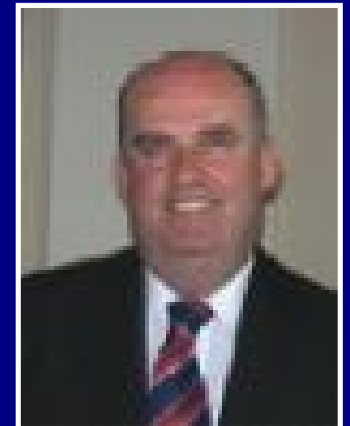


Living with schizophrenia: progress in mental health

John Saunders

*Director
Schizophrenia Ireland*



Disclosures of interest

Interest

Name of organisation

Paid positions

Director, Schizophrenia Ireland

Advisory boards

EUFAMI

Irish Mental Health Coalition

Irish Mental Health Commission

Irish Action on Suicide Alliance

Mission statement



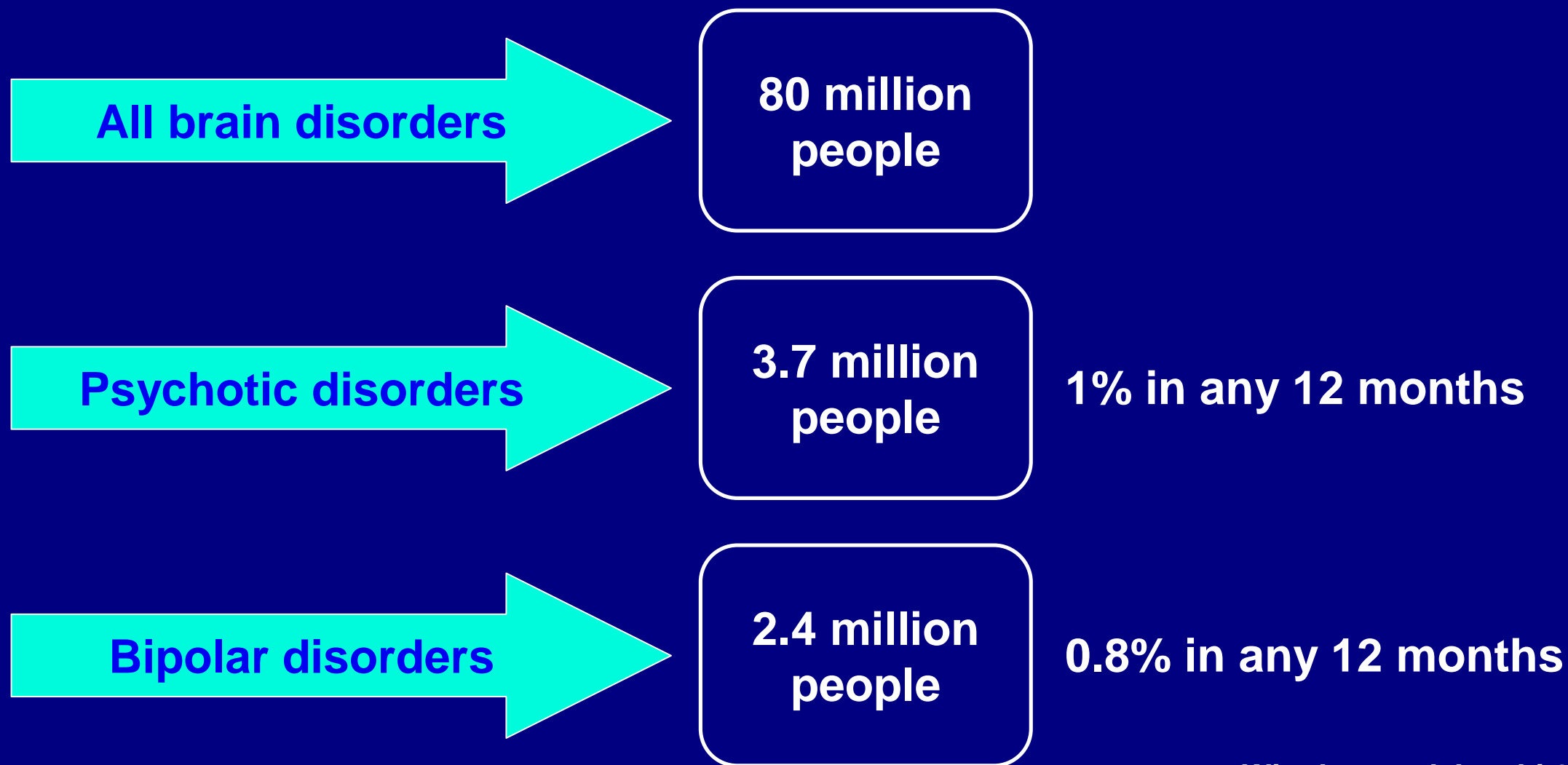
Schizophrenia Ire
Lucia Foundation

“Schizophrenia Ireland is the national organisation dedicated to upholding the rights and addressing the needs of all those affected by enduring mental illness including, but not exclusively, schizophrenia, schizoaffective disorder and bipolar disorder, through the promotion and provision of high quality services and working to ensure the continual enhancement of the quality of life of the people it serves”

Objectives of Schizophrenia Ireland



Prevalence rates of mental illness in the EU



Impact of severe mental illness

