



# Journée d'étude 27.10.2015, Bruxelles Quand l'Etat s'efface

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με ψυχή ΓΙΑ ΤΑ ΔΙΚΑΙΩΜΑΤΑ ΤΩΝ ΑΤΟΜΩΝ  
ΜΕ ΠΡΟΒΛΗΜΑΤΑ ΨΥΧΙΚΗΣ ΥΓΕΙΑΣ

Ε.Π.Α.Ψ.Υ.

ΕΤΑΙΡΕΙΑ ΠΕΡΙΦΕΡΕΙΑΚΗΣ ΑΝΑΠΤΥΞΗΣ ΚΑΙ ΨΥΧΙΚΗΣ ΥΓΕΙΑΣ

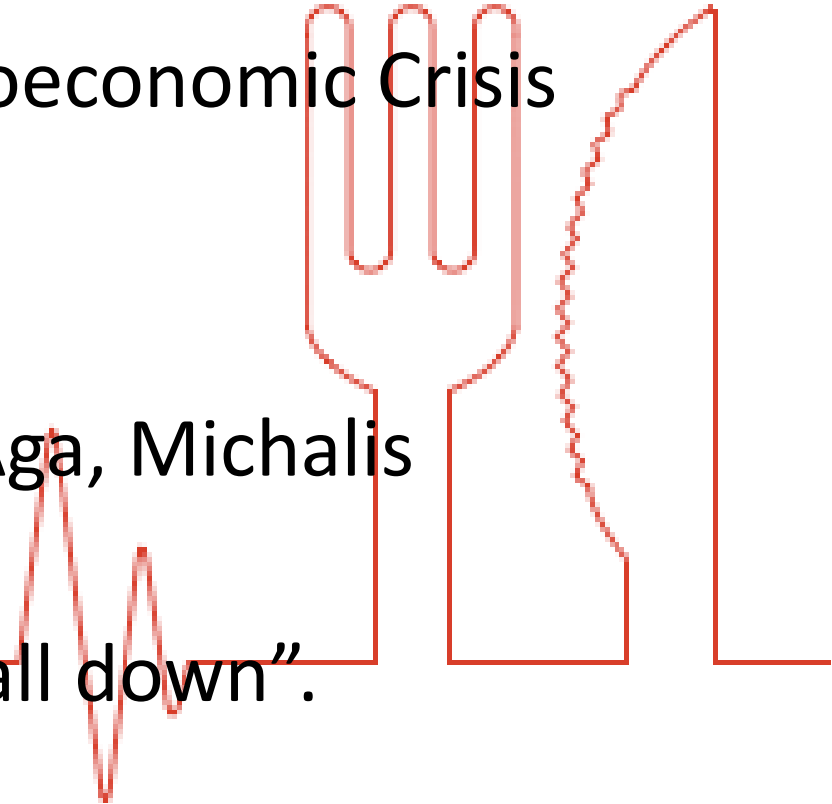
# Presentation Outline

1. Video presentation - Casus Belli
2. Current situation in Greece
  1. Impoverishment of the Greek population
  2. Healthcare
  3. Mental Health Care
  4. Children Care
3. Solidarity and Innovative Actions
4. Conclusive remarks
5. Discussion

# Casus Belli

A FILM BY YORGOS ZOIS

- Short film on Greek Socioeconomic Crisis
- Director: Giorgos Zois
- Writer: Giorgos Zois
- Stars: Iris Ponkina, Hara Aga, Michalis Ainaizoglou
- “If one man falls, we all fall down”.








"Ophelia". [John Everett Millais](#). 1852

Increasing unemployment and poverty can contribute to the development of mental health problems, such as depression and the increased risk of suicide (WHO report 2011).

Wahlbeck, Anderson, Basu, McDaid et Stuckler. "Impact of economic crisis on mental health". WHO report 2011.

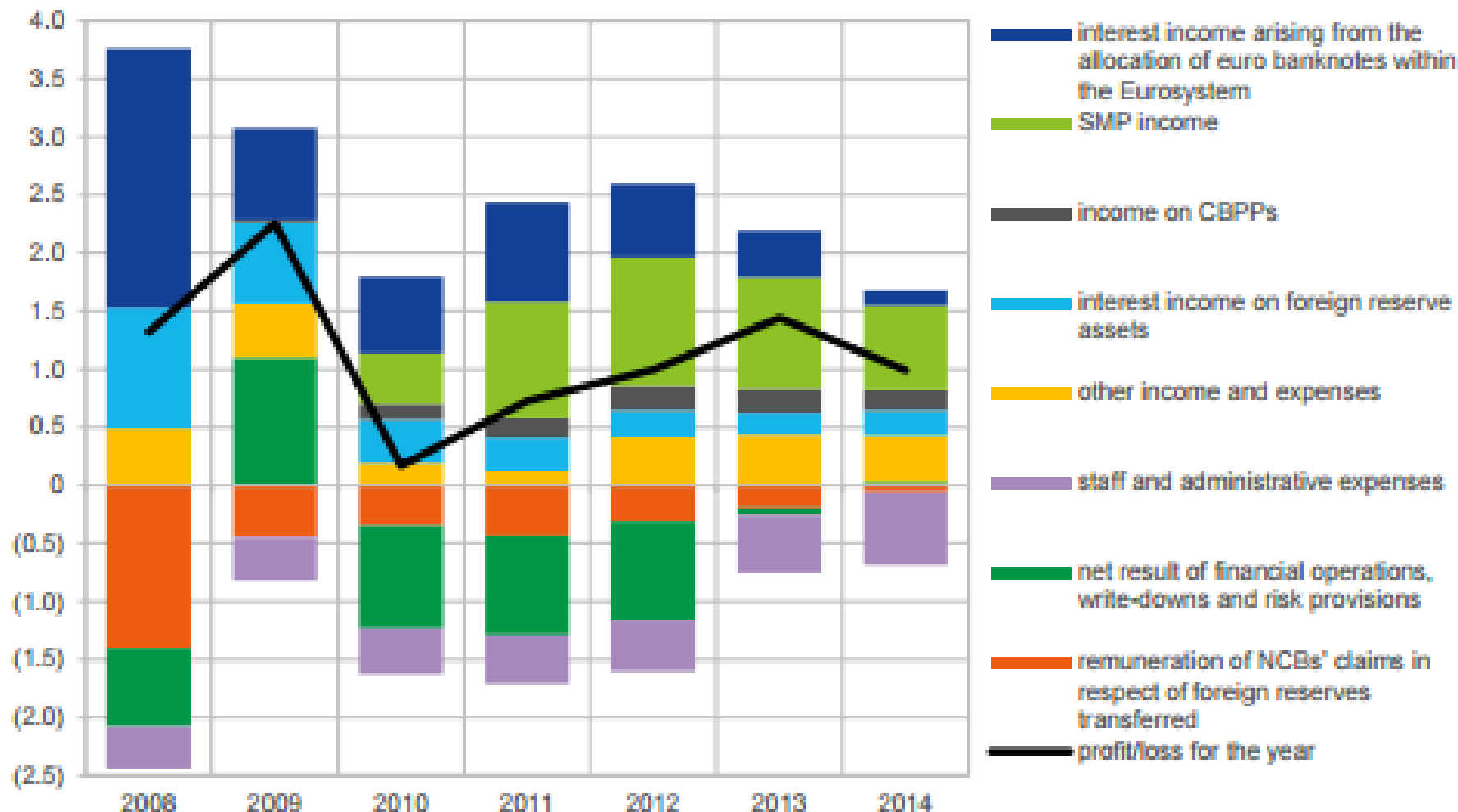
# Overview of the current situation

- Data concerning economic status
  - Epidemiological data
  - Basic indexes regarding mental health services system
- 
- Poverty affecting (mental) health status and access to services
  - Social protection collapsing
  - Mental health system incapable of answering the increased demand for care and services

