



MINISTERUL SĂNĂȚĂII
INSTITUTUL NAȚIONAL DE SĂNĂȚATE PUBLICĂ
NATIONAL INSTITUTE OF PUBLIC HEALTH

cnepss@insp.gov.ro

Str. Dr.A. Leonte, Nr. 1 - 3, 050463 Bucuresti, ROMANIA
Tel: *+4 021 318 36 20, Director: +4 021 318 36 00, +4 021 318 36 02, Fax: +4 021 312 3426

Prevention in the Field of Child and Adolescent Mental Health

ROMANIAN PUBLIC HEALTH INTERVENTIONS

Prague, 21-22 September 2022

- Dr. Livia Cioran, MD
- Dr. Alexandra Cucu, MD, PhD
- Dr. Rodica Nicolescu, MD
- Psih. Diana Stanculeanu, Drd.



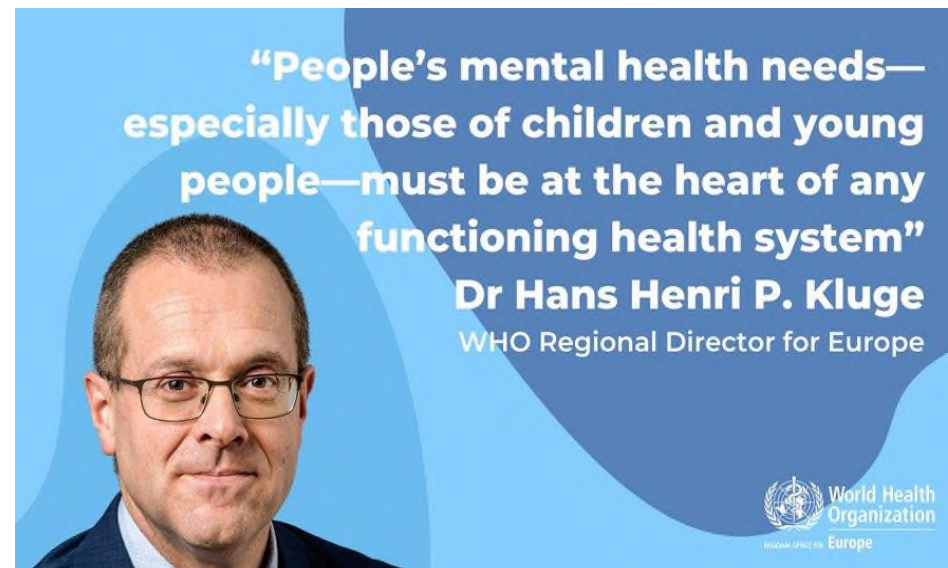
MINISTERUL SĂNĂȚII
INSTITUTUL NAȚIONAL DE SĂNĂȚATE PUBLICĂ
NATIONAL INSTITUTE OF PUBLIC HEALTH

cnepss@insp.gov.ro

Str. Dr.A. Leonte, Nr. 1 - 3, 050463 Bucuresti, ROMANIA
Tel: *+4 021 318 36 20, Director: +4 021 318 36 00, +4 021 318 36 02, Fax: +4 021 312 3426

European Context

- Not only in Romania, but in the whole WHO European Region, mental health services in community and primary-care settings are often underdeveloped, underfunded, underprioritized and under-resourced.
- In the WHO European Region, depression and anxiety disorders fall into the top 5 causes of overall disease burden among children and adolescents.
- Suicide is the leading cause of death among 10–19-year-olds in low- and middle-income countries of the Region, and the second-leading cause in high-income countries.
- WHO/Europe is working in collaboration with a range of international partners to generate better information and evidence about key mental health risks and consequences, and to develop appropriate public health responses in a number of Member States.
 - protection against poverty, exclusion, abuse and violence;
 - promotion of life-skills training and socioemotional learning in schools;
 - prevention of self-harm and suicide
 - early identification and management of mental health or behavioural problems.



