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Mental Health Promotion within the Finnish Mental Health Strategy



Finnish institute for
health and welfare

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PRESIDENCIA ESPAÑOLA
CONSEJO DE LA UNIÓN EUROPEA

Mental Health Strategy 2020-2023

Health and Social Services Reform:

The objective is to ensure that everyone in Finland has **equal access to high-quality health and social services** and will **develop** healthcare and social welfare services and reorganize their **structure**.

Responsibility for the organization of health and social services will be **transferred from municipalities to counties**.





Mental health as human capital

Significance of positive mental health for individuals, communities and society as a whole. Mental health promotion for a well-functioning daily life.

Mental health for children and young people

Developing positive mental health for children and young people, ensuring equal opportunities, supportive environments, safeguarding vulnerable children and young people, reducing poverty and social exclusion.

Mental health as a right

Founded on the premise of universal human rights and fundamental rights of the Constitution of Finland, focusing on the right to self-determination, principles of equity, and addressing mental health related stigma and discrimination.

Appropriate, broad-based mental health services

Developing broad based services which meet individual's needs: effective, high-quality services which are client driven, appropriate and accessible.

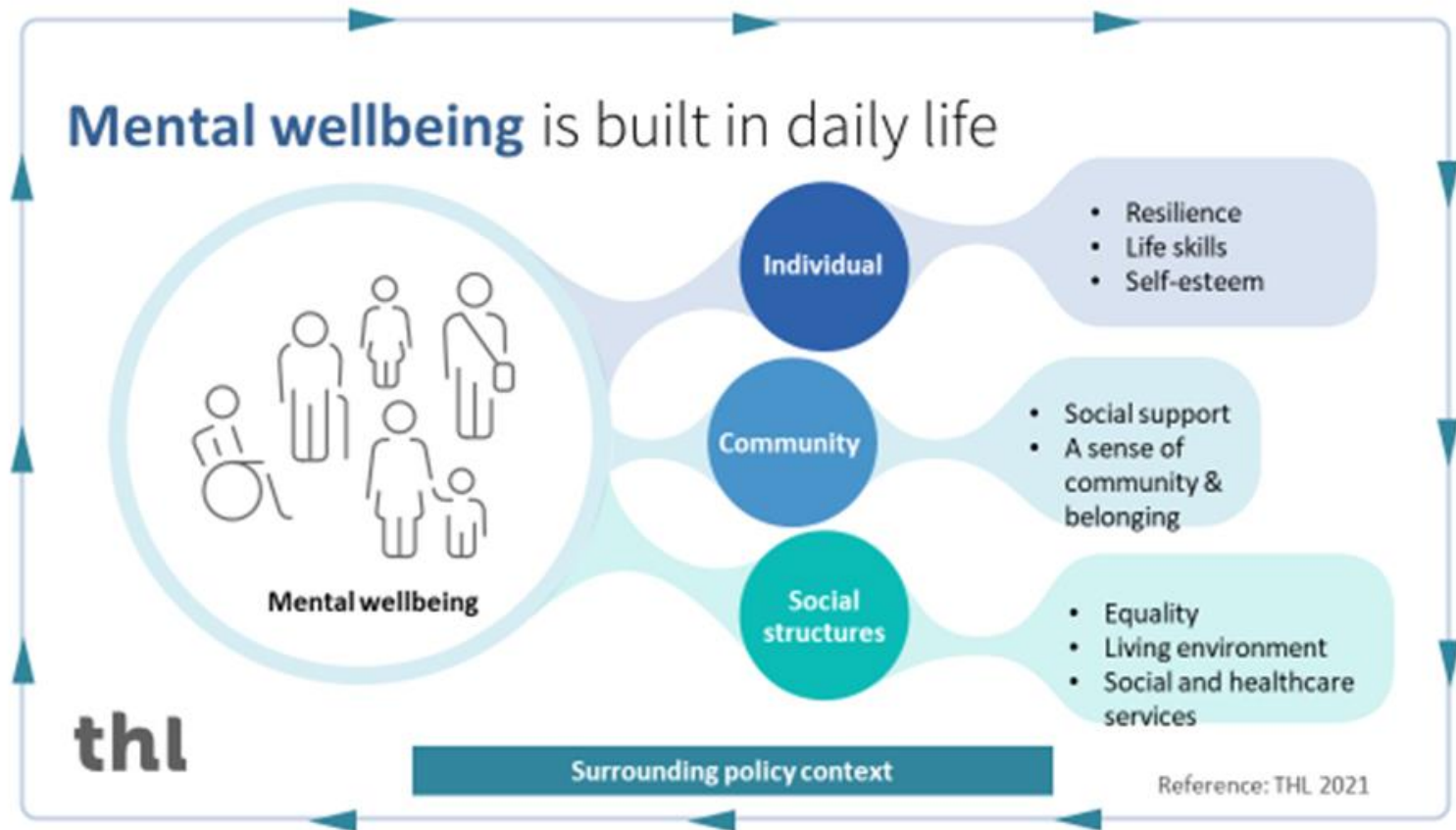
Mental health management

Mental health in all decision making across all sectors





Mental Health Promotion



If you treasure it, measure it!

