

Resilience in the Palatinate – Mental health as a social task

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Bratislava, 5th – 7th September 2019

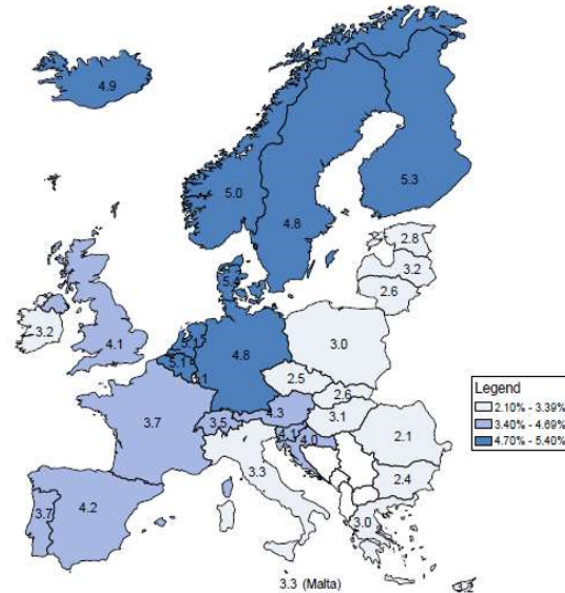




... there is much to do!

The total costs of mental health problems are more than 4% of GDP across EU countries, ranging from 2% to 5%

Estimated direct and indirect costs related to mental health problems across EU countries, as a % of GDP, 2015



Source: OECD estimates based on Eurostat Database and other data sources.

... there is much to do!

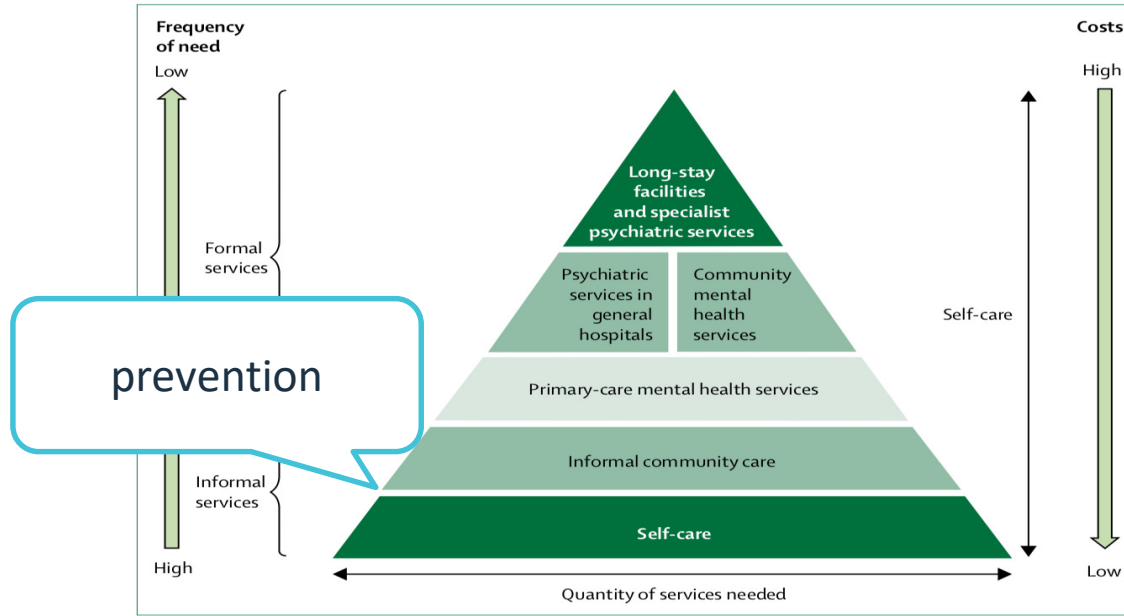


Figure 1: WHO pyramid model
The WHO model is a service organisation pyramid describing an optimal mix of services for mental health. The most costly services are the least frequently needed, whereas the most needed services can be provided at a relatively low cost. Self-care features through all services and all levels of the pyramid. Reproduced from WHO.⁸¹

Pfalzkllinikum: numbers and figures



Service Provider for mental health and prevention in the Palatinate region

- 2.199 employees
- 110,8 million € revenue (2017)
- 1.134 beds and places
-

(psychiatry, psychotherapy, psychosomatics (children, adolescence, adults), neurology, forensic psychiatry, outpatient services, community psychiatry, „The Palatinate makes itself/you stron – ways to resilience“)

... what is important and what drives us?



