

Review of national policy documents for provisions relevant to adolescents in line with the WHO Mental Health Action Plan 2013 – 2020

Objective 1: To strengthen effective leadership and governance for mental health

Item ⁱ	Topics sought	Countries with policy provisions	Selected examples of policy provisions (document reference number & page number)
1	Quality standards for adolescent mental health services, including privacy, confidentiality, minimum standards of training for health care workers, rules and regulations around wait times, age of consent, safety and avoiding injury/harm, standards for treatments and interventions, respecting the needs, values, and rights of adolescents and their families	Burkina Faso ³² , Canada ^{20,21} , England ^{16,17,18,19} , Mongolia ¹ , Scotland ^{22,23} , South Africa ²⁴ , Sri Lanka ²⁶ , Uruguay ²⁷ , Wales ²⁵	“Keep privacy and confidentiality of adolescents.” Mongolia ¹ , page 86. “Vision—That all children, young people and their families have access to mental health care based upon the best available evidence and provided by staff with an appropriate range of skills and competencies.” England ¹⁸ , page 6.
2	2.1.1) Does the policy emphasise stratifying this data across age, sex, and other relevant demographic variables? Keywords: collect, data, age, age specific, age group		
3	3.1) Does the policy explicitly state that different stakeholders, such as representatives from different sectors, were consulted during CAMH policy development? Keywords: Stakeholder, sectors, consult, input	Bhutan ³³ , Burkina Faso ³² , Canada ²⁰ , England ^{17,18} , Iceland ⁶ , Ireland ³¹ , South Africa ²⁴ , Uruguay ^{27,34,35} , Wales ²⁵	“These policy guidelines were developed through a consultative process. The process involved representatives from: national and provincial mental health directorates; provincial social welfare, and educational departments; nongovernmental organisations (NGO’s); community based organisations (CBO’s); and from learners.” South Africa ²⁴ , page 7.
4	3.2) Does the policy explicitly state that service users, adolescents, and families/carers were consulted during CAMH policy development? Keywords: Stakeholder, patient, adolescent, sectors, consult, input, caregiver, care	Canada ^{20,28} , England ^{18,19} , Ireland ³¹	“A wide-ranging and comprehensive consultation process was undertaken to help develop this policy. This process enabled service users and providers to describe their experience of mental health services and to articulate their view of the changes needed to provide an effective, more user-friendly, mental health service.” Ireland ³¹ , page 14.

Objective 2: To provide comprehensive, integrated and responsive mental health and social care services in community-based settings

