

Rapid assessment of service delivery for mental, neurological and substance use disorders during the COVID-19 pandemic

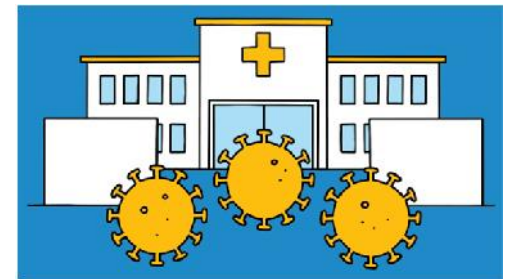
Mental Health and Substance Use Programme

July 2020



Methodology

- Survey completed by mental health focal points within Ministry of Health or national agency responsible for mental health
- Secure link with instructions and web-based questionnaire sent through WHO Regional Office for the Eastern Mediterranean
- Response rate of 91% (20/22 countries of the Region)
- Questionnaire with 10 questions covering policies/plans, financial resources, coordination, access and disruptions to mental health services, causes and strategies, data collection and studies
- Data collection, cleaning, revisions between 15 June and 15 July
- Data downloaded from DataForm and analysed with Statistical Package for the Social Sciences



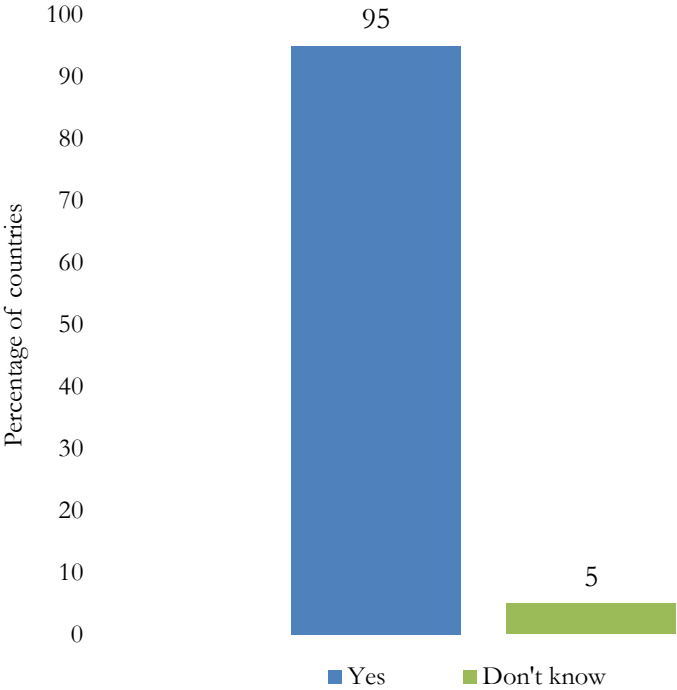
Survey questions

Web-based questionnaire including 10 questions designed to assess:

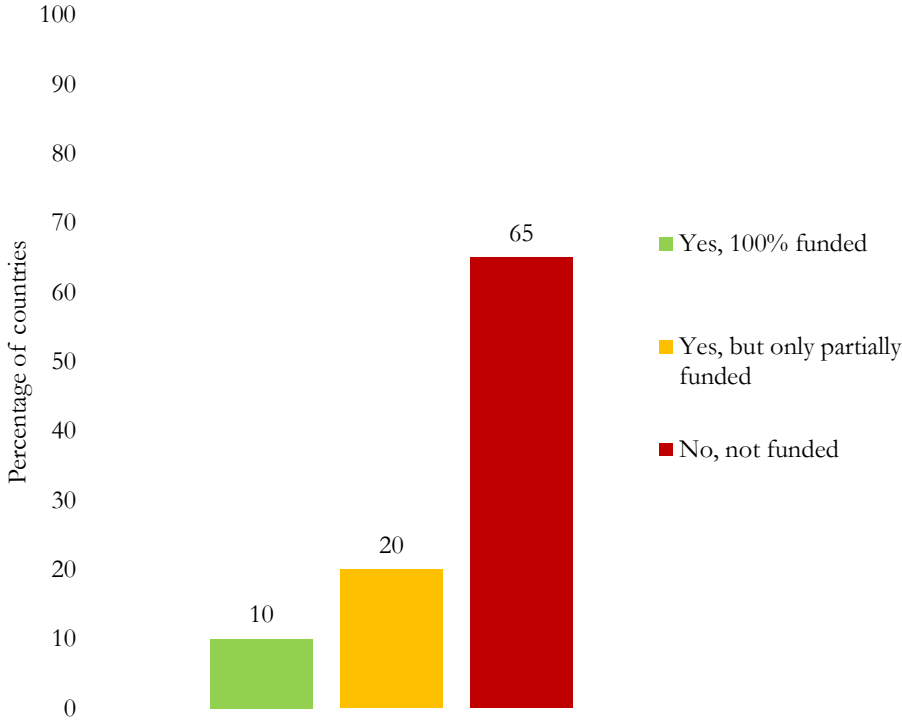
- Inclusion of mental health and psychosocial support response in national COVID-19 response plans
- Additional funding for mental health and psychosocial support in national COVID-19 response plans
- Mental health and psychosocial multisectoral coordination platform for COVID-19 response
- Government policies for access to essential mental, neurological and substance use services included in national COVID-19 response
- Level of mental, neurological and substance use interventions/service disruptions due to COVID-19
- Main reasons of service disruptions
- Approaches to overcome service disruptions for the management of mental, neurological and substance use disorders and provide mental health and psychosocial support
- Data collection on mental, neurological and substance use disorders/manifestations in people with COVID-19
- Studies conducted on impact of COVID-19 on mental health/brain health/substance use

Mental health and psychosocial support (MHPSS) as part of COVID-19 response plans

