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## JA ImpleMENTAL

EU Joint Action on Support for Member States'  
implementation of best practices in the area of  
mental health

**Building Networks – Creating Synergies**

**U=23**

PRESIDENCIA ESPAÑOLA  
CONSEJO DE LA UNIÓN EUROPEA



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# JA ImpleMENTAL, key objectives



Reinforce **capacity** to address **system transformation** (*citizen centered & integrated approaches, increase system efficiency, build & maintain healthy alliances, etc*)



Achieve a **strong involvement** of national/ regional **governmental actors** to enable such practices to be **embedded** in health systems.



Support MS to improve & promote MH via innovative & sustainable (MHS) change.



Support the transfer & pilot implementation of two (2) best practices



Establish sustained cooperation of relevant MS authorities in the area of MH & involving a wide variety of **stakeholders** to share a **common & global vision** about MH

# Workplan

JA ImpleMENTAL focus:

**"Transfer & pilot 2 MH best practices"**



## Mental Health Reform



## JA ImpleMENTAL

min 25 pilots

17 countries

9 countries 1 best practice  
8 countries 2 best practices

## Suicide Prevention





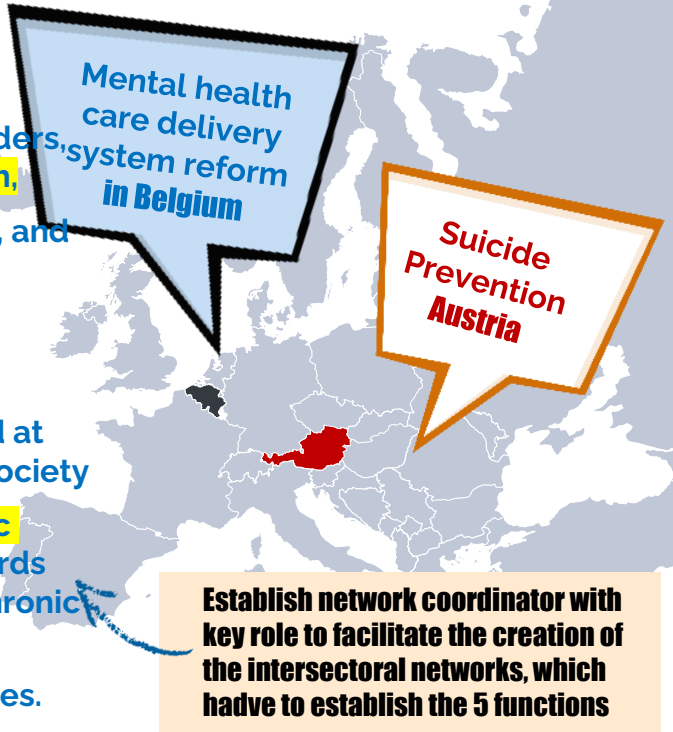
### 165 activities under 5 strategic areas for the transfer and Pilot Implementation of Belgian Best Practice

“Establish **local networks**...

- Prevention of mental disorders, **promotion of mental health**, **early detection**, screening, and diagnosis;
- **Mobile teams** (crisis teams)
- **Rehabilitation teams** aimed at recovery and inclusion in society
- **Intensive care in psychiatric hospitals** or psychiatric wards for people with acute or chronic condition

Mental health care delivery system reform in Belgium

Suicide Prevention Austria



Establish network coordinator with key role to facilitate the creation of the intersectoral networks, which hadve to establish the 5 functions

### 142 activities under 6 strategic areas for the transfer and Pilot Implementation of the Austrian Best Practice in Suicide Prevention

“...**multi-level suicide prevention** strategy

...**integrates universal, selective and indicated** prevention interventions

, **Restriction** of access to means of suicide with the aim of making access as difficult as possible

...based on the **local implementation** context

... building upon **existing resources** and **initiatives**”

# JA ImpleMENTAL

## Focusing on Knowledge Transfer- Building Networks

**EU-Commission initiative**

**1st October 2021,**

### Mental health service delivery

JA Action  
on MH &  
Well-being

European  
Framework  
4 Action

EU Compass  
(pool of best  
practices)

**15+ years of EU efforts**

“Pool of the EU’s  
Public Health Best  
Practice Portal.”



