



# A PROPOSAL TO BUILD AN INTEGRATED MENTAL HEALTH SYSTEM IN HAITI BASED ON THE SWITZERLAND MODEL

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The background of the slide features a soft-focus photograph of a serene landscape. In the foreground, a calm body of water reflects the sky. In the middle ground, a cluster of trees stands on a small island or shoreline. The background is composed of rolling hills or mountains under a pale, hazy sky. The overall color palette is muted, with blues, greys, and soft earth tones.

# *Psychiatry in Switzerland*



# Switzerland – Facts and Figures

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- 7.3 Million inhabitants (1.4 non-Swiss)
- Life expectancy: f 82,6 y; m 76,7 y
- 40.000 squ. Km
- **CH: Confoederatio Helvetica**
- 26 cantons
- Capital Bern

# Map of Switzerland





# Confederate Psychiatry

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- Every canton has at least one state psychiatric hospital
- Private psychiatric hospitals (since ~ 1880)
- Social Psychiatry (since ~ 1970)
- Therapeutic chain



# Clinic Sonnenhalde









# Health Care Indicators for 10 million Haitians

- Beudet Psychiatric Hospital near the Capital (150 long term care beds) was destroyed by the earthquake
- Mars & Kline Psychiatric Center in Capital (60 acute care beds) was destroyed by the earthquake
- 15 psychiatrists
- 1,949 PCP's & pediatricians
- Less than 1,800 trained RN'S
- Less than 200 psychologists
- Less than 200 Social Workers
- Less than 1,500 teachers for 2 million school age children





# Overview of Core Indicators for Haiti: Capital Greater Port-au-Prince (3 million people)

- Population is 10 million
- Country size is 27,750 Sq miles
- GNP per Capita \$1,150 USD
- 39% Urbanization
- 31% of Cities have a population higher than 100,000
- 54% of population live below poverty line (<\$1.00/day) (2001)
- Under age 5 infant mortality is 80/10,000 live births (2006)
- Life expectancy is 61 years old for men and 65 for females (2006)

# Haiti Departments (10)

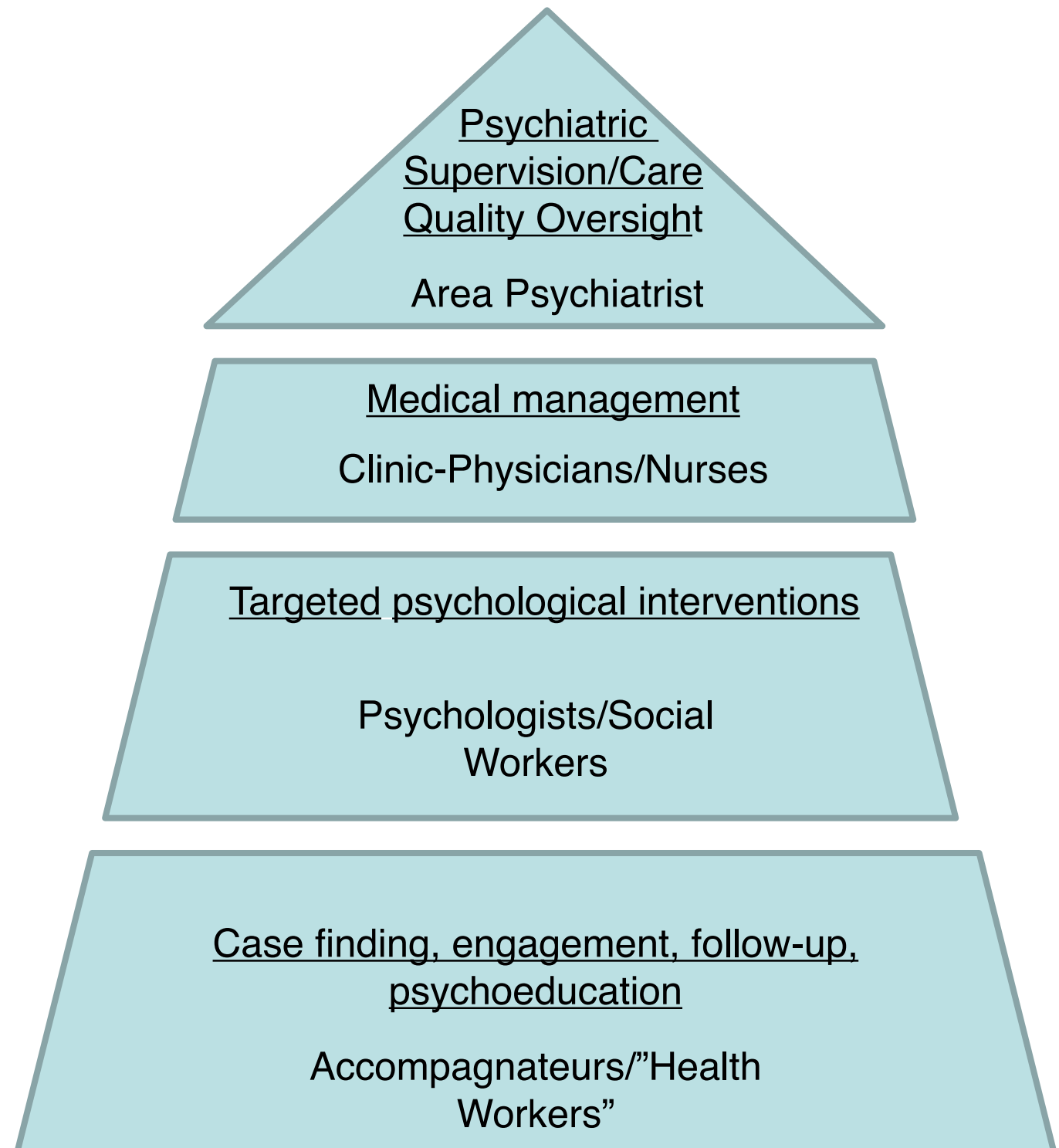




# Haiti Arrondissements (42)



# Pyramid of Care





# Haiti

- International boundary
- - - Department boundary
- ★ National capital
- ⊙ Department capital
- +—+— Railroad
- Road

