






AAMH
Asia Australia Mental Health

Partnerships for Community Mental Health

Part 1

Cambodia

Dr Chou Phallyka
*Deputy Head
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**Ministry of Health
National Program for Mental Health**

NEW INITIATIVES OF MENTAL HEALTH PROMOTION IN CAMBODIA

*International Seminar on Community Mental Health Development
Melbourne, Australia from 9 -11 November, 2011*

Cambodia:

- 1- H.E Prof. Sea Huong*
- 2- Dr. Chhit Sophal*
- 3- Ms. Chou Phallyka*

BACKGROUND

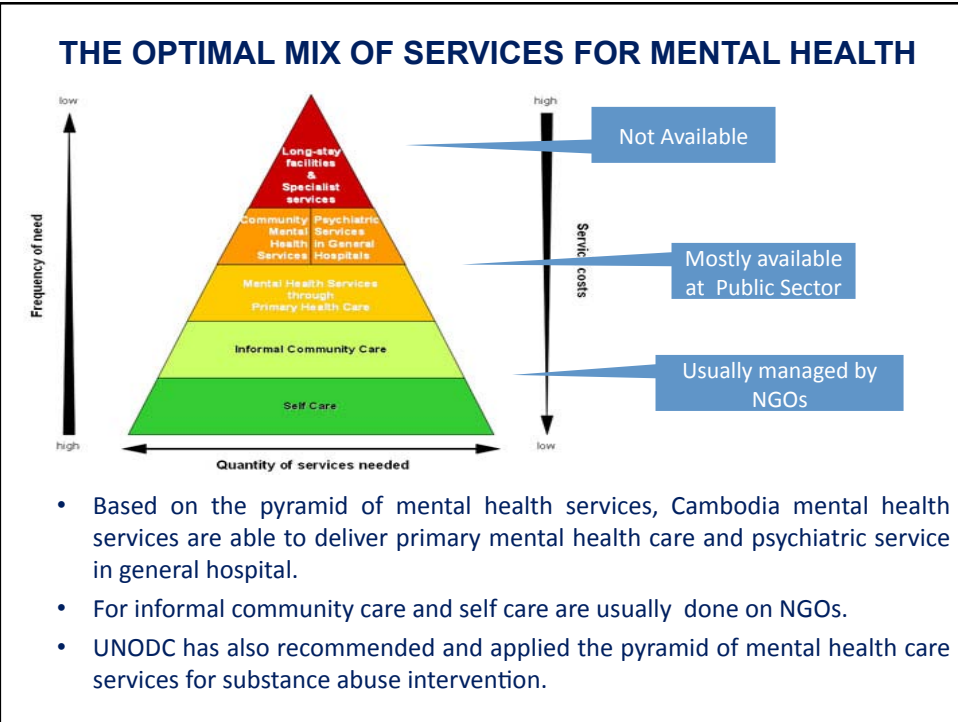
- In 2005, the Ministry of Health of Cambodia created a National Program for Mental Health to manage and implement activities for development in mental health in Cambodia in collaboration with other partners.
- From 2008, the Ministry of Health of Cambodia has considered mental health and Substance Abuse Issue as a priority of health in the Health Strategic Plan 2008-20215, included it in a mandate of the National Program for Mental Health.
- The National Program for Mental Health in Cambodia has adopted a community-based approach which deal with both issues mental health and substance abuse, developed a strategic development plan for Mental Health and Substance Misuse 2011-2015.
- Partnership with Government, UN, International Institutions, NGOs, Authority, and Consumers / clients.
- The program is targeted general population who have mental health and substance abuse problems.

AIMS OF PROGRAM

These are two main areas among the 5 focused areas of works:



- Expanding coverage of improved quality services.
(to make mental health and substance abuse services available in all referral hospitals and commune health centers in the country)
- Improving clinical skills and competency of mental health workforce.
(Mental health workers will have both skills of metal health and substance abuse treatment and care)





OUTCOMES OF THE PROGRAM

- 60% of referral hospitals (Of 80 Referral Hospitals) have mental health services and each hospital covers 100-200,000 population.
- Through integrated approach and coverage plan of public health system, it can improve accessibility; service delivery is close to community; mentally ill and substance abuse patients have been treated with the same approach.
- Through community awareness, people understand better about mental health and substance abuse.

OUTCOMES OF THE PROGRAM

- The integration of mental health and substance abuse services into general health services is a key to
 - reduce stigma and discrimination among family and patient,
 - get more political support from decision maker and participation from service users / local authority,
 - improve budgeting support for mental health program.



CHALLENGES AND LESSONS LEARNT

- Theoretically, Community-based intervention is an effective approach. But to have such comprehensive intervention, we need inter-sectoral collaboration. So a Coordination mechanism is a challenge to ensure service linkage.
- Lack of Guidelines or SOP makes Community-based intervention fragmented.
- Even Cambodia has adopted community-based intervention, due to financial constraint, Intervention is mainly focused on medication.
- Psychosocial intervention has been done by few NGOs with small coverage. It remains the least development area.
- Double burden on staff.

CHALLENGES AND LESSONS LEARNT

- “No Health Without Mental Health”, advocacy works need to be done endlessly in order:
 - to get more support from policy maker,
 - to raise awareness about the needs for mental health among other health programs or partners.
 - to get more support, financially and technically from partners, to promote mental health,
- Due to the integration of substance abuse intervention into mental health services, budgeting constraint seems to be improved.



FUTURE OF THE INITIATIVES

- In the next 2 years all Referral Hospitals at districts and provincial level will have mental health and substance abuse services,
- In the next 5 years about 400 commune health centers will have primary mental health care.
- Child mental health service is still a neglected area and need to be taken into consideration,
- Need to strengthen linkage services to ensure inter-sectoral collaboration and the effectiveness of Community-based intervention,
- Collaborate with APCMHDP, ASEAN Mental Health Task Force and others in institutions to promote mental health in the region.

THANK YOU !



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Deputy Director, National Mental Program, Cambodia

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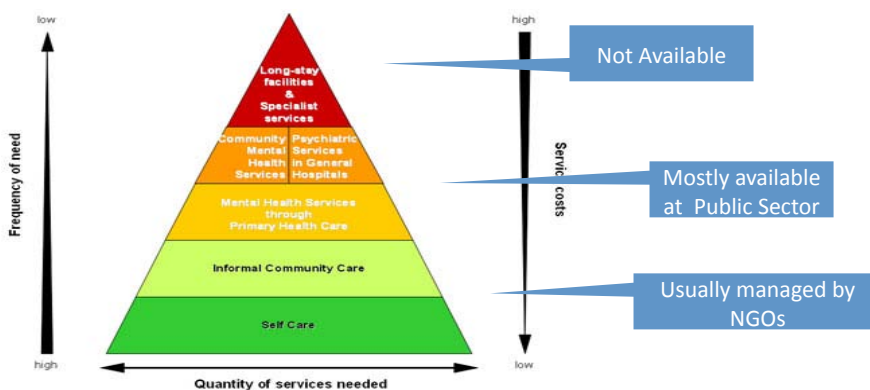
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THE OPTIMAL MIX OF SERVICES FOR MENTAL HEALTH



- Based on the pyramid of mental health services, Cambodia mental health services are able to deliver primary mental health care and psychiatric service in general hospital.
- For informal community care and self care are usually done on NGOs.
- UNODC has also recommended and applied the pyramid of mental health care services for substance abuse intervention.

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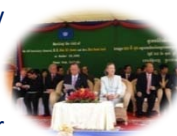


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