Item ⁱⁱ	Topics sought	Countries with policy provisions	Selected examples of policy provisions (document reference number & page number)
5	Does the policy state that community-based CAMH services should be strengthened or prioritized and/or long-stay hospitalization/institutionalization be deemphasized? Keywords: institution, institutionalize, institutionalise, long-stay, hospitalization, hospitalisation, community, communities, community-based.	England ^{16,17,19} , Canada ^{20,21} , South Africa ²⁴ , Wales ²⁵ , Ireland ³¹ , Jordan ^{41,4}	“Primary Care Trusts and Local Authorities ensure there is local provision of a range of services (i.e. assertive outreach, domiciliary, community and day services) so that children and young people are not inappropriately admitted to in-patient units. Where a child or young person needs to be placed in an in-patient unit, every effort is made to find a place that is close to home, so that contact with the family can be maintained.” England ¹⁸ , page 21.
6	5.4) Does the policy address mainstreaming or integrating CAMH services into primary health care or existing health care systems, or building partnerships between community, NGO health care, and non-healthcare sectors?	Bangladesh ³⁷ , Canada ^{20,21,28} , Colombia ⁵ , England ^{16,17} , Finland ^{3,61} , Jordon ⁴⁵ , Iceland ⁴ , Ireland ³¹ , Malawi ² , South Africa ^{24,29} , Spain ⁷⁴ , Sri Lanka ²⁶ , Timor Leste ¹⁴ , Uruguay ³⁴ , Wales ^{25,30}	“Collaboration between specialised and primary services must be developed across sectoral borders in children’s and young people’s development settings. For example, the border between child guidance and family counselling centres and health care that supports psychological development must be eradicated.” Finland ³ , page34. “Management training groups and support networks of mental health in municipalities formed by institutional actors (judge, inspector of police, ombudsman, teachers, police, health promoters, health workers, etc..) and community (leaders, community mothers, social pastoral, etc..) and non-governmental organizations, to develop activities promoting mental health, preventing mental disorders and substance use psychoactive, mental health screening, early detection, referral, monitoring and rehabilitation.” Colombia ⁵ , page 40.
7	5.5) Does the policy address the need to Integrate CAMH into disease-specific programmes or treatments such as HIV/AIDS and sexual and reproductive health programmes, or diabetes? Keywords: integrate, programme, program, sexual, disease	South Africa ²⁴ , Ireland ³¹	“Life skills also serve as a vehicle for introducing various programmes in schools, for example, prevention of substance abuse, prevention of HIV/AIDS, promotion of mental health and prevention of violence... support existing policies and programmes regarding life skills located in the provincial and national departments of education.” South Africa ²⁴ , page 14.
8	5.11) Does the policy discuss financial protection, subsidised treatment for socioeconomically disadvantaged groups, or the inclusion of CAMH services and basic medicines for mental disorders in health insurance schemes? Keywords: medicines, insurance, coverage, financial protection, disadvantaged, economic, hardship, equitable	Canada ^{20,21,28} , England ¹⁷ , South Africa ²⁴ , Wales ²⁵	“It is not acceptable that young people whose families cannot afford to pay for privately delivered services should be made to wait for up to a year for publicly funded services. Governments must ensure that there are no financial barriers for children and youth who need timely access to psychotherapies or clinical counselling.” Canada ²⁸ , page 45. The strategy increasing access to, and coordination of quality health care services ensures that the services are easily accessible, available and affordable to the majority of the population of children and adolescents. South Africa ²⁴ , page 2.
9	6.12) Does the policy address the need for child and adolescent friendly mental health care services, for example, services accessible after school, appropriate cultural and recreational activities, promoting good communication between children / adolescents and health care workers ?	Canada ²⁰ , England ^{16,17,18} , Finland ³ , Malawi ² , Mongolia ¹ , South Africa ²⁴ , Spain ⁷⁴ , Uruguay ²⁷ , Wales ^{25,30}	“Organize adolescent self-motivated campaigns such as Who knows best about adolescents? Competition; Promote activities of adolescent clubs and centres in schools Provide adolescent friendly service; IEC on adolescent health issues such as oral health, sexual health and prevention from substance abuse; Counselling on adolescents health issues.” Mongolia ¹ , page 86. “...accessed not only in the traditional health services but also in areas where the young people live, study, work or recreate.” Uruguay ²⁷ , page 27.
10	6.13) Does the policy address transitions or gaps in services when children transition into adolescent mental health services, and adolescents transition into adult mental health services?	Canada ^{20,21} , England ^{16,17,18,19} , Ireland ³¹ , Wales ^{25,30}	“Increased in-patient beds and for improved resources to care for 16–18 year olds who can fall between child or adult services, and may not receive care appropriate to their particular needs.” Ireland ³¹ , page 87.

Objective 3: To implement strategies for promotion and prevention in mental health