0 10 20 30 40 Kilometers  
0 10 20 30 40 Miles

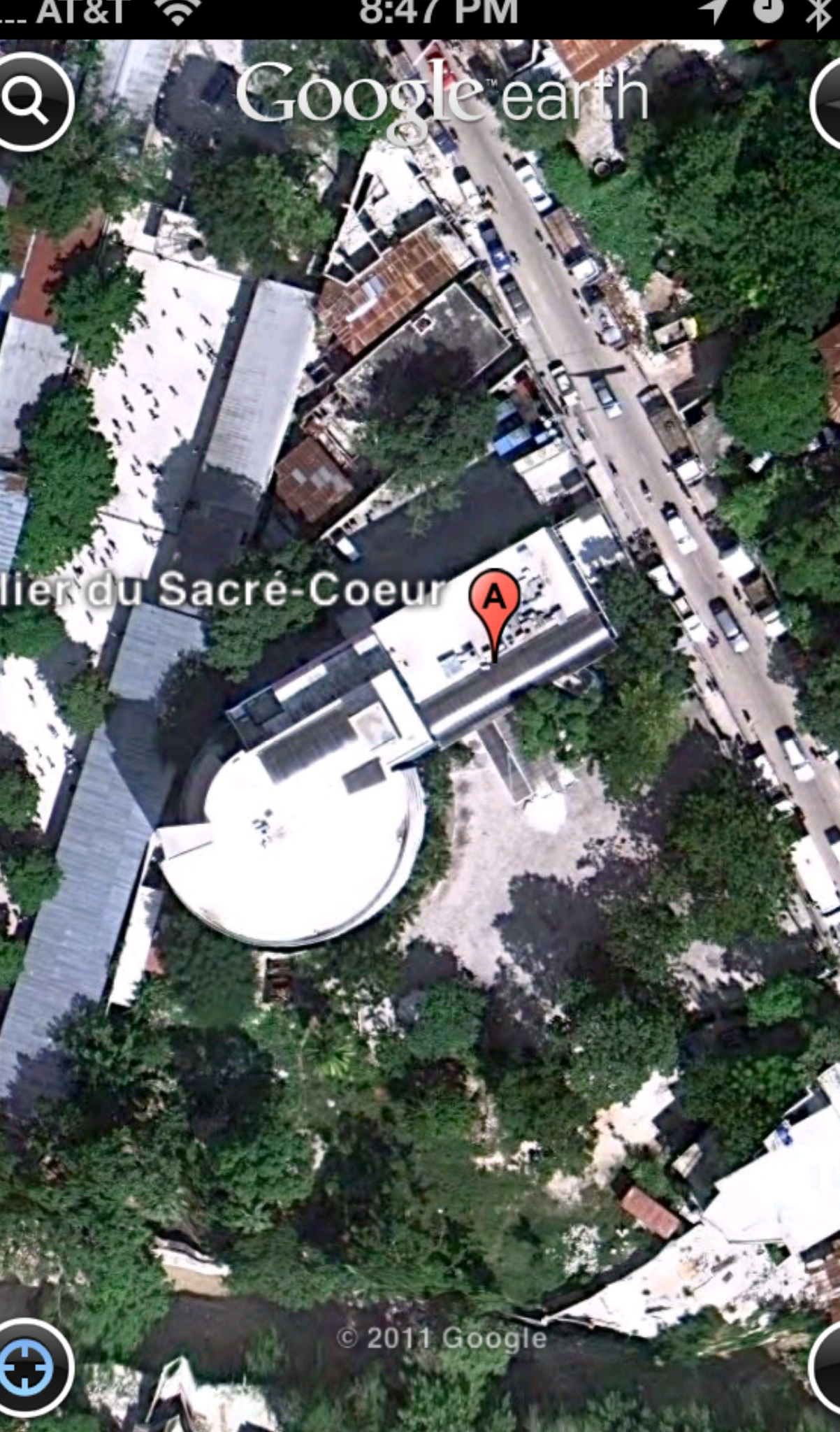




# CDTI Sacred Heart Hospital



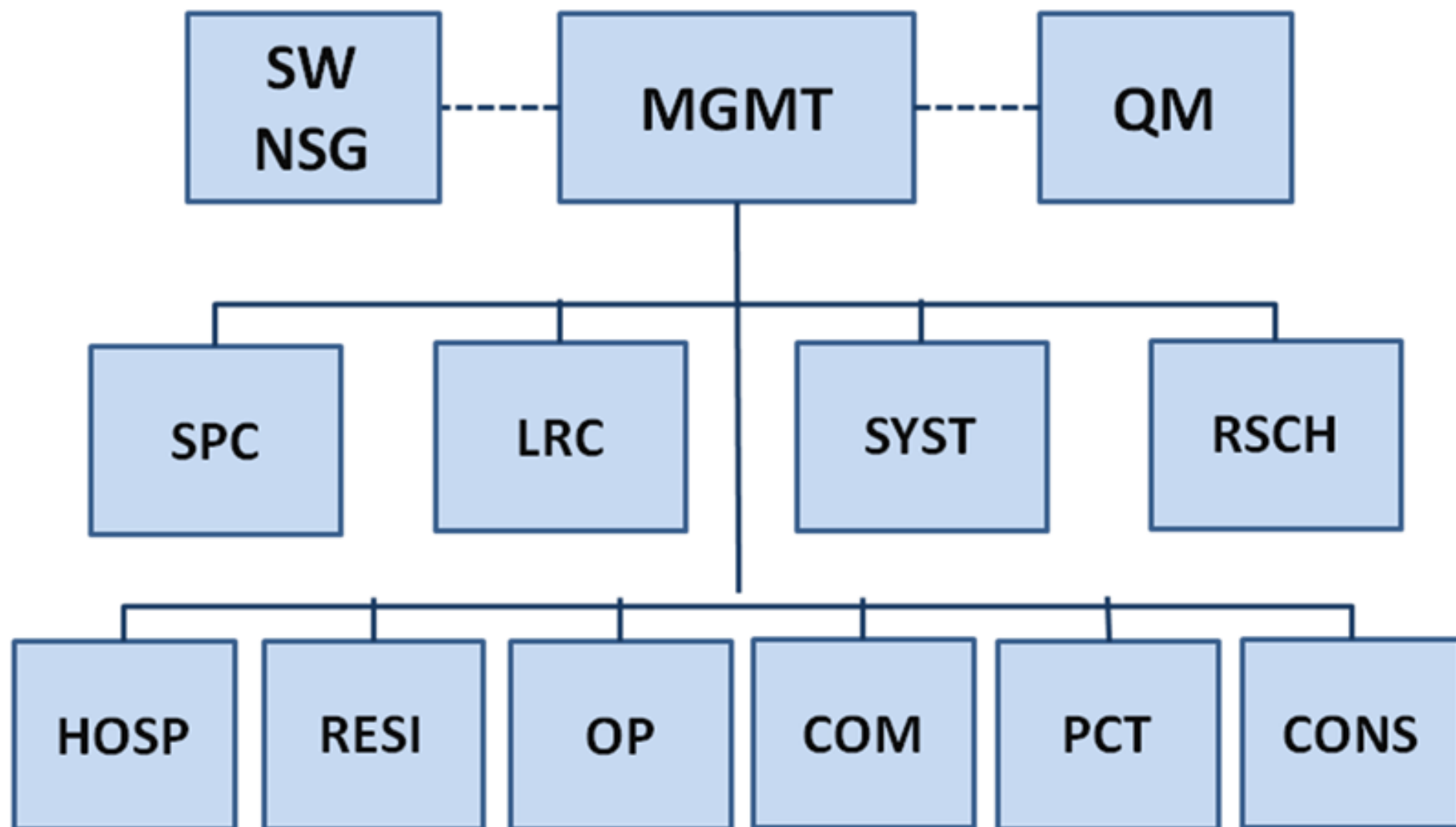






# Proposal For An Integrated Mental Health System in Haïti

## The MHBS Programs





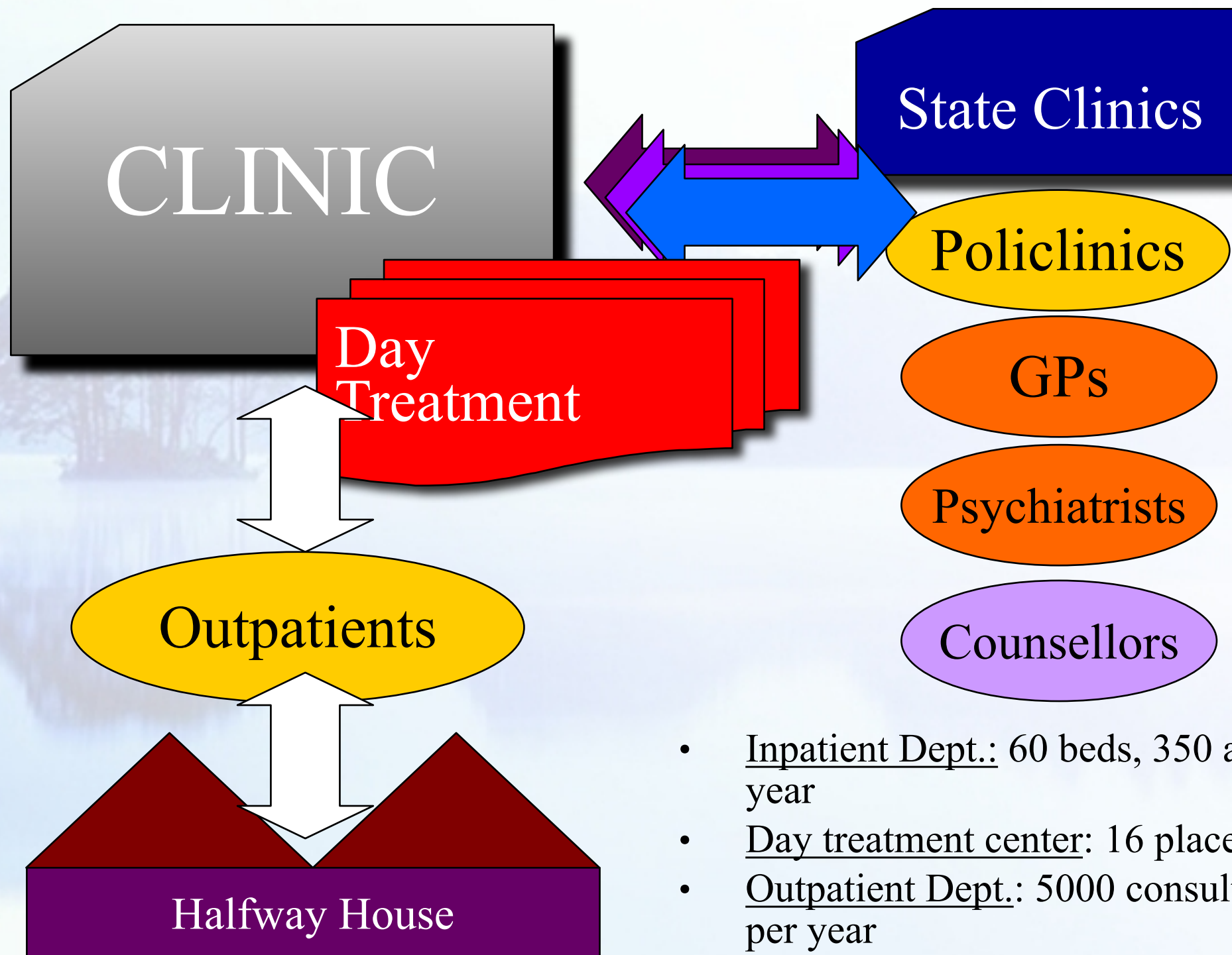
# Proposal for an Integrated Mental Health System in Haiti

- MHBS--- Medical and Health Board System
- SW---Social Work
- NSG---Nursing
- MGMT---Management
- QM---Quality Management & Utilization Review
- SPC---Special Programs Coordinator---Women Services, Neurosurgery, TB & HIV Prevention Programs, Cancer, Tele-Medicine and Forensic
- LRC---Long Term Recovery Coordinator---Nursing Home and Housing
- SYST---System Analysts & IT Department (EHR, Mobile & V-Tel capacity)

# Proposal for an Integrated Mental Health System in Haiti (continued)

- RSCH---Research--Outcome Research & Performance Measures
- Hosp---Hospital--Inpatient, CCU, ICU, ER & Crisis, OR, CATH Lab, Ancillary Services (Pharmacy, Lab, Imaging & Dietary), Ophthalmology and Dental
