



# Mental health in primary care

Tianjin Anding Hospital

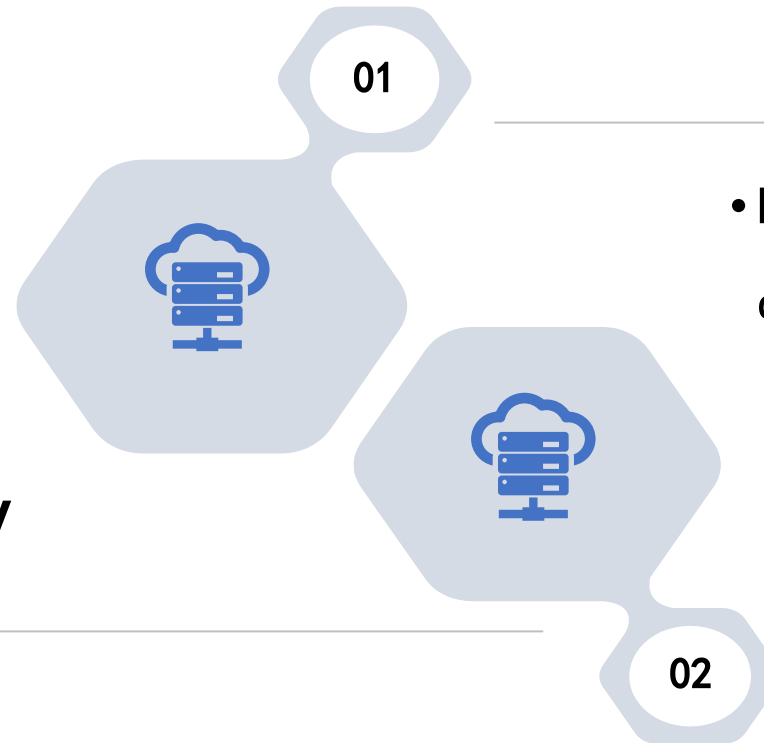
Jie Li

# Groups served by primary care



## General public and key populations

- Seniors
- Children and adolescents
- Maternity
- .....



## Special Populations

- Patients with severe mental disorders

# Outline

---



## Severe Mental Disorder Management Treatment Project

---

01



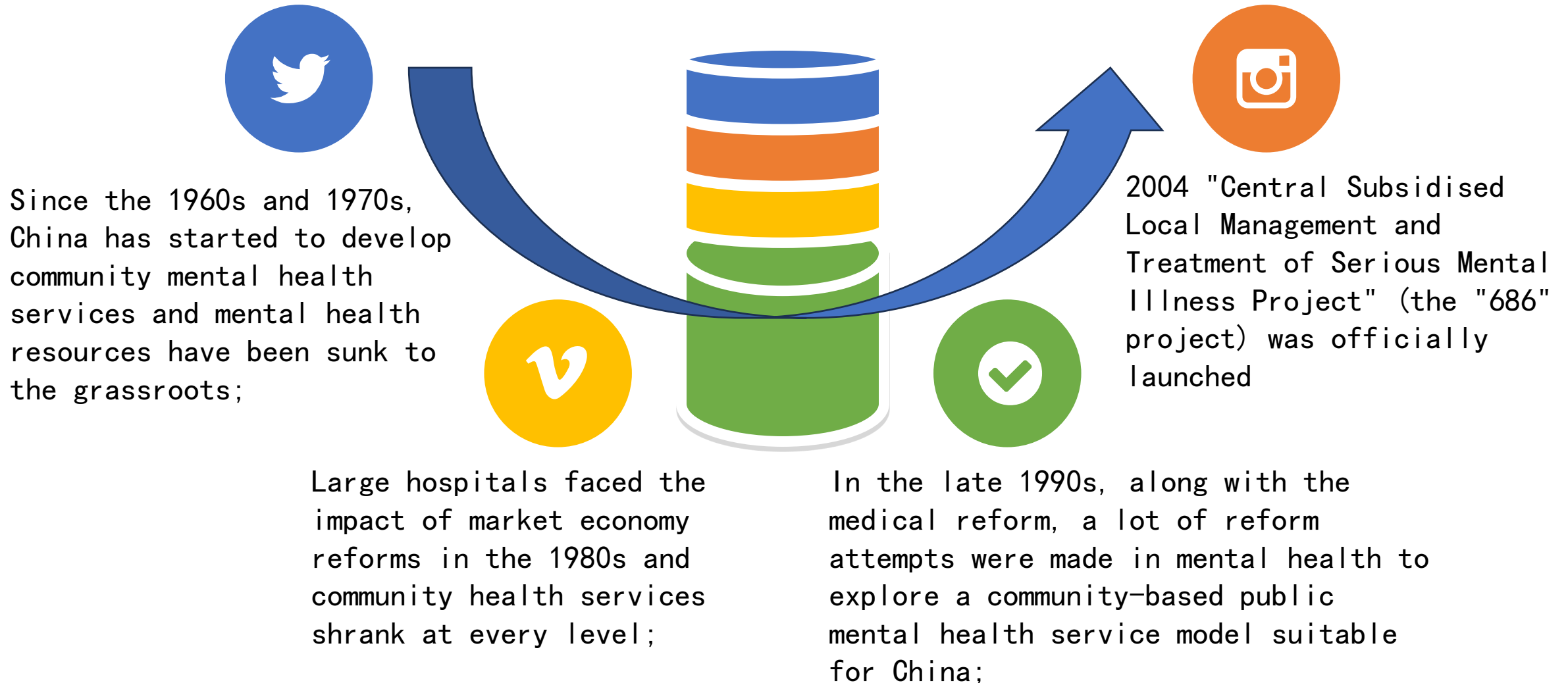
Psychosocial services  
system construction

---



02

# Services for Severe Mental Disorder



# Services for Severe Mental Disorder



In 2005, the central government adopted a central transfer payment to spearhead a community-based management and treatment programme for serious mental illness in 59 districts (counties) across China.



In 2009, the management and treatment of serious mental illness was incorporated into the National Basic Public Health Service System, and since then, community mental health services in China have been gradually



With the enactment and implementation of the Mental Health Act on 1 May 2013, the target of management was changed from "serious mental illness" to "severe mental disorder".



The "686" project shifts the management of patients with severe mental disorders forward, aiming at disease control, combining prevention and treatment as a means to provide early detection, continuous follow-up and rehabilitation services to patients on a community basis.

# Services for Severe Mental Disorder



## What is the severe mental disorder?

**Severe mental disorder**: a mental disorder in which the symptoms of mental illness are so severe that the person is seriously impaired in social adaptation and other functions, unable to have a complete understanding of his or her own health condition or objective reality, or unable to manage his or her own affairs.