% of countries with MHPSS included in COVID-19 national response plans

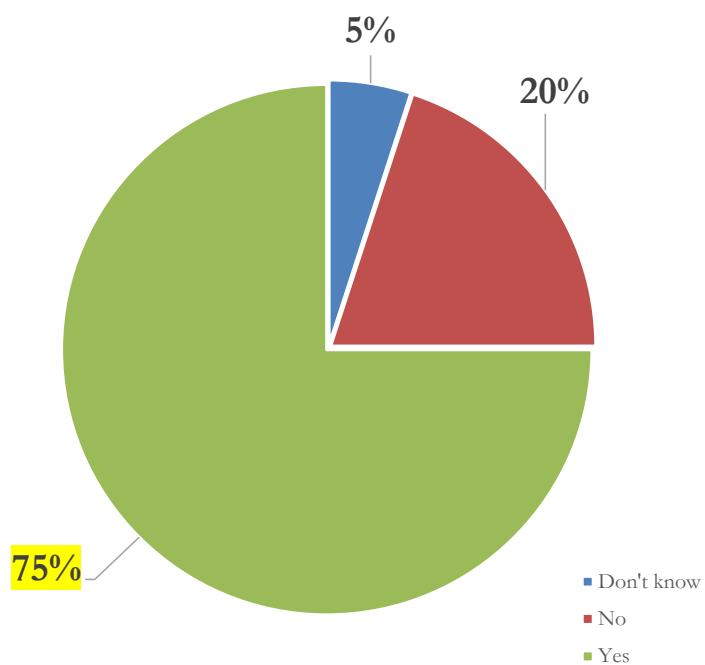


% of countries with additional funding allocated for MHPSS

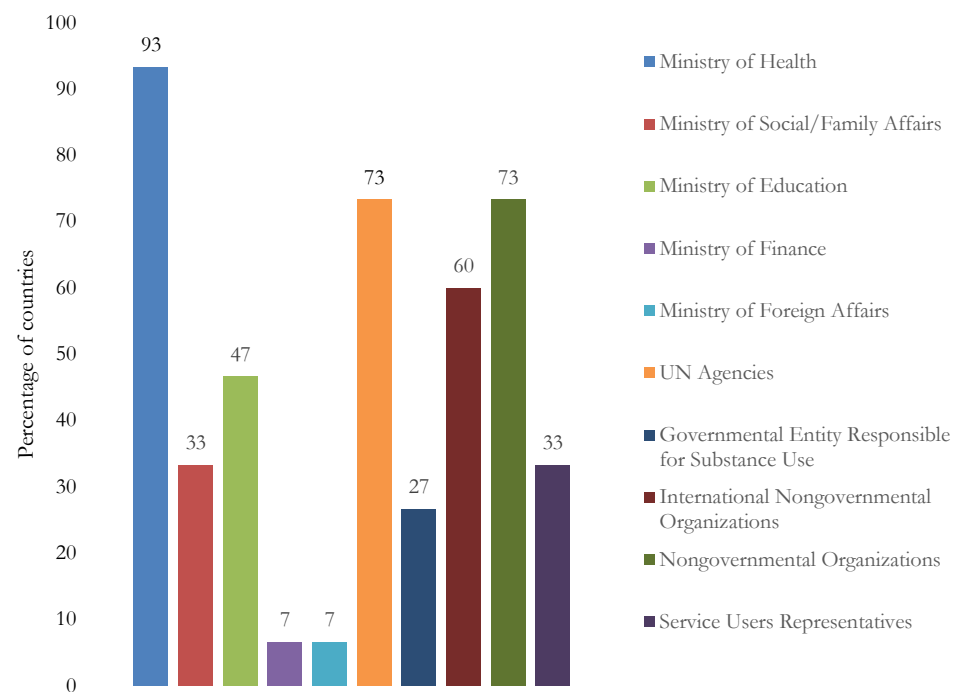


Mental health and psychosocial support (MHPSS) as part of COVID-19 response plans

% of countries with multisectoral MHPSS coordination platform

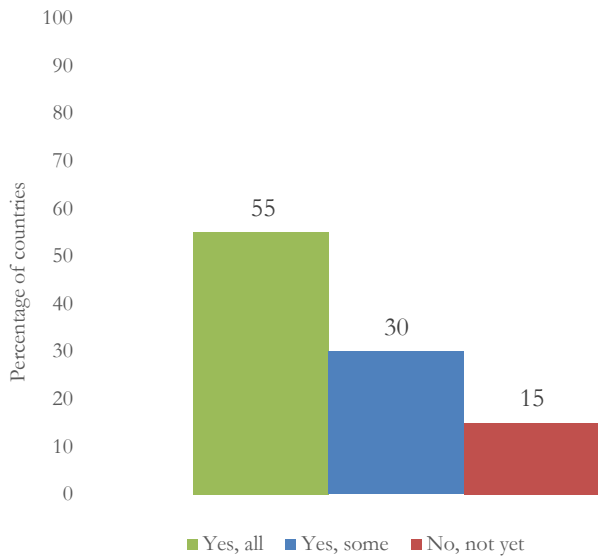


Sectors involved in the coordination



Mental, neurological and substance use (MNS) services during the COVID-19 pandemic

% of countries with inclusion of MNS services in list of essential health services