# Increased profit for ECB. At what cost?

## Evolution of the ECB's Profit and Loss Account in the period 2008-14

(EUR billions)



# Economic status

- Poverty: Greece last at EU 28 regarding risk of poverty:
  - 3,8million people (Eurostat, Parliament Statistics Office 2014),
- Unemployment:
  - 10% in 2010,
  - 27% in 08/2014,
  - 25.7% – 2015 05/2015
  - highest in EU, 52% ages 15-24
  - tremendous decrease of income in long term unemployment, cuts in benefits, no guaranteed minimum income
  - 3.000.000 (27.7% of the total population) without social security (NSPH, 2013)

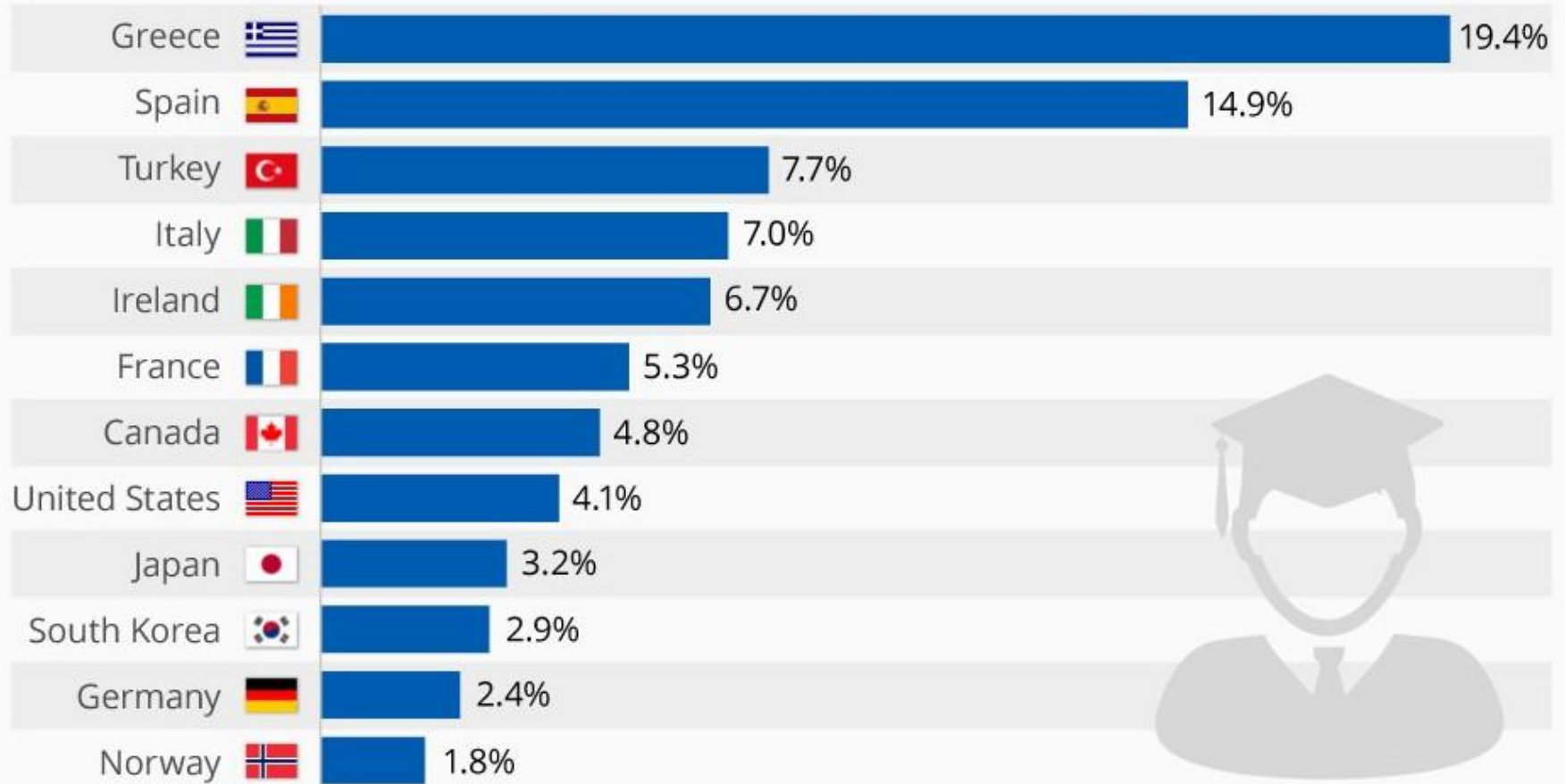


# Net income while out of work in percentage of net income in work, OECD 2011

Initial phase of unemployment		Long-term unemployment
Greece	45	4
OECD 33	68.9	48.7
e.g. Portugal	76	41

# The Countries With The Most Unemployed Graduates

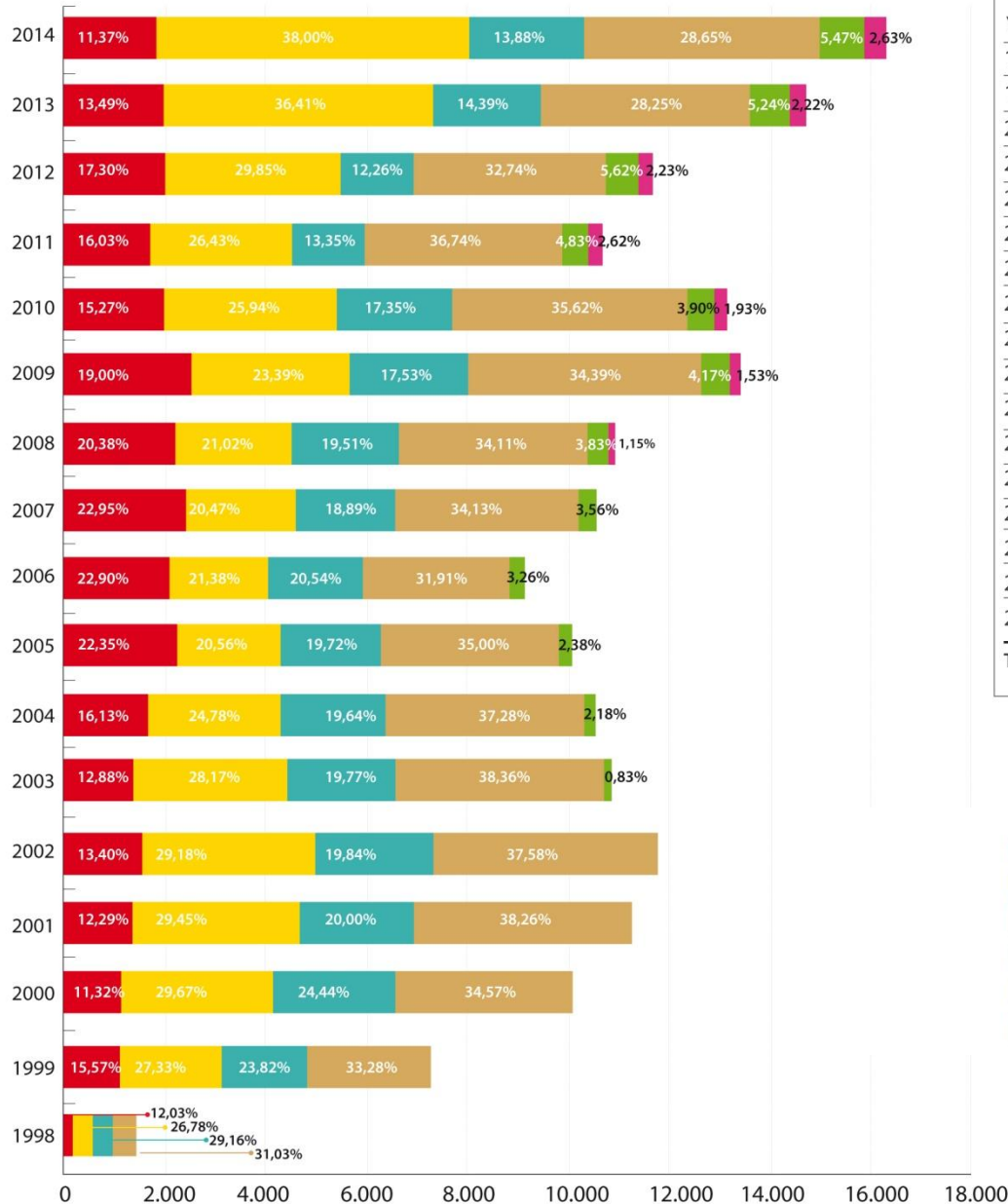
% of graduates unemployed in selected OECD countries in 2013