Source: <https://healthpolicy-watch.news/europe-address-childrens-mental-health/>



Romania

- Large population: ≈ 19 mil. inhabitants
- 4.138.100 children and adolescents 0-18 years (January 2020), 52,6% living in urban areas.
- 3.526 mil. school age children included in an educational network with 7,001 schools and kindergardens.
- School based medical network . According to existing data, only 8.6% of Romanian school units have a general medical office and only 3% have a dental office. Also, most rural areas do not benefit from the services of school health, where a school population of 924,053 students (1/2 of the urban school population) is a number of 21 school doctors and 53 school nurses.
- Social health insurance based system - children insured by law
- Strong public health network





Romanian Context

Mental Health Data and Information analysis 2021 - NIPH -Regional Center of Public Health Sibiu - Depression in children and adolescents -

MENTAL HEALTH DISORDERS	No. of patients			TOTAL
	0-4 years old	5-14 years old	More than 15 years old	
Anxiety disorders	509	2376	1373	4258
School phobia	20	487	180	687
ADHD	589	3744	682	5015
Depressive episode	15	602	1408	2025
Conduct disorders	364	2813	2179	5356
Autism spectrum disorders	1072	1853	279	3204
Attachment disorders	318	475	159	952
Eating behavior disorders	145	321	173	639
TOTAL				22136

Incidence (per %000 population) of depressive episode, ICD 10 code F32, F33, in children and adolescents, Romania, 2013-2019

Source: CNSISP-INSP

YEAR	TOTAL New cases	New cases 0-19 years old	Incidence (per %000 population)	
			TOTAL	0-19 years old
2013	39283	604	196.5	14.3
2014	40852	566	205.1	13.5
2015	41937	631	211.6	15.2
2016	40785	806	207.0	19.5
2017	43631	831	222.7	20.1
2018	42867	800	220.1	19.5
2019	45131	892	233.0	21.9

Incidence (per %000 population) of depressive episode, ICD 10 code F32, F33, in children and adolescents, Romania, 2013-2019

Source: CNSISP-INSP

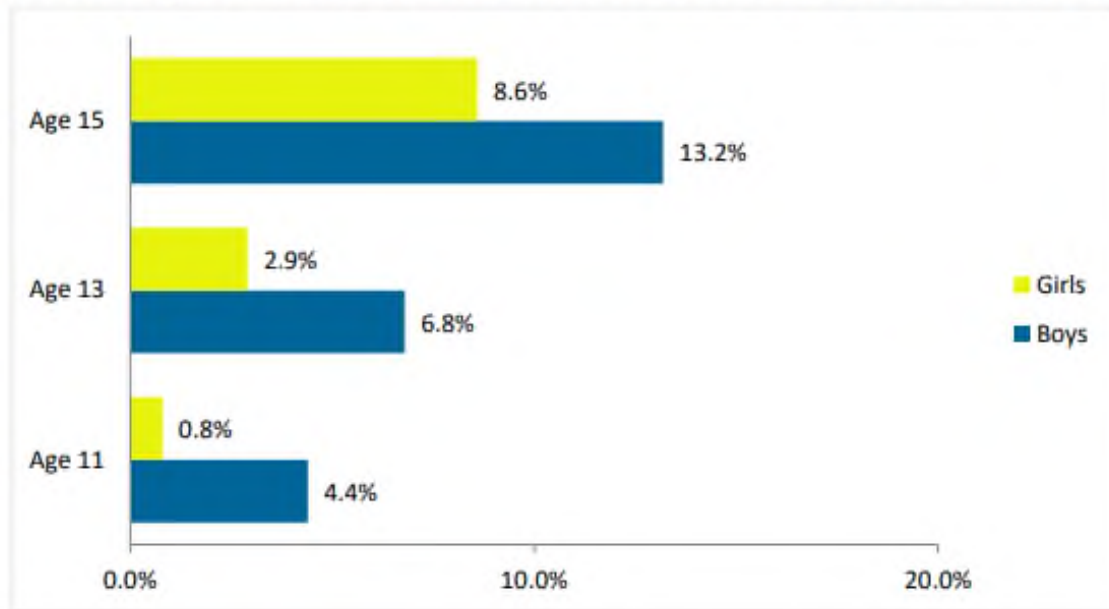
Romania is facing a new situation, namely the mental health of children with parents go to work abroad.