Living world

even handed

Focus on social space

Shared decision making

Focus on the individual

De-institutionalisation

Hometreatment

What does resilience mean?



Assess and regulate emotions

Grow from challenges



Care for a stable net of relationships

How does resilience work?

- Vulnerabilitäts-Stress-Modell

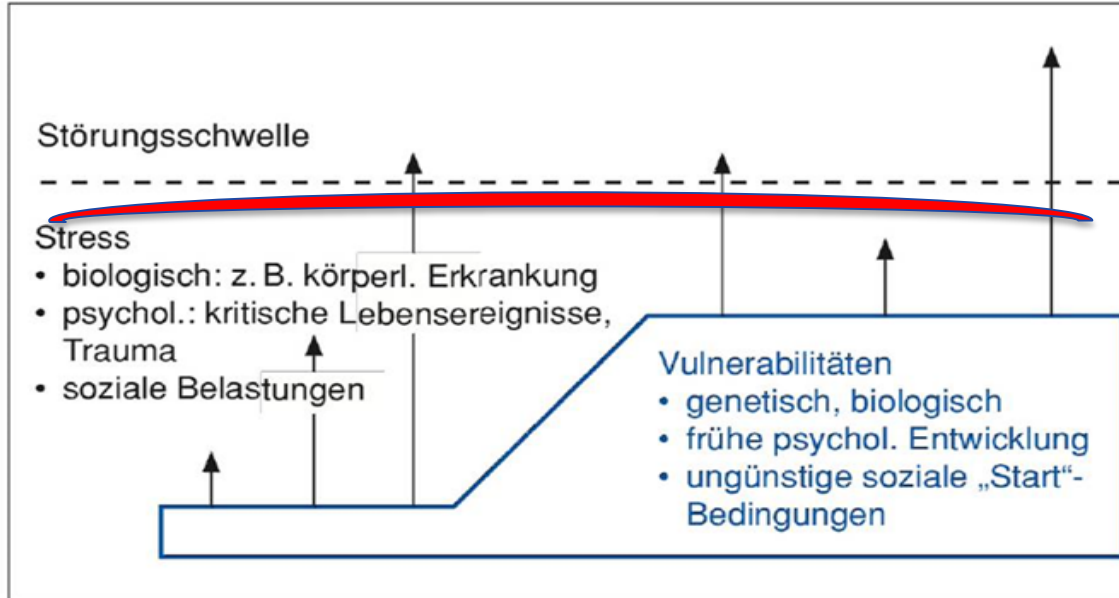


Abbildung 4: Vulnerabilitäts-Stress-Modell

Aus Petermann et al.: Klinische Psychologie – Grundlagen © 2011 Hogrefe, Göttingen

... or the Palatine way

... instead of being
upset,
it does not bother
me?!



download on the 05th of September 2019 (12:20): www.goldfuss-mentalcoach.de/resilienzfoerderung/

