

WHO SPECIAL INITIATIVE FOR MENTAL HEALTH



PARAGUAY

- Approximately 1% of healthcare budget is allocated to mental health in Paraguay, of which 84% of funds is used to maintain psychiatric hospitals
- Paraguay has a higher prevalence than the global average for alcohol use disorders (2.4% vs 1.5%) and bipolar disorder (1.1% vs 0.6%)
- There are only 1.9 psychiatrists, and 0.2 psychiatric nurses to support every 100,000 people in Paraguay
- 2 psychiatric hospitals, 2 psychiatric inpatient units, and 91 outpatient mental health facilities
- To date, 50 primary care providers have been trained in WHO mhGAP, including 8 psychologists and 1 psychiatrist

STRENGTHS

- A National Commission for Mental Health Reform is in place
- Appointment of a new Director for Mental Health and related department in the Paraguay Ministry of Health
- Some progress has been made towards decentralising mental health services beyond the capital
- Political support for the development of community-based services is growing – the Regional Hospital of Pedro Juan Caballero is an example

CHALLENGES

- The new Mental Health Directorate does not have a dedicated budget
- History of human rights abuses in mental health care system, particularly in psychiatric hospitals
- Mental health remains stigmatised among communities
- Discontinuity in medication supply is common
- Increases in suicide rates among adolescents in indigenous population

PARAGUAY'S DESIGN PROCESS

1

Interdisciplinary working group created through the National Commission for Mental Health Reform, including people with lived experiences

2

Virtual workshop consultations and interviews conducted to identify key priorities and establish WHO Special Initiative for Mental Health Outcomes

3

WHO Special Initiative for Mental Health strategy developed by bringing together participants' inputs; working together to create a logical framework to specify outcomes, outputs, activities, indicators and timelines for WHO Special Initiative for Mental Health work in Paraguay

4

The Paraguay WHO Special Initiative for Mental Health logical framework, and narrative design document was reviewed and validated by PAHO/WHO and the appointed interdisciplinary work group

PARAGUAY'S LOGICAL FRAMEWORK FOR PLANNED WORK UNDER THE WHO SPECIAL INITIATIVE FOR MENTAL HEALTH

GOAL:

By 2023, access to quality care for mental health conditions is improved through the development of community-based services, with an human rights and gender approach*

OUTCOMES AND OUTPUTS

1

The country's governance is strengthened for the development of mental health laws and policies, and the reorganisation of the financing system

- Promote human rights
- Strengthen governance
- Develop policies and laws
- Reorganise mental health financing system
- Strengthen mental health leadership
- Promote participation of civil society

2

Access to quality, standardised and evidence-based mental health services is expanded through the development of community-based services and mental health component integration at all levels of care, based on life cycle, gender, interculturality and human rights-based approaches

- Expand community-based services
- Decentralisation and deinstitutionalisation
- Promote integration of mental health in other sectors
- Children and adolescent services
- Alcohol and substance abuse services
- Availability of medicines

3

Human resources management is improved and the capacities of mental health workers at different levels of care are strengthened, using evidence-based and human rights standards

- Improve training of mental health professionals
- Expand capacity building to non-specialised staff
- Strengthen management of human resources

4

Civil society and indigenous peoples participate in the mental health reform process, and partnerships with other sectors are established to promote the improvement of the mental health of the population

- Participation of civil society and indigenous peoples in mental health reform process
- Establishment of strategic partnerships with other sectors to provide holistic services

5

Mental health research is promoted, and the mental health surveillance and statistical information system is strengthened to improve mental health care services

- Promote mental health research
- Digitalise mental health information system
- Improve utilisation of data for the development of better services

INDICATORS

- A revised mental health law and policy are in force
- Degree of civil society participation
- The mental health funding system is reorganised to enable sustainable mental health reforms

- % of people who have access to quality mental health services
- % treatment coverage
- % consultations happening in the community

- # of active MH professionals meeting minimum competency requirements
- # of districts where specialised mental health professionals are available
- # of districts where non-specialised mental health providers are delivering services

- # of mental health services with established institutional agreements with other sectors to promote mental health
- Number representative of civil society and indigenous people who participate in the mental health reform process

- National agenda for research on mental health issues is established
- Number of researches and publications on mental health carried out annually in Paraguay
- The National Health Information System includes MH indicators and data is correctly used to improve services