The table shows the data from January to October 2014, from the public services system in Romania, with the specification that the data represents the main mental disorders of children and adolescents present in the ICD10 classification.

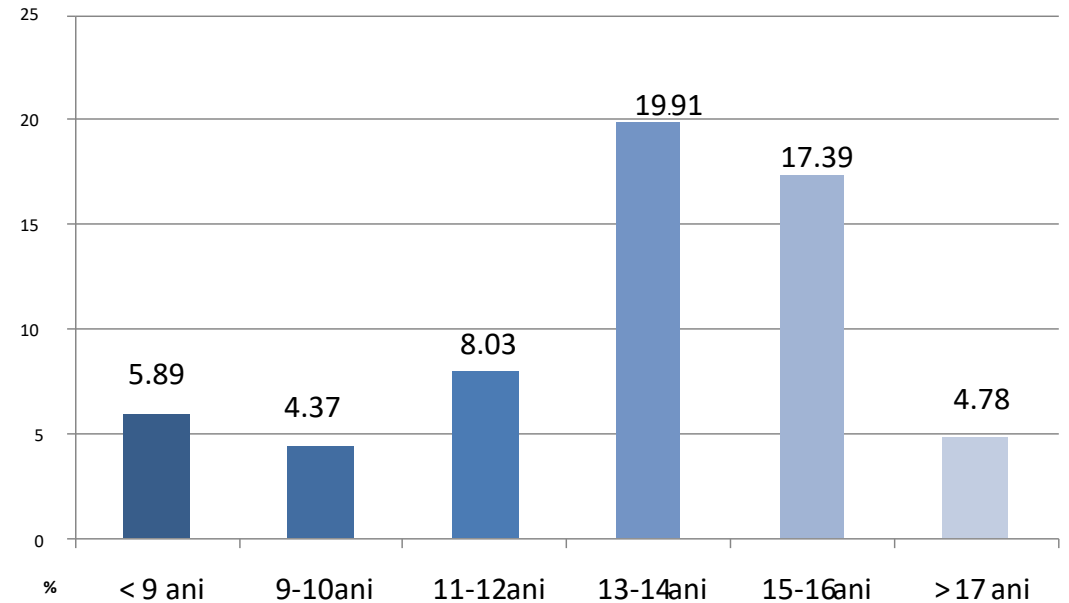
An identified problem consists in the small number of children and adolescents diagnosed with mental health disorders in relation to their number estimated by international studies.

Behaviors at Risk for Mental Health – Alcohol Use

Fig. 63. Percentage of adolescents who have been drunk at least once in the previous 30 days