Item ⁱⁱⁱ	Topics sought	Countries with policy provisions	Selected examples of policy provisions (document reference number & page number)
11	10.4) Does the policy mention the need for interventions to prevent depression and anxiety in children and adolescents? Keywords: prevention, depression, anxiety	Barbados ⁸ , Canada ²⁸ , Timor Leste ¹⁴	“Young adults have the greatest vulnerability and need for services for psychosis, childbirth-related depression, anxiety, drug and alcohol abuse and personality disorder.” Timor-Leste ¹⁴ , page 14. “Target: by 2020, reduce by 10% reported number of adolescents expressing feelings of depression.” Barbados ⁸ , page 44.
12	10.6) Does the policy mention enhancing parenting skills? Keywords: parenting, parenting programs, training, parent, caregiver, skills, parent-child	Bangladesh ⁴⁰ , Canada ²¹ , England ^{17,18,19} , Iceland ⁶ , Jordan ⁴¹ , South Africa ²⁴ , Trinidad & Tobago ⁷ , Wales ³⁰	“Parents/guardians of in-school students will have sufficient substance use and abuse information and the proper skills to empower themselves and their children to resist drug use.” Trinidad and Tobago ⁷ , page 62. “Evidence-based parenting training programmes, focused on child behaviour management, are available in each locality with a focus on improving parenting, delivered by professionals with specific training in this area.” England ¹⁹ , page 76.
13	10.9) Does the policy mention school-based promotion and prevention e.g. life/skills programmes; raising awareness of the relationship between mental health and a healthy lifestyle? Keywords: school-based, school.	Afghanistan ^{52,53,55,65} , Bahrain ⁵¹ , Bangladesh ^{37,40,57,58} , Barbados ⁸ , Bhutan ⁴⁷ , Canada ^{20,21,28,43} , Colombia ^{5,15} , El salvador ^{64,34} , England ^{17,18,19} , Finland ^{3,9,13,61,66} , Iceland ^{4,6} , India ⁴⁶ , Ireland ³¹ , Jordan ^{41,45} , Kyrgyzstan ^{39,60} , Malawi ^{2,10} , Mongolia ¹ , Nepal ¹¹ , Pakistan ^{48,49} , South Africa ^{24,44} , Spain ⁷⁴ , Trinidad & Tobago ⁷ , Uruguay ^{35,56} , Wales ^{25,30}	“Every school has access to appropriately trained advisers... so that supportive and confidential advice and counselling services are available to all young people.; Schools are supported to provide effective sex and relationships education ... Schools have policies that promote the health and well-being of children.” Wales ³⁰ , page 17. The SEAL program (Social and Emotional Aspects of Learning) 71 aims to promote the mental health of primary school and secondary school by developing a school climate conducive to the acquisition and consolidation of skills for self-knowledge, management emotions, empathy, motivation and social setting. Spain ⁷⁴ , page 31.
14	10.9.1) Specifically anti-bullying programs and interventions? Key words: school, bullying	Bhutan ⁴⁷ , Canada ²⁸ , England ^{16,19,59,60} , Finland ^{12,13} , Iceland ⁶ , India ⁴⁷ , Ireland ³¹ , South Africa ²⁴ , Spain ^{74,75} , Wales ^{25,30}	“Objectives: Zero tolerance for serious school injuries and bullying is enforced.” Finland ¹² , page 17. The Ministry of Education will support schools to reduce violence and bullying. Bhutan ⁴⁷ , page 20.
15	10.13) Does the policy address alcohol use by children and adolescents? Keywords: Alcohol	Bangladesh ⁴⁰ , Bhutan ⁴⁷ , Burkina Faso ⁶⁸ , Canada ^{20,43} , Colombia ^{5,15} , England ^{16,17,18,19} , Finland ^{3,9,12,13,62,66} , Haiti ³⁸ , Iceland ^{4,6} , Ireland ³¹ , Kyrgyzstan ^{39,69} , Malawi ² , Mongolia ¹ , South Africa ^{24,29,44} , Spain ^{74,75,76} , Timor-Leste ¹⁴ , Trinidad and Tobago ⁷ , Uruguay ⁵⁶ , Wales ³⁰	“To prevent young people from becoming users/abusers of alcohol, tobacco and other drugs; To educate and develop in the students psychosocial skills to make the right decisions and to deal positively with situations in which they face risks associated with drug use.” Trinidad and Tobago ⁷ , page 49.