\* Reference to the *Mental Health Law of the People's Republic of China*, promulgated on 1 May 2013

## Project clients

1. Schizophrenia

2. Schizo-affective disorder

3. Paranoid mental disorder



4. Bipolar disorder

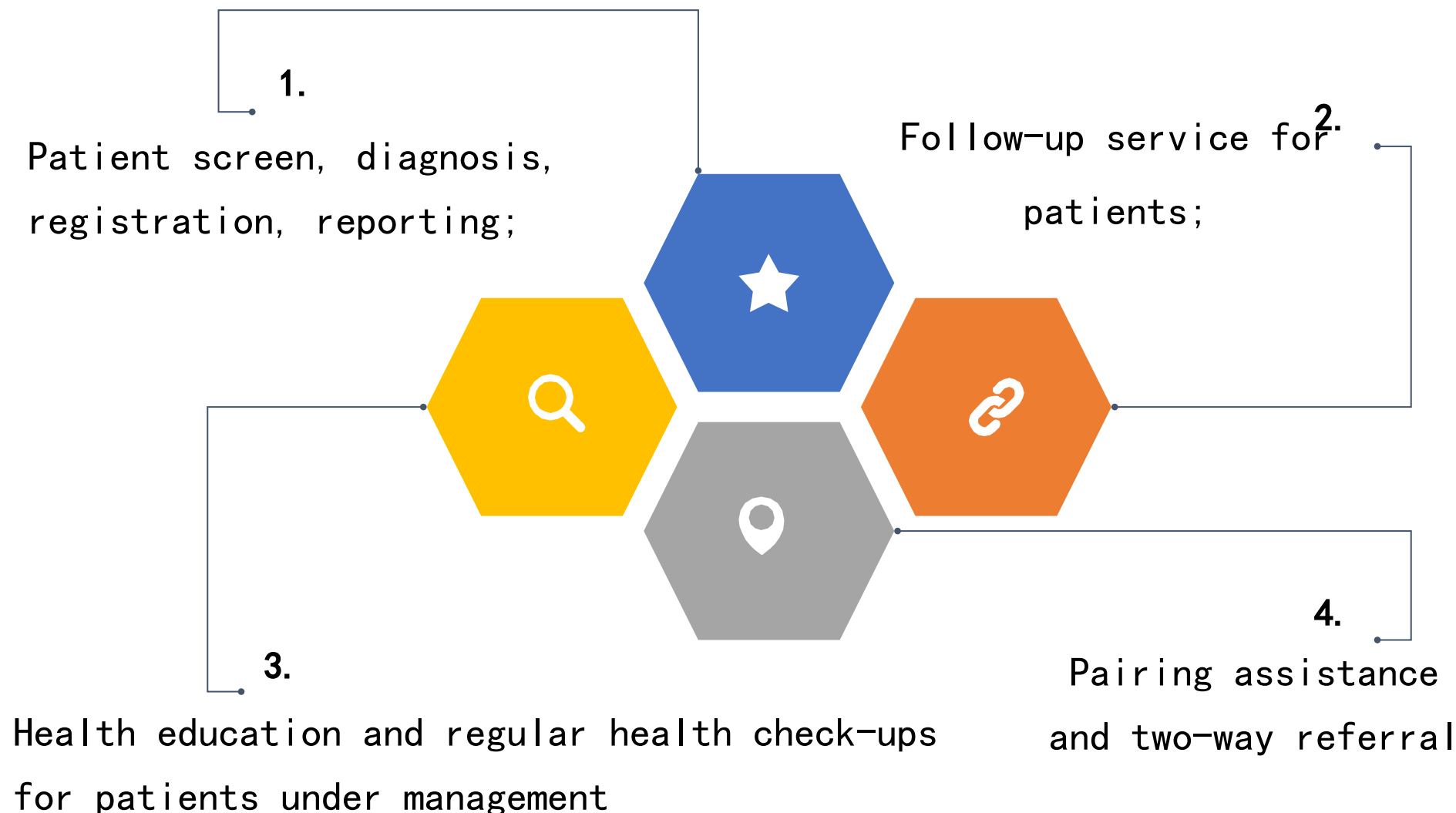
5. Mental disorders due to epilepsy

6. Mental retardation with psychotic disorders

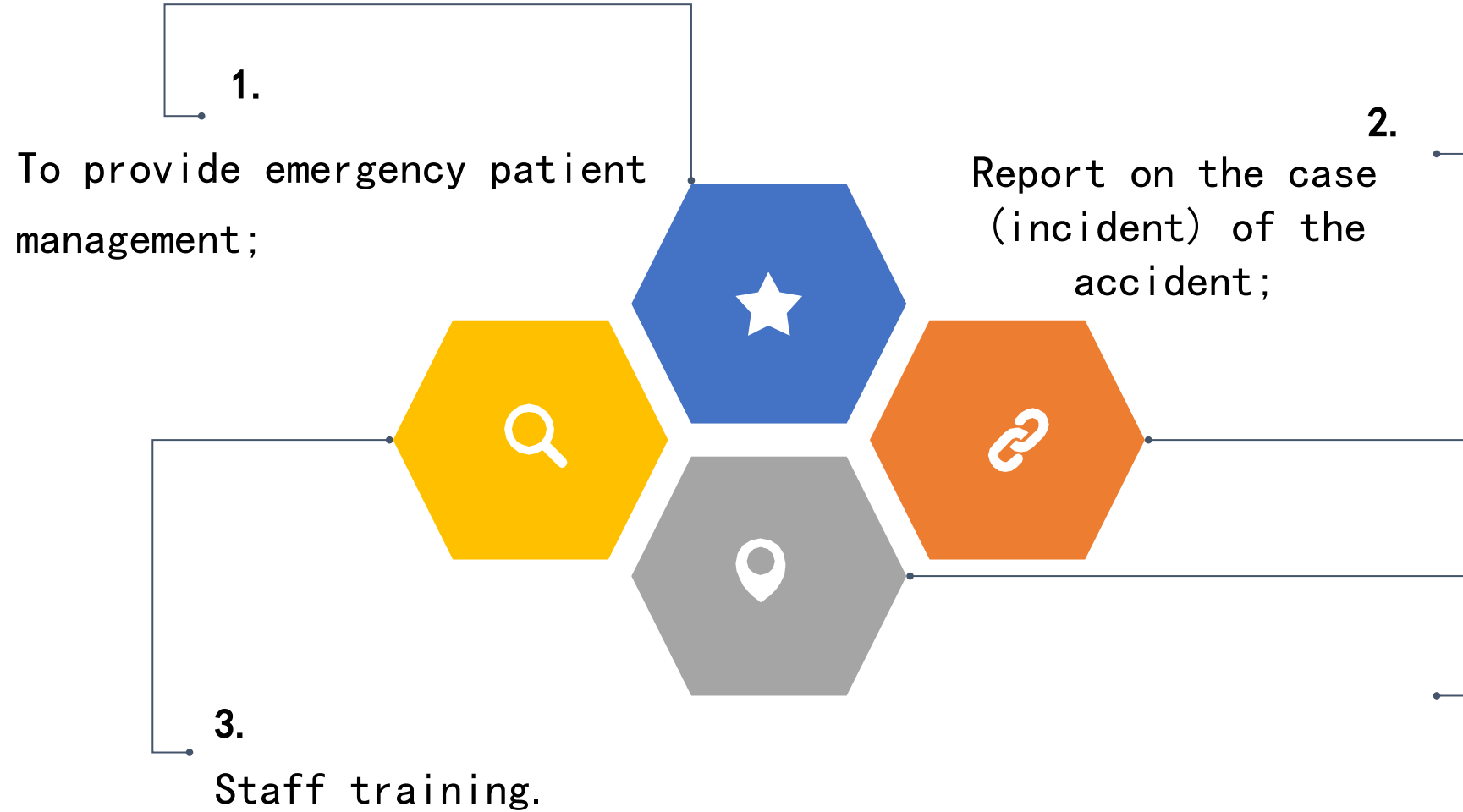
7. Patients who meet the conditions of Article 30(2) (2) of *the Mental Health Law of the People's Republic of China* and have been diagnosed and assessed as having a serious mental disorder, not limited to the six diseases listed above.