Source: HBSC 2018

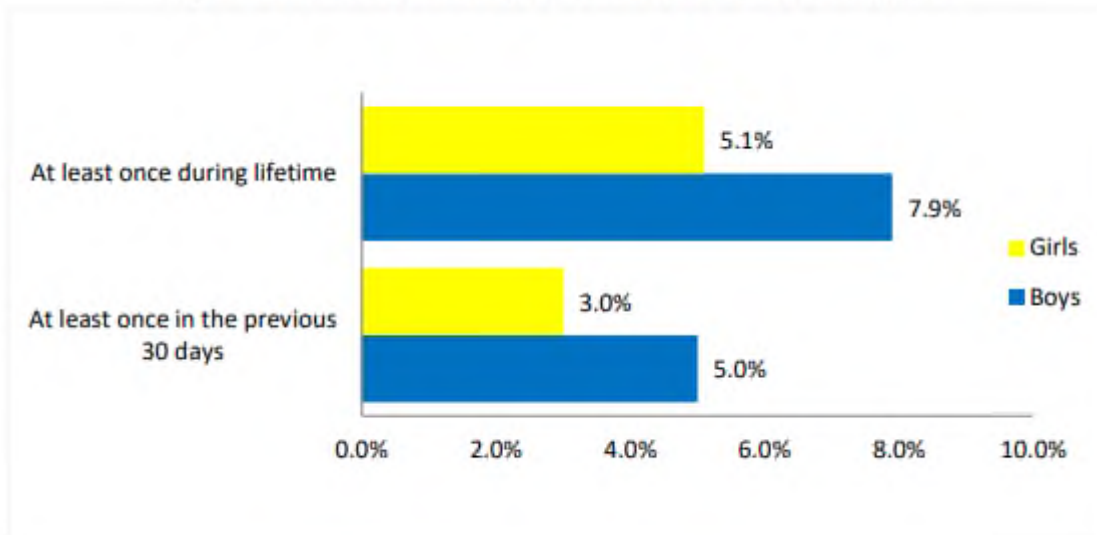


Distribution of the age of onset of alcohol consumption

Source: YRBSS 2018

Behaviors at Risk for Mental Health – Cannabis Use, Betting, Gambling

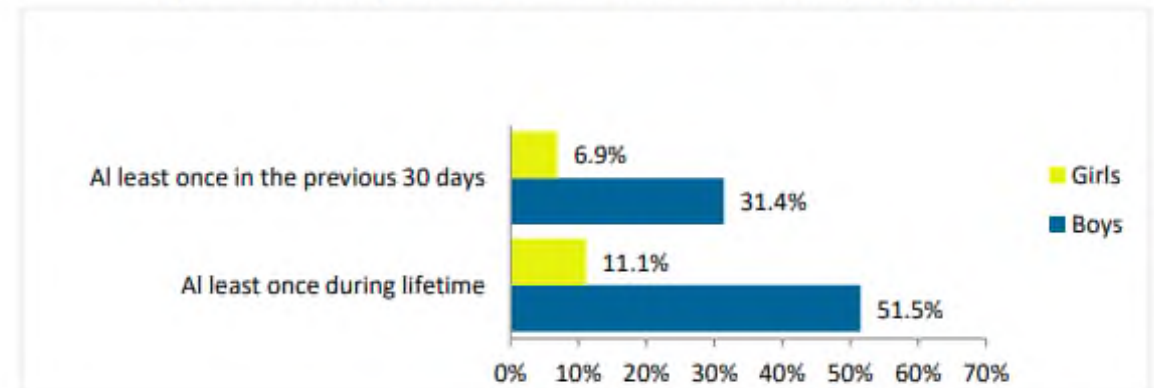
Fig. 64. Percentage of 15-year-olds who have used cannabis



Source: HBSC 2018

Use of cannabis throughout life and in the last month was greater among 15-year-old boys than 15-year-old girls (Fig. 64). This difference, of 2.8% for lifetime use and 2% for the last month, reflected 40–50% higher cannabis use among boys than girls.