Change of perspective: From illness to health thinking



Resilient
Palatinate Region
until 2025

People that help each
other to cope with life
challenges and crises

Our mission

Preventively

Provide services to remain & foster mental health

Long term

Foster the sustainable development of health literacy

Regionally

Decentralized services all over the Palatinate

Participatory

Develop services together with the people

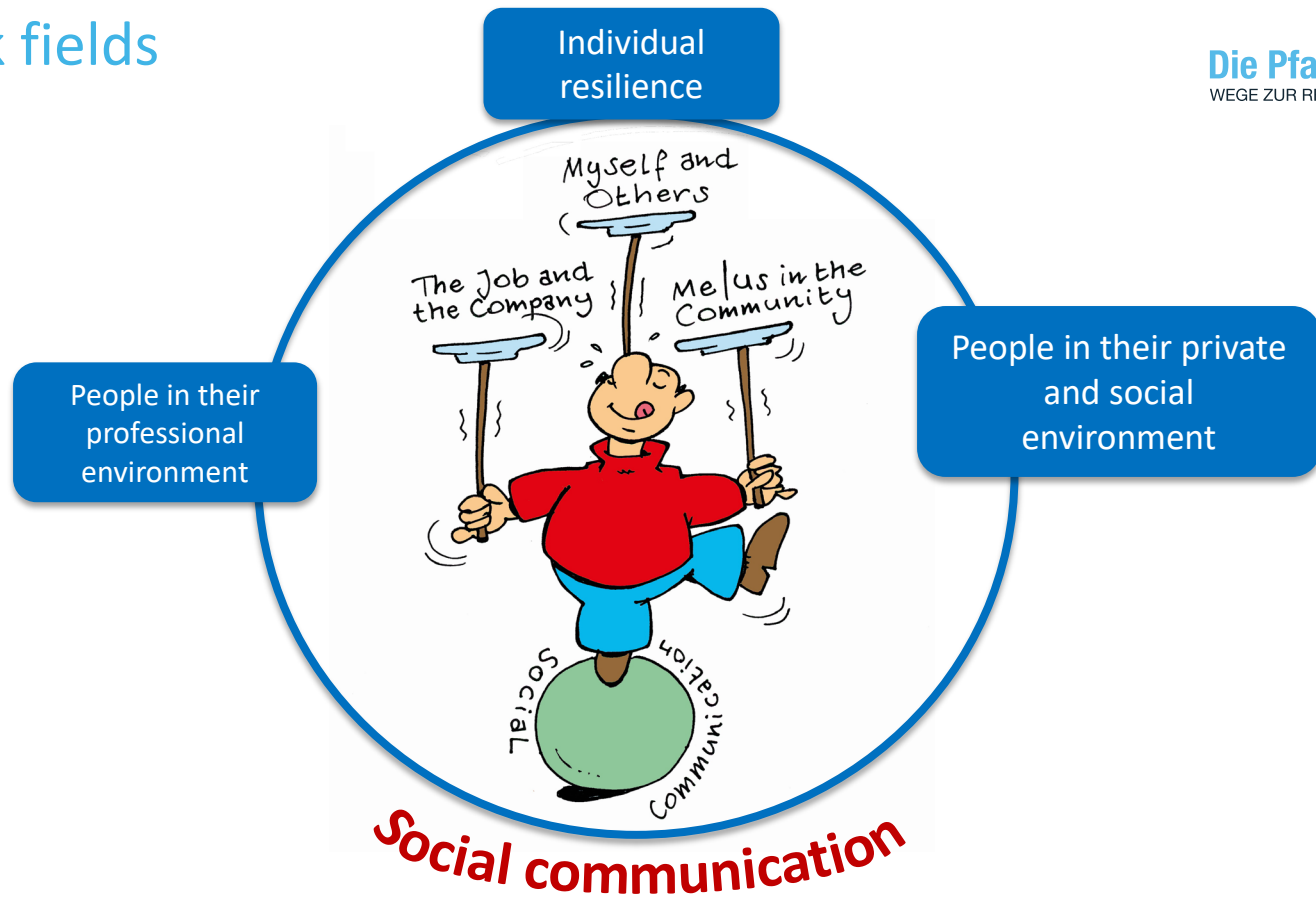


Social Change – how to approach?



- » Send the right messages
- » Change the perspective: from illness to health thinking
- » Praticipation of
 - > citizens
 - > media
 - > organisations
 - > users and experts

Work fields



We asked the people: What do you think about mental health and resilience?



experts

people

- „when I feel well, when I'm able to manage my daily life“
- „...to have strategies to cope with crises...to have the attitude that you can manage it“
- „To be socially embedded“
- „to have both feet on the ground“
- „to withstand the ups and downs in life“
- „it [mental health] is multifactorial“

- „to have no illness, being normal“
- „soul in balance“
„inner stability“
- „mindfulness“
- „...if a person becomes ill from onerous situations or if he can go out of it being strengthened“
- „to put up a protective shield against stressful requirements“
- „cope with difficult situations without suffering from long-term consequences“