Steering Group on  
Promotion &  
Prevention  
(Member States)

**2 best  
practices**

**39** organizations  
**21** EE/EEA countries  
more than **210** internal  
team members

**Transfer  
Adapt  
implement**

Overall budget:  
**6.748.030,04€**,  
€ 80% EU co-funded

# Advisory Bodies

## Stakeholder Forum

Coordinator

Nominated  
representatives



Policy Dialogues  
for implementation (WP1)  
and Sustainability (WP4)

## MS Policy Committee

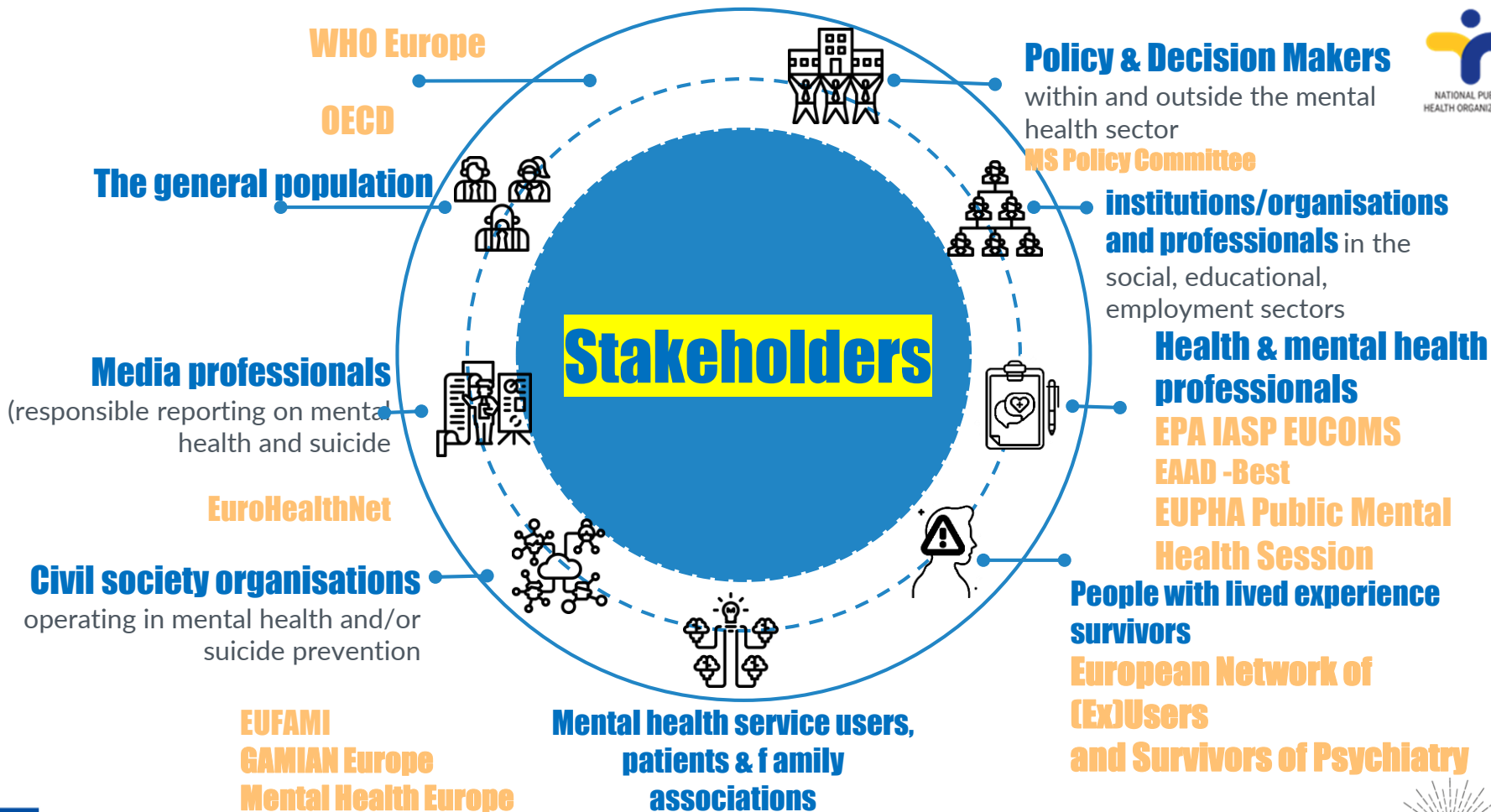
Coordinator



**Sustained cooperation & involvement** of a wide variety of selected external stakeholders to:

- Share a **common and global vision** about MH
- Contribute to the JA progress
- Bring in their **views, interests & expectations**
- Disseminate the JA **scope, vision & results in 21 participating countries.**
- **11 NOMINATED STAKEHOLDER FORUM MEMBERS**

**Strong involvement** of national / regional governmental actors across all 20 countries will **support the pilot implementations** and **enable** such practices **to be embedded** in health systems and/or policies at national/regional/local level.  
**19/20 countries appointed a MSPC member**



# 3-PHASE IMPLEMENTATION STRATEGY



## Pre-Implementation

### Planning & preparation for the implementation

In the Pre-Implementation phase WP leaders/co-leaders perform activities according to the work plan.