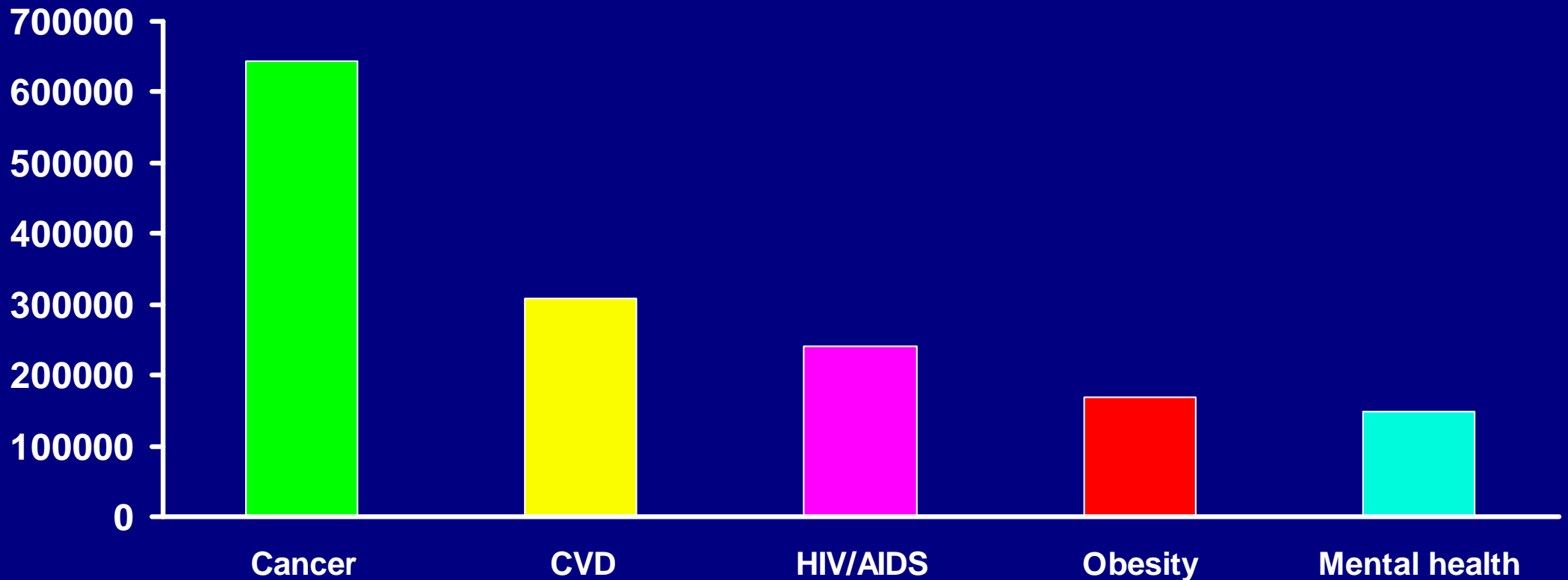
- One in four (132.4 million) Europeans affected every year
- Cost of €436 billion in 2006 – more than twice the GDP of Austria!
- Affects most families at some stage

Social and personal impact

- **Prejudice and discrimination**
- **Less likely to be employed**
- **Less likely to be in a relationship**
- **Great risk of homelessness**
- **More likely to be in contact with criminal justice system**

Media coverage of mental illness

Global media articles 2005



Mental health receives less media attention than physical illness

News report on schizophrenia

Two very different approaches to the same story

The Irish Times

Man (20) gets seven years for assault on teacher

The Sunday Business Post

Chronic schizophrenic jailed for brutal attack on teacher

06/04/2006 - 3:11:49 PM

A 20-year-old Dublin man described in court as a very sick chronic schizophrenic was jailed today for four years over a vicious assault on a schoolteacher.