\*Aged 25-64

Source: OECD

# Greek Ombudsman, Graph for New Reports 1998-2013



YEAR	NEW REPORTS
1998	1.430
1999	7.284
2000	10.107
2001	11.282
2002	11.762
2003	10.850
2004	10.571
2005	10.087
2006	9.162
2007	10.611
2008	10.954
2009	13.433
2010	13.179
2011	10.706
2012	11.702
2013	14.738
2014	16.339
<b>TOTAL</b>	<b>184.197</b>

- Human Rights Section
- Social Protection Section
- Quality of Life Section
- Relations between Citizen and Government
- Human Rights of Children
- Gender Equality Section

# Interview with Minister of Health (21.10.2015)

- 20.000 vacant functional working posts in the National Health System (ESY)
- Provision to cover 3.000 vacant posts in 2016.
- 45% budget cuts under Troika commands in Public Hospitals (in contrast to 2008)
- Limited Budget Availability for Community Health Units
- Confusion and unclear policy concerning generics and prototype medication

# Use of health services and access to care

- Mental health system: Fragmented, uncoordinated, low capacity, low accountability (Maudsley & Prooptiki for MoH, 2011, 2013)
- 55% cut of mental health budget since 2009
- 1 out of 3 Greek patients is forced to differentiate his therapy, taking less and less dosage of medicine to make it last longer due to financial strain
- 60% of the chronic patients face restricted access to health services or long waiting list
- The chronic patients have reduced by 30% their visits to PHC Services for 2011 – 2013
- The chronic patients have reduced by 50% their expenses for Primary Health care for 2011 - 2013
- 50% increased hospitalization due to major depression due to financial crisis

Percentage of people reporting some unmet medical care needs for financial reasons: increased since the beginning of the crisis in 2008, around **4%** of the population in 2008 to over **6%** in 2011 and 2012 (EU-SILC)

This proportion reached 11% among people in the lowest income quintiles in 2012, up from 7% in 2008

OECD/European Union (2014), “Unmet health care needs”, in Health at a Glance: Europe 2014, OECD Publishing.

[http://dx.doi.org/10.1787/health\\_glance\\_eur-2014-49-en](http://dx.doi.org/10.1787/health_glance_eur-2014-49-en)

## Prevalence and sociodemographic associations of common mental disorders in a nationally representative sample of the general population of Greece

The prevalence (past seven days) of specific common mental disorders was as follows:

- Generalized Anxiety Disorder: 4.10% (95% CI: 3.54, 4.65);
- Depression: 2.90% (2.43, 3.37);
- Panic Disorder: 1.88% (1.50, 2.26);
- Obsessive-Compulsive Disorder: 1.69% (1.33, 2.05);
- All Phobias: 2.79% (2.33, 3.26);
- Mixed anxiety-depression: 2.67% (2.22, 3.12).
- Harmful alcohol use was reported by 12.69% of the population (11.75, 13.62).

## Skapinakis et al, BMC Psychiatry 2013

- 4% of the population (Male: 11%, Female: 17%) was found to have clinically significant psychiatric morbidity according to the scores on the CIS-R.
- Clinically significant psychiatric morbidity was positively associated with the following variables: female gender, divorced or widowed family status, low educational status and unemployment. Use of all substances was more common in men compared to women.
- Regarding mental health service use, roughly one third (~32%) of those with a current common mental disorder reported that they had visited a mental health professional during the past year

# The impact of the economic crisis in Greece: epidemiological perspective and community implications.

Economou, M., Peppou, L-E, Souliotis, K., Stylianidis, S.

- University Mental Health Research Institute (UMHRI) designed and implemented a series of repeated nationwide cross-sectional surveys on the prevalence of major depression and suicidality in years 2008, 2009, 2011 and 2013.
- Sampling frame: National phone-number databank.
- Random sample of telephone numbers
- High response rates
- Comparable and Representative samples
- Major Depression and Suicidality
  - Structured Clinical Interview (SCID-I) - First, Spitzer, & Gibbon 1996
- Financial Strain
  - Index of Personal Economic Distress - Madianos Economou, Alexiou, & Stefanis, 2011



# The impact of the economic crisis in Greece: epidemiological perspective and community implications.

## Main Findings I

- in 2008, when the crisis had not begun in Greece, one-month prevalence of major depression was 3.3% (Madianos et al. 2011)
- 6.8% in 2009, 8.2% in 2011 and 12.3% in 2013 (Madianos et al. 2011; Economou, Madianos, Peppou, Patelakis, & Stefanis, 2013b; Economou, Peppou & Souliotis, 2015)
- one-month prevalence of suicidality had increased during the time period 2008-2011; however it declined thereafter
- figures for suicidal ideation were found to be 2.4% in 2008, 5.2% in 2009, 6.7% in 2011 and 2.6% in 2013
- while for suicidal attempt, they were 0.6% in 2008, 1.1% in 2009, 1.5% in 2011 and 0.9% in 2013 (Economou, Angelopoulos, Peppou, Souliotis & Stefanis)

# The impact of the economic crisis in Greece: epidemiological perspective and community implications.

## Main Findings II

- risk factors for major depression, throughout the 5-year period of the recession in Greece
- the only variable that has consistently constituted a risk factor for major depression in all four surveys is financial distress
- strong influence of unemployment on major depression has emerged in the 2013 survey solely
- there are suicidality symptoms related to the presence of major depression and symptoms independent of the disorder and pertinent to the socio-economic turmoil in the country (Social Suffering, Stylianidis, 2011)
- In sharp contrast to the findings pertaining to major depression, the prevalence of generalized anxiety disorder (GAD) was found to be impervious to the influence of the financial crisis

## Crisis and Health in Greece: Basic Facts (Antonakakis & Collins, 2014)

- 1% decrease in government expenditure leads to a 0.3% increase on overall suicide rates in Greece.
- GDP has been reduced by 11.3% between 2009 and 2010 resulting in a 3.39% increase in suicide rates solely due to fiscal austerity.
- Higher un-employment leads to increased suicide rates.
- The impact of financial crisis is more significant in males (every 1% decrease in GDP leads to 0.43% increase in male suicides).