16	10.14) Does the policy address substance use by children and adolescents? Keywords: substance, drug	Bangladesh ^{37,40} , Barbados ⁸ , Bhutan ⁴⁷ , Burkina Faso ⁶⁸ , Canada ²⁸ , Colombia ^{5,15} , England ^{16,17,18,19,60} , Finland ^{3,9,12,13,61,66} , Haiti ³⁸ , Iceland ^{4,6} , Ireland ³¹ , Kyrgyzstan ^{39,69} , Malawi ² , Mongolia ¹ , Nepal ^{11,70} , Pakistan ⁴⁹ , South Africa ^{24,29,44} , Spain ^{74,75,76} , Timor-Leste ¹⁴ , Trinidad and Tobago ⁷ , Uruguay ⁵⁶ , Wales ^{25,30}	Warning enforced on tobacco and alcohol advertisements, adverts removed from school locations.” Malawi ² , page 38.
17	10.15) Does the policy address prevention parental alcohol and drug problems as a means of promoting or protecting CAMH? Keywords: Alcohol, drug, parent, carer, caregiver, substance, drug	England ^{16,19} , Canada ²⁸ , Fiji ⁷¹ , Finland ^{3,13,61,62} , Iceland ⁶ , South Africa ⁴⁴ , Spain ⁷⁴ , Trinidad and Tobago ⁷ , Wales ^{25,30}	A reduction in overall alcohol consumption helps prevent and reduce adverse mental, somatic and social effects. Mental health and substance abuse problems can also be transmitted intergenerationally. Awareness and identification of problems transmitted intergenerationally from parents to children can help support children, young people and families at risk and reduce their morbidity. Finland, Plan for Mental Health and substance abuse work (2010), Page 22.
	10.18) Does the policy address protection of children and adolescents from maltreatment, neglect, or abuse in general, including from health care workers or professionals (ensuring appropriate criminal checks, etc)? Keywords: Maltreatment, violence, abuse, child protection	Canada ^{28,21,43} , Bangladesh ^{37,58} , Barbados ⁸ , El Salvador ^{64,72} , England ^{16,17,19,60} , Haiti ³⁸ , Iceland ⁶ , Malaw ^{2,10} , South Africa ^{24,29} , Spain ^{74,75} , Wales ^{25,30}	All forms of physical and mental punishment in educational institutions shall be prohibited and a child friendly system of imparting lessons be introduced so that the children and the adolescents do not have any physical and mental injury. Bangladesh ⁵⁸ , page 7. “Perform preventive interventions targeting risk groups in early childhood and adolescence (children of parents with mental illness or addictions, children victims of abuse or neglect and others ...), as defined in previous epidemiological studies.” Spain ⁷⁴ , page 37.
18	Does the policy specifically address the protection of children and adolescents from sexual abuse? Keywords: Abuse, sexual, child protection	Bangladesh ⁵⁸ , Barbados ⁸ , Canada ²⁸ , El Salvador ⁶⁴ , England ^{16,19,60} , Haiti ³⁸ , Iceland ⁶ , Malawi ¹⁰ , Wales ³⁰ , South Africa ²⁴ , Spain ⁷⁵	“...policies for the management of sexual and physical child abuse adopted and implemented.” Barbados ⁸ , page 45. “Childhood sexual abuse is linked to mental health problems and illnesses later in life for both girls and boys, but girls are more likely to be abused.” Canada ²⁸ , page 219.
19	11.3) Does the policy mention the need for suicide prevention strategies specifically for children and adolescents? Keywords: suicide	Bangladesh ³⁷ , Canada ^{21,28,73} , Colombia ⁵ , England ³⁹ , Finland ¹² , Ireland ³¹ , South Africa ²⁹ , Spain ⁷⁴ , Uruguay ³⁵ , Wales ²⁵	This Plan contains a comprehensive strategy covering the entire population of the country and proposes the construction of specific actions for identified risk populations: children, adolescents and youth, seniors, adult men, inside the country and police. Uruguay ³⁵ , page 18. “Referral to Child and Adolescent Mental Health Services should be considered: where the young person is displaying signs of suicidal intent.” Bangla-desh ³⁷ , page 21.
20	12.2) Does the policy address the need for an active surveillance system for suicide monitoring, disaggregated by sex, age, and other relevant demographic information? Keywords: surveillance, monitoring, suicide	England ⁷⁵⁹ , Uruguay ³⁵	“To support research, data collection and monitoring we need to: • build on the existing research evidence and other relevant sources of data on suicide and suicide prevention; • expand and improve the systematic collection of and access to data on suicides.” England ⁵⁹ , page 49.