

# **21<sup>ST</sup> CENTURY GLOBAL MENTAL HEALTH**

*Edited by*

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# *dedication*

To Christiane, Marc, Marie-Adele, and Jeremy  
and  
To my mentors, Maxwell Jones and Ruth and Ted Lidz



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# *preface*

## **MISSION AND VISION**

*21st Century Global Mental Health* is a textbook for graduate public health students, educators, professionals, and primary care practitioners.

This volume addresses the mental health of global populations, the progress made to date, and the challenges that remain. It does so through a systemic integration of epidemiologic evidence and evolving diagnostic systems; a well-documented review of the determinants of mental health and mental illness (a large cluster among noncommunicable diseases); the fragmentation of health/mental health systems, including solutions for strengthening them to enhance access, equity, quality, and care outcomes; the pervasive and persistent stigma and discrimination against mental illnesses and the mentally ill; and the catalytic roles of policy, policy makers, and the media for positive changes.

The textbook translates and transmits best practices applications of global mental health knowledge to populations' mental health and health systems contexts. Our volume will serve well the current generation of graduate public health students and future global health leaders, from the United States and around the world, who are choosing global health as their preferred career path.

## **PROGRESS TO DATE**

In response to the abundant evidence of the global burden of disease and disability caused by noncommunicable diseases (NCDs), inclusive of mental disorders, the mental health domain has made remarkable progress in knowledge generation and application, primarily in high-income countries (HIC) but also in some low- and middle-income countries (LMIC). Among

the notable scientific advances are the recently completed global mental health surveys in LMICs and HICs, the largest multinational survey ever done of its kind; new diagnostic systems based on the latest scientific evidence; groundbreaking advances in the neurosciences and psychopharmacology; illustrative outcome studies documenting the effectiveness of single and combined treatments; and an enhanced understanding of the role that culture and psychosocial dimensions play—both in times of health and illness—and their applications towards health promotion, protection, and illness prevention.

## CHALLENGES REMAINING

Nearly 500,000,000 people worldwide suffer from neuropsychiatric disorders, representing, in aggregate, approximately 14% of the global burden of disease (GBD) in low- and middle-income countries (LMIC) and high-income countries (HIC). Cardiovascular and neuropsychiatric disorders lead among non-communicable diseases (NCDs) in the global burden of disease and contribute to significant levels of disability affecting work productivity and the quality of life for sufferers and their families. Neuropsychiatric disorders alone represent 25–35% of the global burden of disability. There are also high levels of comorbidity among mental disorders and other NCDs. Every year, approximately 900,000 people commit suicide worldwide.

Challenges still remain in knowledge translation, transmission, and application (inclusive of health promotion, protection, and illness prevention); access to care; the eradication of shame, stigma, and discrimination; the challenging aspects of comorbidity; the fragmentation of health systems; and the lack of mental health, primary care, and public health integration across LMIC and HIC. A special session of the UN General Assembly (New York, September 2011) included NCDs on its agenda, a remarkable but *incomplete* first in the UN's history. Neuropsychiatric disorders were not included. This was, indeed, a very unfortunate and costly exclusion.<sup>1</sup> Significant progress has been achieved since that time through successful advocacy with the WHO Executive Board (EB), who, in their January 2012 Resolution, included the recommendation that *mental health and mental illness be included in all health systems*. This Resolution will be debated and voted on in the WHO Assembly in Geneva, Switzerland, in May 2012. An integrated approach to NCDs that includes mental disorders will benefit populations' health and strengthen health systems globally.

## 21ST CENTURY GLOBAL MENTAL HEALTH

The volume is organized into five sections, as follows:

- Global mental health epidemiology and diagnostic systems
- Determinants of health/mental health
- Populations' health/mental health
- Evaluating and strengthening health/mental health systems
- Human rights, stigma, mental health policy, and the media

*21st Century Global Mental Health* is systemic, systematic, and integrative in its content and design. It is well grounded in theory and evidence based, and it includes practical applications and implementations relevant to education and training, services, research, and policy.

Ours is an innovative volume with scientific contributions from a distinguished team of global mental health's and public health's leading scholars, educators, practitioners, researchers, and health policy experts from Africa, Asia, Australia, Europe, and the Americas.

## REFERENCES

1. Sorel, E., Satcher, D., *The UN's Unfortunate Exclusion*, Psychiatric News, p. 8, October 7, 2011.





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## *about the editor*

Eliot Sorel, MD, DLFAPA, is an internationally recognized global health leader, educator, health systems policy adviser, and practicing physician. He is co-chair of the noncommunicable diseases and integrated care task force of the World Psychiatric Association (WPA) and co-chair of the scientific committee of the WPA 2013 Bucharest Congress on integrating primary care, mental health, and public health for Eurasia and Southeast Europe, to take place in Bucharest, Romania, in April 2013. He has professorial appointments in Global Health, Health Services Management, and Leadership in the School of Public Health, as well as in Psychiatry and Behavioral Sciences in the School of Medicine at George Washington University. Dr. Sorel is the founder of the Conflict Management and Conflict Resolution Section of the World Psychiatric Association and of the World Youth Democracy Forum at the Elliott School of International Affairs of the George Washington University. He is the senior adviser to the Ion Ratiu Democracy Award at the Woodrow Wilson International Center for Scholars in Washington, DC.

Dr. Sorel is a former president of the Medical Society of the District of Columbia, the World Association for Social Psychiatry, and the Washington Psychiatric Society. He also has served as a U.S. National Institutes of Health/Fogarty International Center grants reviewer. Dr. Sorel is a Life Member of the American Medical Association, a Fellow of the American College of Psychiatrists, and a Distinguished Life Fellow of the American Psychiatric Association. He did his psychiatric training at Yale University and received his medical degree from the State University of New York. He has developed and led health systems in North America and the Caribbean and has consulted and taught in more than 20 countries in Africa, Asia, Europe, and the Americas. Dr. Sorel is the author of more than 60 scientific papers and book chapters, and the editor of six books. His most recent scientific paper, "Psychiatry and Primary Care Integration," was published in the *International Review of Psychiatry*, in February 2011. Prior to his current *21st Century*

*Global Mental Health* volume, Dr. Sorel's most recent book, *The Marshall Plan: Lessons Learned for the 21st Century*, was published by OECD in Paris in 2008 and is accessible at [www.oecd.org](http://www.oecd.org).

In June 2008, Dr. Sorel participated as Pan American Health Organization/World Health Organization adviser in the WHO European Ministerial Conference on Health Systems, "Health Systems, Health and Wealth," in Tallinn, Estonia, where the Tallinn Charter was ratified.

In October 2009, Dr. Sorel was awarded the doctor honoris causa by Carol Davila Medical University, in Bucharest, Romania. In 2004, the president of Romania awarded Dr. Sorel the Star of Romania Order of Commander.