# Absolute number of suicides

Year	
2007	328
2011	477
2012	508

Greece become first at increase rate  
Suicide rate has risen 11% between  
1990 and 2011  
36% between 2007 - 2012

## A Study of Involuntary Hospitalization in Athens (Stylianidis et al, u.p.)

- 62% involuntary hospitalizations.
- 36,4% meeting criteria for revolving door phenomenon.
- 85% patients discharged weren't referred to community settings
- > 4 lifetime psychiatric hospitalizations,



## MENTAL HEALTH AND INTEGRATION

### PROVISION FOR SUPPORTING PEOPLE WITH MENTAL ILLNESS: A COMPARISON OF 30 EUROPEAN COUNTRIES

The Economist Intelligence Unit, 2014

- Greece comes in 28th out of 30 in the Mental Health Integration Index, never reaching higher than 24th place in any given category.
- This reflects a slow, uneven process of reform often driven by the European Union rather than domestic demand.
- Greece has closed most of its psychiatric hospitals, and was set to shut the remainder this year, but has been largely unsuccessful in creating effective replacement services in general hospitals or the community.



# MENTAL HEALTH AND INTEGRATION

## PROVISION FOR SUPPORTING PEOPLE WITH MENTAL ILLNESS: A COMPARISON OF 30 EUROPEAN COUNTRIES

The Economist Intelligence Unit. 2014

	Greece	Position (30)	First place	Last	Austria
Overall	<b>38</b>	<b>28</b>	Germany 85,6	Bulgaria 25	57.9 (19)
ENVIRONMENT	<b>46,</b>	<b>26</b>	Germany 100	Cyprus 28,3	55 (22)
ACCESS	<b>24,8</b>	<b>27</b>	Germany 86,5	Romania 11	71 (10)
OPPORTUNITIES	<b>33,3</b>	<b>24</b>	France 100	Slovakia 11,1	66.7 (12)
GOVERNANCE	<b>45,4</b>	<b>25</b>	UK 87,5	Bulgaria 25,7	42.2 (29)

# Greek financial crisis and child mental health

G. Kolaitis, G. Giannakopoulos – Lancet, 2015

- Poverty is a risk factor for children's mental health and development.
- Psychological stress associated with poverty has proximal effects, such as harsh parenting, and distal ones, such as children's antisocial behaviour and other mental health problems.
- The recorded number of abused or neglected children admitted for child protection to the largest Greek paediatric hospital has risen from 81 cases in 2011 to 170 cases in 2014.
- Public funding cuts (almost 50% in 2014 compared with public funding in 2007) led to some services not being fully operational, whereas others are on the verge of being suspended.
- Parents have cut back or discontinued their children's treatment, even for debilitating disorders such as autism, because of their inability to cover the out-of-pocket expenses of the treatment.
- Financial crisis is expected to produce a child and adolescent mental health crisis.



# Impoverishment of a large portion of the Greek people (www.mkiellinikou.org)

- According to Prolepsis Institution Data, the massive impoverishment of a large portion of the Greek people led to:
  - 6 out of 10 students in 64 schools of Athens have urgent nutritional needs
  - 61 per cent of students in 64 schools have one unemployed parent whereas 17 per cent of the families, have no working parent at all.
  - 11 per cent of the students are uninsured and 7 per cent of them, have lived for a week without electricity during 2014. 3 per cent lived in a house with no electricity whatsoever.
  - 406 schools in Greece received financial aid in order to fulfill basic nutritional needs for 61,876 students.
  - This year 1,053 schools have applied for a food aid program called “Nutrition” so that 152,937 students can be covered for their basic nutritional needs. To date only 15,520 students have been approved.
  - 42,727 questionnaires have been filled-in by parents to 23 prefectures in the country, and 54 per cent of the families need food aid. 21 per cent live in hunger.



[WWW.OPENINGDOORS.EU](http://WWW.OPENINGDOORS.EU)

## **OPENING DOORS FOR EUROPE'S CHILDREN**

**STRENGTHENING FAMILIES. ENDING INSTITUTIONAL CARE.**

### **NATIONAL PARTNERS**

Federation of Women's Associations of Heraklion Crete, Iliachtida, Family support center of the Holy Archdiocese of Athens Foundation, Family and Children Support Center, NGO Association of adoptive families Amfidoron, Therapeutic riding Association, Association of Juvenile Court Curators, NGO Federation of Greece, Children's Rights Network

### **FACTS & FIGURES**

- **APPROXIMATELY 2825 CHILDREN AND YOUNG PEOPLE LIVE IN 85 PUBLIC, PRIVATE AND CHURCH-RUN INSTITUTIONS, AS COMPARED TO 309 CHILDREN IN FOSTER CARE AROUND GREECE**
- **THE NUMBER ONE REASON INDICATED FOR CHILDREN'S PLACEMENT IN INSTITUTIONAL CARE IS DISABILITY AND 883 OF INSTITUTIONALISED CHILDREN (MORE THAN 31%) HAVE A DISABILITY**
- **THERE ARE 182 CHILDREN AGED 0-3 (ALMOST 6.5%) AS WELL AS APPROXIMATELY 760 YOUNG PEOPLE AGED 18 OR OLDER (ALMOST 27%) STAYING IN CHILDREN'S INSTITUTIONS**

### **LATEST DEVELOPMENTS**

- **IN 2014, OPENING DOORS COORDINATOR ROOTS RESEARCH CENTER CARRIED OUT A MAPPING OF INSTITUTIONAL CARE IN GREECE. IT'S THE FIRST OF ITS KIND AND TO DATE, THERE ARE NO OFFICIAL DATA AVAILABLE ON THE EXACT NUMBER OF CHILDREN LIVING IN INSTITUTIONAL CARE NOR ON THE EXACT NUMBER OF INSTITUTIONS OPERATING IN THE COUNTRY. COMPARISON TO PREVIOUS YEARS IS THEREFORE IMPOSSIBLE**
- **PROFESSIONALS REPORT AN INCREASED DEMAND FOR ALTERNATIVE CARE SERVICES DUE TO THE FINANCIAL CRISIS**

# Children at risk

- The number of children at risk of poverty in 2012 has grown to more than half a million. In particular it has increased to 521.000 which represents the 26,9% of the total children population compared to 23,7% in 2011.
- In Greece children at risk of poverty or social exclusion had reached 686.000 or 35,4% in 2012, compared to 30,4% in 2011. The most vulnerable are single parent households (74,7%) and households with 3 and more children (43,7%).
- It is estimated that a major number of children in Greece receives no medical and hospital care due to loss of insurance rights of their parents while alternative ways of medical and health care do not cover the total population.
- Informal reports from MDM indicate that 1 out of 2 children treated in outpatient clinics are not vaccinated.