Sensational headlines seen internationally

Frankfurter Rundschau

“**Paranoide** mutter muss in die Psychiatrie”

investment
The premier publication for professional advisers

“...We are seeing the terrible effects of the Financial Services Authority's own **schizophrenia** about risk”

The Daily Telegraph

“**Warnings** on antipsychotic drugs made tougher in US”

ABC

Un estudio encuentra **escasos beneficios** en los fármacos más caros contra la **esquizofrenia**

CORRIERE DELLA SERA

Psicopatico uccide la madre a pugni

The Press and Journal

No rift over tax grab, says wicks, “**Government is suffering from schizophrenia**”

Frankfurter Allgemeine

“Viele Todeskandidaten sind geisteskrank”

EUROPA SUR

El fiscal pide 21 años para una mujer que padece esquizofrenia

This Morning, Granada TV

“**Mentally ill kill 40 people every year**”

elmundo.es

“El **esquizofrénico que mató** a un hombre en Chamartín, condenado a 20 años en un psiquiátrico”

derbyshire Evening Telegraph

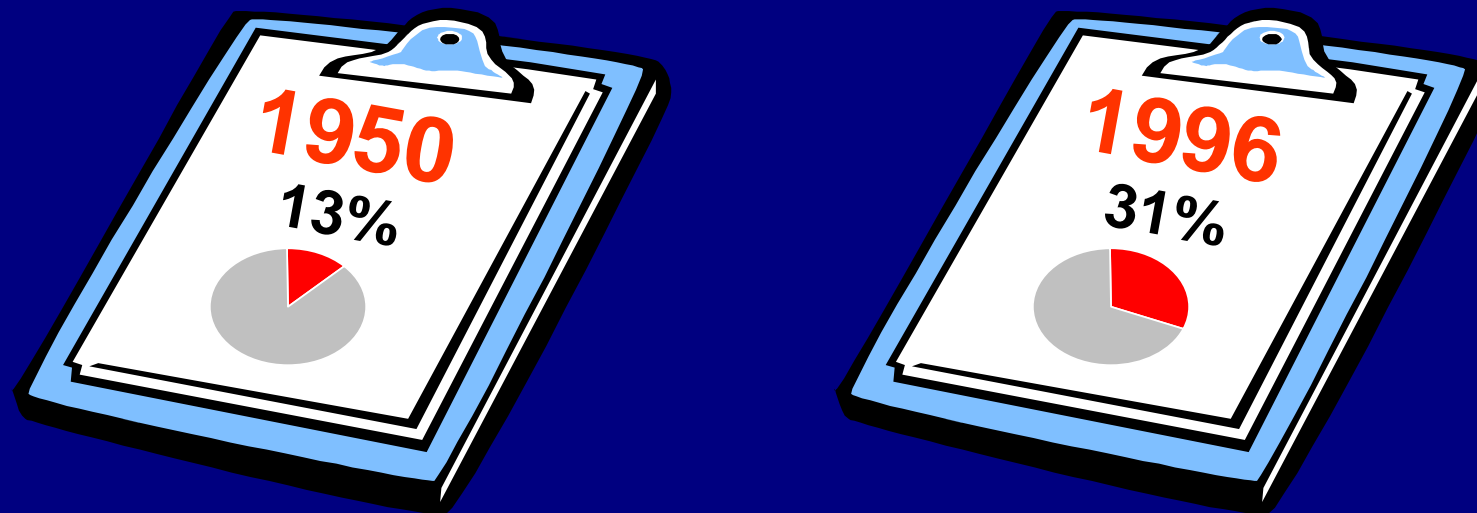
“**Schizophrenic killer caged**”

BIRMINGHAM Mail

“**We don't want the mentally ill here**”

Patients face stigmatisation from the general public

Proportion of respondents in a public survey that described a mentally ill person as being violent