Social Communication: Salutogenetic change of perspective



Open ways to new thinking

Predominant **disease-oriented** mindsets

Holistic and sustainable
Socio-ecological approach

Close by
local link to living environment

Premature
act before burdens become illnesses

resource-oriented perspective
focusing mental health

Different definitions, different approaches

sustain

Basic functions and structures, avoid risks, proceed preventively

adapt

To impendingangers/challenges

grow

Close difficult situations strengthened



Organisational resilience as an attribute of a company



- ... reduces or avoids psychological stress at the work place
- ... strengthens individual and organisational resources in order to cope with dangers or risks
- ... improves the future viability of organisations



Our research mission:

- Build process of transformation towards resilient organisations
- Develop instruments in order to measure the individual stage of resilience

Me and the others

Develop children's emotional intelligence



Discover und reflect emotions

My own and those of others

Give information

What are emotions? Why are they important?

Regulate emotions

How to react to my own emotions and those of others in difficult situations?

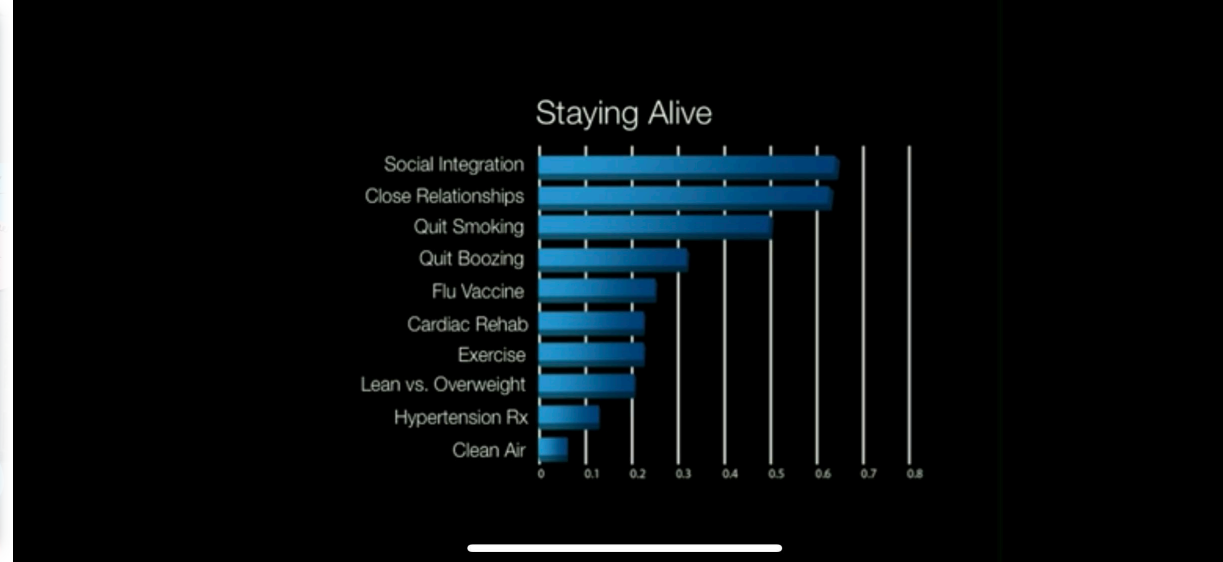
Reduce risk

Dealing consciously with emotions and use strategies to balance reduce the risk of mental health problems in adult age



Me & Us in the Community

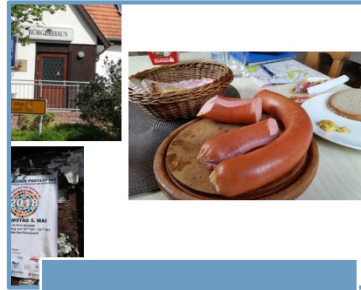
Participatory project „New Health in the Village“



download on the 30th of August 2019 (16:55) https://www.ted.com/talks/susan_pinker_the_secret_to_living_longer_may_be_your_social_life#t-4853