# Lessons from a collapsing system

The problems with the planning of services are the following:

- Not clear time table (starting/ ending date)
- Not reliable alternatives in community settings
- Not measurable goals
- Insufficient base data
- Lack of consensus on goals and methods of measurement
- Turnover of staff – inability of hiring new staff
- Advocacy & Mental Health Promotion are absent from planning

# Solidarity and Innovative Actions

1. Mobile units of Mental Health in Cyclades
2. Creating venues for training and empowerment of users
3. Promoting self help groups
4. Social networks – new partnerships – empowerment of citizens
5. Home treatment - ACT
6. Treating Dementia in the community
7. Citizens Against Depression
8. Social Cooperatives

# 1

## Mobile units

Mental health mobile unit of [NE & W Cyclades – 11 islands](#) since 2003

Each island is visited every 15 days by a multidisciplinary team constituted by a psychiatrist, child psychiatrist, psychologist and social worker.

The sessions take place at each island in a different setting.

Integration with Primary Health Care (24% referrals), while needs assessment is an essential part of the work.

Mental health promotion which takes place through interventions fighting stigma, sensitization events and training.

[www.epapsy.gr](http://www.epapsy.gr)

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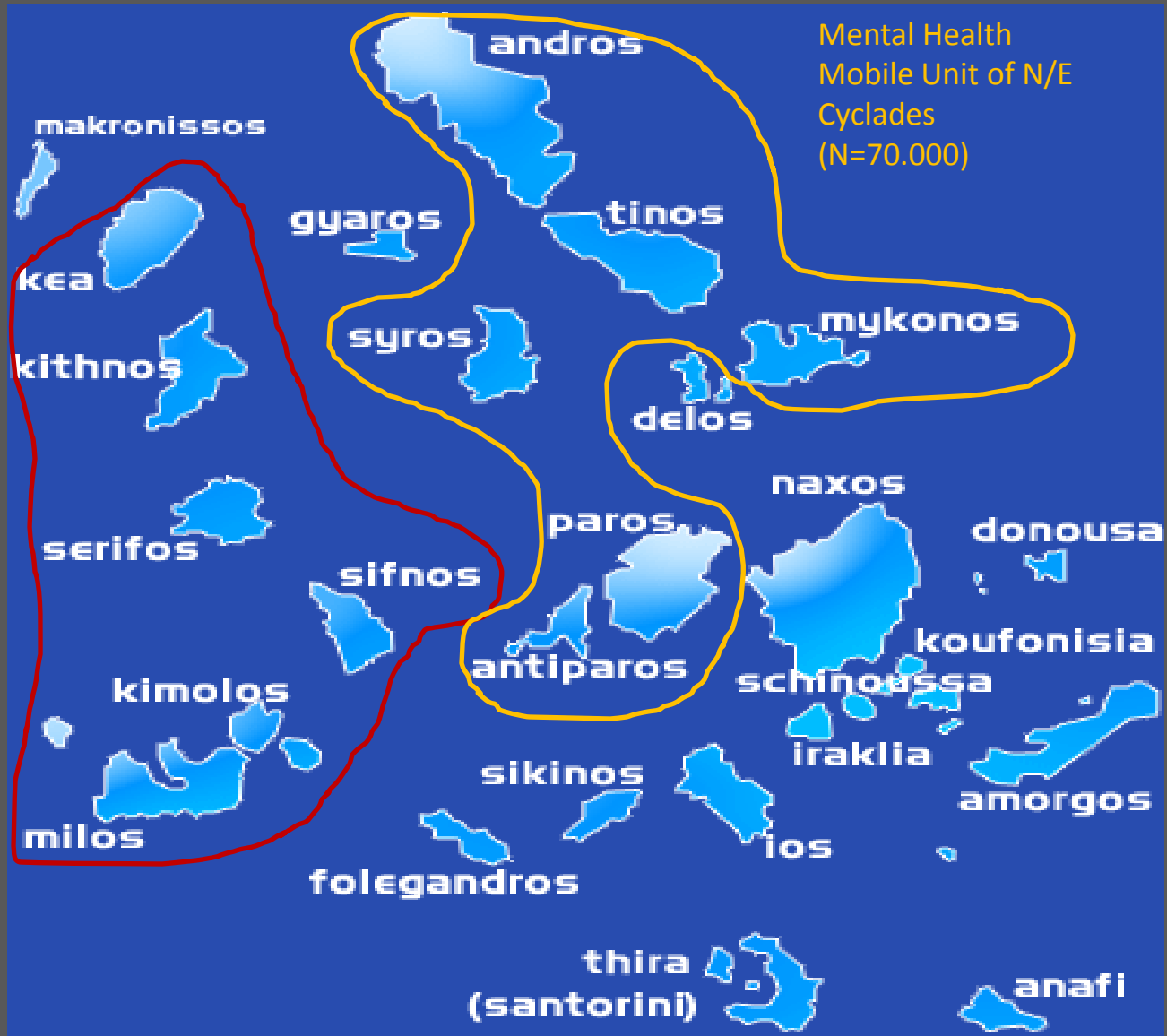
# Mobile units

The therapeutic role of the Unit is combined with the community work that develops and widens local networks between PHC Services, Social Services, local authorities, church and law enforcement services, education system while mobilizing the local resources for mental health prevention and promotion