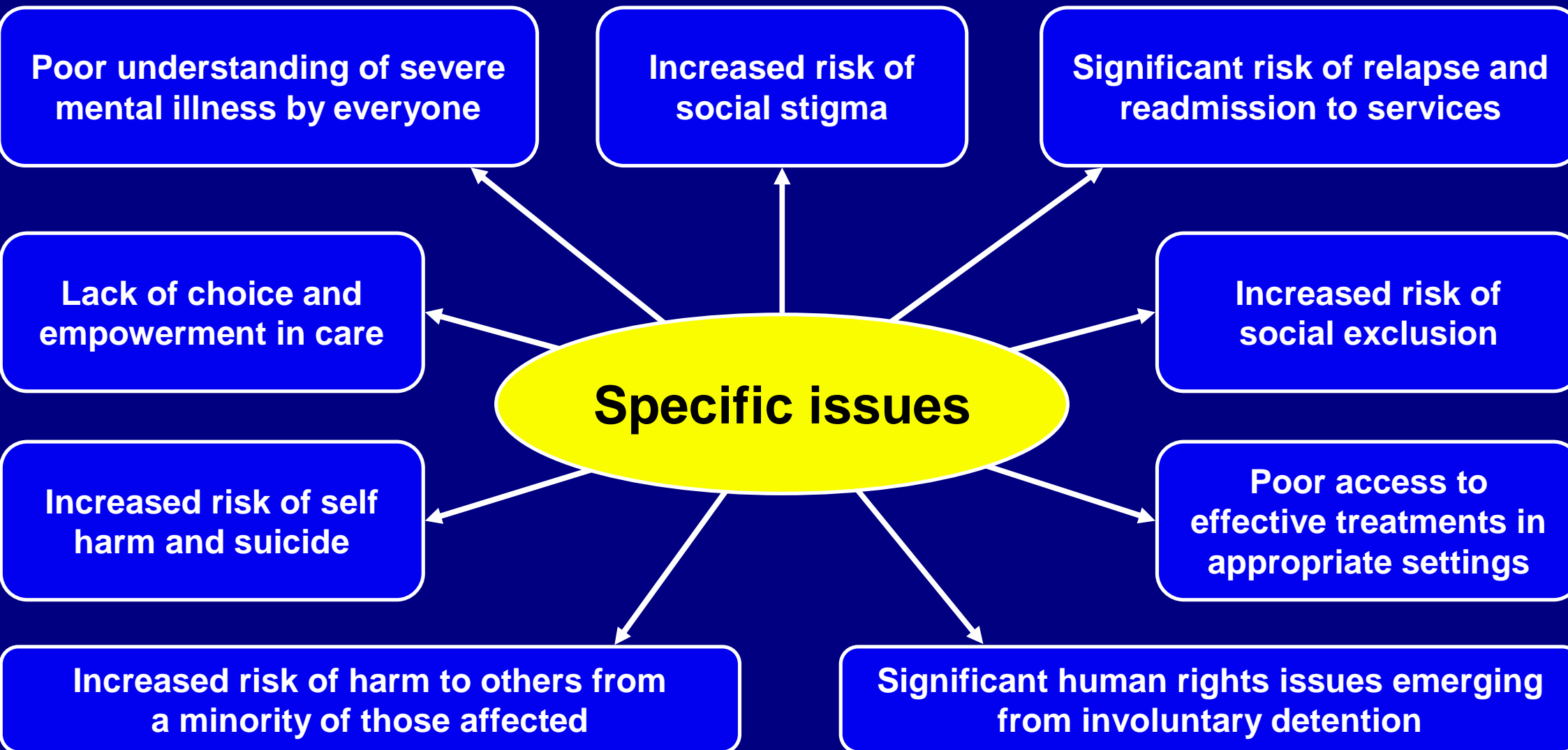


“The perception of people with psychosis as being dangerous is **stronger** today than in the past”