Me & Us in the Community

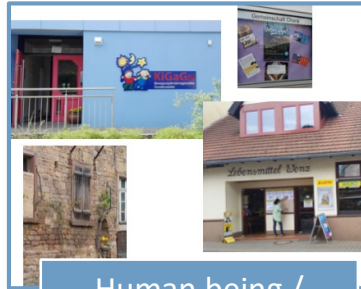
Social Space Analysis: Dimensions



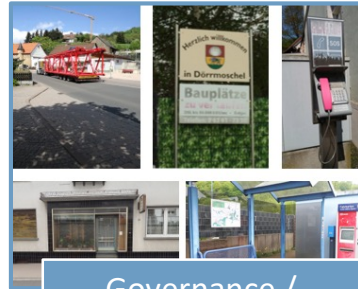
Social/Health



Economy / Ecology



Human being /
Identiy



Governance /
municipality

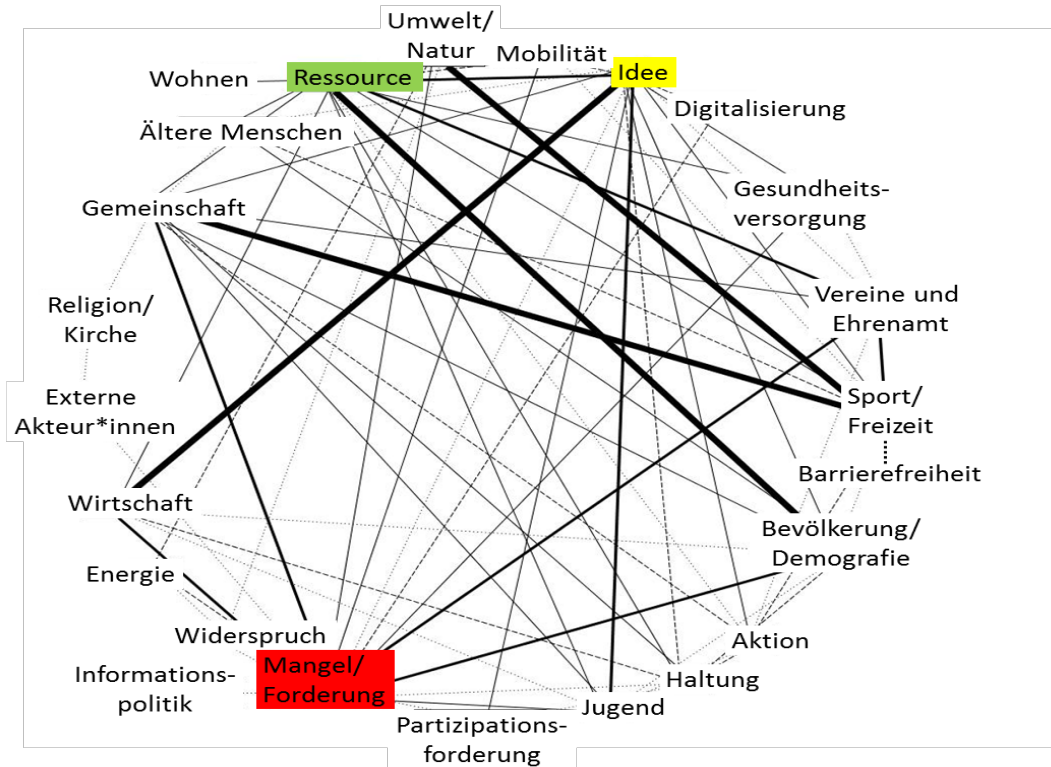


Ortsgemeinden

- Bayerfeld-Steckweiler
- Biesterschied
- Dielkirchen
- Dörnbach
- Dörrmoschel
- Gehrweiler
- Gerbach
- Gundersweiler
- Imweiler
- Katzenbach
- RoK-Marienthal
- Ransweiler
- Rathskirchen
- Reichsthal
- Ruppertsecken
- St. Alban
- Seelen
- Schönborn
- Stahlberg
- Teschenmoschel
- Würzweiler

Me & Us in the Community

Social Space Analysis: one Method



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Initial goal

- Identify health fostering structures that already work
- Discover needs and develop new services in the Palatinate region Donnersberg
- Foster health literacy
- Make the region healthy and more resilient
- Involve the people

How we did this

- ✓ Collect social data
- ✓ Village walks and interviews with residents
- ✓ Develop ideas for mutual support and social contact at civil forums