- RESI---Residential-- Rehab, Skill Nursing Facility
- OP---Outpatient--Intake & Primary Care Clinics, Office Practices
- COM---Community---Outreach, Home Health and Case Management
- PCT---PTSD Clinical Team--Trauma,Child Abuse and Domestic Violence Services
- CONS---Consultation Services--Surgical, Medical Subspecialties, Forensic, Neurology and Behavioral Medicine, Integrative & Herbal Therapies

# The therapeutic chain



- Inpatient Dept.: 60 beds, 350 admissions per year
- Day treatment center: 16 places
- Outpatient Dept.: 5000 consultations per year
- Halfway House: 12 places

# Stages of treatment

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Diagnostics  
Treatment Plan

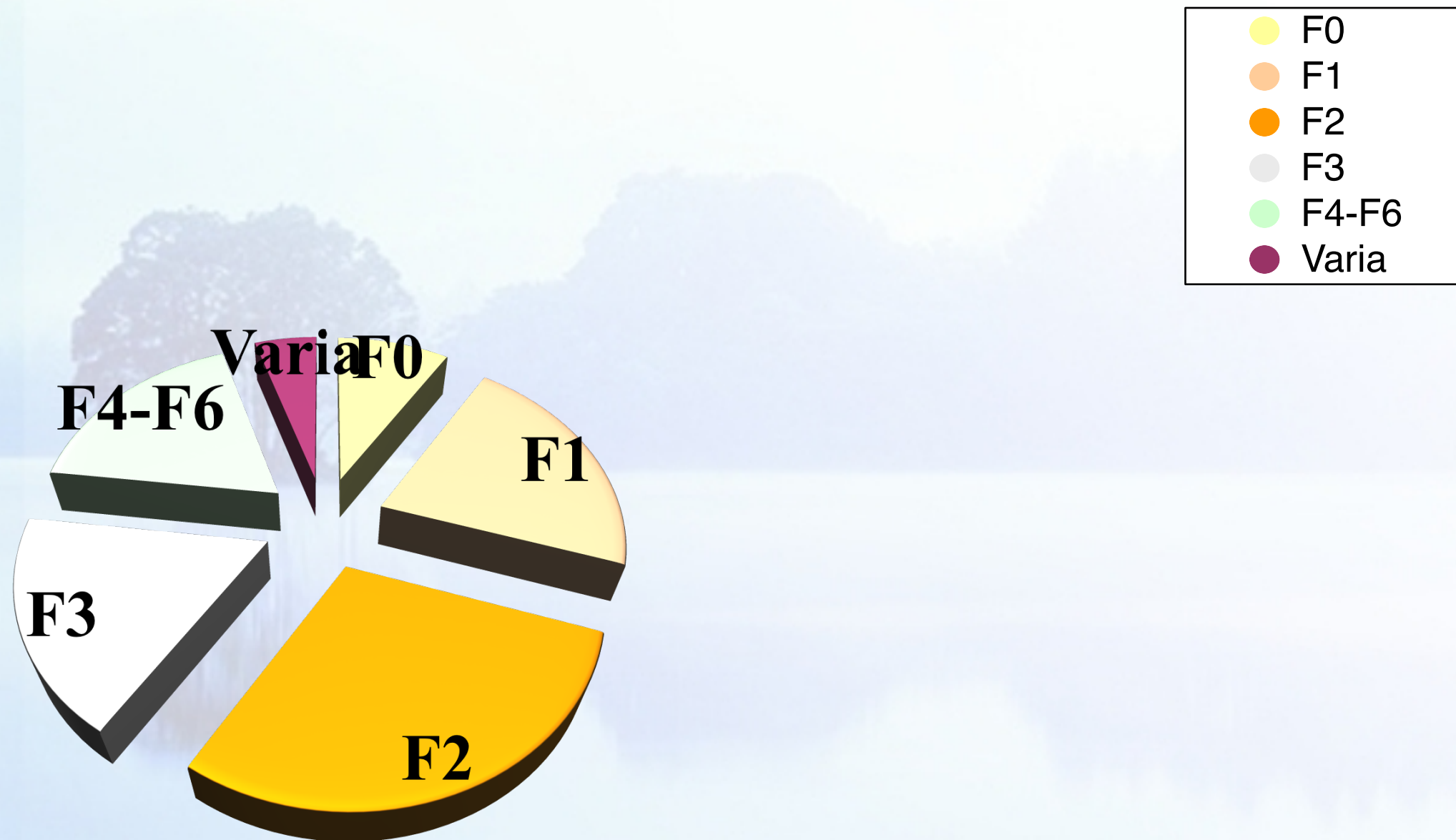
Therapy  
Evaluation

Discharge  
Planning

- Diagnostics (clinical, HAM-D, BDI, GAF)
- Individual treatment plan
- Therapeutic Milieu
- Talking (at various levels)
- Medication
- Structure, Activation
- Exploring the social situation (housing, work, supportive relationships)
- Family Involvement
- Skills Training
- Discharge Planning