Fig. 70. Percentage of 15-year-olds involved in betting or gambling

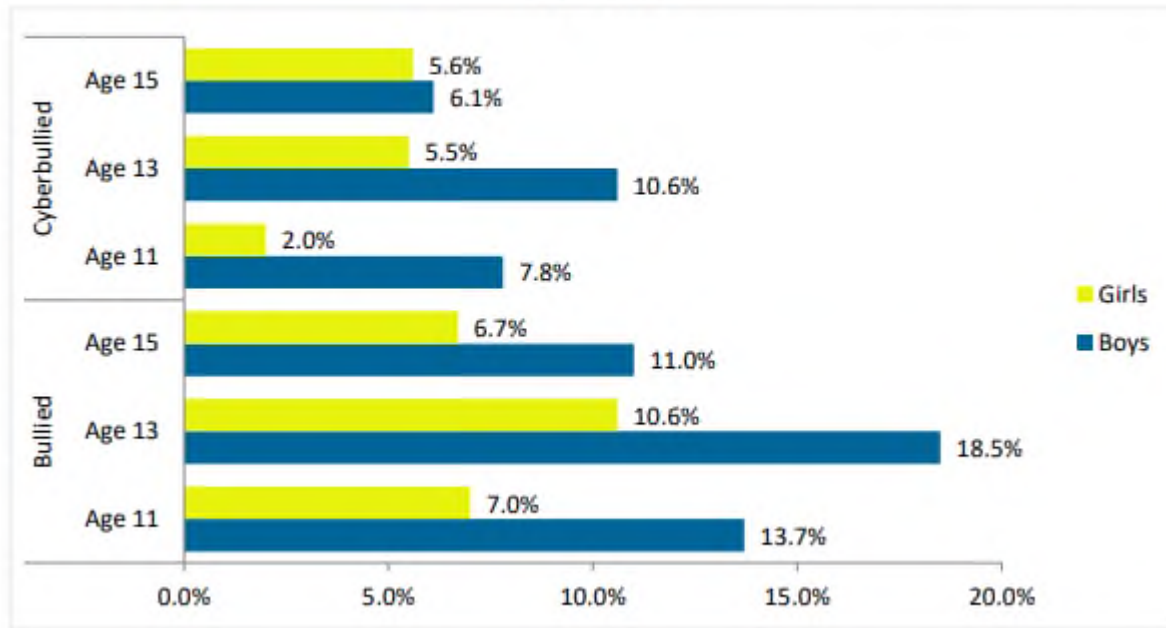


Source: HBSC 2018

Repeated involvement in gambling is a potentially harmful behaviour. More and more young people are addicted to such practice. Three in 10 boys were involved in these types of activities at least once in the last year, while the percentage of girls was almost five times smaller.

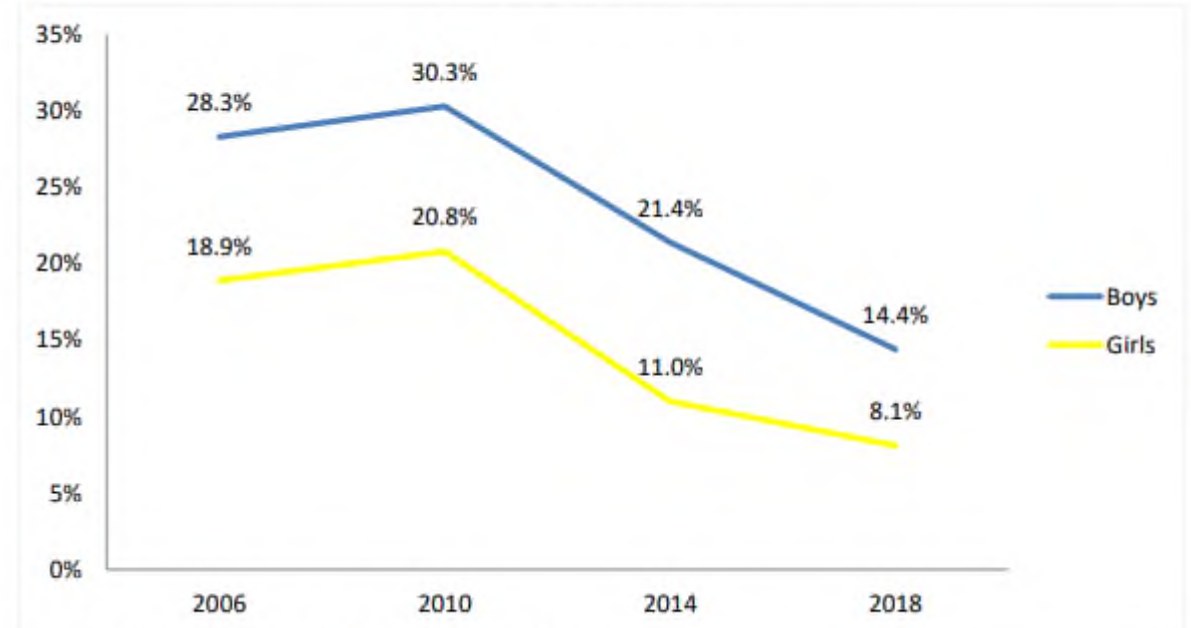
Involvement in bullying and cyberbullying

Fig. 71. Percentage of adolescents who have bullied others at least 2–3 times in the previous two months