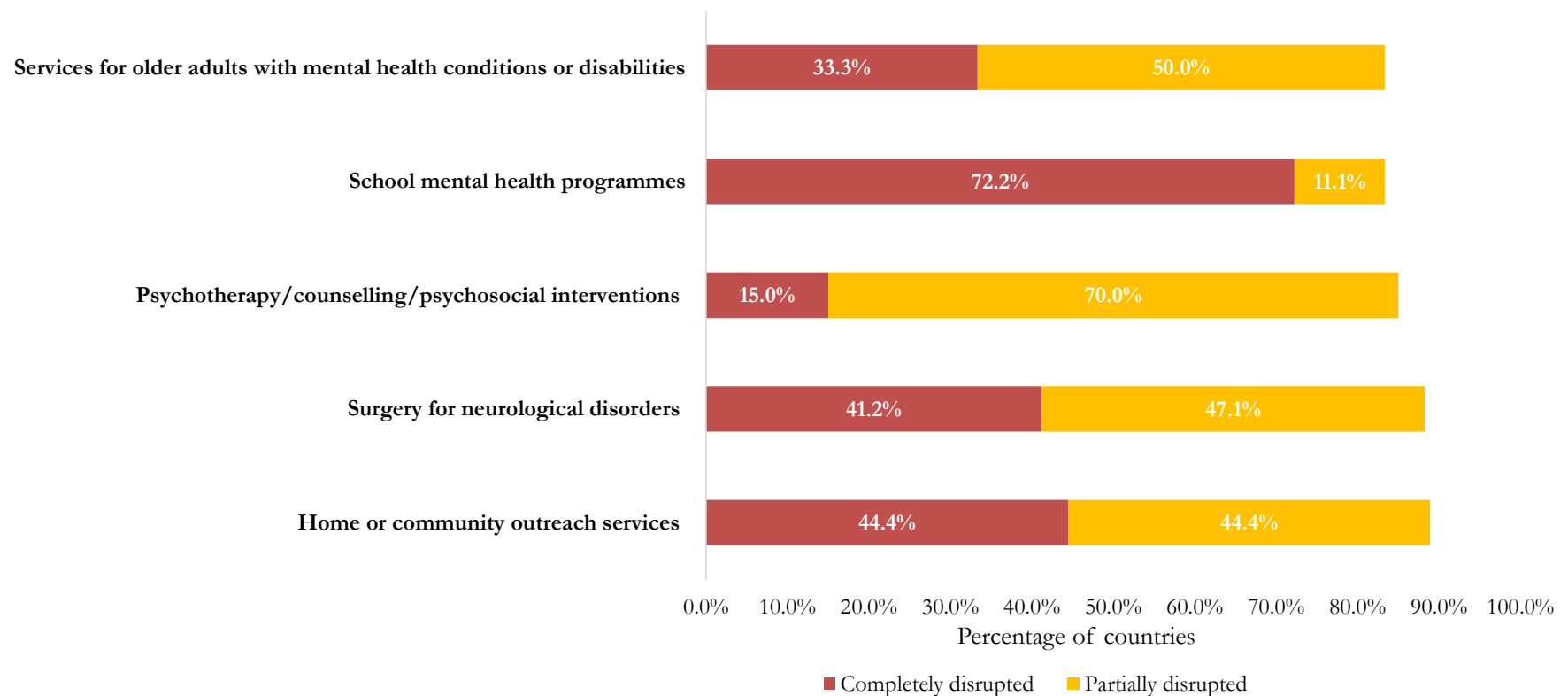
None of the countries reported closing/opening all MNS services

Policies for access to essential services for MNS disorders

MNS services		Level of access (% of countries)		
		Open	Partially open	Closed
Community-based services	Residential services	35.7	42.9	7.1
	Services for MNS disorders	33.3	40.0	13.3
	Homecare services	18.2	27.3	45.5
	Daycare services	7.1	35.7	50.0
Secondary-level care	Inpatient units for substance use disorders	40.0	33.3	26.7
	Neurology inpatient unit	30.8	69.2	-
	Psychiatric inpatient unit	38.9	50.0	11.1
	Outpatient services	38.9	44.4	16.7
Specialist services	Inpatient services	55.0	45.0	-
	Outpatient services	5.0	55.0	-

