

JA ImpleMENTAL Member State Policy Committee (MSPC) meeting, June 26-27th 2024 Athens



The meeting of the JA ImpleMENTAL Member State Policy Committee (MSPC) took place in Athens from 26-27 June 2024, organised by the lead partner, the Greek National Public Health Organisation (NPHO).

In the spirit of the Commission's "Comprehensive Approach to Mental Health" initiative, ImpleMENTAL supports Member States in reforming their mental health systems through two good practices ,

- Mental health reform in Belgium - National implementation of the reform of the Community mental health system, and
- The adoption of the Austrian 'SUPRA' for suicide prevention.

The purpose of the MSPC meeting was to review the implementation of the Joint Action, so that Member State representatives could share with each other and with representatives of the WHO/Europe Office, DG Sante and the OECD their experiences to date in developing or revising their

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mental health strategies and the challenges they have faced in the process, with a particular focus on improving the accessibility, patient-centredness and sustainability of mental health services.

The gathering was welcomed by Dimitrios Paraskevis, Professor of Epidemiology and Preventive Medicine at the Medical School of the National and Kapodistrian University of Athens and a Member of the Board of Directors of the National Public Health Organisation Greece, Bernadett Bulyovszky, JA ImpleMENTAL WP4 leader and senior project manager at the National Directorate General for Hospitals in Hungary, and Ledia Lazëri, Regional Adviser for Mental Health Flagship at the WHO Regional Office for Europe.

During the first day, capacity building, synergies between the JA ImpleMENTAL network and other EU initiatives, as well as lessons learned on the actual development of community-based services and cooperation with stakeholders were discussed.

Vasileia Konte, JA ImpleMENTAL Coordinator and WP1 Leader, Head of the Directorate of Services at NPHO Greece, in her keynote presentation provided an overview of JA ImpleMENTAL's implementation.

In the second session, country coordinators and MSPC representatives from countries that have implemented the Belgian best practice presented their progress. They showcased the work done so far in their countries and outlined future plans in the field of mental health.

Following this, presentations were given by the countries that have chosen the SUPRA best practice. Each country shared insights into their implementation of the SUPRA approach, highlighting the achievements made so far, and outlined their strategic plans for advancing mental health initiatives. Judit Zsuga from the University of Debrecen presented the activities and main results of the Hungarian pilot project so far. On behalf of the Ministry of Interior, Hungary was represented by András Sümegi, member of the policy committee.

The presentations provided a valuable opportunity for knowledge exchange and collaboration among the participating Member States, fostering a shared understanding of best practices and innovative strategies in mental health care.

Stefan Craenen from the European Commission delivered an online presentation on the comprehensive approach to mental health, highlighting the synergies with JA ImpleMENTAL.

In the third session Joy Ladurner, WP6 lead team conducted a workshop where participants utilized their insights gained from working on JA ImpleMENTAL. Following up Maria Vandoni from Mario Negri IRCCS presented "Training Kit for a Community-based Mental Health System – Lessons Learned and Way Forward.

The final session of the day featured a combined Capacity Building segment and Stakeholder Forum. During the Capacity Building segment, important topics were discussed, including WHO Europe's next steps and the significance of the interrelatedness between capacity building and policy processes, presented by Ledia Lazeri. Additionally, Simon Vasseur-Bacle presented on Quality Rights Training.

The Stakeholder Forum input included contributions from Jutta Lindert of the EUPHA Mental Health Section, Francisca Lopez from OECD, Thomas Niederkrotenthaler from IASP, and Hannes Jarke from EuroHealthNet. This forum provided an opportunity for key stakeholders to share their perspectives and collaborate on future directions for mental health policies and initiatives.

The morning of the second day of the MSPC meeting was devoted to discuss how the Austrian SUPRA suicide prevention best practice and related pilot projects to its adaptation can be integrated into national strategies, and which indicators should be monitored for the sustainability of the draft strategies.

Alexander Grabenhofer-Eggerth, WP6 lead detailed in his presentation the critical steps needed to transition from a draft strategy to a fully implemented strategy, emphasizing sustainable practices and methods to ensure a lasting impact. This was followed by a lively Q&A session led by Joy Ladurner, JA ImpleMENTAL WP6 lead team, who posed crucial questions to the audience to highlight how indicators could be chosen and communicated wisely to enhance the impact at societal level, sparking a meaningful dialogue on best practices and strategic approaches.

Participants were introduced to innovative methods and practical applications of developing indicators for quality in mental health care. Matteo Monzio Compagnoni from the WP5 team gave an online lecture on the application and utilization of a comprehensive dashboard of mental health indicators designed to support and enhance the quality of mental healthcare services, showcasing innovative approaches and practical applications.

Following that the afternoon session transitioned to the theme of Implementation Science. Cassie Redlich from WHO Europe kicked off this segment with an introduction to implementation science and its practices, explaining how PDSA (Plan-Do-Study-Act) cycles can be used for developing country-specific sustainability plans and making informed decisions. This was followed by Jutta Lindert's presentation on the application of data for research, policy, and practice, highlighting the importance of data-driven approaches in shaping effective mental health policies.

Vasileia Konte, lead coordinator, presented how to develop a sustainability action plan based on PDSA cycles and spoke about the post-implementation phase, focusing on how sustainability plans from PDSA cycles can be derived, providing a country-specific roadmap for long-term success and stability. The session also provided insights into planning interventions using the analysis of data from monitoring studies. Rosa Fernandez Tarazaga from FFIS then shared a case study from Spain, demonstrating the practical application and outcomes of PDSA cycles in their context, offering valuable insights and lessons learned.

Led by JA ImpleMENTAL WP4 lead team (OKFŐ, SU, Trimbos), the participants discussed the key elements of sustainability of the ImpleMENTAL project at European level. This session included an interactive workshop led by Dr. Zoltán Cserhádi (SU), who focused on developing a roadmap for a common sustainability plan, encouraging participants to collaborate and share their perspectives on ensuring the project's long-term viability and impact.

The day concluded with a presentation by Corinne Salinas, project advisor of JA ImpleMENTAL from HaDEA, titled "The Sustainability Dimension of the Transfer of Best Practices: From Pilot to Mainstreaming." Salinas discussed the importance of transferring successful pilot projects into mainstream practices, highlighting strategies for scaling up and integrating best practices into broader health systems.

The event was wrapped up with a comprehensive discussion, integrating various perspectives and insights shared throughout the day, laying the groundwork for continued cooperation and progress in promoting mental well-being across Europe.