

Groningen Mental Health Program “Healthy Minds”

Mentaal Gezond Groningen

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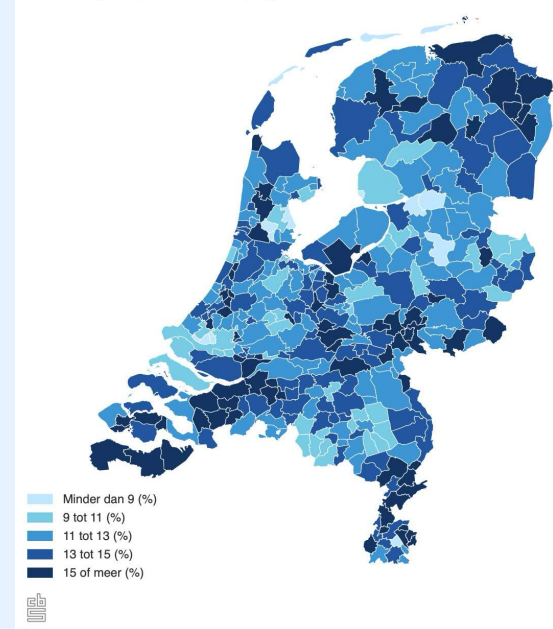
Disclosure slide

Conflict of interests	None
Relevant relationship with companies	Not applicable
<ul style="list-style-type: none">• Sponsoring or research money• Fee or other reimbursement• Shareholder• Other relationship, namely ...	<ul style="list-style-type: none">• Nationaal Programma Groningen

How did it start

- Increase in mental disorder prevalence, especially among youth.
- Groningen region especially vulnerable
 - Poverty, debts
 - Large socio-economic health differences
 - Intergenerational problems (unemployment, mental health)
- Vulnerability further aggravated by gas extraction consequences:
 - Anxiety
 - Insecurity
 - Distrust regarding government

1.5.1 Jeugdhulp bij 0 t/m 17-jarigen



What we knew



- 75% of all mental health disorders have an onset before age 25
- Mental health problems during adolescence and young adulthood affect:
 - Graduating from school/vocational education/university
 - First steps on labor market
 - Social relationships
 - Partnership, starting a family

} With lifelong consequences for societal participation
- Health in all policies: mental health is a prerequisite for participation and economy

The beginning



- Four organisations initiated the implementation of a **large-scale prevention program**
 - University Medical Center Groningen
 - Groningen Municipality
 - Accare (child and adolescent psychiatry)
 - Hanze (university of applied sciences)
- A platform for knowledge exchange, building competences, political advocacy
- Implementation of evidence-based interventions in the region
- For this, we received a large fund (2022)

nationaal programma
groningen

Aims



- **Improve mental health** of citizens in province of Groningen, starting with youth
- A **10% reduction** in prevalence of mental disorders in 10 years time
- Long-term, large scale, integrated **societal approach**, focusing on:
 - Prevention & mental health promotion
 - Mainly outside the mental healthcare setting!
 - Early detection & early intervention

Platform 'Healthy Minds'

(Mentaal Gezond Groningen)

- Platform in which expertise from various perspectives is brought together:
 - Science
 - Policy
 - Professionals from everyday practice
 - Lived experience

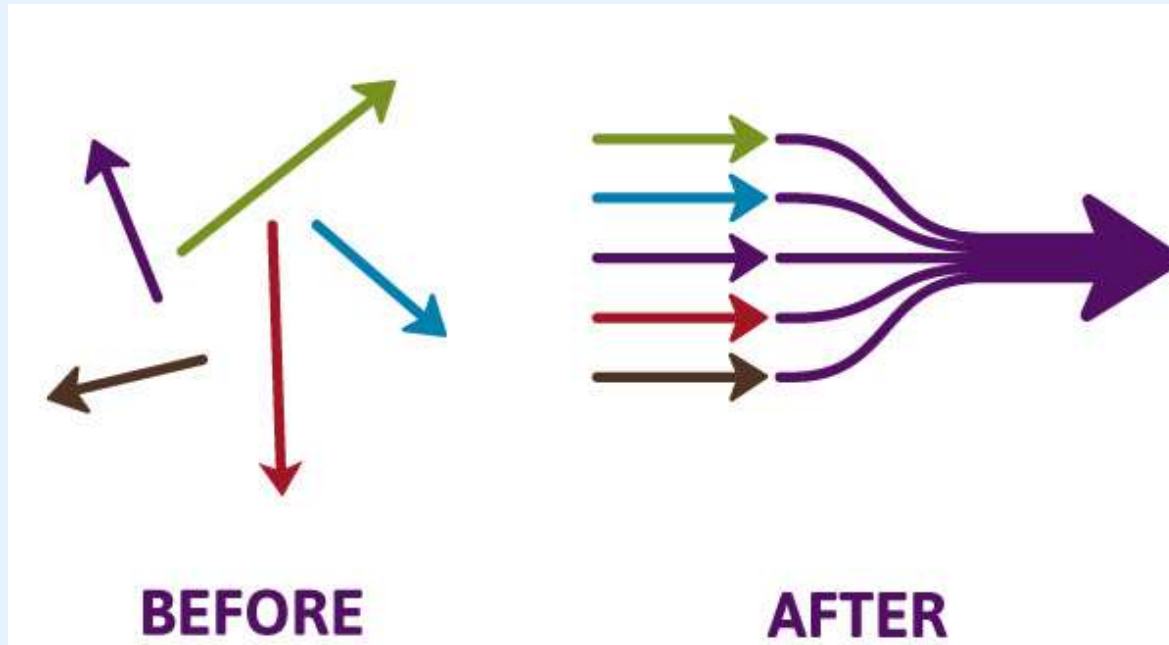
To create impact
- Map all preventive interventions in the regions
- Stimulate collaboration and knowledge exchange
- Map 'white spots': areas in which no preventive interventions are implemented (yet)
- Inform local policy: which evidence based interventions would fit in particular region, given local challenges and needs