Source: HBSC 2018

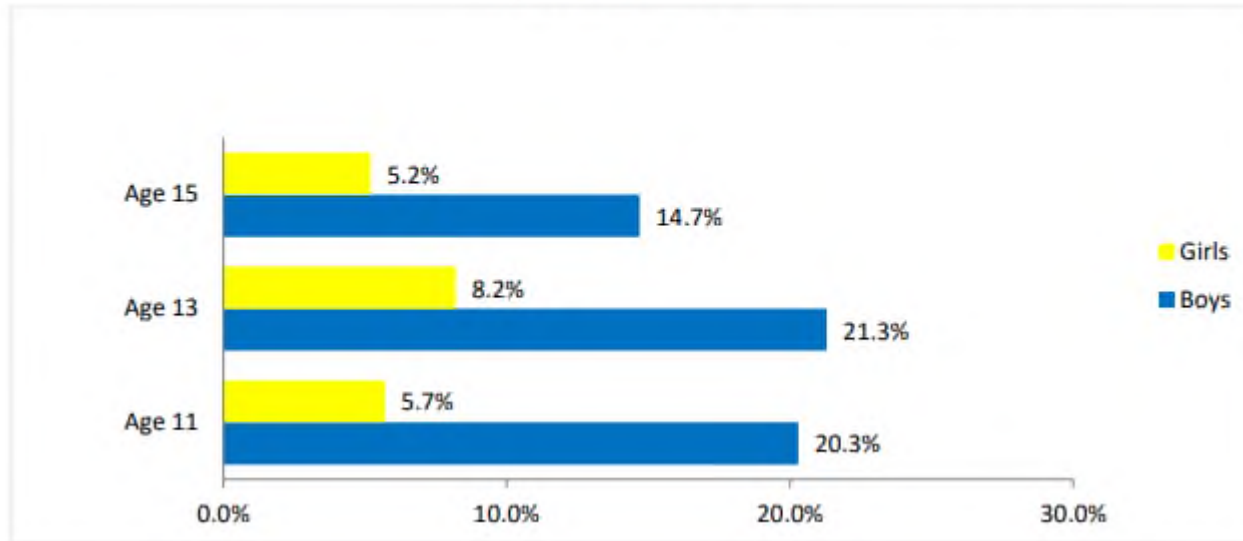
Fig. 72. Percentage of adolescents who have bullied others at least 2–3 times in the previous two months, 2006–2018



Source: HBSC research 2006, 2010, 2014, 2018.

Involvement in fights

Fig. 75. Percentage of adolescents who had been involved in fights at least three times in the previous 12 months



Source: HBSC 2018

The involvement of pupils in violent behaviours tends to have high prevalence in the Romanian school context. Overall, there is a significant gender difference for the three measured behaviours (involvement in fights, bullying and victimization), with boys reporting more frequent involvement than girls. Compared to 2006, 2010 and 2014, there was a reduction in the rates of bullying involvement in 2018



Ministry of Health Network- ROMANIA



PUBLIC HEALTH INSTITUTIONS

National Institute of Public Health - technical coordination

4 National Centers for:

- Surveillance and Control of Communicable Diseases (CNSCBT);
- Environmental Monitoring of Risks in the Community (CNMRMC);
- National Center for Evaluation and Promotion of Health Status (CNEPSS);
- National Center for Public Health Statistics Monitoring (CNMSP);

6 Regional Centers:

Bucharest, Cluj, Iasi, Sibiu, Timisoara, Tg Mures, (Lab capacities)



42 Public Health Directorates - implementation



PUBLIC HEALTH INTERVENTIONS

National Health Programs

Health promotion IEC
populational
interventions – national
campaigns



Health status and
determinants
surveillance



Community nurses
interventions-



Health promotion school
oriented interventions



HEALTH

Integrated Primary Health Care (PHC) services,
with special emphasis on health promotion and
preventive services- PDP1 project