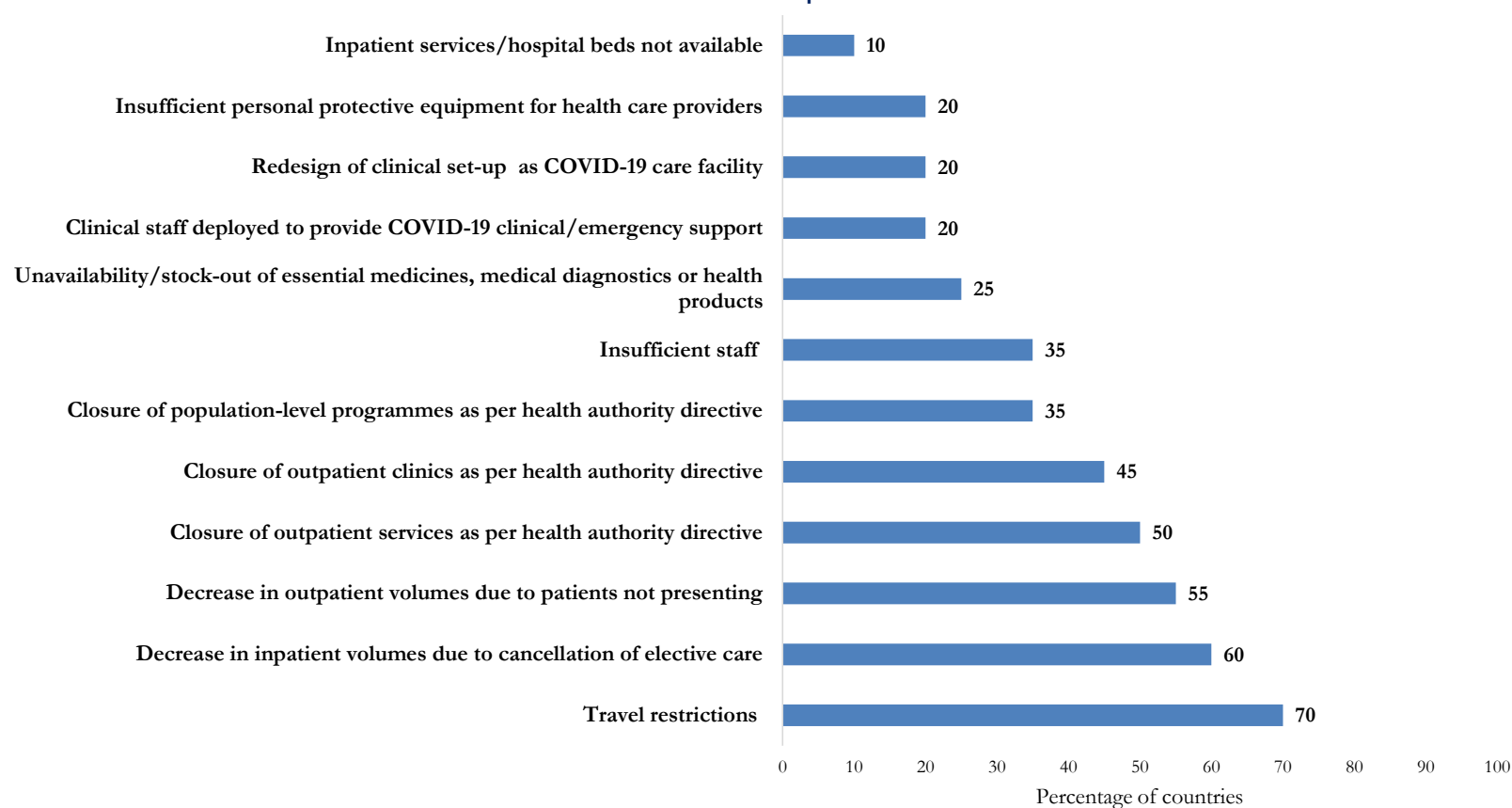
Disruption of MNS-related interventions/services due to the COVID-19 pandemic

Top 5 disrupted mental, neurological and substance use (MNS) interventions/services