Model experience disseminated in Belgium, France, Canada, Switzerland, Italy

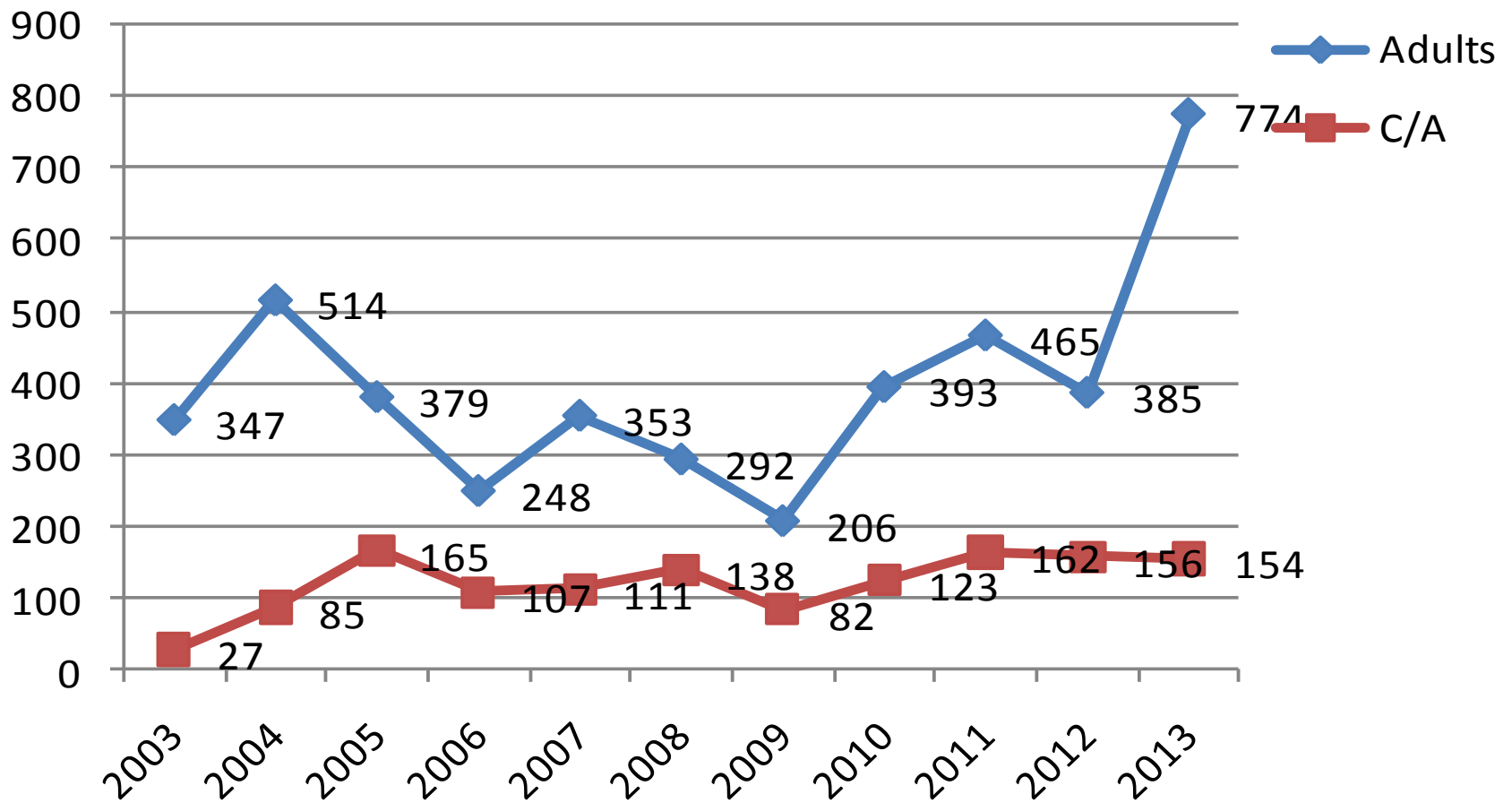
Data base – outcome surveys under way

Mental Health  
Mobile Unit of  
Western  
Cyclades  
(N=13.421)

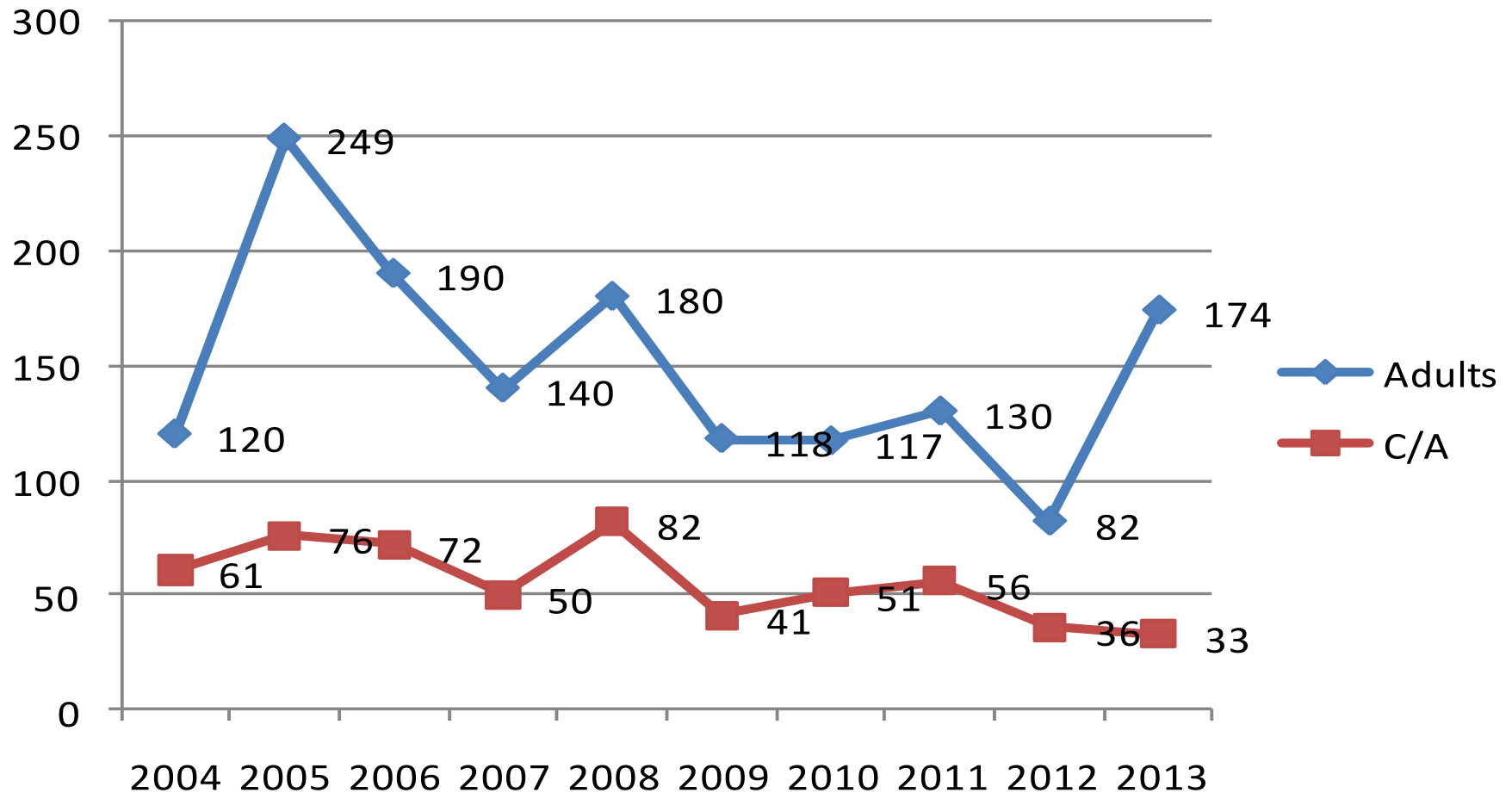




# Absolute Frequencies of Service Users (NE Cyclades)



# Absolute Frequencies of Service Users (W Cyclades)



## 2

# Creating venues for training and empowerment of users

- “Empowerment Seminar”
- A setting for story listening and empowerment via continuous rounds of open seminars called “Empowerment of participation of mental health service users and families”, as part of an undergraduate course offered at the Department of Psychology at Panteion University in Athens, that first started in 2009.
- Topics: empowerment, recovery, qualitative research, social policy, advocacy, social co-operatives, Media, religion, sexuality.
- Plan for Triologue model next year



2

# Creating venues for training and empowerment of users

- “Self advocacy and self representation of MHS Users”
- Federation of people with disabilities
  - Training in rights advocacy based on CRPD
  - Support of local actions



# 3

## Self help groups

[www.citizensagainstdepression.gr](http://www.citizensagainstdepression.gr)



- WHO:
  - Develop and implement tools or strategies for self-help and care for persons with mental disorders, including the use of electronic and mobile technologies.
  - Enhance self-help groups, social support, community networks and community participation opportunities for people with mental disorders and psychosocial disabilities and other vulnerable groups.
- Promote the concept of empowerment of people with mental health problems and their participation in the organization and provision of care
- Train professionals as trainers of users

## 3

# Self help groups

- Train people with personal experience of mental health problems as facilitators
- Disseminate training and information material on line
- Develop local information points and support the development of self help groups
- Expected outcome: Hope – sense of belonging – social support
- Join us in facebook Πολίτες ενάντια στην κατάθλιψη  
Citizens against depression





