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Mental Health Policy in Lithuania and Europe 10 years after the Helsinki Conference: from 'the vision of needed changes' to 'actual results'

International Scientific-Practical Conference

Friday 15th May, 2015

The building of the Parliament of the Republic of Lithuania, Constitution Hall
53 Gedimino ave., (building I, 3rd floor), Vilnius

The World Health Organisation (WHO) approved the Mental Health Declaration and Action Plan for Europe 2005-2010 at the Conference of the Health Ministers for the European Region in Helsinki in the year 2005. This policy document set out evidence and fundamental values-based principles for strengthening and safeguarding mental health in Europe. This was intended to provide guidelines, which could be used to improve society's mental health indicators and address mental health problems more effectively. One of the most important conditions for this to become reality, was a firm decision needed by all member states to review and redistribute the quantity and quality of investment in mental health; redirecting national resources towards such prevention, treatment and rehabilitation services, that would reduce social isolation, guarantee respect for human rights and non-discrimination, as well as strengthen psychological resistance of individuals, groups and communities.

During the abovementioned period the attention of Lithuanian society, decision-makers and media has been mobilised, and the Ministry of Health undertook the opportunity for Lithuania to potentially become the leading member state in putting the Mental Health Declaration and Action Plan for Europe in practice. Following the Helsinki Conference a working group was formed for development of the National Mental Health Action Plan. This Action Plan was developed as a strategic national health policy document and formally approved by Seimas on 3rd April 2007. It is foreseen to review the progress of the implementation of this strategic policy document in Lithuania at the time of the upcoming Conference. The progress of development of a modern mental health system in the general European context will also be discussed.

Objectives of the upcoming Conference:

Lithuanian and international experts in the field will explore and discuss the main changes achieved whilst implementing the Lithuanian mental health policy over the past 10 years - since the Helsinki Conference, 2005. Special attention during the Conference will be paid to the following priorities in the comparative context of the situation in Lithuania and the rest of EU:

- Development of community services and deinstitutionalisation;
- Involvement of service users and the NGO sector in decision-making processes;
- Re-structure of the primary mental health care services sector;
- Suicide prevention;
- Strengthening of mental health for children.



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PROGRAMME

08:30 – 09:00	Registration
09:00 – 09:30	Welcome: Rimantė Šalaševičiūtė (Minister of Health, Member of the Lithuanian Parliament), Dag Malmer Halvorsen (Ambassador of the Kingdom of Norway to Lithuania), Dangutė Mikutienė (Member of the Lithuanian Parliament, Head of the Health Committee), Prof. José Miguel Caldas de Almeida (European Union Joint Action for Mental Health and Well-being)
09:30 – 11:00	Presentations, discussions <i>Chair: Karile Levickaite (Director of NGO Mental Health Perspectives) and Dr. Robertas Povilaitis (lecturer at Vilnius University Department of Clinical and Organizational Psychology)</i>
	Introduction. Mental Health Policy in Lithuania 10 years after the Helsinki Conference. Prof. Dainius Pūras (Professor at Vilnius University, Faculty of Medicine, UN Special Rapporteur on Health Issues)
	European Union Joint Action for Mental Health and Well-being. Prof. José Miguel Caldas de Almeida (Leader of European Union Joint Action for Mental Health and Well-being)
	Analysis of Primary Mental Health Services in Lithuania. Dr. Robertas Povilaitis (lecturer at Vilnius University Department of Clinical and Organizational Psychology)
	<i>Discussions</i>
11:00 – 11:20	<i>Coffee Break</i>
11:20 – 13:10	Presentations, discussions <i>Chair: Prof. Nida Žemaitienė (Professor at Lithuanian University of Health Sciences, Head of the Health Psychology Department) and Dovilė Šakalienė (Director of Human Rights Monitoring Institute)</i>
	Development of Community Mental Health Services in EU. Nigel Henderson (Chief Executive of Mental Health Europe)
	Does Lithuania Need Standards for Community Mental Health Care? Prof. Dr. Arūnas Germanavičius (Professor at Psychiatry Clinic and Institute for Public Health, Vilnius University)
	Suicide Prevention in the EU. Prof. Ella Arensman (Director of Research, National Suicide Research Foundation, University College Cork, President of the International Association for Suicide Prevention)
	Priorities of Suicide Prevention in Lithuania. Dr. Paulius Skruibis (Director of NGO Youth Line)
	<i>Discussions</i>
13:10 – 14:00	Lunch break
14:00 – 15:20	Presentations, discussions <i>Chair: Prof. Jonas Ruškus (Member of the UN Committee on the Rights of People with Disabilities, Professor at Vytautas Magnus University) and Dovilė Juodkaitė (President of the Lithuanian National Forum of the Disabled)</i>



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	Deinstitutionalisation in EU: Implementation of Article 19 of the UN CRPD (The Right to Live Independently and be Included in the Community). Jamie Bolling, ENIL (European Network for Independent Living)
	Deinstitutionalisation in Lithuania: Implementation of Article 19 of the UN CRPD (The Right to Live Independently and be Included in the Community) in the Social Care System. Dr. Eglė Šumskienė (Assoc. Prof. at Vilnius University Social Work Department)
	Is there a lack of child psychiatrists in Lithuania? Comparison Between the Lithuanian and Scottish Child Mental Health Care Systems. Vytautas Blažys (Consultant Child and Adolescent Psychiatrist, Ayrshire and Arran CAMHS, Scotland, UK)
	<i>Discussions</i>
15:20 – 15.40	Coffee Break
15:40 – 17:00	Presentations, discussions <i>Chair: Prof. Dainius Pūras (Professor at Vilnius University, Faculty of Medicine, UN Special Rapporteur on Health Issues) and Dr. Marija Veniūtė (Assoc. Prof. at Vilnius University, Institute of Public Health)</i>
	Understanding Disability from the Human Rights Perspective. Prof. Jonas Ruškus (Member of the UN Committee on the Rights of People with Disabilities, Professor at Vytautas Magnus University)
	The Movement of Self-Advocacy in the EU. Gábor Gombos (Independent expert, Convention on the Rights of Persons with Disabilities, Hungary)
	NGO Activities in the Field of Mental Health. Alternative Mental Health Strategy and Suicide Prevention Action Plan. Karilė Levickaitė (director of NGO Mental Health Perspectives)
	Final discussion and adoption of the declaration “Mental Health 2030”. Prof. Dainius Pūras (Professor at Vilnius University, Faculty of Medicine, UN Special Rapporteur on Health Issues)
17:00	End of the conference

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