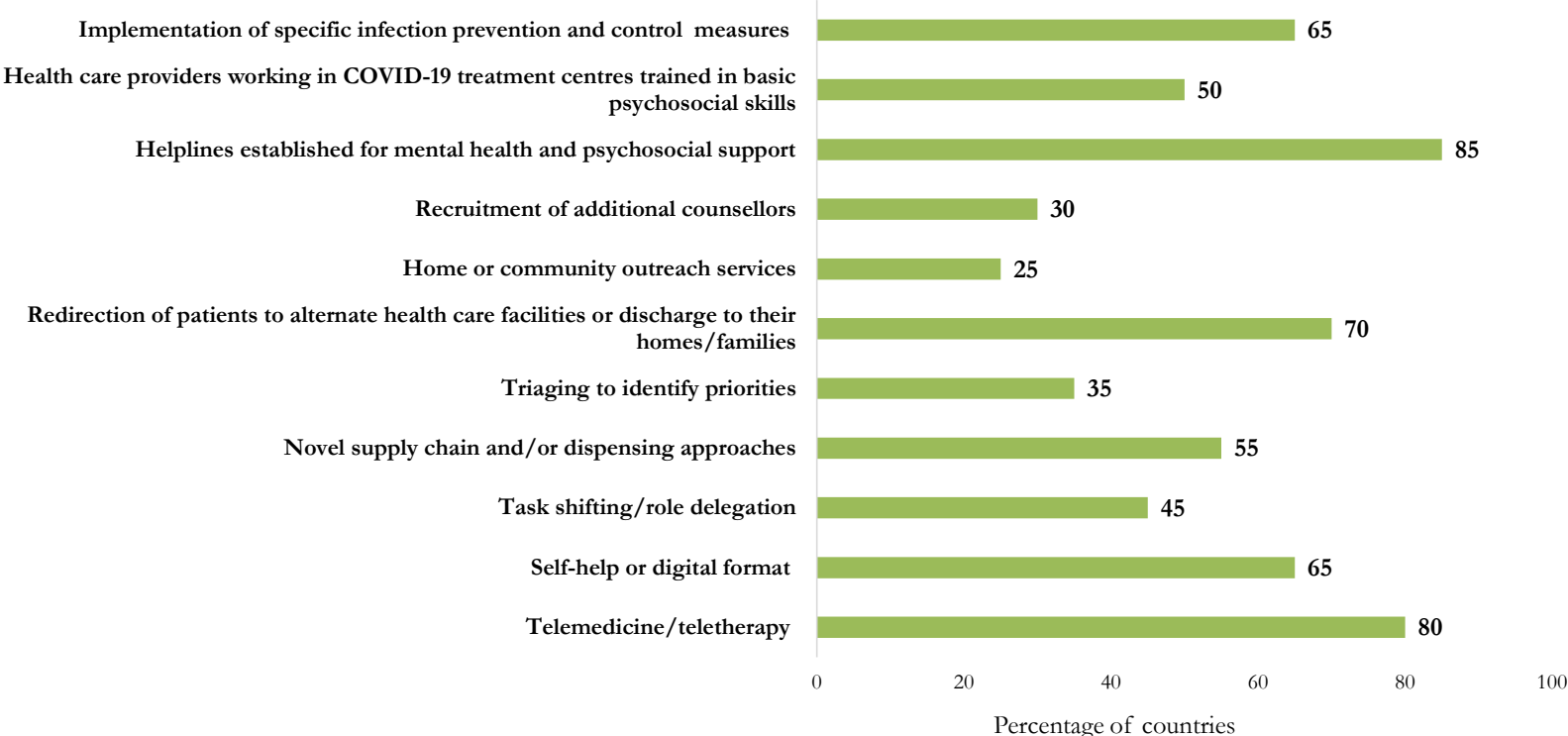
Disruption of MNS-related interventions/services due to the COVID-19 pandemic

Leading causes of mental, neurological and substance use (MNS) service disruptions