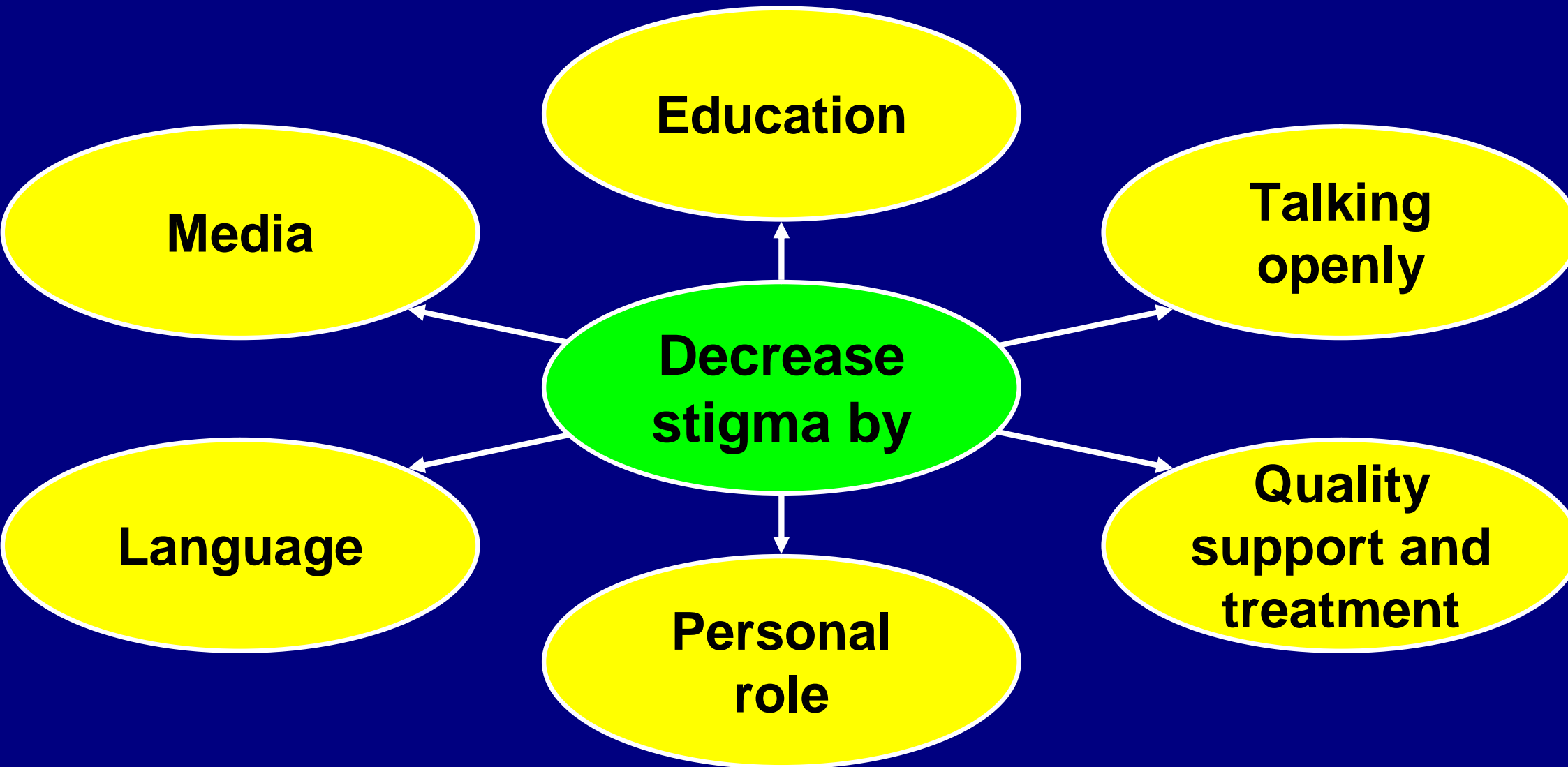
Common myths

- People with mental health problems are **violent and dangerous**
- People with mental health problems are **poor and less intelligent**
- Mental health problems are **caused by personal weakness**
- Mental illness **cannot be treated effectively**