# Diagnostic Groups State Clinic



# Diagnostic Groups Clinic Sonnenhalde

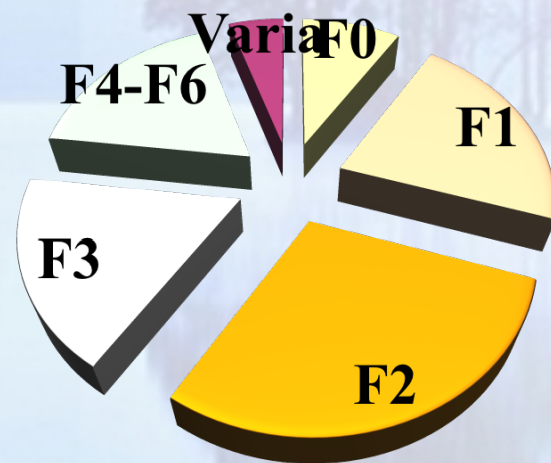




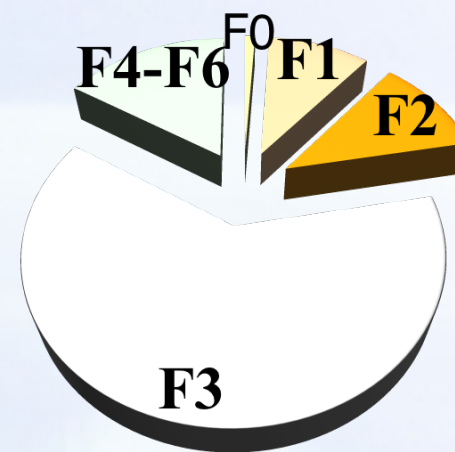
# Comparison

F0 = Organic Disorders  
F1 = Substance Dependency  
F2 = Schizophrenia  
F3 = Affective Disorders

F4 = Anxiety Disorders  
F5 = Eating Disorders  
F6 = Personality Disorders



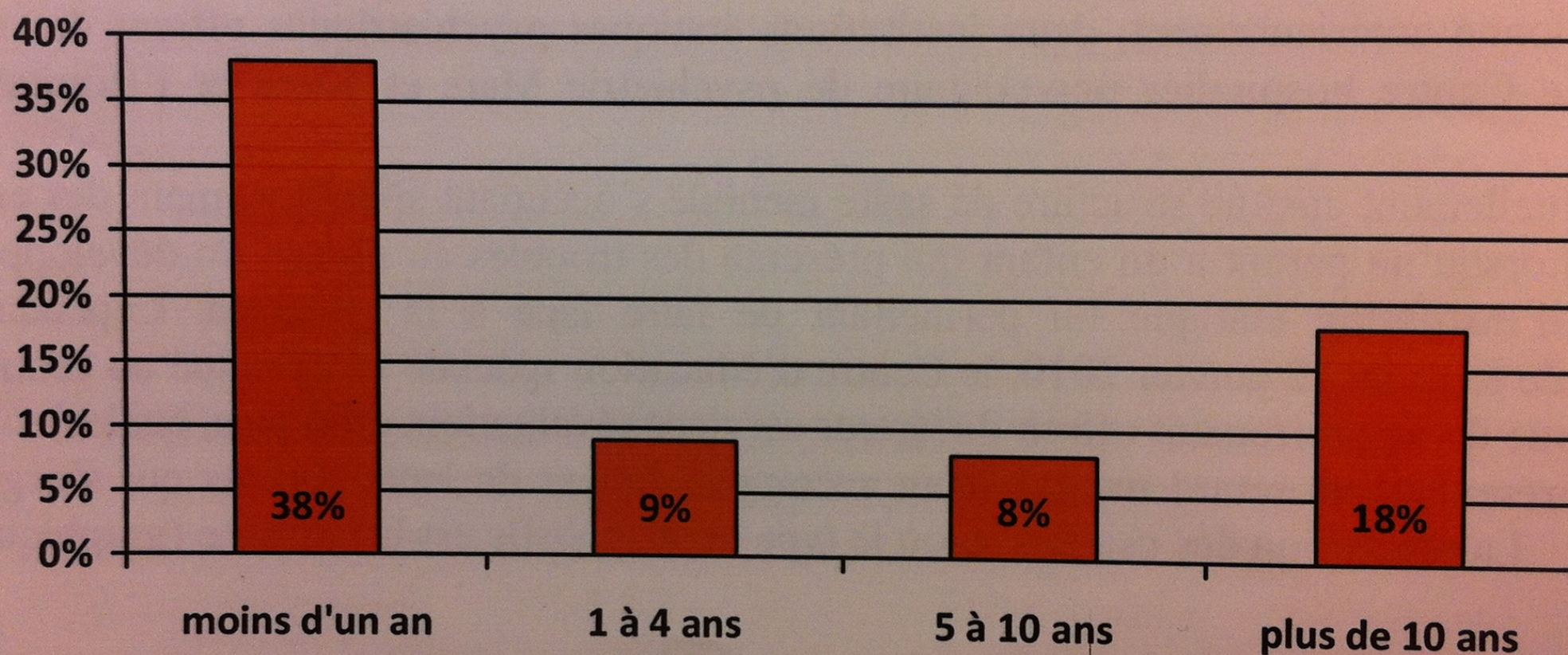
State Clinic



Open Clinic

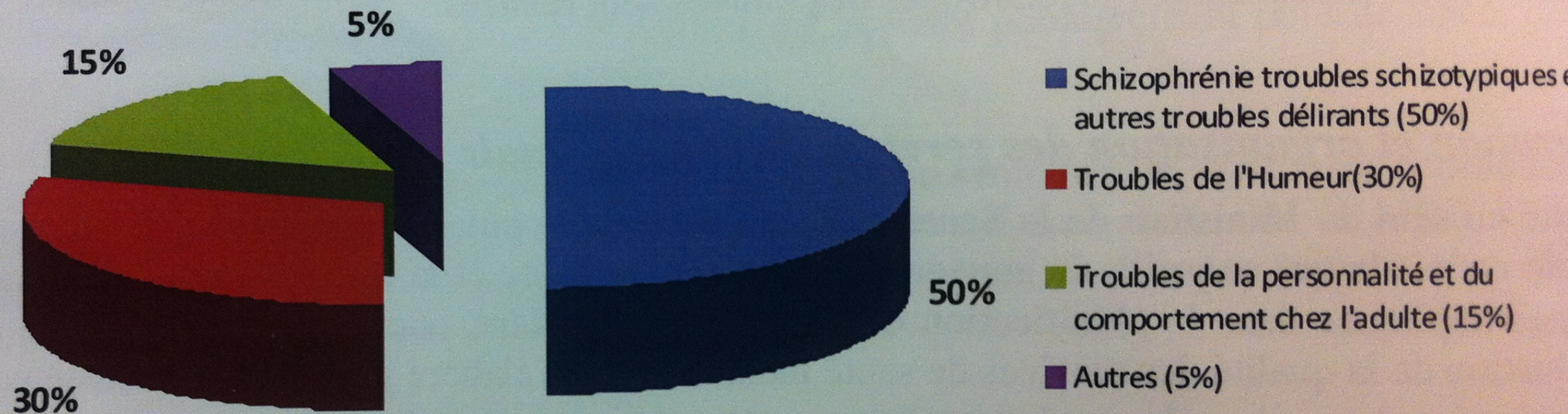


*Graphique 2 : Présentation de la durée de séjour à l'Hôpital Défilée de Beudet et au CHUP/MK.*