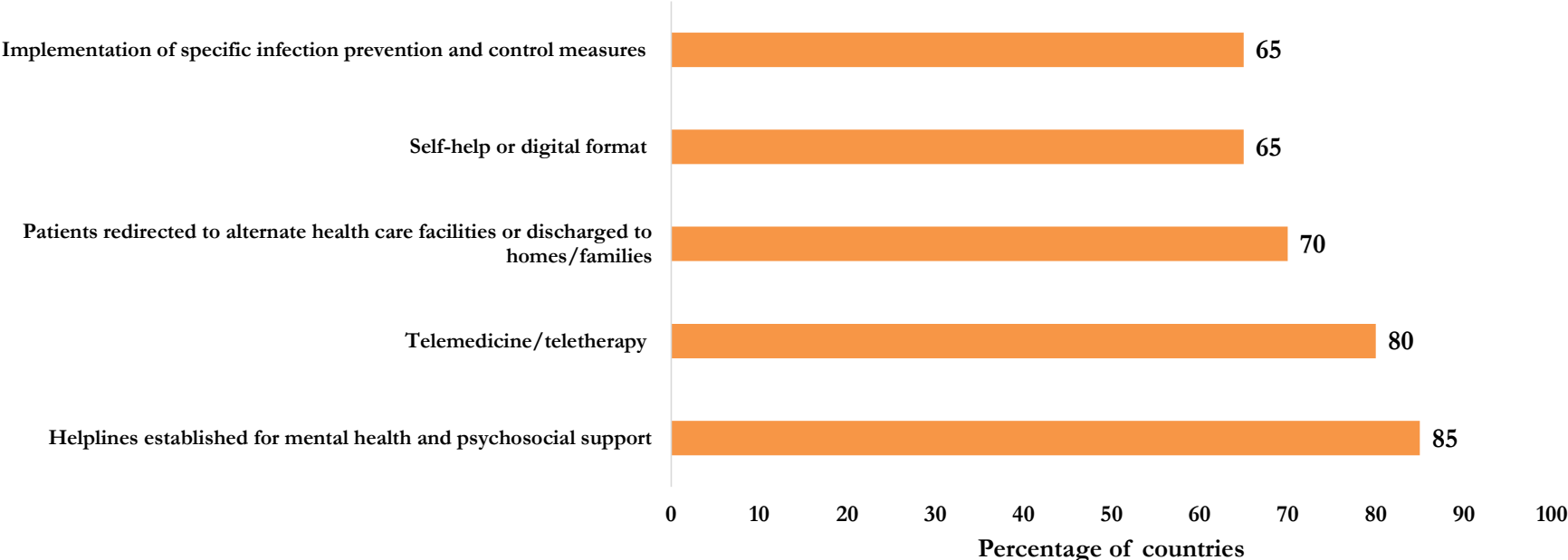
Disruption of MNS-related interventions/services due to the COVID-19 pandemic

% of countries with approaches to overcome disruptions in mental, neurological and substance use (MNS) services



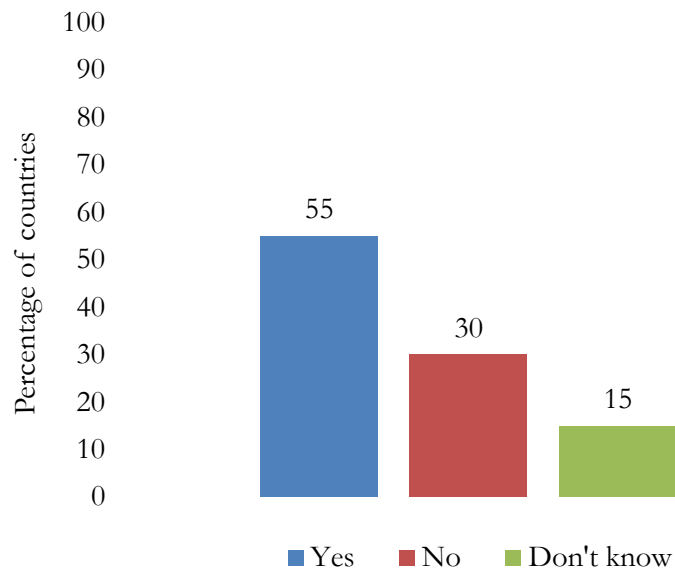
Disruption of MNS-related interventions/ services due to the COVID-19 pandemic

Top 5 approaches adopted by countries to overcome mental, neurological and substance use (MNS) service disruptions



Surveillance and research concerning mental, neurological and substance use (MNS) disorders during the COVID-19 pandemic

% of countries with Ministry of Health collecting data on MNS disorders or manifestations in people with COVID-19



Studies related to impact of COVID-19

- **13** countries have planned/ongoing studies on the **impact of COVID-19 on mental health** (by government or other, stand-alone or as part of a broader survey)
- **1** country has a planned/ongoing study on **psychoactive drugs and related impact of COVID-19**

Key take-aways

- Incorporate mental health and psychosocial support in national COVID-19 response plans
- Ensure better allocation of resources in response plans to match mental health needs of populations
- Adapt health systems to ensure continuity of mental health care for people living with mental health problems and vulnerable populations e.g. elderly, children
- Improve access to mental, neurological and substance use services through technology-based solutions e.g. helplines for mental health and psychosocial support, digital platforms for psychological interventions, telemedicine, teletherapy
- Enhance national monitoring and surveillance systems to collect data on mental, neurological and substance use disorders or manifestations in COVID-19 patients to make a case for scaling up investment in mental health