**\* Refer to the *Code of Practice for the Management and Treatment of Severe Mental Disorders* (2018 Edition)**

# Services for Severe Mental Disorder



# Services for Severe Mental Disorder



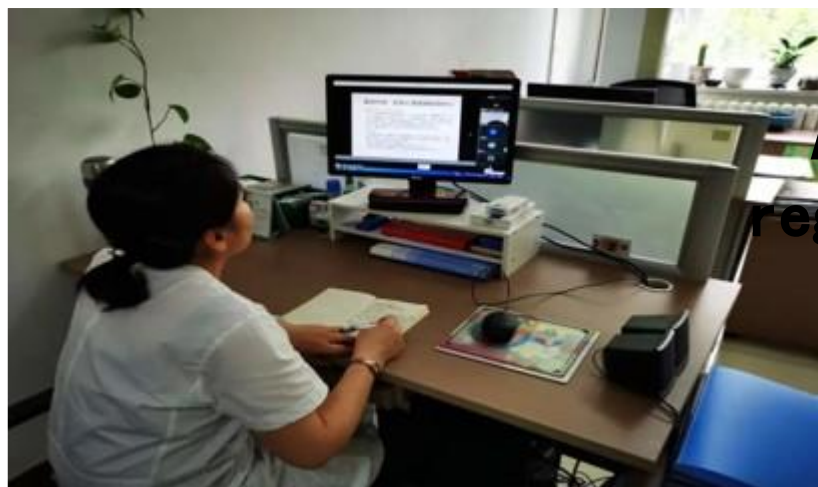
# Services for Severe Mental Disorder

What's new in Tianjin?

In addition to the services mentioned above, Tianjin has added the organization of psychiatrists to **provide professional guidance and free follow-up consultations on medication** in the community, as well as **waiving partial hospital fees for patients** with severe mental disorders under community management when they have violent tendencies to commit crimes or have serious drug side effects and need to be hospitalized and **free medication administration** for patients with severe mental disorders under management.



# Services for Severe Mental Disorder



Archival  
registration



Joint  
visits



Policy  
interpretation

Health Education  
Activities



# Services for Severe Mental Disorder

## Accurate management by information technology

**Tianjin established its own mental health information system in 2017**

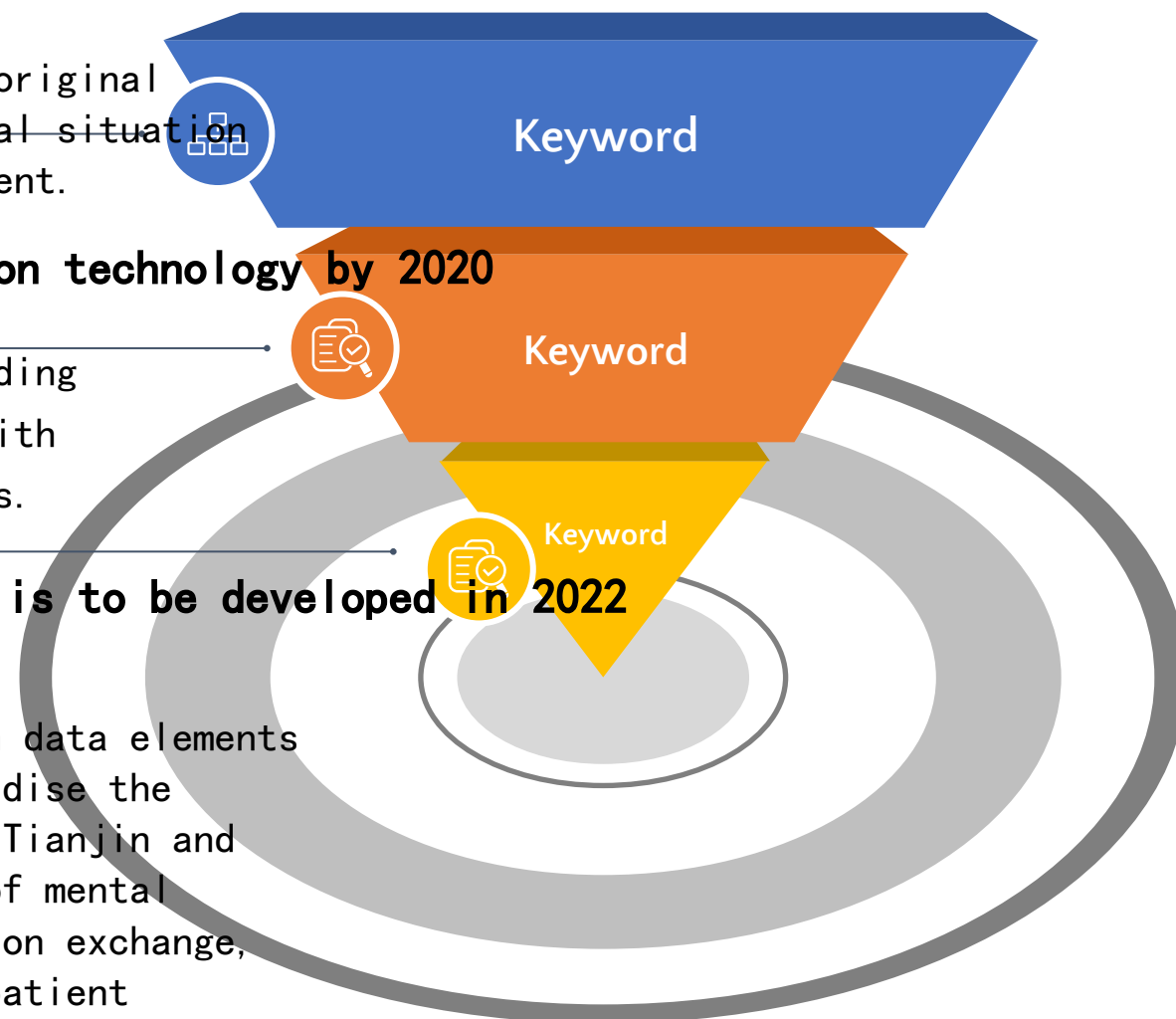
The aim of integrating data sources based on the original national information system according to the actual situation in the city is to achieve refined patient management.

## Precise patient management through information technology by 2020

Patients are marked 'red, yellow and green' according to their condition, medication status and risk, with different management models for different patients.

***Data element specification for mental health is to be developed in 2022 to strengthen local and regional links.***

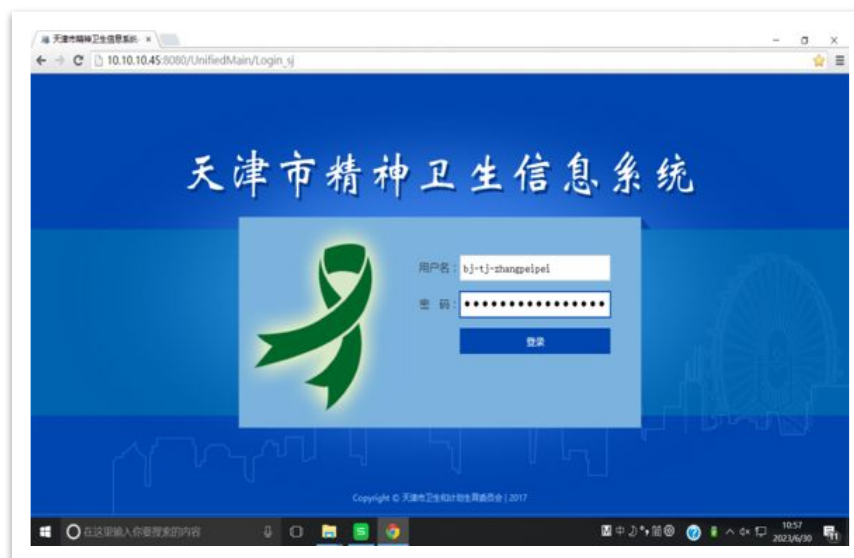
To carry out the standardisation of mental health data elements in Beijing, Tianjin and Hebei in order to standardise the content of mental health information in Beijing, Tianjin and Hebei, to achieve consistency and comparability of mental health information, to ensure effective information exchange, statistics and sharing, and to realise regional patient management linkage.