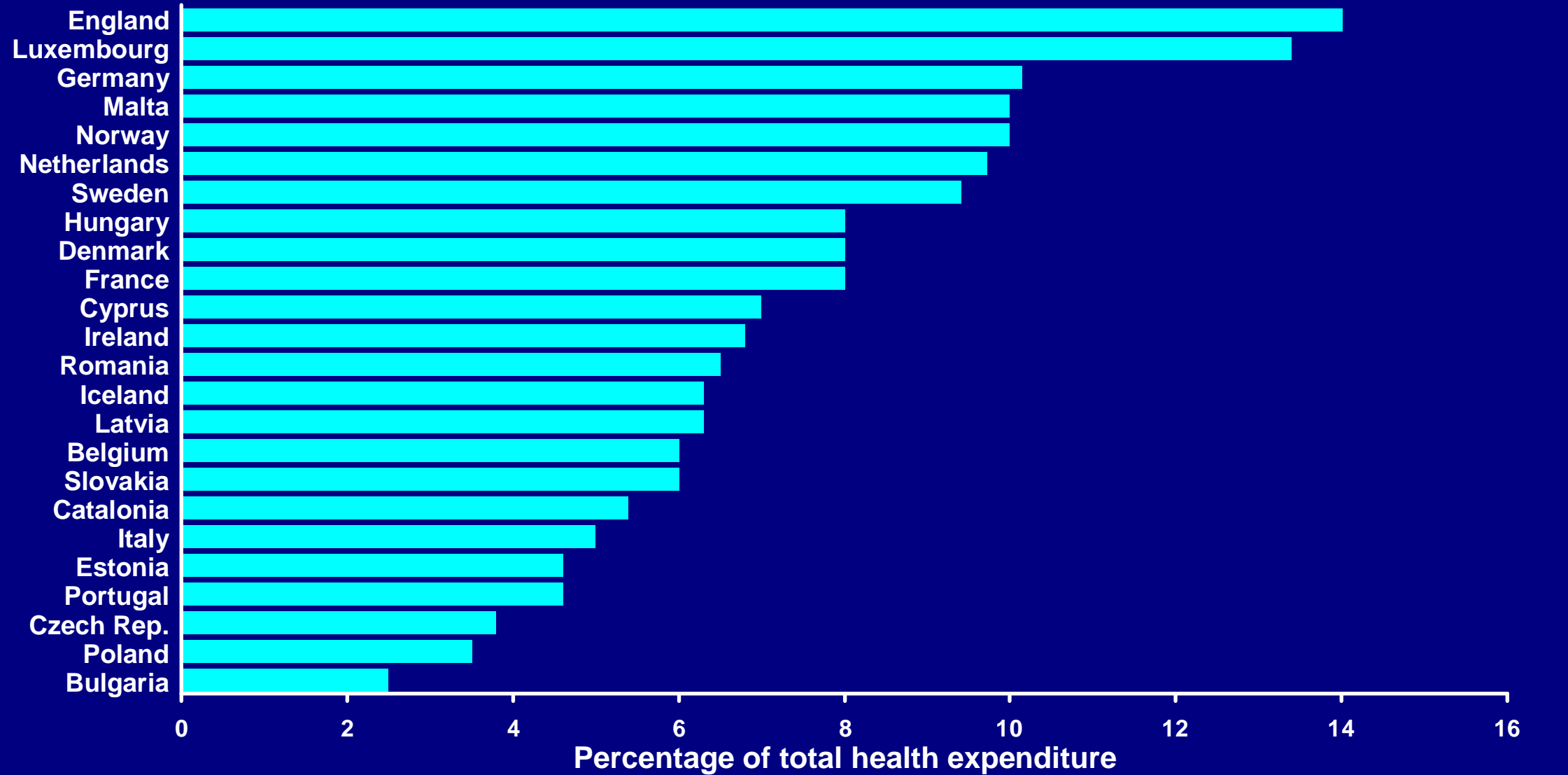
Discrimination is experienced constantly



How to combat stigma?



Mental health expenditure in EEA



Mental Health Economics European Network, 2000

Political aspects

- **Mental health traditionally not seen as a core issue**
- **Few politicians are knowledgeable about mental health**
- **Rarely debated in Parliament**
- **Resource allocation has always been low**
- **Traditional mental health services hid people away**
- **Political thinking is usually short term and responsive to public opinion**

Keypad Question

- Are you involved in any government initiatives to improve mental care?
 - 1) Yes
 - 2) No

Keypad Question

- Who do you think has the most influence on your national mental health policy?
 1. Politicians
 2. Mental health professionals
 3. Advocacy groups
 4. Regulatory bodies
 5. Treatment guideline committees
 6. Media