Family doctors
preventive
service



Individualized patient-centred
counselling – EUPAP JA

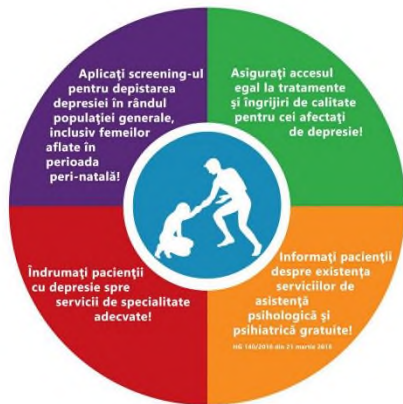
EU
PHYSICAL
ACTIVITY ON
PRESCRIPTION



NIPH 's Mental Health Promotion Campaigns

"Together for mental health! To remove the stigma of mental illnesses!"

"There is no health without mental health!"



Material realizat în cadrul subprogramului de evaluare și promovare a sănătății și educație pentru sănătate al Ministerului Sănătății -pentru distribuție gratuită-

Campania "Împreună pentru sănătatea mintală!
Să înlăturăm stigma bolilor mintale!"

Ianuarie 2020



DEPRESIA

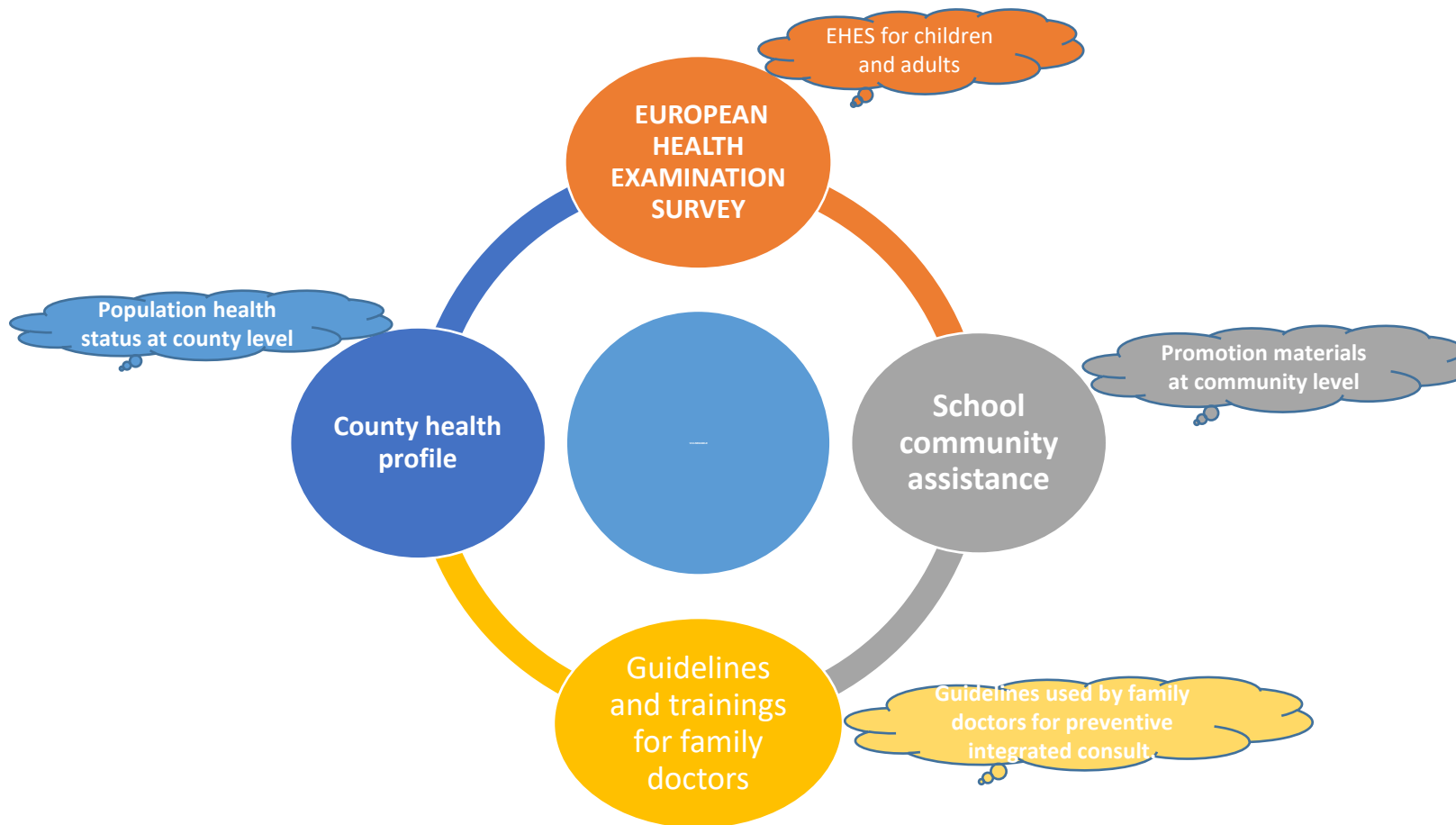


**Nu există
sănătate
fără**

**SĂNĂȚATE
MINTALĂ!**

Predefined project - PDP1

Consolidation of the national network of primary health care providers to improve the health status of the population, children and adults (including vulnerable population)





CENTRUL NAȚIONAL DE
SĂNĂTATE MINTALĂ ȘI LUPTĂ
ANTIDROG

National Centre for Mental Health and Anti-drug Action is a specialized public institution under the Ministry of Health coordination.

The Centre provides coordination, implementation and evaluation of national mental health policies.

Promoter of PDP7 “Support for the Development of Community Mental services for children and adolescents”



CENTRUL NAȚIONAL DE
SĂNĂTATE MINTALĂ ȘI LUPTĂ
ANTIDROG

The project falls under three main objectives of the national strategy for child mental health:

- Promotion of child mental health; specific objectives: 1.1. Awareness raising of general population regarding children wellbeing and mental health; 1.2. **promotion and development of child protective mental health factors;**
- Development of early identification services for children at risk for developing a mental health disorder – specific measures defined in the strategic document target children with pervasive disorders, anxiety, depression, abuse in the family;