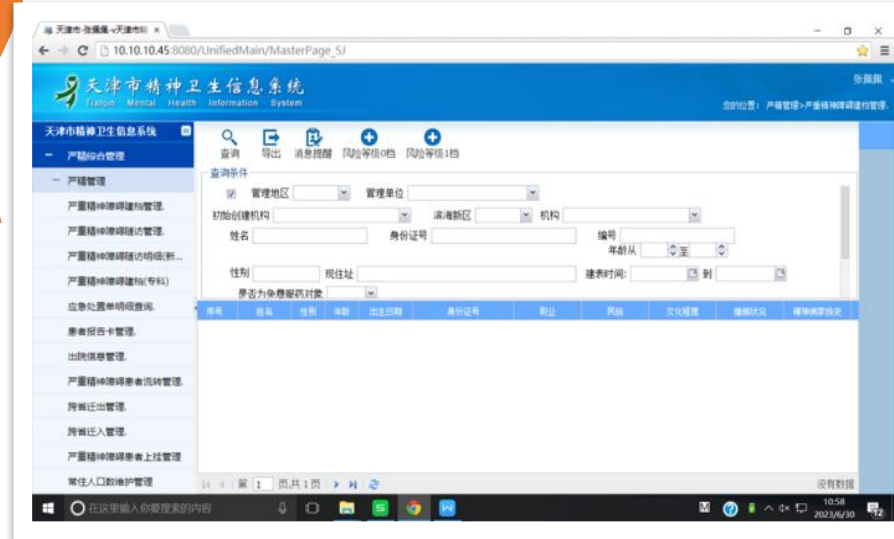
# Services for Severe Mental Disorder



System upgrade seminar



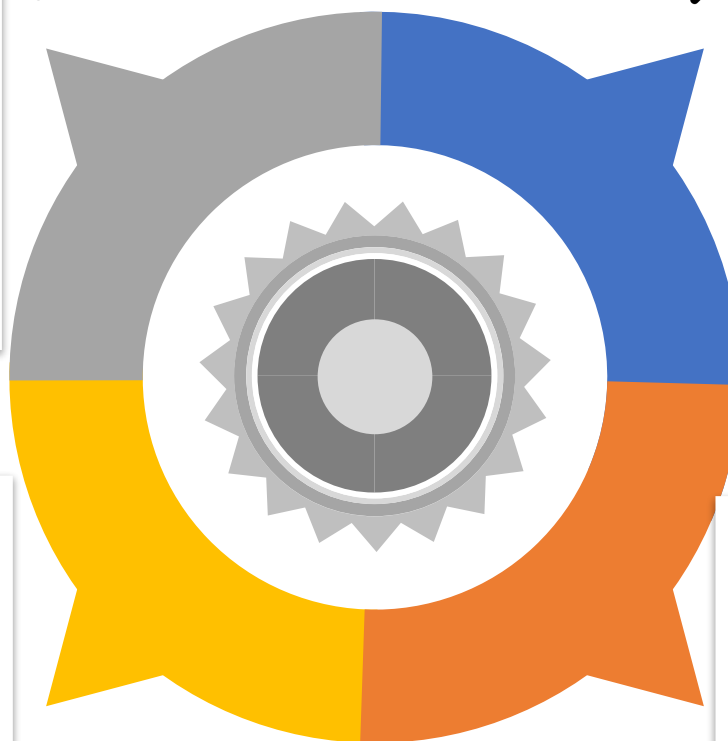
Log in to the system



# Services for Severe Mental Disorder



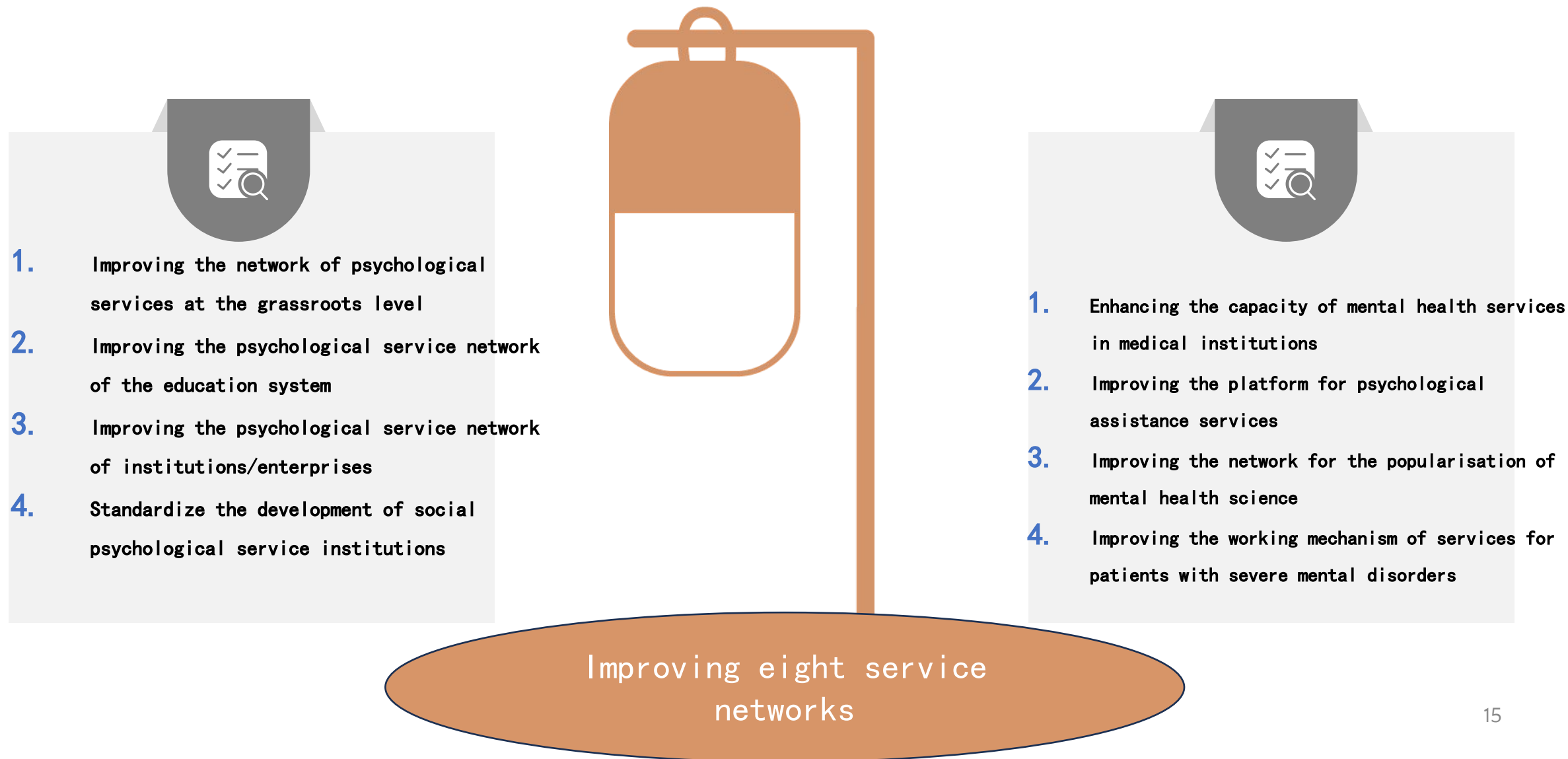
Systems intensive training



