

# WORLD MENTAL HEALTH DAY 2020

## Need to increase investment in mental health



**Dr. Subhas Soren**

**Comprehensive mental health services accessible to patients will decrease treatment gap**

Worldwide about 450 million people live with mental disorders that are among the causes of ill-health and disability as per the WHO report, 2001. Being a part of the existing mental health response system, I as well as other mental health professionals should have the courage to accept that the fragile health system has not been able to address or cope with the large treatment gaps and need for mental health care. The treatment gaps and need for care of the mental problems have further deteriorated due to the pandemic of COVID-19 and its socio-economic consequences.

National Institute of Mental Health and Neurosciences, Bangalore, reported in India in 2016 that at least 150 million persons with mental illness are in need of urgent intervention. Another

report regarding the projected burden of mental illness conveys that it will increase more rapidly in India than other countries in the next decade and will account for one-third of the global burden of mental illnesses. In spite of this big burden of mental health issues, unfortunately, it continues to be misunderstood in developing countries like India. Despite a growth in mental health awareness, mental health investment has been stagnant across the globe and the result is an increase in treatment gap.

In last two decades, the suicide rate has increased from 7.9 to 10.3 per 100000. About 37.8 per cent of suicides in India are by those below the age of 30 years and 71 per cent by those below the age of 44 years.

According to WHO's 2014 survey, the government of different countries spend on average 3 per cent of their health budgets on mental health, ranging from less than 1 per cent in low income countries to 5 per cent in high income countries. The value of investment needs to be increased for scaling up treatment of mental patients.

Keeping in view above facts the theme of the World Mental Health Day 2020 for this year has been kept as -- "Mental Health for All, Greater Investment-Greater access".

It means there is a need for an increase in mental health investment to increase easy access of mental health service to the mental patients. It will decrease the treatment gaps and disability.

Today on the occasion of World Mental Health Day, 2020, it is pertinent to discuss the steps that the State

Government has taken and has plans to make comprehensive mental health services accessible to the patients and decrease the treatment gap? As we are aware of the enormity of the problem in comparison to existing resources, it is always appreciable if the strategy is to start working on the most basic and important needs of the mental patients.

### A. What are the patients' needs?

The persons with mental illness have varied needs and they are considered non-productive or partially productive. They need to take consultations and treatment for a long period. In India, they have needs primarily for free treatment especially drug treatment. They also have shelter needs, security needs and employment needs. The health department is running various establishments and has been working with other sectors to satisfy all the needs.

### B. Implementation of important provisions of mental health act, 2017 in Jharkhand:-

In case of Jharkhand, as being the member secretary of State Mental Health Authority, Jharkhand still has to go a long way. We have a wonderful document, the Mental Healthcare Act, 2017. It has been formulated focusing on the needs of the patients suffering from mental illnesses. It provides enormous scope to the state government, concerned institutes, medical colleges, every individual mental health professional/legal volunteer/ health worker/ general physician/care giver/NGO worker/member of Human Right Commission or Women's Commission to work for the welfare of marginalized groups of people with mental illness. It also includes the other sectors of the government like Dept of Social Welfare,

Department of Home etc. to work in tandem with mental health professionals.

### What are the important provisions/rights of Mental Healthcare Act, 2017 and steps so far taken by Jharkhand Govt?

#### 1. Right to access mental health services.

The Jharkhand Govt is running and funding following mental health establishments to make the mental health services accessible to all:

a. Ranchi Institute of Neuro-Psychiatry and Allied Sciences (RINPAS), Ranchi,

b. District Mental Health Programmes (DMHPs)

c. Psychiatric Units in Medical Colleges.

d. Community Based Mental Health Establishments:

a. Ranchi Institute of Neuro-Psychiatry and Allied Sciences (RINPAS), Ranchi:- RINPAS is a specialised Mental Health Care Teaching Hospital established to cater all types of mental health needs. RINPAS runs Out Patient Dept. (OPD), In-patient Dept. (IPD), satellite clinics and Rehabilitative services. It has 550 beds for persons with mental illness including 50 beds for persons with substance use disorders. It used to manage around 500-600 patients/day (prior to onset of Covid-19 pandemic). Due to the pandemic, the number of patients has decreased to 100 per day. It has two rehabilitation units where the patients are trained in different trades like tailoring, carpentry, embroidery, etc. and two half way homes have recently been started. It provides pharmacotherapy (drug therapy), psychotherapy, and rehabilitative

therapy free of cost. The hospitalized patients get all basic facilities for free of cost based on the guidelines laid down by NHRC. In addition to psychiatrists, psychologists, psychiatric social workers, has general medical officer, dentist, pathologist, gynecologist, physiotherapist and yoga therapist for looking after indoor as well as outdoor patients. The possible comprehensive services are provided to all patients, who are in need.

The government recently notified Recruitment Rules for Teaching cadres of RINPAS and is in process of creation of posts required to support all mental health establishments and Out Patient Door clinics run by the state government. RINPAS has sent a proposal for 44 posts to be created. If these posts are approved and appointment to these posts is done, all the mental health establishments will get supported and the patients will get access to the minimum required treatment within 70 km radius in next 5-10 years, it can be expected to have all kind of mental health establishments equipped with manpower in every district.