## Implementation

We are now  
Implementing the  
PILOT ACTION  
PLANS

## Post-Implementation

- ✓ 17 new or updated suicide prevention strategies
- ✓ 14 community based mental health programmes

## Country Team



Study and JA  
ImpleMENTAL



initial  
organization  
al activities  
engaging  
stakehodlers



Develop  
scope of the  
intervention



prepare &  
perform  
(SANA)



Develop  
Pilot  
Action  
Plans



Continuous Monitoring WP1 + Evaluation WP3





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## Main challenges of best practices

- ▷ Resistance to change
- ▷ Engagement of stakeholders
- ▷ Sustainability of funding and resources
- ▷ Availability of reliable data
- ▷ Shortage of mental health staff



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## Main lessons learned

- ▶ Customization to local needs is crucial for the success of implementation.
- ▶ Interprofessional and intersectoral collaboration is key to successful implementation
- ▶ A realistic action plan must be designed, based on activities which are focused, feasible and practical.





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## Feedback from JA ImpleMENTAL Consortium

### Main positive outcomes at country level

- ✓ Improving collaboration with stakeholders
- ✓ Management tools and methods, can be extended to other region, sites, etc.
- ✓ Community-based service development and improvement
- ✓ Quick wins



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NATIONAL PUBLIC  
HEALTH ORGANIZATION

# Feedback from JA ImpleMENTAL Consortium Main gains of ImpleMENTAL Network

- ▷ Sharing of experiences
- ▷ Knowledge increase
- ▷ Strong international network
- ▷ Opportunity for change



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JA ImpleMENTAL

## Key messages from Stakeholders Forum Zagreb Murcia

- ❖ Best practices are important, but they are embedded in a specific national ecosystem and often they are not replicable as such. We need to ensure the prerequisites are in place (legal framework and budgetary allocation), we need a strong political drive, a set timeframe **taking into account the necessary time for change to happen (on average 10 years)**;
- ❖ **You have accomplished a lot in three years , but more time is needed for such actions to bring results**
- ❖ It is really good that you give the stakeholders a place this is really a very strong gain **Keep involving people with lived experience, families, professionals, decision makers in the good practice package because all have their perspective in a co-creation process; Fight Stigma embrace Human Right Approach**
- ❖ the experience you have been and will be collecting will be beneficial within countries as well as for other countries really **document the barriers, challenges and facilitators** very well during implementation so others can learn from your experience and make outcomes deliverables and tools you develop very accessible and use them in practice, **keep monitoring and evaluating**
- ❖ Sustainability includes **Securing financial sustainability** is not only funding more but funding better, **sustaining leadership** of a public health or mental health department or a academic institution deciding on curriculum of training and **Capacity sustainability**:



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## Member State Policy Committee Murcia September 2023

- ❖ The JA **ImpleMENTAL** is aligned with the national mental health strategies; adapt the reform to the country /regional/local context
- ❖ The results of country pilots can serve as a landmark for the future continuation of the work at national level
- ❖ Make every effort to increase synergies and provide assistance to ensure the implementation of all activities planned both at national and at -European level
- ❖ conceive mental health policies as interministerial approach
- ❖ tools, trainings and expertise provided by JA ImpleMENTAL are really important
- ❖ we need to ensure that the results of this pilots are translated to gains that the population can realise
- ❖ Keep the momentum of political visibility and ensure the sustainability of the impressive work of JA ImpleMENTAL
- ❖ Active collaboration throughout the process of change: Nothing about us without us;
- ❖ This Network is precious. we need to find ways to continue collaborating.



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# Synergies Sustainability and Scale up Project Results

## National Strategies

New EU Communication on a Comprehensive Approach to Mental Health- with 20 flagship initiatives and EUR 1.23 billion in funding opportunities.

- integrating mental health across policies , action European Mental Health Capacity Building Initiative. The Commission will allocate 11 million euros under the EU4Health program to support Member States in building capacity on an approach that promotes mental health across all policies together with the WHO.
- main actions on promotion, prevention and early intervention

**Synergies with our key Stakeholders** identified during the Murcia Meetings which lead to further interactions during the 3<sup>rd</sup> year of implementation but which also contribute to sustainability and upscale of project results

**Sustainability requires sustainability funding leadership and capacities**



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# Communication and dissemination

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- ▶ Check our JA ImpleMENTAL website and social media accounts for more information on our activities and results <https://ja-implemental.eu>







Day Center: "Los Juncos" ISOL  
Asociación Murciana de Rehabilitación Psicosocial



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