*Graphique 1 : Répartition des usagers selon le type de diagnostic (Hôpital Défilée d'Beudet)*



Nous observons que 38% des patients restent moins d'un an dans les hôpitaux psychiatriques tandis que 18% des patients sont hospitalisés depuis plus de 10 ans (graphique 2).



## DOMAINE 4: RESSOURCES HUMAINES

Ce domaine représente l'effectif de personnel disponible dans les structures de santé mentale publique et privé. Il fait part de l'existence d'association d'usagers, d'activités entreprises par les associations de patients, de parents ou d'autres ONGs.

### *Distribution des ressources humaines en santé mentale*

Les ressources humaines œuvrant dans les structures de soins de santé mentale publiques et privées sont en nombre limité.

*Tableau 1 : Effectif des professionnels intervenant en santé mentale*

SPECIALITÉS	EFFECTIFS	% par 100.000 HABITANTS
Médecins psychiatres	27	0,28 par 100.000 Habitants
Médecins généralistes	14	0.14 par 100.000 habitants
Infirmières	36	0.38 par 100.000 habitants
Psychologues	194	2 par 100.000 habitants
Travailleurs sociaux	82	0.86 par 100.000 habitants
Ergothérapeutes	1	
Neurologue	1	



# Therapeutic Milieu

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... A temporary community of persons who have been brought together by the individual course of their lives and the course of their illness – a community of suffering, but also a community of coping.

Organizing and shaping the therapeutic milieu is one of the most important tasks of the treatment team. Basic principles of the ward structure are adapted to the individual needs of a patient.



# Therapeutic Milieu

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- Living together means openness and transparency,
- Enabling patients to talk about their fears, conflicts and disappointments
- To find better ways of coping in the community of fellow patients and clinic staff
- The therapeutic milieu is clearly structured to enable patients to find their own structure for the time after hospitalization.
- *A patient from Bosnia: „I felt treated as a human being. “*

# Conflicts as a learning opportunity

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- Experience the reaction of a different group of people in response to behavioral patterns.
- Better understanding for reactions within the family.
- Opportunity for therapeutic interventions and proposals for constructive change.
- Psychodynamic cognitive behavioral training (Meaning, emotions, thoughts, behaviors)

# General Elements of the Therapeutic Milieu

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- Morning round
- Common meal times (like a family)
- Small household tasks
- Individual conversations with the case nurse
- Sports – walking
- Community afternoon (once per week)
- Games in the evening
- Times for withdrawal
- Optional: prayer time and religious counseling



# Specific Therapy Elements

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- Gymnastics – Sports – Physiotherapy
- Art therapy and Creativity
- Manual work (wood, garden etc.)
- Individual and group therapy
- Memory training
- Music therapy
- Breathing therapy
- Community activities

# Week Schedule

Montag		Dienstag		Mittwoch		Donnerstag	Freitag	
08.10 – 08.30 Andacht		08.10 – 08.30 Andacht		08.10 – 08.30 Andacht		08.10 – 08.30 Andacht	08.10 – 08.30 Andacht	
08.30 – 09.00 Morgentreff		08.30 – 09.00 Morgentreff	08.35 – 09.00 Laufgruppe	08.30 – 09.00 Morgentreff		08.30 – 09.00 Morgentreff	08.30 – 09.00 Morgentreff	
09.30 – 11.00 Kreativ- Atelier Gruppe III	09.30 – 10.05 Gymnastik Gruppe I	09.30 – 10.30 Kreativ- Atelier Gruppe II	09.30 – 10.05 Gymnastik Gruppe III	09.30 – 10.30 Kreativ- Atelier Gruppe II	09.30 – 10.05 Gymnastik Gruppe I	09.30 – 10.05 Gymnastik Gruppe III	09.30 – 10.30 Kreativ- Atelier Gruppe II	09.30 – 10.05 Gymnastik Gruppe I
	10.40 – 11.15 Gymnastik Gruppe II	10.40 – 11.15 Gymnastik Gruppe VI	10.30 – 11.30 Kreativ- Atelier Gruppe III	10.40 – 11.15 Gymnastik Gruppe II	10.30 – 11.30 Kreativ- Atelier Gruppe I		10.40 – 11.15 Gymnastik Gruppe II	10.30 – 11.30 Kreativ- Atelier Gruppe I
		10.30 – 11.30 Gesprächsgruppe	10.30 – 12.00 Gruppe „A“	10.30 – 11.30 Gruppentherapie		10.30 – 11.30 Gedächtnistraining		
13.00 – 14.15 Kreativ-Atelier Gruppe II		14.45 – 16.00 Malgruppe		13.00 – 14.30 Kreativ-Atelier Gruppe III		ab 14.30 Gemeinsamer Nachmittag	14.30 – 15.30 Wochenausklang	
14.30 – 16.00 Kreativ-Atelier Gruppe I		16.00 – 17.00 Sing- und Spielgruppe im Ottilienhaus		14.15 – 15.15 Atem und Bewegung	16.00 – 17.30 Gruppe Essstörungen			



# Practical skills training

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- House keeping
- Cooking
- Self assertiveness
- Dealing with the administration; social obligations
- Applying for a job
- Anxiety reduction training (e.g. shopping, bus rides)

# Patient rights and responsibility

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- Confidentiality (no information to others without permission)
- Complaints regarding treatment (verbally or written)
- Entitlement to read patient documentation
- In case of involuntary hospitalization – the right to appeal to the psychiatric commission

## **Obligations**

- Following the doctor's and medical team's advice
- Taking the prescribed medication
- Participating in the therapeutic program
- Cleanliness and care for dishes, furniture and rooms etc.

# Psychotherapeutic methods

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- Cognitive-behavioral Therapy
- Systemic Therapy
- Psychodynamic Therapy
- Client-centered Therapy (Rogers)
- Body-oriented approaches
- Supportive Therapy





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Important therapeutic approach

# *Supportive Therapy*

Misch D.A. (2000). Basic strategies of dynamic supportive therapy.  
Journal of Psychotherapy Practice and Research 9:173-189.

# Strategies of Supportive Therapy

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- Strategy #1: Formulate the case
- Strategy #2: Be a good parent
- Strategy #3: Foster and Protect the  
Therapeutic Alliance
- Strategy #4: Manage the Transference
- Strategy #5: Hold and Contain the Patient



## Strategies of Supportive Therapy II

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- Strategy #6: Lend Psychic Structure
- Strategy #7: Maximize adaptive Coping Mechanisms
- Strategy #8: Provide a Role Model for Identification
- Strategy #9: Give Words for inner Experiences.
- Strategy #10: Make Connections.

