (2013-2020)

11. The APEC Roadmap to Promote Mental Wellness in a Healthy Asia Pacific (2014-2020) complements the World Health Organization’s Mental Health Action Plan (hereafter referred to as the WHO Action Plan) and its 2020 timeline.⁵ APEC member economies share the WHO Action Plan’s vision of a world in which mental health is valued, promoted and protected throughout the life course. APEC member economies also share a vision that mental disorders are prevented when possible and that persons affected are freed from discrimination and able to access high quality, culturally-appropriate health and social care in a timely manner. APEC recognizes that success in this effort will enable millions of the region’s citizens to improve their overall health while participating fully in society and at work. Falling short of this vision is a threat to the Asia Pacific region’s economic growth, efficiency and sustained prosperity.
12. APEC shares the WHO Action Plan’s view that knowledge, information and technical tools are necessary but insufficient in the absence of strong leadership, enhanced partnerships and heightened investment if efforts are to transition from evidence to action and evaluation. The APEC Roadmap to Promote Mental Wellness in a Healthy Asia Pacific (2014-2020) supports this common vision by facilitating the identification, exchange, pilot and amplification of model multi-lateral, multi-sectoral collaborations and public-private partnerships, built on best and innovative practices and appropriate to the local situation.

ROADMAP GOALS

⁴ 1994 APEC Leaders’ Declaration (Bogor Declaration): http://www.apec.org/Meeting-Papers/Leaders-Declarations/1994/1994_aelm.aspx

⁵ World Health Organization Comprehensive Mental Health Action Plan 2013-2020: http://www.who.int/mental_health/publications/action_plan/en/

13. The APEC Roadmap to Promote Mental Wellness in a Healthy Asia Pacific (2014-2020) outlines a series of activities for APEC member economies and stakeholders to achieve the following goals by 2020:
- A. The launch and sustained support of an APEC hub, drawing on the experience of existing networks⁶, and a digital regional compendium of best and innovative practices in multi-lateral, multi-sectoral collaborations and public-private partnerships demonstrating the effective use of prevention, treatment, and recovery strategies for mental disorders throughout the life course.
 - B. The identification and launch of one or more pilot collaborations or public-private partnerships in all interested APEC member economies by 2020. These collaborations and public-private partnerships should utilize best and innovative practices aligned with one or more of the following areas:
 - o Promote positive mental health and well-being, and implement upstream interventions for the early detection and prevention of mental disorders at all stages of the life course;
 - o Build awareness while reducing social stigma and exclusion associated with mental disorders, and eliminate discrimination;
 - o Improve surveillance and data collection on the economic and social impact of mental disorders on APEC economies, with capability to assess change over time;
 - o Integrate mental health interventions into community and economy-wide primary care and public health strategies;
 - o Train local health and social service professionals in the identification of mental disorders and in the use of interventions that reduce symptoms and promote recovery, thus strengthening community-based mental health care by building capacity for screening and diagnosis as well as fostering continuity of care and treatment adherence;
 - o Encourage all stakeholders to identify strategies and pursue approaches that improve mental health in the workplace, schools and other settings; and
 - o Encourage research and innovations that improve understanding of mental disorders and, in turn, strengthen prevention, treatment, and recovery strategies.
 - C. Heightened collaboration between the LSIF and HWG with other APEC fora, including the APEC Business Advisory Council (ABAC) and APEC Emergency Preparedness Working Group (EPWG), and non-APEC fora, including the World Health Organization and World Bank, to achieve these goals as well as to jointly promote expanded public and private investment in mental health.

⁶ Existing networks include the Mental Health Innovation Network (MHIN), Asia-Pacific International Research and Education (ASPIRE) Network, Asia-Pacific Community Mental Health Development (APCMHD) Network, Association of South-East Asia Nations (ASEAN) Mental Health Task Force, World Psychiatric Association, among others.

ROADMAP ACTIVITIES

Phase One – Best Practices Exchange and Strategic Assessment (2014-2015)

1. Formalize APEC Task Force on Mental Health (2014-2015)

Action: Transition ad hoc APEC Task Force on Mental Health into a working committee under the LSIF and HWG. Terms of reference should be developed for the APEC Task Force on Mental Health with endorsement by the APEC LSIF and HWG. The Task Force should include key representatives from government, industry, academic institutions, civil society not-for-profit organizations, and international organizations with the ability to inform and convene collaborations and public-private partnerships.

Outcome: An APEC Task Force on Mental Health of leading multi-stakeholder representatives is in place with capabilities to inform and convene collaborations and public-private partnerships.

2. APEC Hub for Best and Innovative Practices in Mental Health Partnerships (2015)

Action: The APEC Task Force on Mental Health will collaborate with regional governments, industry, academic institutions and other stakeholders to identify a suitable platform for an APEC hub / digital compendium of the Asia Pacific region's best and innovative practices in multi-lateral, multi-sectoral collaborations and model public-private partnerships to strengthen mental health.

