Table 1 Scaling up primary-care based mental health services in the Eastern Mediterranean Region (EMR)

Step 1: Region-specific measures

• Establish a multisectoral regional committee across EMR to:
  – articulate the vision across the region and summarize the case for change;
  – provide technical expertise;
  – share best practice across the Region;
  – share resources to avoid duplication;
  – coordinate lessons learnt;
  – agree operational, governance, financial and performance frameworks.
• Agree an EMR matrix for monitoring performance.
• Agree for co-morbid physical and mental health conditions to be tackled, including diabetes, respiratory conditions and musculoskeletal conditions that are common in primary care.
• Agree a structural framework for data collection that will be used across all sectors for benchmarking.
• Agree the minimum data set to be collated by countries across the whole Region.
• Agree that the population be covered by each primary-care network.
• Identify gaps in the workforce and propose the development of a new workforce.

Step 2: country-specific measures
• Establish a national accountability and joint decision-making group in each Member State to ensure that country-specific issues are covered, including proposed national information technology solutions, the identification of national clinical priorities and definition of population groups per unit. • Establish a national clinical reference group. • Agree a national formulary for prescribing. • Agree pathways for access to psychological therapies. • Agree geographical limits of each primary-care network. • Confirm information sharing agreements and proposed incentives. • Agree an accreditation process for new skills and a method of monitoring safety and clinical pathway fidelity. • Agree a national matrix for monitoring performance. • Design and implement incentive schemes to support change. • Agree the scope of national scaling-up. • Map all the local resources that can be deployed as part of skill mix.