

Public Mental Health

(Health & Mental Health Systems)

By Dr. Nachiket Mor

Introduction: This module will introduce the idea of public health and its various sub-components, namely, Essential Public Health Functions, Social Determinants of Health, and One Health. Public mental health is the application of one or more of these concepts to the field of mental health using a range of conceptual approaches, including “public health methods, biopsychosocial framework, and the life course perspective”.

Course Director: Dr. Nachiket Mor

About Nachiket Mor: An eminent economist with experience spanning over 3 decades, Nachiket Mor is a visiting Scientist for the Banyan Academy of Leadership in Mental Health. A PhD from the University of Pennsylvania, he has worked with ICICI bank for 20 years and is also known for his contributions to the ICICI Foundation as its head in 2007. This IIM-A postgraduate always had a proclivity to the social sector and started his career right after his MBA with Pradan wherein he worked with the mushroom farmers. He was appointed as the director of the Central Board of the Reserve Bank of India (RBI), and headed a committee on comprehensive financial services to small businesses & low-income households in 2013. Nachiket Mor, a veteran economist, has engaged himself in the development sector from the beginning of his career, and continues to care about the economy & health care.

Course Outline:

1. Public Mental Health: An Overview

1.1 Essential Public Health Services/Functions: This will include an overall discussion of the ten essential public health services under the three broad goals of public health, i.e., assessment, policy development, and assurance (CDC, 2020), and a deeper dive into seven essential public health functions (Khaleghian and Dasgupta, 2005).

1.2 Social Determinants of Health: This discussion will go one step beyond essential public health functions and focus on the broader social and physical determinants of health (HP2020, 2013). In the context of mental health, the session will discuss topics such as:

- Crowded living and its association with mental ill-health among recently-arrived migrants in Sweden: a quantitative study.
- Social and Psychological Effects of Overcrowding in Palestinian Refugee Camps in the West Bank and Gaza.
- Hospitalisation patterns among children exposed to childhood adversity (Rod et al., 2021).
- How childhood trauma affects health across a lifetime (Harris, 2014).
- Terrorism and mental illness: a pragmatic approach for the clinician.
- Social Determinants of Mental Health: Where We Are and Where We Need to Go.
- Social determinants of health in mental health care and research: a case for greater inclusion.
- Ways We Can Address the Social Determinants of Mental Health.
- Additional Readings: Biermann et al., 2021; HP2020, 2013; Marmot et al., 2008; Nandi and Schneider, 2014; PlanH, 2021.

1.3 One Health: Here we will discuss the broadest understanding we have of the determinants of well-being and health which extends to include planetary health (Amuasi et al., 2020). While initially One Health was understood to be essentially synonymous with zoonotic disease which transmitted from animals to human beings, it is now becoming clearer that it needs to be broadened to apply to

“other fields, such as antimicrobial.

resistance, ecotoxicology, [and] health in urban environments” (Destoumieux-Garzon et al., 2018) in order to both develop a deeper understanding of causality as well as potential solutions

2. Burden of Mental Health Disorders

Any study of public health begins with understanding the burden of disease. This session will begin by reviewing the burden of mental disorders in India using DALYs (IHME, 2019) and other metrics (Sagar et al., 2020; Dandona et al., 2018).

3. Understanding Mental Health Disorders

The focus of this section would be uncovering the mechanisms of risk that are associated with mental health disorders, including suicides.

- Genes as a source of risk (Eaton and Fallin, 2019, Chapter 9).
- Brain across the lifespan (Eaton and Fallin, 2019, Chapter 10).
- A Life Course Developmental Perspective (Eaton and Fallin, 2019, Chapter 11).
- O’Connor’s Model of Suicide (O’Connor and Kirtley, 2018).
- India: Suicidal Ideation Among Adolescents—The Role of Sexual Abuse, Depression, and Impulsive Behavior.
- USA: Suicidal behavior of adolescent girls: profile and meaning.
- Adapting to Crisis (Eaton and Fallin, 2019, Chapter 12).
- The Importance of Local Culture: “While some disorders, particularly severe ones such as schizophrenia, tend to present similarly around the world, the experience of these disorders may differ by community, culture, and resources available. Other disorders, such as depression and anxiety, not only may be understood and treated differently in different cultures but also may manifest with different core and presenting complaints.” (Eaton and Fallin, 2019, p 66). Also see Meeta Rajivlochan’s book (Rajivlochan and M., 2006).

4. Preventing Mental Health Disorders

Here the focus would be on exploring multiple evidence-based methods for preventing mental health

disorders, including suicides.

- Preventing Mental Health Disorders (Eaton and Fallin, 2019, Chapter 18, 19).
- Henry Ford (McCarthy et al., 2009).
- US Air Force (Knox et al., 2010).
- West Virginia Paper (Mor, 2020b).
- Performing Arts (Mor, 2021b).
- Attachment disorder in adults. (also see, Balbernie, 2013).
- Sri Lanka's work on Pesticides (Weerasinghe et al., 2020).
- Education (Mor, 2020a).
- Economic factors (Case and Deaton, 2017).
- Youth (Blueprints, 2022).
- Other Evidence Based Resources (SAMHSA, 2020).

5. Treating Mental Health Disorders

1. Technology: Inner Hour, Wysa (videos of Smriti Joshi, Neha Kirpal, ...) (Inkster et al., 2018).
2. Community based efforts: CMHLP (Joag et al., 2020).
3. SMDs – ECRC, Home Again (Resources from The Banyan), NALAM (Dijkxhoorn et al., 2018).
4. Nepal: Pragya Rimal's work on integrating with comprehensive primary care (Rimal et al., 2020; Rimal et al., 2021).

Important Details:

<i>Important Dates</i>	Date
<i>Start Date of Registration</i>	9th June 2022
<i>Last Date of Registration</i>	17th July 2022
<i>Course Start Date</i>	20TH July 2022

Fees & Course Structure:

INR 5000

Duration of the course

5 weeks, online classes every Wednesday, 10 hours

How to Apply?

First Step: Registration

Open the application form and register by adding all the requisite details to be considered for a candidature in the course.

Second Step: Payment

At the end of the application form, you will find the bank details that can be used to transfer the payment.

Scholarships: Need-based scholarships are provided for students and individuals working with NGOs. To avail scholarships, please write a mail to admissions@balm.in ccing mahak.sharma@balm.in and mrinmoy.ghosh@balm.in .

Timesheet:

Timetable_Public Mental Health				
Week	Date	Time	Session	Professor
Week 1	20.07.2022	6:00 pm - 8:00 pm	Public Mental Health: An Overview -Essential Public Health Services/Functions -Social Determinants of Health -One Health	Nachiket Mor
Week 2	27.07.2022	6:00 pm - 8:00 pm	Buden of Mental Health Disorders	Nachiket Mor
Week 3	03.08.2022	6:00 pm - 8:00 pm	Understanding Mental Health Disorders	Nachiket Mor
Week 4	10.08.2022	6:00 pm - 8:00 pm	Preventing Mental Health Disorders	Nachiket Mor
Week 5	17.08.2022	6:00 pm - 8:00 pm	Treating Mental Health Disorders	Nachiket Mor