- Development of specialised intervention services for children with mental health disorders and their families, through investment in: development of community mental health services; elaboration of community mental health services; capacity building for professionals in mental health field so that they can provide evidence based programs and services in evaluation, diagnostic and treatment;



CENTRUL NAȚIONAL DE
SĂNĂTATE MINTALĂ ȘI LUPTĂ
ANTIDROG

Prevention activities at national level

- Development of positive parenting skills and empower parents to identify early sign of emotional risk in their children and to make timely referrals to specialised services.
- The project facilitates shaping the attitudes and behaviours of Romanian parents in line with the provisions of the UN Child Rights Convention and the Child Protection Law, and decrease the use of corporal punishment and verbal and emotional abuse as main strategies to raise children in Romania.
- 23 mental health professionals became facilitators for parents at community level, delivering positive parenting workshops for 1500 parents. Since they are recruited from the community mental health centres' staff, they will continue to deliver parent education services even after the project is over, as part of their routine professional responsibilities, with positive impact on project's sustainability.
- Intensive training investment for professionals in primary care, education and social protection sectors for better and timely identification and referral of children at risk of developing a mental health disorder, towards specialised services; training programs for identification, early intervention and referral of children at risk/ with pervasive disorders, ADHD, anxiety disorders, depression, attachment disorders were elaborated;
- Training sessions delivered in October 2021 – August 2022 for 449 professionals: 317 school councillors and primary education teachers; 112 social workers; 20 nurses.



MINISTERUL SĂNĂȚII
INSTITUTUL NAȚIONAL DE SĂNĂȚATE PUBLICĂ
NATIONAL INSTITUTE OF PUBLIC HEALTH

cnepss@insp.gov.ro

Str. Dr.A. Leonte, Nr. 1 - 3, 050463 Bucuresti, ROMANIA
Tel: *+4 021 318 36 20, Director: +4 021 318 36 00, +4 021 318 36 02, Fax: +4 021 312 3426

THANK YOU !