

# Philippines

## WHO Special Initiative for Mental Health

### Situational Assessment

#### Overview

##### Strengths

- National mental health legislation supporting a universal right to mental health care
- National Mental Health Strategic Framework with Annual Planning
- Political commitment for mental health
- Significant primary care workforce

##### Challenges

- Lack of insurance coverage for outpatient services
- Lack of mental health specialists in provinces to supervise mental health in PHC
- Non-specialized mental health care is devolved to local level and the extent of investment in mental health is decided locally

#### Context



Source: Wikipedia, 17 Jan 2020

- Population of 106,651,922; 8% of the population in the capital Manila
- 98% literacy, 95% of households have improved sanitation, 80% clean water, and 91% electricity
- Life expectancy: 71 years; infant mortality rate: 21 per 1,000 live births; maternal mortality ratio: 121 per 100,000 live births
- Leading causes of death: ischemic heart disease and cancer.
- Low HIV prevalence (<0.1%)
- 5% of women report being victims of intimate partner violence
- Most common substances include alcohol, methamphetamine, and marijuana
- The Philippines has an overseas foreign worker population of 2.3 million

#### Policies and Plans

Public spending on mental health (USD\$/capita): 0.47 USD

##### Policy

**Name:** The Mental Health Act or Republic Act No. 11036  
**Years:** 2018  
**Progress:** Implementing rules and regulations were issued January 2019.

##### Plan

**Name:** National Mental Health Strategic Framework (2019-2023); Work and Financial Plan  
**Years:** 2018  
**Progress:** All four domains of the plan have been rolled-out to all 17 regions of the country.

**Key Informant:** "Now that we have the Mental Health Act, it will transform the system on how we take care of the patients. Although we are still far to reach equity, we are doing a lot of efforts towards that goal. That's why we focus on the youths, those with HIV, the plan should be gender sensitive..."

##### Legislation

Mandates that mental health is a fundamental right of all Filipinos and those who require mental health services.

##### Elements included in policy/plan

	Policy	Plan
Components	Primary health care (PHC) integration	
	Decentralization	
	Hospital integration	
	Maternal	
	Child/adolescent	
	HIV	
	Alcohol/substance use	
	Epilepsy	
	Dementia	
	Promotion/prevention	
Equity	Suicide	
	Gender	
	Age/life course	
	Rural/urban	
	Socio-economic status	
	Vulnerable populations	
	Present	Absent
	n/s No data	-- Not assessed

## Prevalence and Coverage

	Prevalence	Total	Gender ratio		Treatment coverage***
Major depressive disorder	1.1%	1,145,871	1.2% females	1.1% males	0.8%
Bipolar disorder	0.2%	520,614	0.2% females	0.5% males	5.0%
Schizophrenia	0.2%	213,422	0.2% females	0.2% males	18.5%
** Alcohol use disorders	0.9%	874,145	0.6% females	1.2% males	0.6%
Drug use disorders	0.7%	520,614	0.4% females	1.1% males	1.2%
Epilepsy	0.3%	349,058	0.3% females	0.3% males	1.2%
Suicide deaths per year	5.4*	5,570	2.5 females	8.2 males*	--

\*rate per 100k; \*\*GBD 2017; \*\*\*DOH Regional Resource Mapping 2019-2020

## Services

### Human resources

	#	Rate per 100,000
<b>Generalist</b>		
Doctor	40,775	38.2
Nurse	90,308	84.7
Pharmacist	n/s	n/s
<b>Specialist</b>		
Neurologist	483	0.5
Psychiatrist	548	0.5
Psychologist	133	0.1
Psychiatric nurse	516	0.5
MH social worker	1,241	1.2

### Health care facilities

	#	Rate per 100,000
<b>Inpatient</b>		
Mental hospital	4	0.003
General hospital psychiatric unit	46	0.04
Forensic unit	n/s	n/s
Residential care facility	63	0.06
Hospital mental health	29	0.03
<b>Outpatient</b>		
Community-based /non-hospital mental health	1,362	1.3

**Key Informant:** Key challenges include... lack of insurance...lack of state subsidies... limited number of professionals who can provide services.... Added to these challenges... the absence of mapping/ centralized directory of health facilities for referral as well as lack of training to primary health care physician in identifying early signs of mental illness.

Mental health training	n/s
Primary care integration	1,134 local government units have ≥1 staff trained in mhGAP.
Available psychosocial interventions	Psychosocial/psychological interventions generally not available through local government health services MHPSS training for disaster response has been widely conducted.
Medication summary	Essential antipsychotic, antidepressant, anxiolytic, mood-stabilizing, and antiepileptic medications are readily available at specialist mental health facilities in the Philippines. Out of stock medicines in health centers is attributable to current IT capacity of DOH and manual reporting in many RHUs.
Mental health areas	<b>Promotion:</b> Health Education and Advocacy for midwives and BHWs in health stations, RHUs, schools, workplace, treatment centers. <b>Prevention:</b> Screening and Referral for nurses, midwives and BHWs in health stations, RHUs, PHCs, drug Tx centers. <b>Treatment:</b> Interventions (for HCPs, Physicians) Brief Intervention, Psychoeducation, Medical Services; Referral and Assessment, mhGAP

## Community and Other Sectors

Community	National Anti-Poverty Commission (NAPC), with focus on food, shelter, water, healthcare, work, education, social protection, peace, and environment.
Education	The public education system provides preschool education to more than 12 Million children; mental health topics covered in K-12 and special education programs.
Social Welfare	The Social Reform and Poverty Alleviation Program has specific/tailored projects for certain population groups - artisanal fisherfolk, children/youths/students, cooperatives, farmers and landless rural workers, indigenous peoples and cultural communities, persons with disabilities, urban poor, senior citizens, women, formal labor and migrant workers.
Justice	Juvenile Justice and Welfare Act of 2006; Bureau of Jail Management and Penology (BJMP) on mental health campaign - training for psychometricians

## Monitoring and Evaluation

**National health information system:** **Yes** - The Strategic Plan for Mental Health includes Information Technology; data will be automatically sorted by the Digital Hub (to be lodged at the National Center for Mental Health); As of 1/2020 access sites are monitored and evaluated by announced or unannounced physical visits, by a Monitoring and Evaluation Committee.

**Mental health indicators in health information system:** **Yes** - Depression, Psychosis, Epilepsy, Child and Adolescent Mental Health, Dementia, Substance Abuse, Self-Harm/Suicide