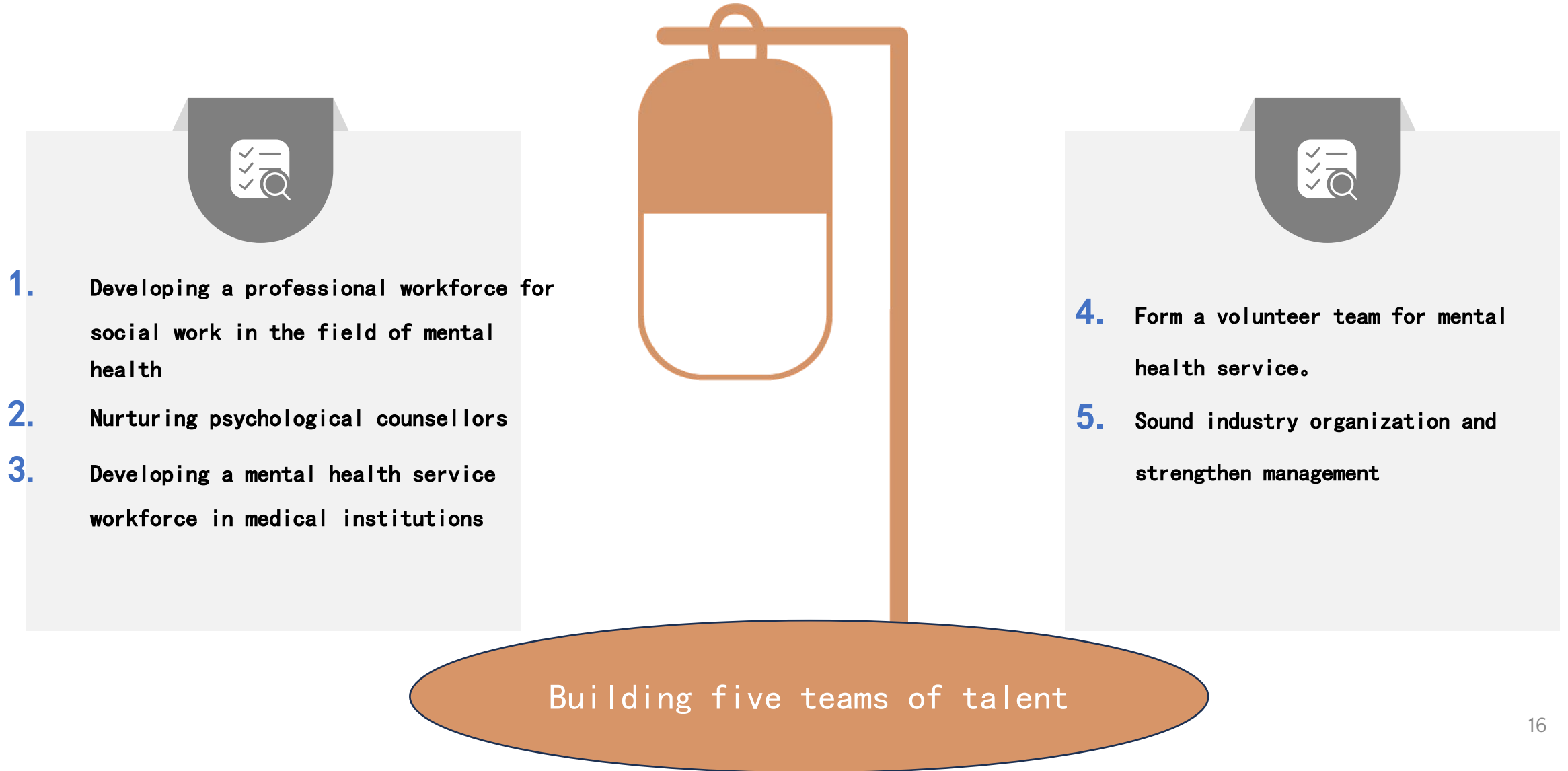
Appraisal feedback



# Psychosocial services system construction

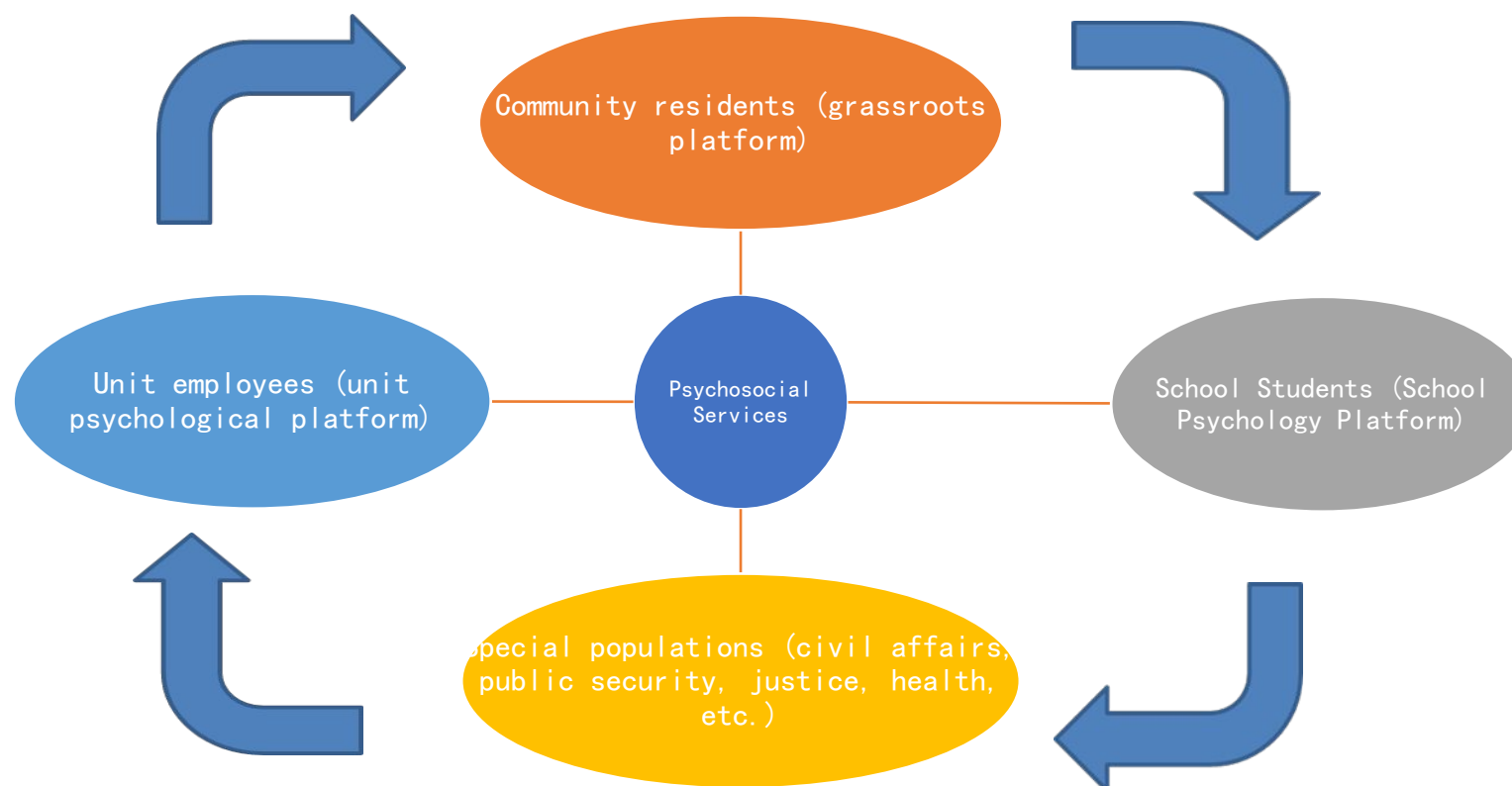


# Psychosocial services system construction



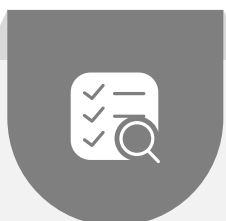
# Psychosocial services system construction