## Strategies of Supportive Therapy III

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- Strategy #11: Raise Self-Esteem
- Strategy #12: Ameliorate Hopelessness.
- Strategy #13: Focus on the Here and Now.
- Strategy #14: Encourage Patient Activity.
- Strategy #15: Educate the Patient (and Family)
- Strategy #16: Manipulate the Environment.



# Be a Good Parent!

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- This does not mean to infantilize; *b u t*
- Providing help depending on the developmental state of a person, with the goal of increasing autonomy.
- Well-meaning Protecting, Comforting, Encouraging, Validating, Praising.
- Confronting self-destructive Behavior. Limit-setting in Balance with Autonomy and Independence.
- Practical Suggestions, Advice and Teaching to guide the patient's thinking and behavior. (helping the person to evaluate his or her strategies and choices).
- Help the patient to reach his or her own goals rather than to substitute the therapist's life plan or wishes.

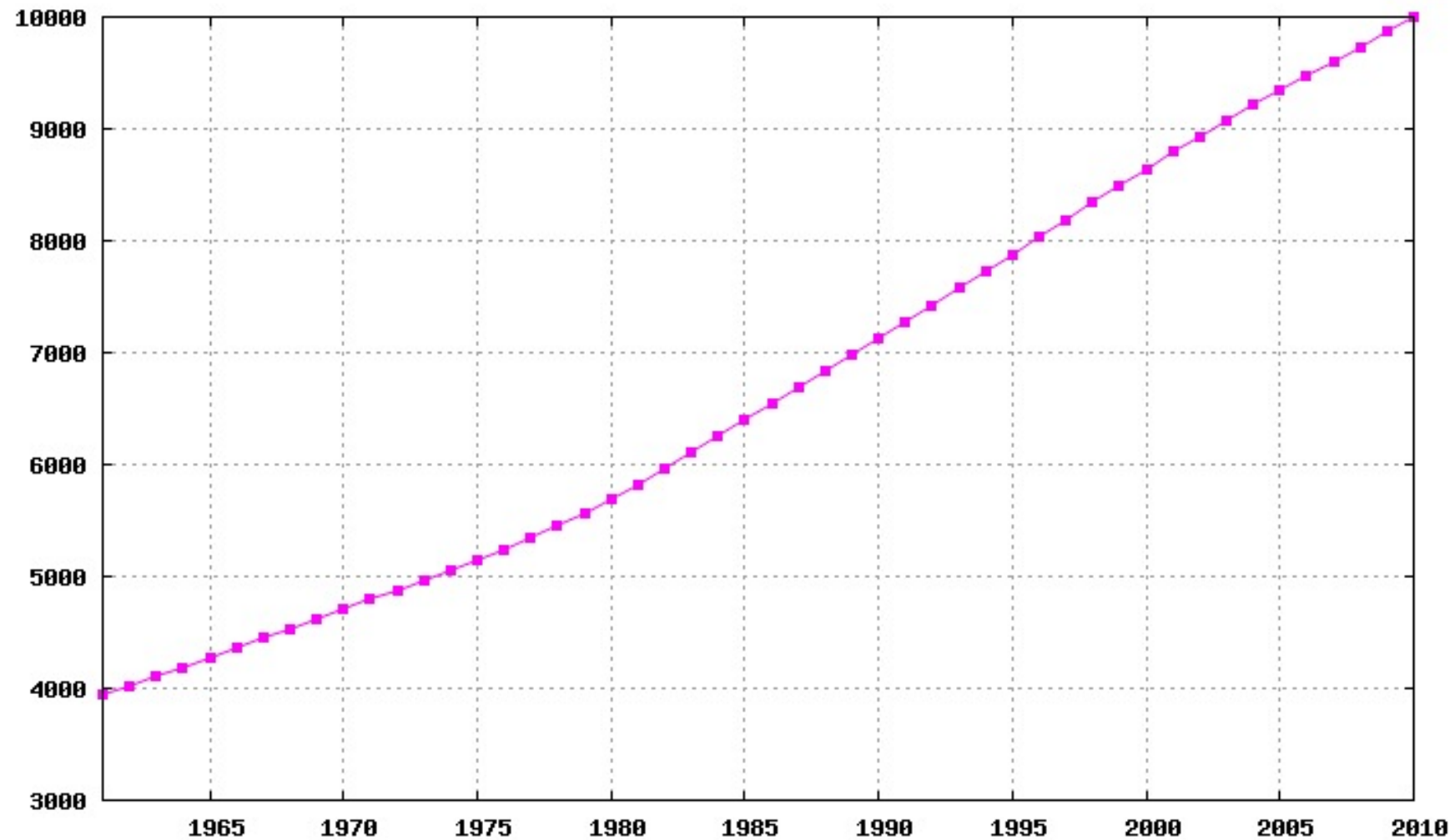
- The foundation of modern psychiatry is a bio-psycho-social view of the patient.
- Psychosocial Psychiatry requires a therapeutic chain of institutions of varying competence.
- This network includes practicing psychiatrists, family doctors, social services and other paramedical services (e.g. counseling for alcohol and drug dependency).



- Modern Psychiatry allows a variety of therapeutic approaches, emphasizing the integration vs. singular techniques.
- Therapeutic Milieu and Supportive Therapy are most useful in structuring inpatient services.
- The value of the individual has a high priority and is to be carefully weighed against the demands of society, however guided by a systemic view.