# Citizens against depression

## Most Recent Facts



*2 training manuals were designed (trainer and trainee for the co-ordination of self-help groups)*



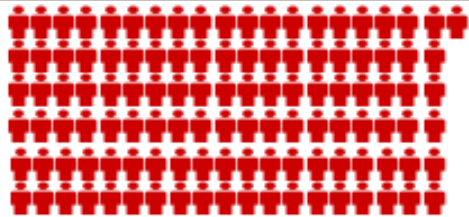
*11 public events for sensitization and dissemination took place with the participation of 1.300 individuals*



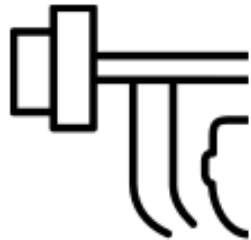
*We have co-operated with 32 local agencies in organizing events and training sessions*



*36 professionals were trained as trainers for educating co-ordinators for psychoeducation groups*



*115 individuals were trained as co-ordinators for self-help groups*



*150 individuals were evaluated after their demand for inclusion in a psychoeducational group*

*120 individuals will participate in 12 psychoeducation sessions*



*2000 individuals visited the website at the first week of operation*



**Social networks  
new partnerships  
empowerment of  
citizens**



- Solidarity networks –  
enallaktikos.gr: a hub recording  
and disseminating the work of  
more than 3000 initiatives &  
networks (e.g. 52 time banks)

[www.enallaktikos.gr](http://www.enallaktikos.gr)

- Award winning volunteer  
grassroots organizations:  
Mediators between donators  
and people in need

[www.boroume.gr](http://www.boroume.gr)

[www.desmosdirect.org](http://www.desmosdirect.org)

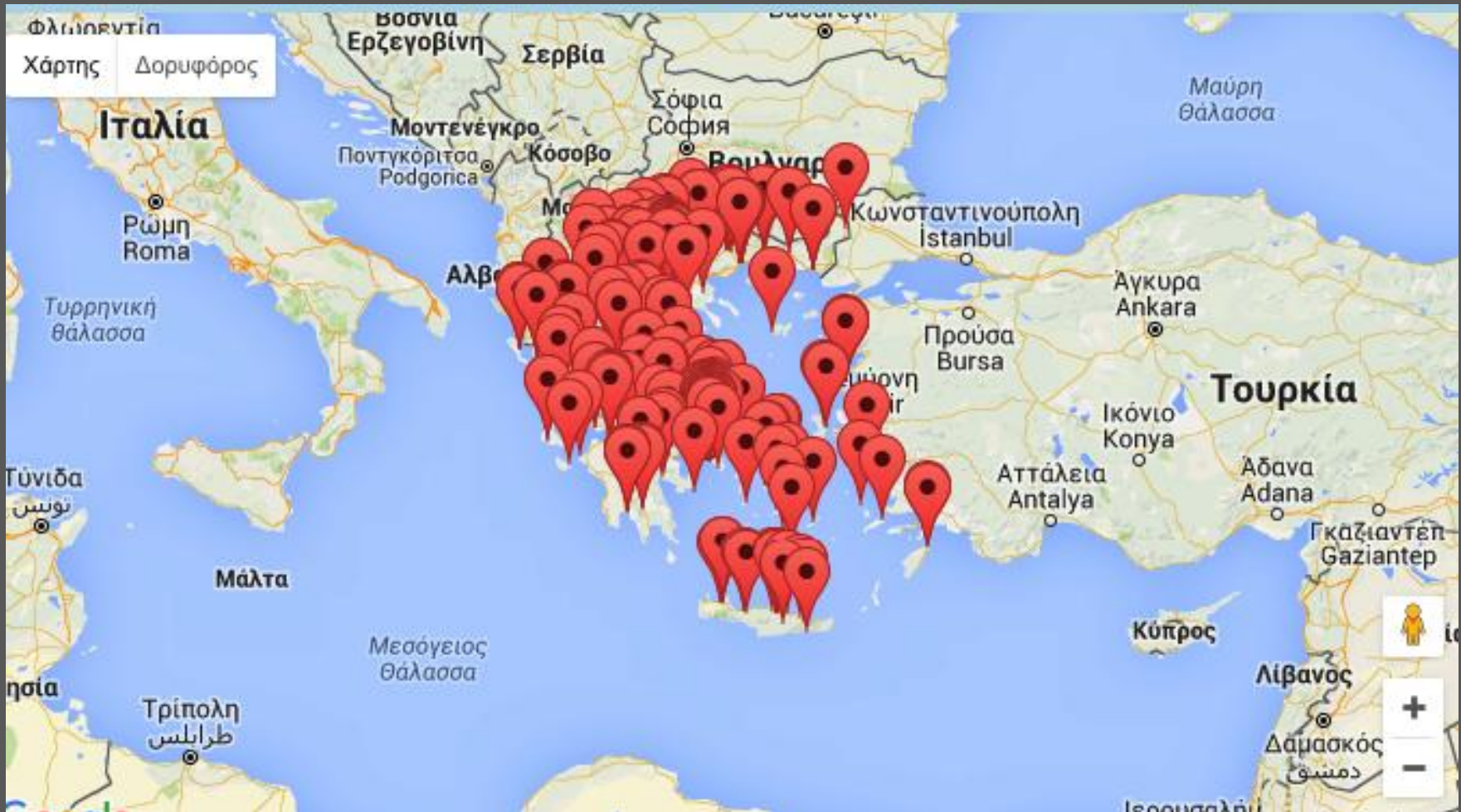
- We are all citizens –  
empowerment of citizens –  
capacity building of ngo's for  
vulnerable groups & rights

[www.weareallcitizens.gr](http://www.weareallcitizens.gr)