## Laying down a network of psychosocial service systems

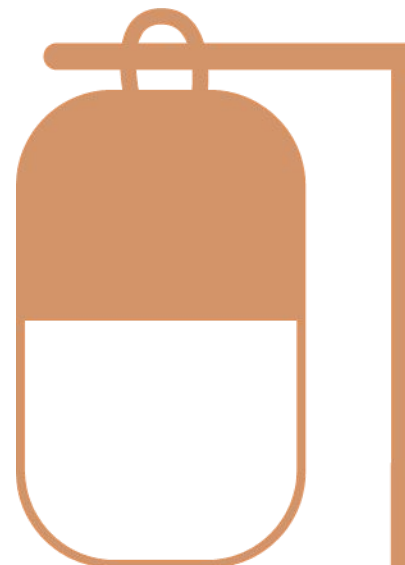


# Psychosocial services system construction

## Construction effectiveness



Achieve full coverage of the psycho-social service network. The city's psychological stations cover 100% of townships (streets) and psychological counselling rooms cover 100% of villages (communities). The coverage of personalized psychological counselling for key groups such as those serving prison sentences, drug addicts and community correctional officers has reached 100%. The provision of mental health teachers and the construction of psychological counselling rooms in all universities, primary and secondary schools is 100% complete. 100% of psychiatric specialist hospitals at all levels set up psychological outpatient clinics. The service network is becoming more and more densely woven, the service capacity is steadily improving and the effects of the services are gradually emerging.



The level of residents' mental health literacy has been improving. Since the implementation of the pilot social psychological service system in the city, mental health knowledge has been comprehensively popularized and disseminated, and the public's awareness of mental health self-management has been strengthened. 62% of the general population in urban areas and 67% of the general population in rural areas were aware of core mental health knowledge in 2021, and the mental health literacy level of residents reached 19%, an increase of 58% compared to 2019 (12%). This represents an increase of 58% compared to 2019 (12%), all meeting the national requirements.

# Psychosocial services system construction



First workshop



Second workshop



Launch meeting



# Psychosocial services system construction



National Supervisory Debriefing



Research



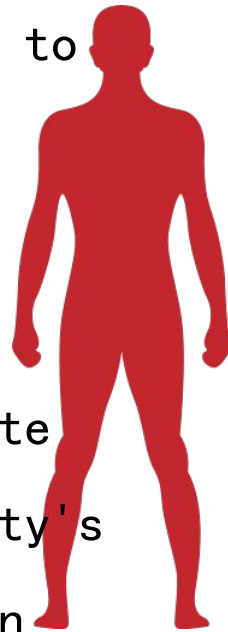
Field visits



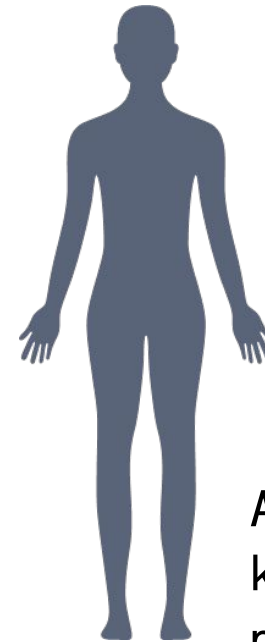
# Psychosocial services system construction

## Primary health care

institutions were organized to screen and categorize the cognitive functions of the city's elderly aged 65 and above, and the screening rate has reached 88.5% of the city's elderly aged 65 and above in custody.



Old  
people



Conducted 456 awareness-raising activities on dementia-related knowledge at the community level, directly benefiting more than 58,000 people and distributing more than 138,000 copies of awareness-raising materials;

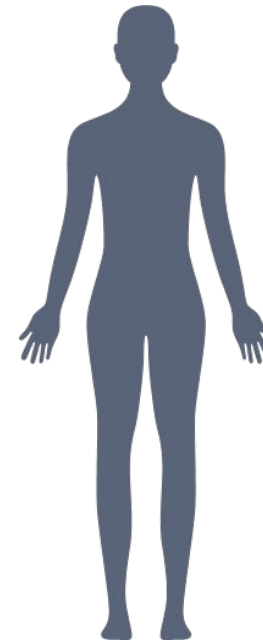
Annual survey on public knowledge of dementia prevention and treatment completed, with awareness rate at 80% or more

# Psychosocial services system construction

All primary and secondary schools in the city have full-time and part-time teachers in accordance with the requirement of at least one per school. All primary and secondary schools conducted at least one training session per term on mental health education for parents and students. Primary and secondary schools carried out mental health assessments, with a participation rate of 68.04%; approximately 742,600 files were created for school students, with a 77.43% rate; the core knowledge of mental health was known by 94.2%.



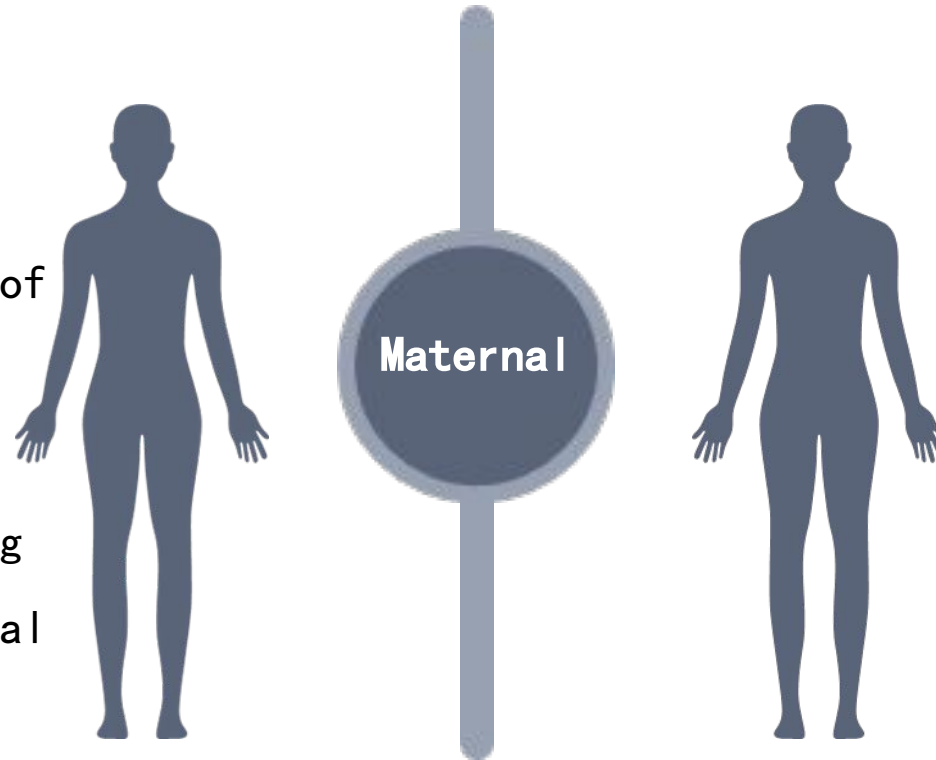
Children and adolescents



All higher education institutions in the city are equipped with full-time teachers according to the ratio of 1:4000. All higher education institutions have carried out mental health assessment, with a 100% participation rate; the number of mental health files of students in schools is about 398,000, with a 59.78% file creation rate; the awareness rate of core mental health knowledge reaches 83.35%.