# Haitian Population Growth

## Tripled in 50 years

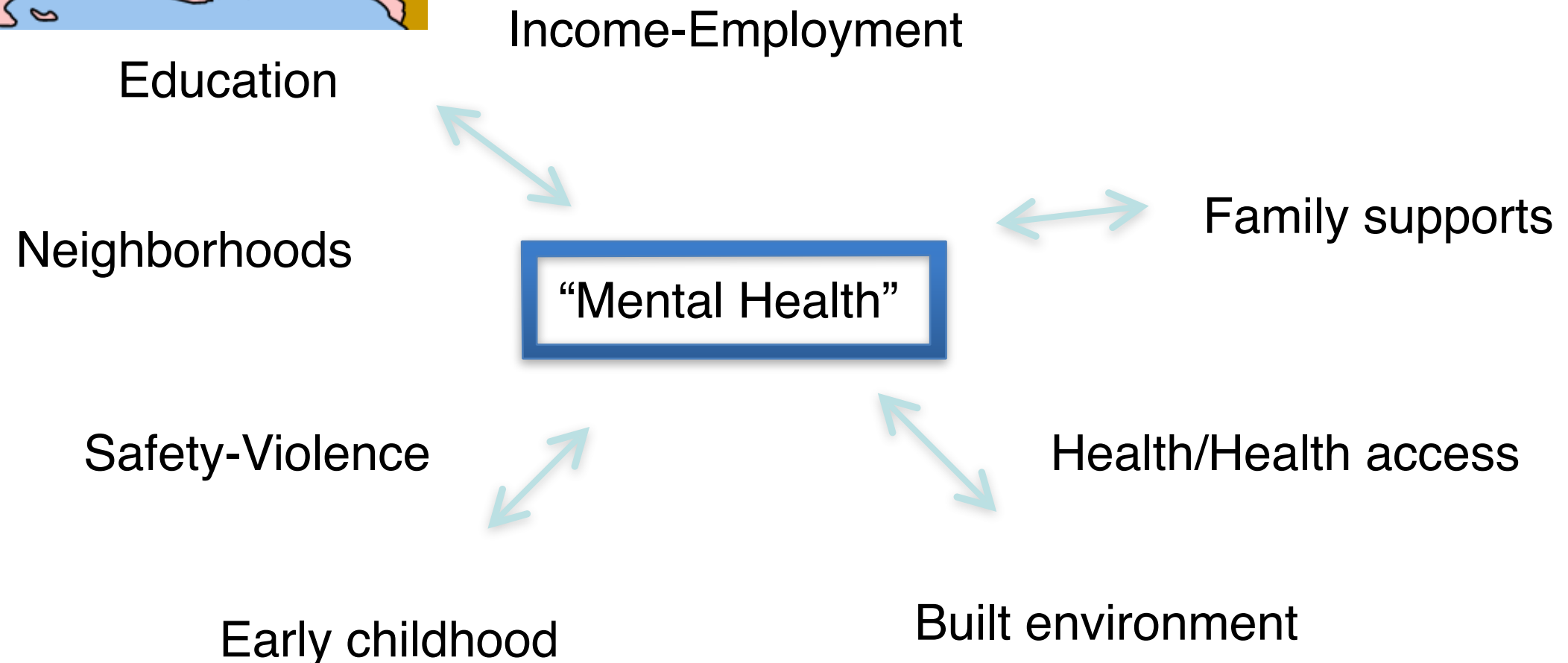




# Mental health- Burden but also critical mediator



Think innovatively about structure:  
Deliver care in ways that follow the  
causal paths





Psychiatric Referral Sources for Mars & Kline  
Psychiatric Center which was destroyed (the only  
acute psychiatric facility for 10 million people)





# Referrals from all 10 Departments through the US Humanitarian Assistance Program (HAP)







# HUMANITARIAN ASSISTANCE PROGRAM (HAP)



TO IMPROVE THE LIVES OF THE HAITIAN PEOPLE

- EOC- 10
- DRW - 10
- Schools - 8
- Fire Stations - 14
- Community Centers - 8
- Water well Projects - 8
- Clinics - 6



