Mental Health in Latin American and the Caribbean

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Current global mental health situation

• Mental health is a **key global public health issue**
  • Depression is the 11\textsuperscript{th} cause of disability globally (e.g. before TB, diabetes and lung cancer)
  • Non-communicable diseases contribute 54\% to total global health burden (DALYs)
  • Mental and substance use disorders are the biggest contributor amongst NCDs
DALY neuropsychiatric disorders
Latin America & Caribbean – 2010
YLD neuropsychiatric disorders
Latin America & Caribbean – 2010

- HIV/AIDS & tuberculosis: 7%
- Diarrhea/LRI/other infectious: 6%
- NTD & malaria: 4%
- Maternal disorders: 3%
- Neonatal disorders: 3%
- Nutritional deficiencies: 2%
- Other communicable: 1%
- Cancer: 1%
- Cardio & circulatory diseases: 1%
- Chronic respiratory diseases: 1%
- Cirrhosis: 1%
- Digestive diseases: 1%
- Neurological disorders: 1%
- Mental & behavioral disorders: 1%
- Diabetes/urogen/blood/endo: 0%
- Musculoskeletal disorders: 0%
- Other non-communicable: 0%
- Transport injuries: 0%
- Unintentional injuries: 0%
- Intentional injuries: 0%
- War & disaster: 0%
Treatment Gap

- Schizophrenia: 32.2% Global 2004, 56.9% AL&C 2013
- Depression: 56.3% Global 2004, 73.9% AL&C 2013
- General Anxiety Disorder: 57.5% Global 2004, 85.9% AL&C 2013
- Alcohol Use Disorder: 78.1% Global 2004, 85.1% AL&C 2013

Kohn, Saxena, Levav, Saraceno, 2004
Kohn, 2013
Insufficiency - Budget

World Median: 2.82% (n = 68)

Low: 0.53 (n = 8)
Lower-Middle: 1.90 (n = 18)
Upper-Middle: 2.38 (n = 19)
High: 5.10 (n = 23)

WHO Atlas – 2011
Insufficiency in LAC

Almost half of the world's population lives in a country where, on average, there is one psychiatrist or less to serve 200,000 people or more.
Professionals in the Region, median for 100,000 habitants.

<table>
<thead>
<tr>
<th>Sub-region</th>
<th>Psychiatry</th>
<th>Nursing</th>
<th>Psicology</th>
<th>Social Work</th>
<th>Ocupacional Therapy</th>
<th>Others</th>
</tr>
</thead>
<tbody>
<tr>
<td>Central America, Mexico and latin Caribbean</td>
<td>1,5</td>
<td>2,3</td>
<td>2</td>
<td>0,7</td>
<td>0,2</td>
<td>2,3</td>
</tr>
<tr>
<td>Non-latin Caribbean</td>
<td>1,9</td>
<td>14,3</td>
<td>0,3</td>
<td>1,1</td>
<td>0,1</td>
<td>20,8</td>
</tr>
<tr>
<td>SouthAmerica</td>
<td>2,9</td>
<td>1,6</td>
<td>10,2</td>
<td>1,1</td>
<td>0,2</td>
<td>3,8</td>
</tr>
<tr>
<td>Average</td>
<td>2,1</td>
<td>6</td>
<td>4,2</td>
<td>1</td>
<td>0,2</td>
<td>9</td>
</tr>
</tbody>
</table>

Distribution of professionals working in different facilities

Globally, 62% of psychiatric beds are located in mental hospitals.
MH users – by 100,000 habitants – in different facilities

<table>
<thead>
<tr>
<th>Sub-region</th>
<th>Outpatient facilities (median)</th>
<th>Day Hospitals</th>
<th>Psychiatric Units in General Hospitals</th>
<th>Residential facilities</th>
<th>Psychiatric hospitals</th>
</tr>
</thead>
<tbody>
<tr>
<td>South America</td>
<td>1.232</td>
<td>22,3</td>
<td>83,3</td>
<td>4,7</td>
<td>70,72</td>
</tr>
<tr>
<td>Central America, Mexico and Latin Caribbean</td>
<td>588</td>
<td>5,1</td>
<td>50</td>
<td>0,6</td>
<td>68</td>
</tr>
<tr>
<td>Non Latin Caribbean</td>
<td>936</td>
<td>7,5</td>
<td>119</td>
<td>2,5</td>
<td>171,4</td>
</tr>
</tbody>
</table>

WHO and PAHO
WHO Comprehensive MH Action Plan and PAHO Regional MH Action Plan

1. To strengthen effective leadership and governance for mental health
2. To provide comprehensive, integrated and responsive mental health and social care services in community-based settings
3. To implement strategies for promotion and prevention in mental health
4. To strengthen information systems, evidence and research for mental health
At Regional level, are services well positioned to:

- prevent violence
- take care of victims and perpetrators

But also to needs related to:
- disasters
- specific vulnerable groups' needs
- ...

Probably not yet
Good practices are also present in the Region

- Entire countries
- Regions within countries
- Small towns

Have gone through significant transformation of their traditional mental health services, developing a system that answers better to the mental health needs of their population.
Countries are moving… from Lady M. in an institution

Photo: © Mental Disability Rights International
To...
Lady M. in a residential group

Photo: © Aliriza Arenliu
Thank you!