# Psychosocial services system construction

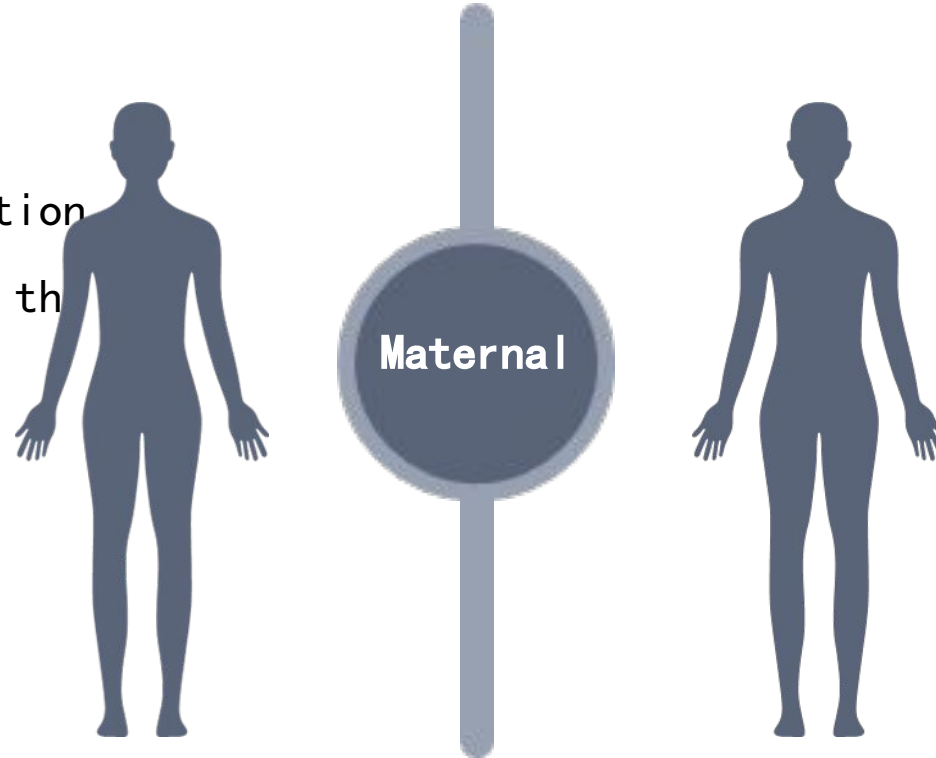
Screening for anxiety during pregnancy and puerperal depression before 28 weeks of gestation and within 42 days of delivery, and psychological intervention for mothers with mildly abnormal anxiety during pregnancy or suspected abnormal puerperal depression.



Refer mothers with moderate or severe abnormalities on the Pregnancy Anxiety Screen or abnormal results on the Puerperal Depression Screen to a qualified health facility.

# Psychosocial services system construction


The obstetrics and gynecology department of a medical institution should provide medical care for the mental health of women during pregnancy and childbirth in the form of consultation with the psychiatric/psychological department of the institution.



Districts include depression prevention and treatment as part of popular science education in maternity schools to raise awareness of prevention and treatment among pregnant women and their families

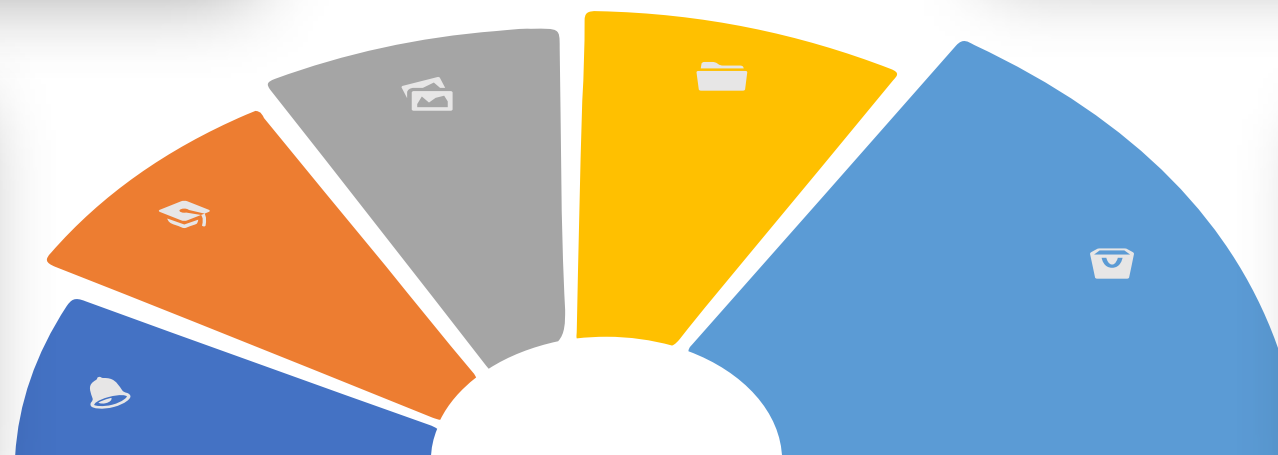
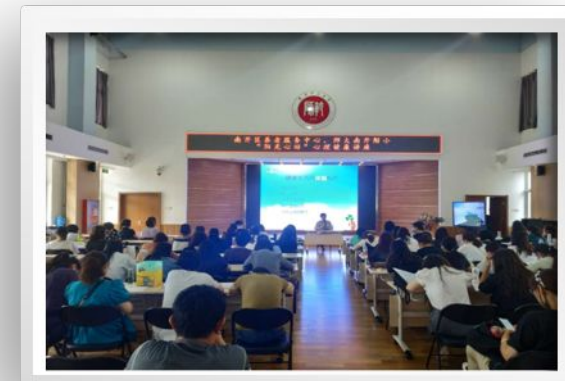
# Psychosocial services system construction

## Extensive mental health education and health promotion.

- 
1. The "Sunshine Heartland" mental health promotion project was launched and incorporated into the city's people's project
  2. Formed a team of mental health lecturers consisting of mental health professionals to deliver talks on mental health to community residents and occupational groups in the city
  3. Mental health promotional films and posters were produced and widely disseminated on various platforms such as the city's metro, buses, radio stations, outdoor electronic screens and WeChat public websites.
  4. Use of community, enterprises and institutions, spiritual stations and other venues to promote mental health education

# Psychosocial services system construction

## Conducting lectures on mental health



# Psychosocial services system construction

## short videos for health education

Promotion by means of pre-film advertising in cinemas



10 Rules for Mental Health Literacy



Tianjin Psychological Assistance Hotline Anti-epidemic Promotion



Focus on Children and Youth Mental Health Edited Version

Through metro lightboxes, outdoor LED screens, radio, building advertising, etc.



Pressure turns to dessert



Focus on the mental health of children and adolescents

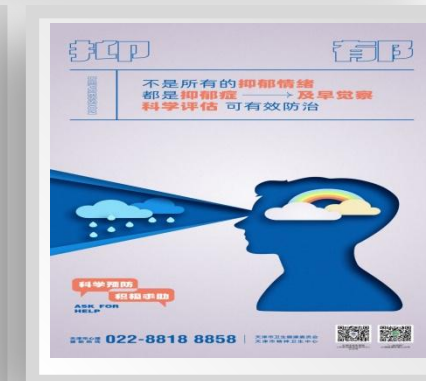
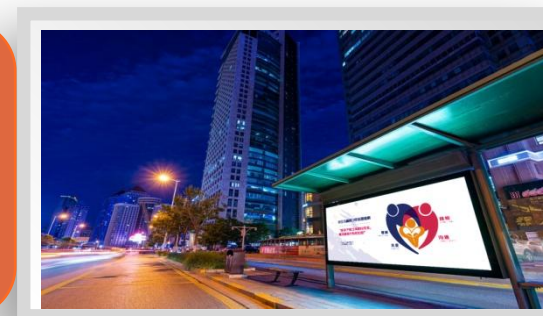
TV Public Service Announcements