#### b. District Mental Health Programmes.

The state government is running OPD service units (District Mental Health Programme) under National Mental Health Programme (NMHP) in Dumka, Gurdaspur, Daltanganj, East Singhbhojpur, Bokaro, Giridih and Hazaribagh districts where medicines are being given to the patients. The state government has plans to include the districts under the NMHP.

The Jharkhand notified office of National Mental Health Programme has received sanction to start DMHP centers in another

## एनएचआरसी ने एम्स से मांगी रिपोर्ट

राज्य ब्यूरो, नई दिल्ली: एम्स रेजिडेंट डॉक्टर एसोसिएशन के पूर्व अध्यक्ष डॉ. हरजीत सिंह भट्टी ने राष्ट्रीय मानवाधिकार आयोग (एनएचआरसी) को पत्र लिखा है। इसमें उन्होंने एम्स में आरक्षित सीट पर सहायक प्रोफेसर की नियुक्ति में भेदभाव का आरोप लगाया है। इस मामले में एनएचआरसी ने एम्स से दो सप्ताह में कार्रवाई रिपोर्ट मांगी है।

एनएचआरसी ने निर्देश में कहा कि मामला बुजुर्गों के इलाज के अधिकार से भी जुड़ा है। शिकायत पत्र में कहा है कि जेरियाट्रिक विभाग में सहायक प्रोफेसर के एक पद के लिए सिर्फ उन्होंने ही आवेदन किया था। इस पद के लिए तय योग्यता पूरी करने के बावजूद उन्हें नियुक्त नहीं दी गई। बुजुर्गों को कोरोना का खतरा अधिक है। इसलिए सहायक प्रोफेसर के पद को खाली छोड़ना उचित नहीं है।

# अभिभावकों ने मानवाधिकार आयोग का दरवाजा खटखटाया

जागरण संवाददाता, देहरादून : प्रदेश में स्कूल खोले जाने को लेकर ज्यादातर अभिभावक अब भी सहमत नहीं हैं। अभिभावक अपने स्तर से लगातार इसका विरोध जता रहे हैं। खास तौर पर निजी स्कूलों द्वारा स्कूल खोले जाने के लिए रखी गई शर्तों से अभिभावकों में ज्यादा रोष है। जिससे शिक्षा विभाग, शिक्षा मंत्री और राज्य सरकार की अनदेखी से खफा अभिभावकों ने अब मानव अधिकार आयोग का दरवाजा खटखटाया है।

नेशनल एसोसिएशन फॉर पैरेंट्स एंड स्टूडेंट्स राइट्स (एनएपीएसआर) ने मानवाधिकार आयोग में 15 अक्टूबर से स्कूल खोले जाने के फैसले और निजी स्कूलों की ओर से रखी गई शर्तों के विरोध में अपील दर्ज की है। एसोसिएशन का कहना है कि उत्तराखंड में विदेशी मुल्कों और खुद आंध्रप्रदेश की गलतियां नहीं दोहराई जानी चाहिए। एसोसिएशन के अध्यक्ष आरिफ खान ने कहा कि उत्तराखंड

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- प्रदेश में स्कूल खोले जाने को लेकर ज्यादातर अभिभावक सहमत नहीं
- शिक्षा विभाग व राज्य सरकार की अनदेखी हैं नाराज

सरकार का अभिभावकों व स्कूल संचालकों की सहमति से स्कूलों को खोलने का निर्णय सरहानीय कदम है, लेकिन निजी स्कूल संचालकों ने अभिभावकों और सरकार के सामने स्कूल खोलने को लेकर अपनी जो शर्तें रखी हैं उनसे अभिभावक सकते में हैं। ऐसे में ज्यादातर अभिभावक अपने बच्चों को स्कूल न भेजने का निर्णय कर चुके हैं। एसोसिएशन ने आयोग को लिखे पत्र में कहा कि जब तक कोरोना का प्रकोप कम नहीं हो जाता, वैक्सीन बच्चों को नहीं लग जाती या स्कूल संचालक एवं सरकार बच्चों की सुरक्षा की जिम्मेदारी नहीं लेते तब तक स्कूलों को न खोलना ही उचित रहेगा।

## मानवाधिकार आयोग में की अपील

देहरादून। नेशनल एसोसिएशन फॉर पैरेंट्स एंड स्टूडेंट्स राइट्स ने प्राइवेट स्कूलों की मनमानी के खिलाफ मानवाधिकार आयोग में अपील की है। एसोसिएशन के राष्ट्रीय सचिव सुदेश उनियाल ने 15 अक्टूबर से स्कूल खोले जाने के फैसले के विरोध किया। उन्होंने कहा कि स्कूल बच्चों की सुरक्षा के लिए बिल्कुल भी गंभीर नहीं हैं। उन्होंने स्कूल खोलने के लिए पांच शर्तें रखी हैं। बच्चों की जान जोखिम में डालकर कोई भी अभिभावक बच्चों को स्कूल नहीं भेजेगा। उन्होंने कहा कि कोविड-19 की पूरी तरह रोकथाम होने या वैक्सीन तैयार होने तक बच्चों को नहीं बुलाया जाना चाहिए। उन्होंने आयोग से सरकार को फिलहाल स्कूल न खोलने के लिए निर्देश देने का अनुरोध किया है।