Platform 'Healthy Minds' (Mentaal Gezond Groningen)

- We created **a strong and active network** (coalition of the willing) in the region:
 - municipalities and municipal health services
 - primary and secondary education, lower and higher vocational education and university
 - mental health care organisations (child/adolescent and adult)
 - culture, sports, wellbeing organisations
 - organised experts by experience
 - researchers (regional, national and international)
 - MindUS – advocates for youth mental health



Collective impact



Prevention program based on science



- Interventions developed based on rich history of epidemiological research
 - Globally; and in our own hospital (University Center Psychiatry, UMCG)
- We implement and scale up evidence based interventions
- We add evidence to promising local initiatives

In other words

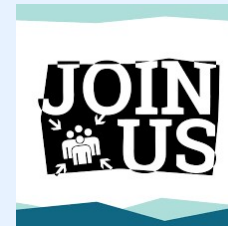
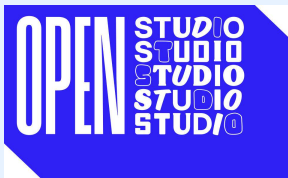
- Doing what works
- Proving it works
- We aim to support municipalities to invest in **evidence-based, effective policy**



We do this together with youth

InBegrepen
Collectief voor
ervaringskennis

- We involve young people in development, implementation, scale up and evaluation
- We discuss with them their needs, wishes, ideas
- We support young people in carrying out their ideas and initiatives
- Citizen science: carry out research together with local communities



Preventive interventions

- Lifetime perspective: - **9 months** until +/- **30 years**; expanding to 100+ year olds
- Focusing on **environments** where people live, work, go to school, socialize, relax....
- Universal, indicated and selective prevention

We implemented 10+ **preventive interventions**:

- Pregnancy & young parenthood
- COPMI families
- Emotion regulation in toddlers
- School-based interventions
- University-based interventions
- Social prescribing at the GP's office
- Increase regional coverage of walk-in facilities
- Create positive content on apps (eating disorder)

Preventive interventions

- After the **parliamentary inquiry** Groningen gets a “New beginning”
- A huge compensation fund for Groningen and northern part of Drenthe
- Millions of euro's for **30 years**
- To be invested in youth: create resilient new generations with equal opportunities
- In the plans, €5M/year is reserved our platform: *(final decision expected today)*
 - Supporting COPMI families
 - School-based prevention in secondary education
 - Building resilience in young adults in vocational education
 - University-based interventions
 - Youth participation



Preventive interventions

KOPPE^{ING}

- COPMI: children of parents with mental illness
- **2 out of 3 develop mental health problems themselves by age 35**



- Risk factor: parentification
- Protective factor: supporting social network

Preventive interventions



- **KOPPeling**: developed in co-creation with COPMI and professionals
 - Provide psycho-education about parental illness to family
 - Activate family's social network and social community team
 - Network (rather than child) takes over parental tasks that have been neglected
 - Child engages more in social participation (sports, friends, music)
 - Healthier social-emotional development – prioritize own needs (and not parents')

=> Reduced chance of developing mental health problems after age 18

Preventive interventions



Strong Teens, Resilient Minds (STORM)

- Chain approach to prevent depression and suicide in secondary school students
 - School, municipal health services, municipality, and mental health services
 - Universal prevention: mental health lessons in class
 - Gatekeeper training for teachers
 - Screening depression and suicide risk by municipal health services
 - CBT-like training at school for students with mild symptoms
 - Fast referral to mental health services

Preventive interventions

Groningen Moves aHead! Cognitieve trainingen

Move aHead:

- Applied university and university students
 - Training in cognitive skills: concentration, planning, sleep, procrastination
 - Indirecte prevention: reduction in anxiety and depression
-
- **“School als Wijk”** (School as a community/neighbourhood):
 - To equip students with skills and competences to become resilient adults
 - Not only individual support, but also teach ‘life skills’ in classroom
 - Mental health in vocational training students particularly low and important topic

Opportunities and challenges

- **Unique opportunity** and large challenge: **evaluate and monitor results**
 - We still need to investigate so much about (universal) prevention effectiveness
 - We can now study long-term effects
 - We can show return on investment – not only within healthcare but include other sectors: education, criminal system, work productivity
- **Challenges**
 - Population based – large (public) data sets and cohort studies – correct measures?
 - Per intervention – ongoing, evaluative, stepped-wedge.....
 - Link intervention results to population outcomes

Invitation

- If you want to join our platform, please get in touch mentaalgezondgroningen@umcg.nl
- If you want to think along in evaluating this 30 year experiment, please get in touch: f.jorg@umcg.nl
- Thank you for your attention
- And for our **international audience**:
It was great to have you, have a safe trip home!