Goal for government policies on mental health

Ideally should be based on 2 fundamental principles

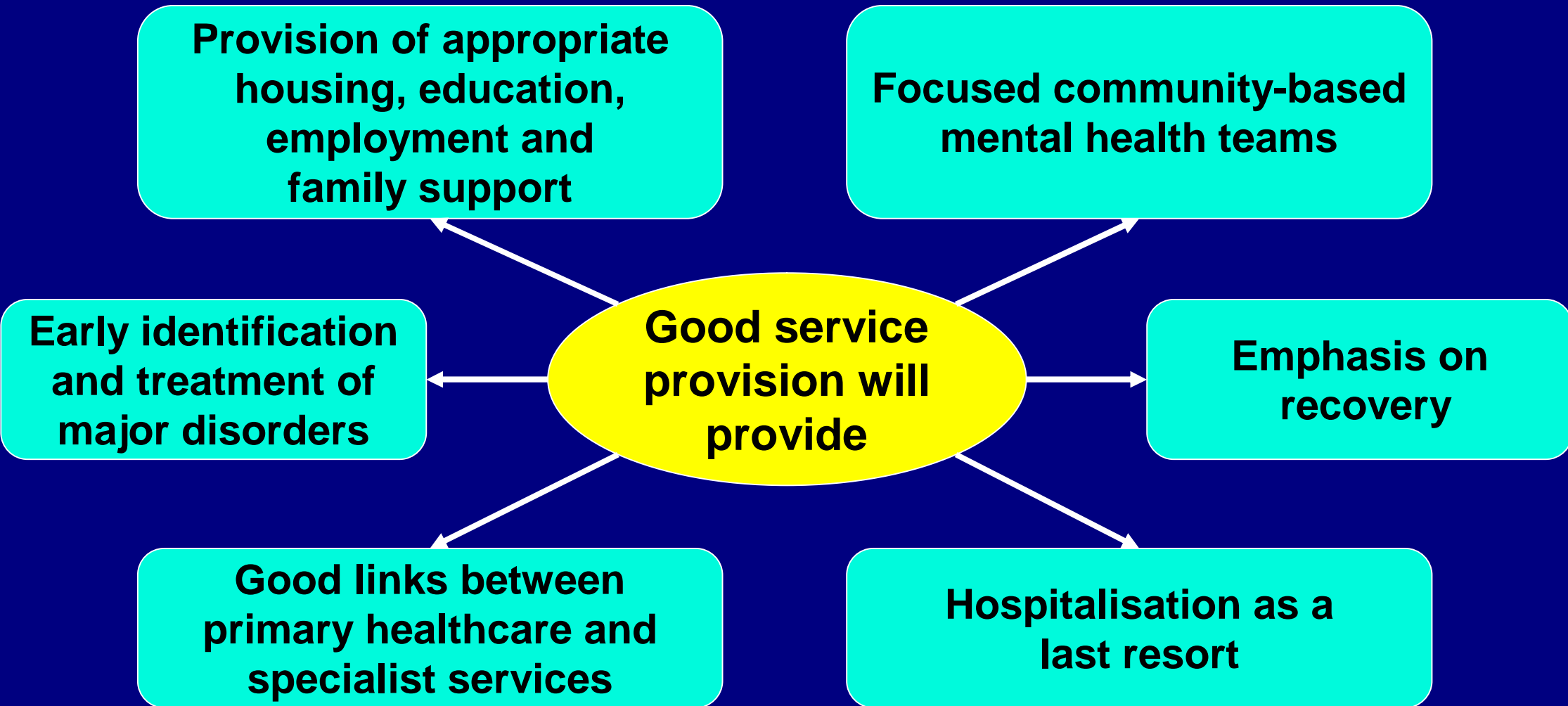
Prevention

- Investment in public mental health literacy
- Promotion of good mental health practices in schools and workplaces

Recovery

- Resourcing early intervention resources
- Resourcing good mental healthcare services

Principles of good service



Promoting the mental health of the population. Towards a strategy on mental health for the European Union



European Green Paper consultation on mental health

**Promoting the mental health of the population.
Towards a strategy on mental health for the
European Union**



European Green Paper consultation on mental health

What needs to be done?

- **We all need to do more**
 - to promote communication, research and ‘best practice’ to de-stigmatise mental illness
- **We need pressure**
 - on governments to prioritise mental health and increase support and funding
 - from mental health patient groups and health professionals
 - from mental health awareness campaigns aimed at educating the public and reducing stigma
- **Educate the media**