

# ***Colaborar: Missão impossível? Lições da área da saúde mental***

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# Mental disorders require new models of collaborative care

- Collaborative care model is the most effective in treating depression, anxiety, and other common mental disorders in primary care settings.
- Research also indicates that the collaborative care model is effective in improving medical care for patients with severe mental illness (Katon & Unützer, 2006).

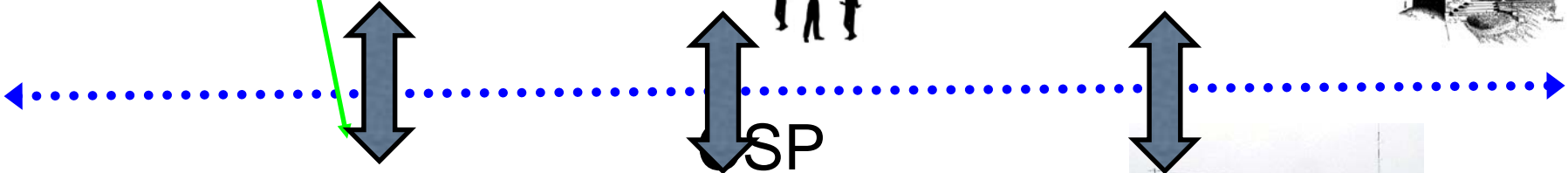
# Hospital Psiquiátrico

Internamento      Consultas      Depósito asilar

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# An integrated response to mental disorders

OVERARCHING APPROACH	KEY PRINCIPLES OR FUNCTIONS	PRACTICAL STEPS THAT CAN BE TAKEN
<b>PUBLIC HEALTH APPROACH</b>	Life course approach	(Re)design policies and plans to address the health and social needs of people at all stages of life, including infancy, childhood, adolescence, adulthood, and old age.
	Healthy living / behaviours	Promote mental and physical health and well-being through public awareness campaigns and targeted programmes.
	Person-centred, holistic care	Involve service users in the planning of their care; promote and adopt a recovery approach to care and rehabilitation.
	Coordinated care	Provide training in chronic disease management and prevention; strengthen clinical and health management information systems.
	Continuity of care / follow-up	Develop or enhance case management mechanisms.
<b>SYSTEMS APPROACH</b>	Governance and leadership	Ensure health policies, plans, and laws are updated to be consistent with international human rights standards and conventions.
	Financing	Identify and plan for future resource needs; extend financial protection to the poor, the sick, and the vulnerable.
	Human resources	Train and retrain non-specialist health workers to provide essential health care and support for mental disorders and other chronic diseases.
	Essential medicines	Ensure the availability of essential medicines at all levels of the health system (and allow trained, non-specialist providers to prescribe them).
	Information	Establish and embed health indicators for mental disorders and other chronic diseases within national health information and surveillance systems.
<b>WHOLE-OF-GOVERNMENT APPROACH</b>	Stakeholder engagement	Support and involve organizations of people with mental disorders and/or other chronic conditions.
	Multisectoral collaboration	Establish a multisectoral working group to identify synergies and opportunities for integrated care and support.

# Barreiras à colaboração (I)

- Insuficiente disseminação e integração do conhecimento disponível
  - Sobre os factores envolvidos nos problemas complexos
  - Sobre a efectividade dos modelos colaborativos
- Culturas institucionais e linguagens diferentes
- Falta de clareza quanto ao papel e às responsabilidades de cada um

# Barreiras à colaboração (II)

- Incapacidade de implementação sustentada de políticas públicas
- Força dos interesses corporativos
- Fragilidade dos processos de avaliação e de prestação de contas
- Fragilidade dos órgãos representativos dos beneficiários dos serviços ou programas

# Como superar as barreiras

- Mais e melhor investigação
  - Outcome studies
  - Implementation science
  - Que contribua para aumentar a massa crítica
- Mais prestação de contas
- Mais transparência nos processos de financiamento e contratualização
- Incentivos financeiros virtuosos
- Lideranças mais claras, melhor preparadas e melhor avaliadas
- Promover a cooperação internacional.