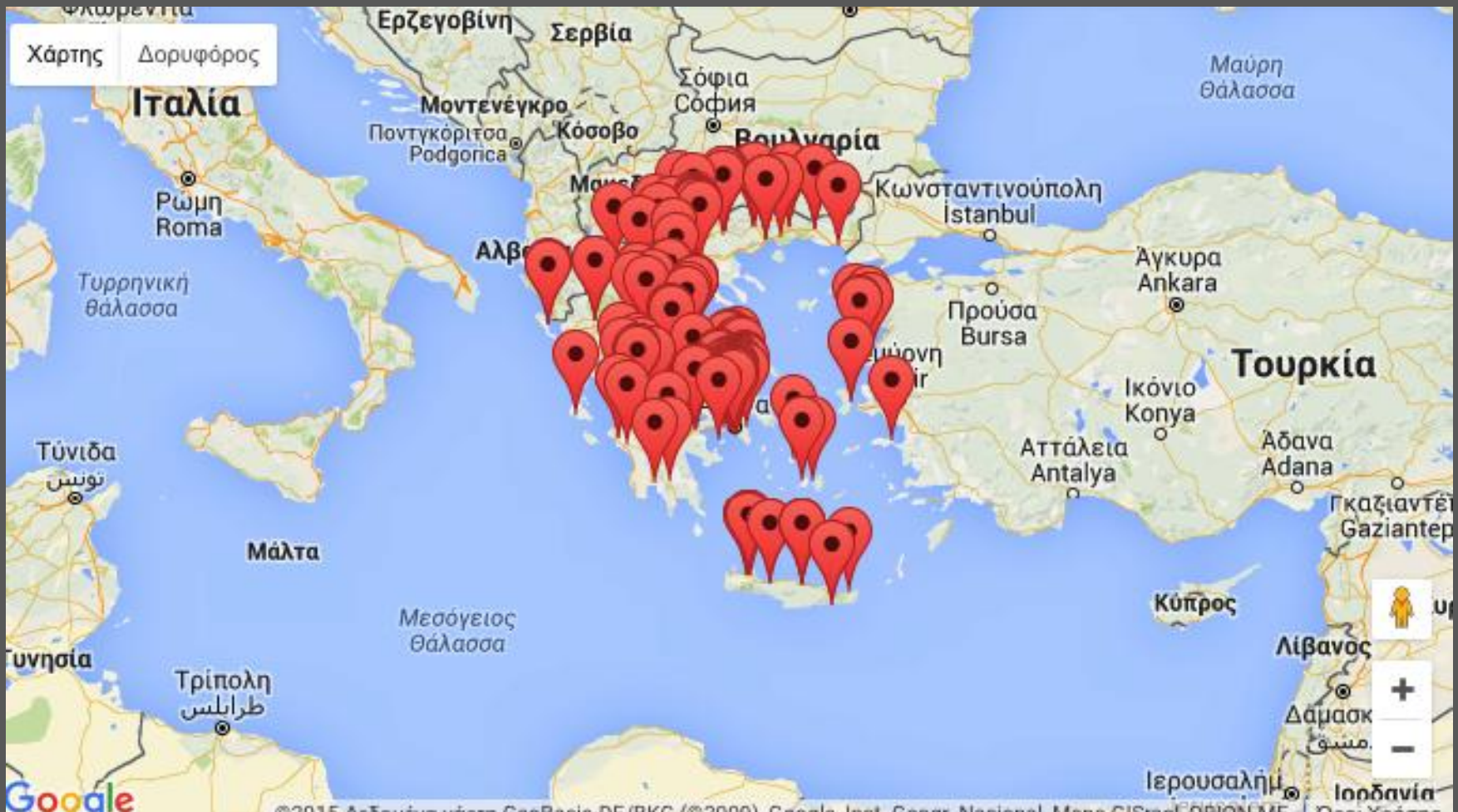
# Structures for Social Solidarity in Greece (Nationwide) (source: Enallaktikos.gr)

1. Volunteer movements providing free medical services, drugs and vaccines for people without access to public health facilities: **542**
2. Residents and municipality initiatives committees who transform disused spaces into local gardens: **147**
3. Time banks for local residents to provide mutual support: **57**
4. Local alternative currencies: **51**
5. Local collective solidarity kitchens are operating which cook nutritious meals where local people can eat together: **451**
6. Local exchange trading systems: **284**

# Free medical services, drugs and vaccines for people without access to public health facilities



# Solidarity Kitchens



## 5

# Home treatment – ACT

## Day Centre “Franco Basaglia” EPAPSY



- No recorded experience (WHO, 2008) – Only small initiatives
- Focus on teams not units
- Included: support of everyday life activities, training in social skills, psychiatric treatment, referrals, support for development of social networks, support in physical health problems, job opportunities, housing
- We promote multidisciplinary teams, continuity of care, in vivo community care, new approach in crisis intervention
- Opportunity during crisis to make use of existing personnel for increasing provision & connect with social protection & solidarity actions and networks
- High levels of satisfaction for users and family members
- 5<sup>TH</sup> psychiatric sector of Athens – 45 cases → decrease of hospitalizations

The Consultation Centres are located in the communities in Attica and Cyclades Islands

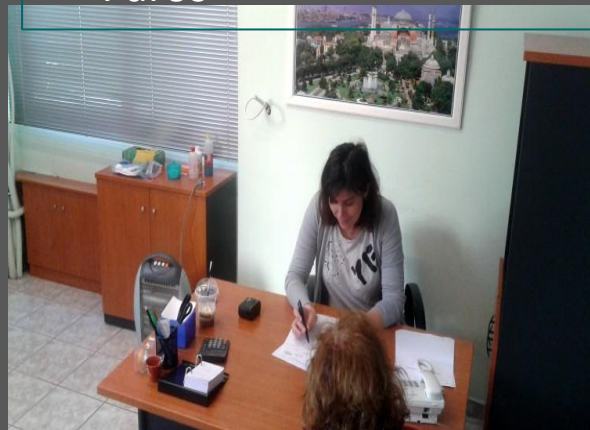
- Peristeri
- Agia Varvara
- Athens
- Philothei
- Nea Ionia
- Andros
- Tinos
- Milos
- Paros

[www.dementia-community.gr](http://www.dementia-community.gr)  
1/10/2014 until 30/4/2016



## What is offered

- Prevention with non-pharmacological interventions
- Early intervention and diagnosis (Neuropsychological assessment)
- Counselling and Care for individuals with dementia, family members and carers
- Psychoeducation
- Networking with the community and referral to proper services or informal networks depending on the individual needs



7

# Social Cooperatives



23 social cooperatives for people with mental health problems ( $\geq 35\%$  members) [KOISPE]

Extra actions to support unemployed people

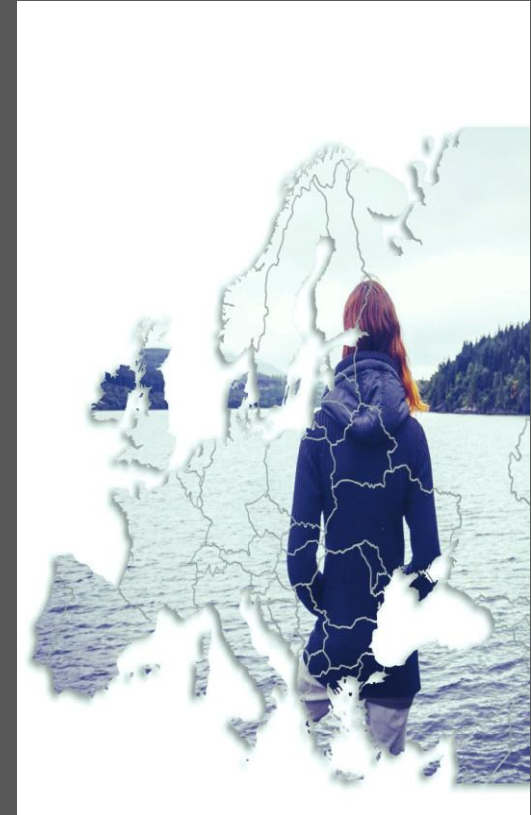
Promote new culture for solidarity

Promotion of social economy important for supporting wider

Opportunity & challenge for partnerships between public, private and social sector

# Lessons from Europe

- Obtaining better data in all areas of medical and service provision and outcomes
- Backing up mental health policies with appropriate funding
- Finishing the now decades-old task of deinstitutionalisation
- Focusing on the hard task of providing integrated, community-based services
- Including integrated employment services provision





- Move from local revolutions to real investment in planning and provision → Real investment in national plans
- Continuity
- Participation of users: power
- Evaluation Reports – on the ground evidence to improve actions
- Transform traditional psychiatric culture and welfare protecting culture into social solidarity and empowerment of citizens

- The current crisis can be explained both through economic causes and political failure. The sovereign debt crisis that emerged from the banking crisis had its roots in the sub-optimal conditions of a heterogeneously composed currency union.
- No political community can sustain such tension in the long run.

J. Habermas's verdict  
on the EU/Greece debt deal, Guardian 2015

# Ευχαριστούμε!

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