Outcome: Identify and launch an APEC hub / digital compendium as a sustained tool to exchange regional best practices, assess specific interventions, and inform the launch of pilot collaborations.

3. Strategic Needs Assessment & APEC Task Force Roundtable (2015)

Actions:

(i) The Task Force will undertake an advance strategic needs assessments, in collaboration with interested APEC member economies, to identify 2-3 economy-specific focus areas to inform initial pilot collaborations.

(ii) Hold an official roundtable of the APEC Task Force on Mental Health and other stakeholders in the Philippines as the 2015 APEC host to review the strategic needs assessment.

Outcome: The Task Force will prepare a report of this assessment for final review and presentation during the official roundtable of the APEC Task Force on Mental Health. During the roundtable, finalize 2-3 economy-specific focus areas to inform the launch of initial pilot collaborations. Begin identification and announcement of pilot collaborations and public-private partnerships in APEC member economies.

4. Collaboration with the APEC Business Advisory Council (2015-2020)

Action:

(i) The APEC Task Force on Mental Health will collaborate with the APEC Business Advisory Council (ABAC) and other organizations to facilitate private sector engagement in the launch of pilot collaborations and the achievement of roadmap goals.

(ii) The APEC Task Force on Mental Health shall collaborate with ABAC on the development of voluntary guidelines for psychological health and safety in the workplace, based on best practices in the region.

Outcome: Private sector support is sustained throughout the roadmap timeline. The APEC Task Force and ABAC develop and release voluntary guidelines for psychological health and safety in the workplace.

Phase Two – Launch and Assessment of Pilot Initiatives (2016-2018)

1. APEC Train-the-Trainer Workshop to Support Collaborations and Promotion of Mental Health (2016)

Actions:

(i) Convene an APEC Train-the-Trainer Workshop to build capacity for pilot collaborations under the roadmap and to support multi-stakeholder advocacy for heightened investment in mental health and public-private partnerships.

(ii) Connect attendees with leading regional and global thought leaders and officials, industry executives, academic institutions, and other stakeholders. Trainees should be leaders within their economy who can lead subsequent activities for their local pilot teams.

Outcome: Provide technical assistance for pilot collaboration leaders and establish a multi-stakeholder network of mental health champions across the APEC region to promote heightened investment in mental health and public-private partnerships.

2. Surveillance and Monitoring of Pilot Collaborations (2016-2018)

Actions:

(i) Monitor the implementation of pilot collaborations in APEC economies and provide a sustained platform for exchange of best practices.

(ii) Facilitate the addition of pilot collaborations in other APEC economies. Identify benchmarks for collaborations and implement suitable evaluation process and mechanism on progress.

Outcome: Regular surveillance and assessment of pilot collaborations. The Task Force will share the results of these assessments on an annual basis between 2016-2019 to the LSIF and HWG.

Phase Three – Comprehensive Review and Elaboration of Effective Collaborations (2019-2020)

1. Comprehensive Review of Pilot Collaborations (2019)

Action: The Task Force will undertake a comprehensive review of pilot collaborations to-date, including an assessment of outcomes for each partnership and feedback from those engaged in the collaborations as well as affected stakeholders.

Outcome: The review identifies pilot collaborations serving as a model for local elaboration and/or replication elsewhere in the region. The Task Force submits the comprehensive review to the LSIF and HWG for transmission to APEC Ministers and Leaders.

2. APEC Task Force on Mental Health Official Report to Ministers and Leaders (2020)

Action: The Task Force will develop a report for APEC Ministers and Leaders that includes summary of the comprehensive review as well as recommendations on best and innovative practices in multi-lateral, multi-sectoral collaborations and model public-private partnerships emerging from the pilot collaborations under the roadmap. The report should demonstrate the pilots' impact on improving mental health and indicate resources needs to scale locally and/or across borders, as appropriate.

Outcome: Report serves as a call to action for APEC governments and other stakeholders to heighten public and private investment in mental health, highlighting piloted opportunities primed for scale-up.

KEY DEFINITIONS

This roadmap aligns with the terminology of the World Health Organization's Mental Health Action Plan and 2013 APEC Dialogue on Mental Health, including:

1. "Mental health" is conceptualized as a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.
2. "Mental disorders" is used to denote a range of mental and behavioral disorders that fall within the International Statistical Classification of Diseases and Related Health Problems, Tenth revision (ICD-10). These include disorders that cause a high-burden of disease such as schizophrenia, bipolar affective disorder, depression, anxiety disorders, dementia, substance use disorders, intellectual disabilities, and the developmental and behavioral disorders with onset usually occurring in childhood or adolescence.
3. "Multi-Stakeholder" and "Multi-Sectoral" is used to denote collaboration and/or contributions from all relevant stakeholders, including government, industry, academic institutions, civil society not-for-profits, and international organizations, among others.