The New Health in the Village

What worked, what didn't work

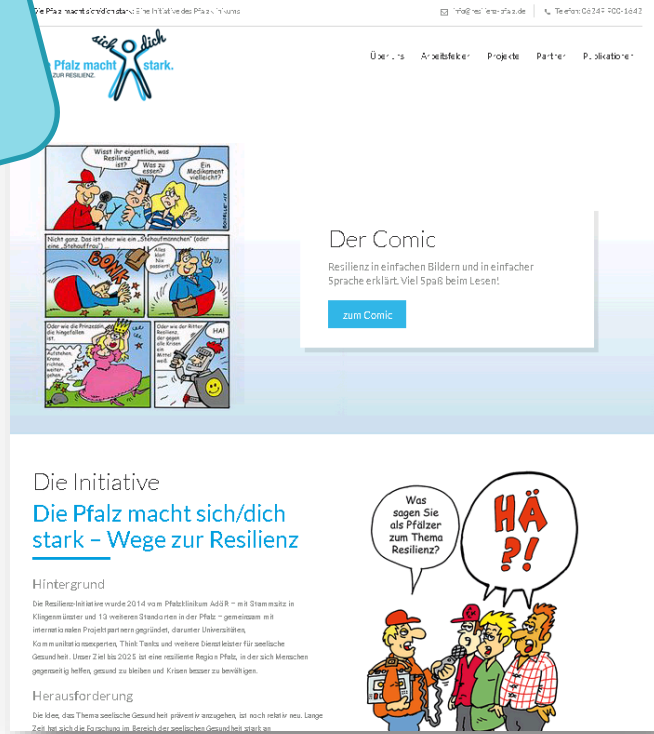


- Talk with the people on-site in the villages and public health fair
- Listen to „where the shoe pinches“, what should be improved
- Hear about the community work of clubs and organisations



- Develop sustainable interest
- Motivate people to engage for new honorary offices
- Create network between existant groups and villages
- Create the link between social interaction and mental health – „Why should I engage if I feel well?“

Find out more about us in German
www.resilienz-pfalz.de



The screenshot shows the website's main content area. At the top, there is a navigation menu with links for 'Über uns', 'Anzeigefreie', 'Projekte', 'Partner', and 'Publikationen'. Below the navigation is a comic strip titled 'Der Comic' with the subtitle 'Resilienz in einfachen Bildern und in einfacher Sprache erklärt. Viel Spaß beim Lesen!'. A blue button labeled 'zum Comic' is positioned below the subtitle. The comic strip itself consists of six panels with German text and illustrations of people in various situations.

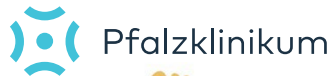
Die Initiative Die Pfalz macht sich/dich stark – Wege zur Resilienz

Hintergrund
 Die Resilienzinitiative wurde 2014 von der Pfalzklubum AdSR – ein Stammtisch in Klingenstein und 13 weiteren Standorten in der Pfalz – gemeinsam mit internetfähigen Projektpartnern gegründet, darunter Universitäten. Kom in mundartlich ausgedr. Think Tanks und weitere Dienstleister für sprachliche Gesundheit. Unser Ziel bis 2025 ist eine resiliente Region Pfalz, in der sich Menschen gegenseitig helfen, gesund zu bleiben und Krisen besser zu bewältigen.

Herausforderung
 Die Idee, das Thema sprachliche Gesundheit präventiv anzugehen, ist noch relativ neu. Lange Zeit hat sich die Forschung im Bereich der sprachlichen Gesundheit weit



The resilience initiative



Pfalzlinikum



Blackpool
Better Start



UNIVERSITÄT
KOBLENZ · LANDAU



hmtmh

hochschule für musik
theater und medien hannover



Hanover Center for
Health Communication



Landesnetzwerk
Selbsthilfe
seelische Gesundheit
Rheinland-Pfalz
NetzG-RLP



Ernst-Moritz-Arndt Universität Greifswald
Institut für Sozialpsychiatrie
Mecklenburg-Vorpommern e. V.
An-Institut der Ernst-Moritz-Arndt Universität Greifswald



University of Applied Sciences



Wir rücken zurecht, was verrückt ist.