Chapter 3: **Measures, monitoring and expenditure** highlights need to develop/adopt new ways of measuring broad-based actions

Two examples:

- 1) Mental Health Impact Assessment
- 2) Mental Wellbeing Literacy Scale



Mental Health and Mental Wellbeing Impact Assessments - a Systematic Review

Types of Impact Assessments:

Mental Wellbeing Impact
Assessment (MWIA) (n=6)

Mental Health Impact Assessment
(n=2)

Ecological Framework for
understanding impact of COVID-19
on children and adolescents (n=1)

Conceptual framework for
understanding the mental health
effects of oil spills (n=1)



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Review

Mental Health and Mental Wellbeing Impact Assessment Frameworks—A Systematic Review

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Abstract: Mental health is largely shaped by the daily environments in which people live their lives, with positive components of mental health emphasising the importance of feeling good and functioning effectively. Promoting mental health relies on broad-based actions over multiple sectors, which can be difficult to measure. Different types of Impact Assessment (IA) frameworks allow for a structured approach to evaluating policy actions on different levels. A systematic review was performed exploring existing IA frameworks relating to mental health and mental wellbeing and how they have been used. A total of 145 records were identified from the databases, from which 9 articles were included in the review, with a further 6 studies included via reference list and citation chaining. Five different mental-health-related IA frameworks were found to be implemented in a variety

What have we learnt from existing Finnish examples

Good examples

- ✓ Clarity around what is being evaluated and using correct terminology
- ✓ Different sectors included in the evaluation
- ✓ Short-term and long-term implications included
- ✓ Attention to both positive and negative consequences
- ✓ Information and the participation from different stakeholders
- ✓ Defined target group
- ✓ Comprehensive and broad approach

Less good examples

- ✗ No clear definition of approach or mental wellbeing
- ✗ Target group not defined
- ✗ Unclear wording for example terminology around promotion/prevention unclear
- ✗ Unclear on level of evaluation (individual-community- societal)
- ✗ No evidence base, stakeholders not involved
- ✗ Representation from only one sector or one perspective
- ✗ Focus only on cost evaluation

MENTAL HEALTH IMPACT ASSESSMENT



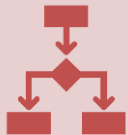
NEEDS ASSESSMENT AND ORGANISATION

- Does the decision making impact mental health or mental wellbeing?
- Organising of the mental health impact assessment



MENTAL HEALTH IMPACT ASSESSMENT

- Outline possible solutions
- Review information is required and necessary data collection
- Assessment of the mental health effects of different solution options



COMPARISON OF ALTERNATIVES AND DECISION MAKING

- Comparison and reporting of different solution options- Decision-making between different options
- Informing about final decision making

Mental Wellbeing Literacy Scale

- **Few existing measures.** Systematic review found 3 measures assessing participants' knowledge of positive mental health, some focusing on more distal themes such as awareness of coping strategies and emotional awareness.
- Only 1 measure, the Mental Health Promoting Knowledge – 10 for adolescents, stood out as the most fitting measure of positive mental health literacy

Conceptualising and measuring positive mental health literacy: a systematic literature review

Johanna Cresswell-Smith, Pia Solin, Kristian Wahlbeck and Nina Tamminen

Abstract

Purpose – The purpose of this study is to systematically review how positive mental health literacy has been conceptualised and measured over the last 20 years. Positive mental health recognises the benefits of feeling good and functioning effectively. Developing clarity around conceptualisation and knowledge (or literacy) of what constitutes positive mental health is an area of continued development, and an important step in measuring the impact of mental health promotion.

Design/methodology/approach – A systematic review of literature was performed to investigate how positive mental health literacy has been conceptualised and measured over the last 20 years. Databases searched included EDS, Scopus, ERIC, PsycINFO, CINAHL and SocIndex with fulltext. Search terms relating to positive mental health were combined with proximity operators within four words denoting knowledge, competence or literacy.

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Mental health literacy

Traditional approach →

Development needs



Cresswell-Smith, Solin, Wahlbeck, Tamminen (2022)



Take away messages

1. Mental health promotion is needed in all levels and sectors of society
2. We need to improve evaluation of mental health promotion
3. Mental health impact assessment should be part of all decision making
4. Improving mental health literacy is an important step for public mental health.
5. Mental health policy needs to span several years in order to be effective

THANK YOU! KIITOS! TACK!

For more information do not hesitate to contact me:

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<https://thl.fi/en/web/mental-health/mental-health-promotion>

<https://thl.fi/en/web/thlfi-en/research-and-development/research-and-projects/national-mental-health-strategy-2020-2030>

<https://blogi.thl.fi/the-mental-wellbeing-literacy-scale-what-is-it-and-why-do-we-need-it/>



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