# Psychosocial services system construction

## Making posters



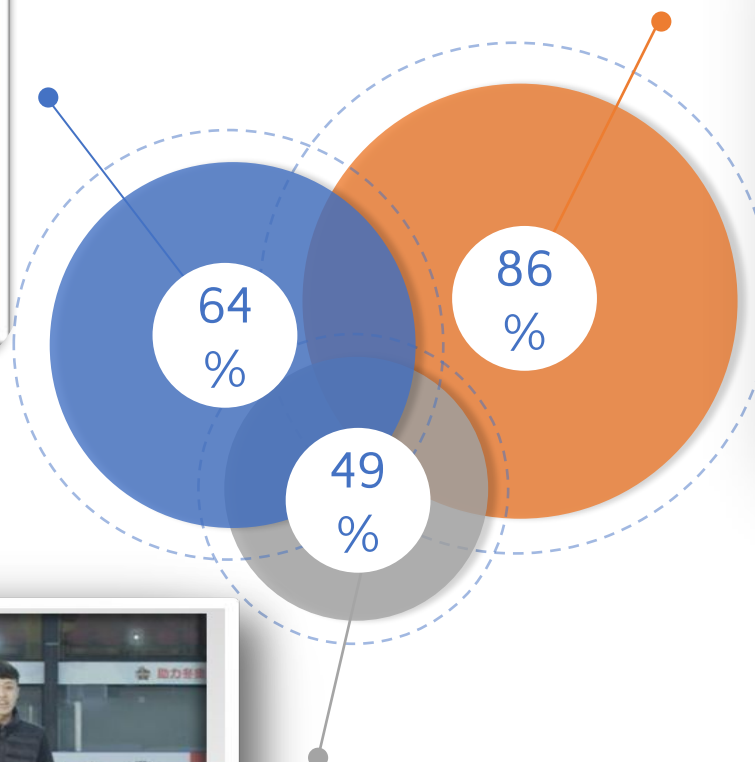
地铁、公交站点



机关企事业单位楼宇电梯持续发布

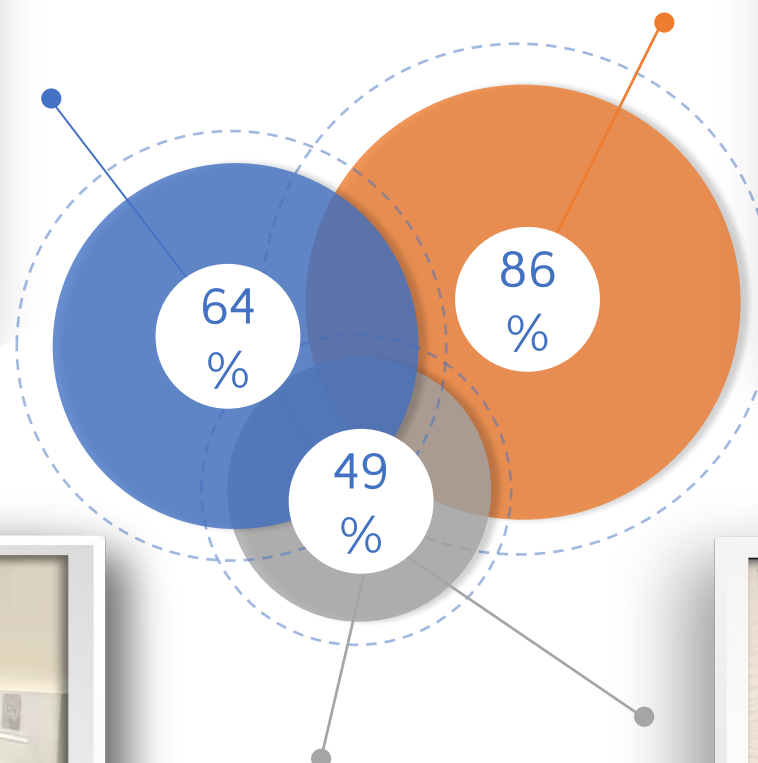
# Psychosocial services system construction

## Distribution of mental health promotional materials



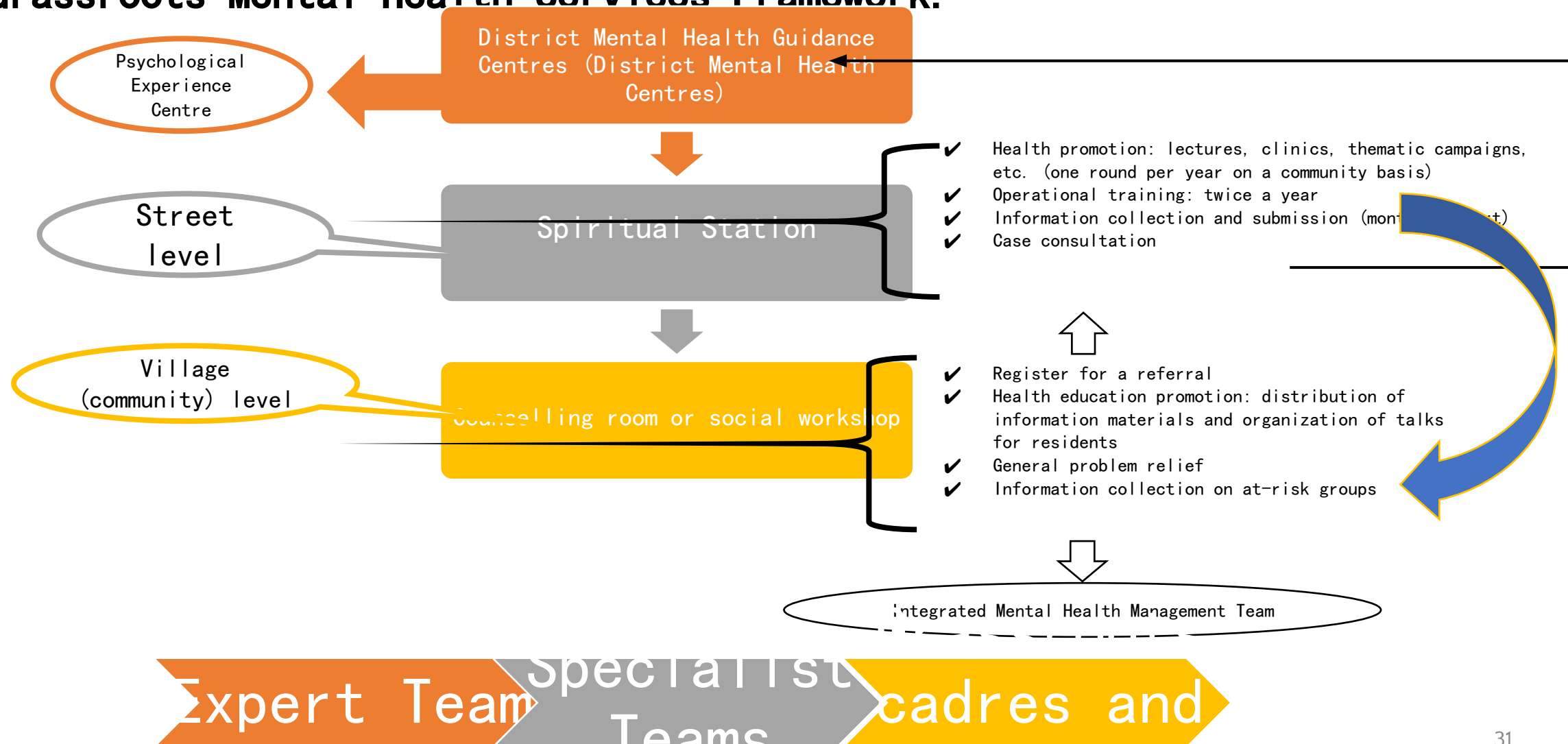
# Psychosocial services system construction

## TV Programs



# Psychosocial services system construction

## Grassroots Mental Health Services Framework.





THANKS !