SCHOOL IN POND GAUDIN



MEDICAL CLINIC LES CAYES



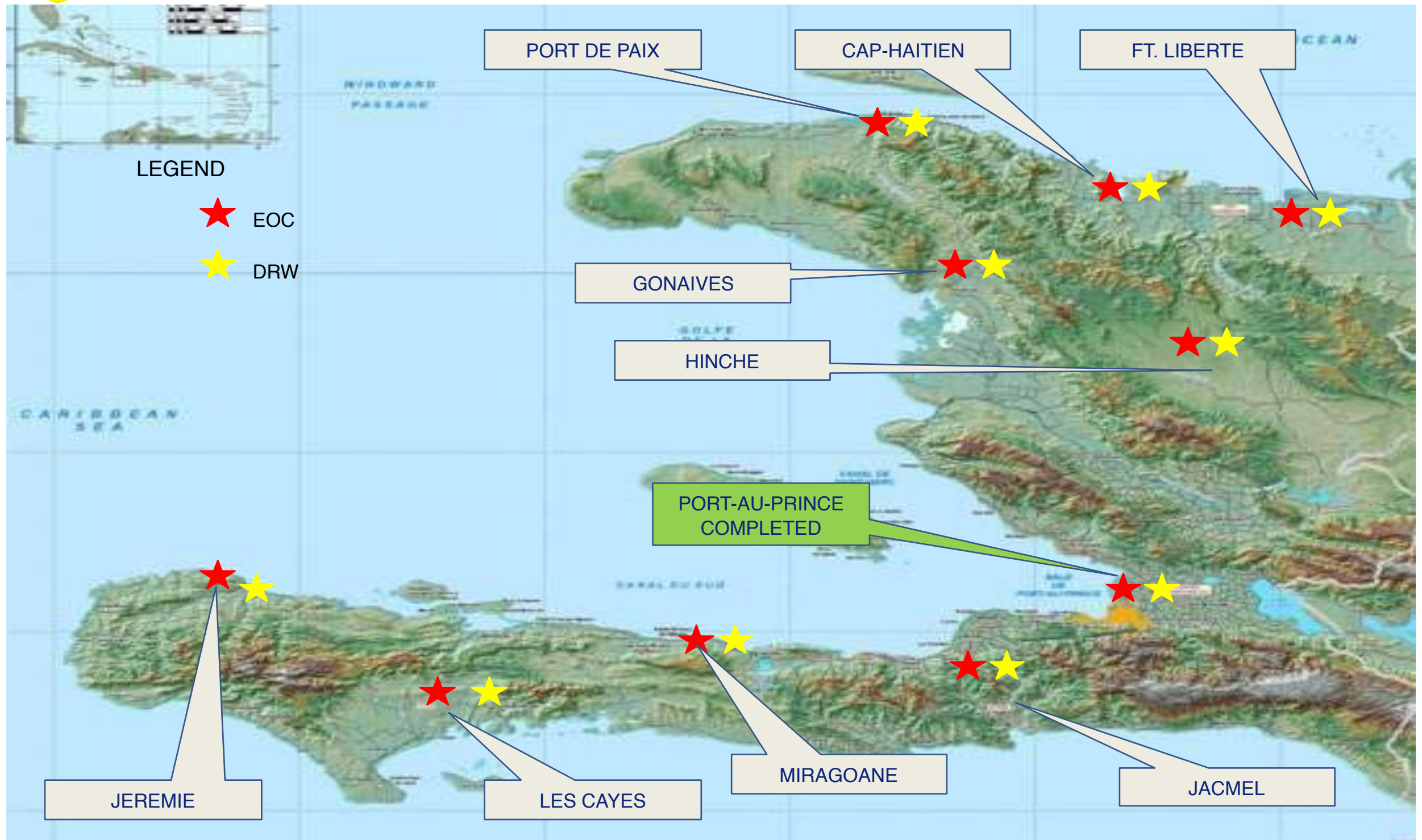
COMMUNITY CENTER IN HATTE/DESDUNES







# EMERGENCY OPERATION CENTER (EOC) & WAREHOUSES



10 EOCs \$6,172,774.88 10 DRWs \$6,101,300.09 **TOTAL \$12,274,074**





# COMMUNITY CLUSTERS



6 CLINICS \$2,785,874.94  
8 COMMUNITY CENTERS

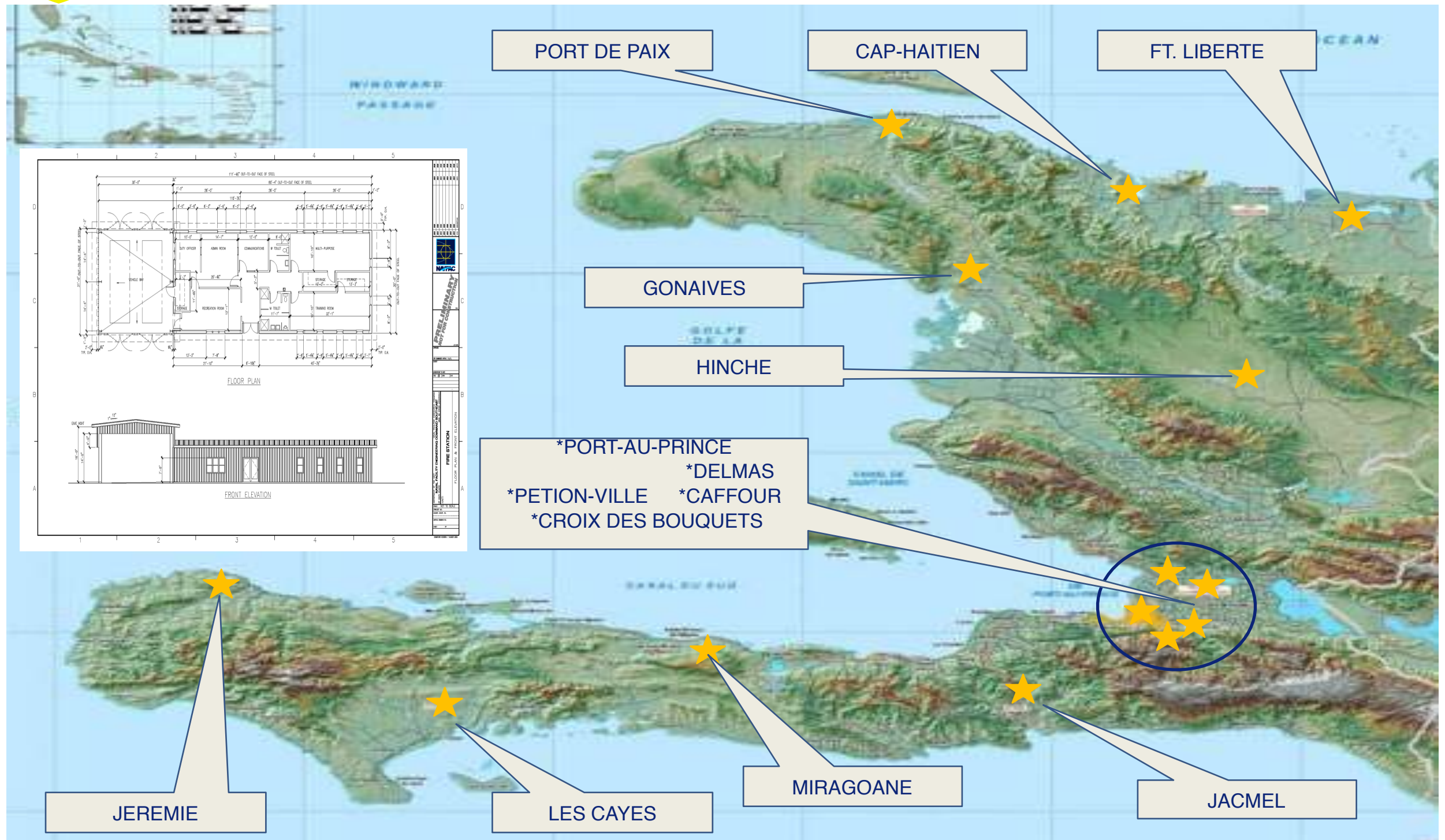
8 SCHOOLS \$4,432,945.85  
4,096,920.18 **TOTAL \$12,973,297**

8 LATRINES/WELLS 1,657,556.52





# 14 FIRE STATIONS/ EMERGENCY MEDICAL SERVICES (EMS)

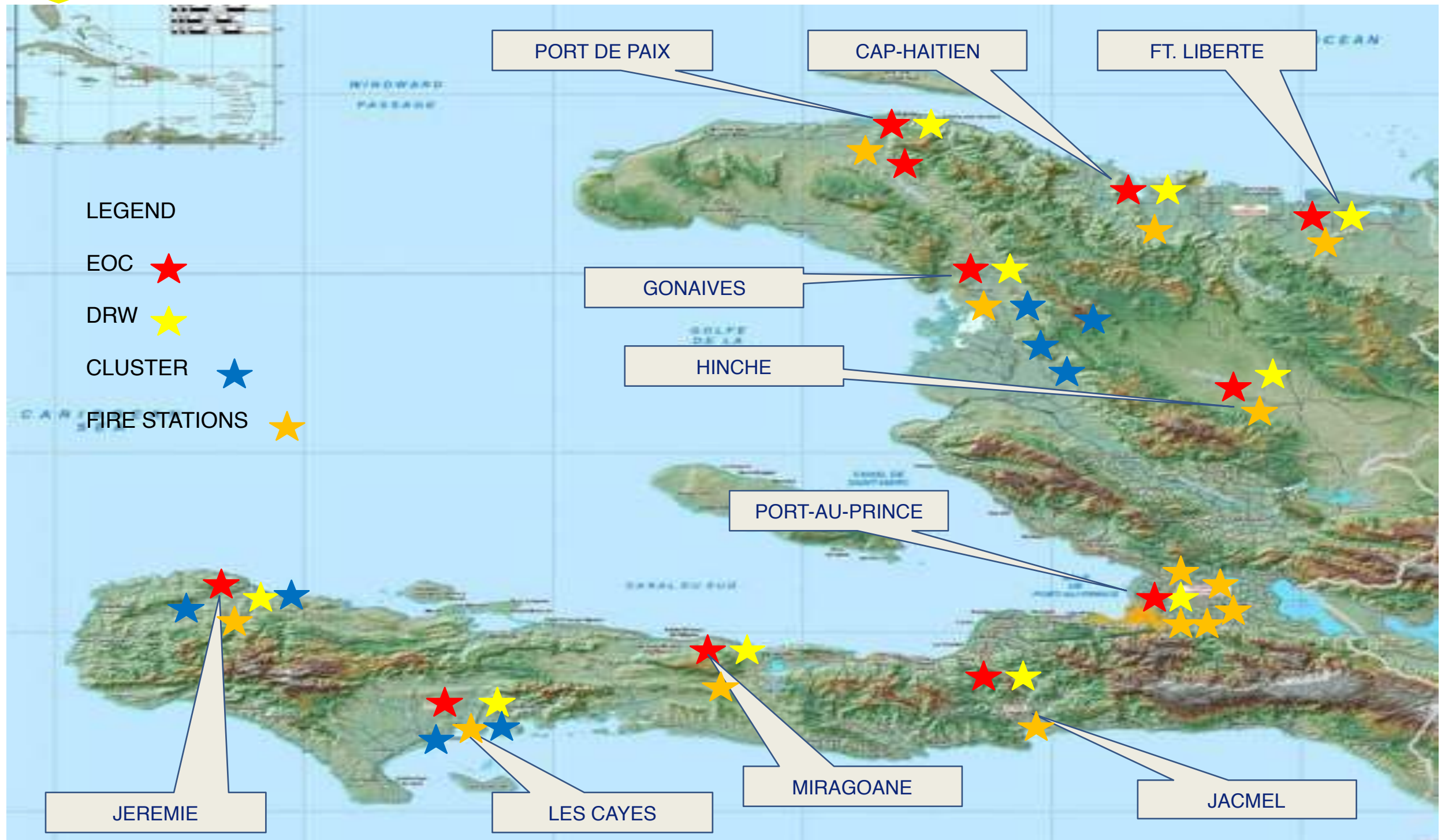


14 FIRE STATIONS \$8,99,135.24











# HAP CONSTRUCTION SUMMARY & LOCATION

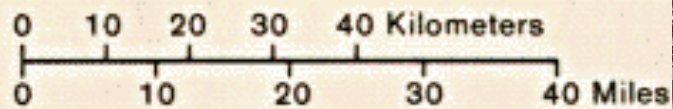


OVERALL CONSTRUCTION PROJECTS    **TOTAL \$34,246,507**



# Haiti

-  International boundary  
 Department boundary  
 National capital  
 Department capital  
 Railroad  
 Road





# Proposed Infrastructure

- Mars & Kline Psychiatric Center (60 beds) for acute and intermediate care (\$3-6 M)
- Beudet Psychiatric Hospital (120 beds) for long-term care and rehab (\$6-12 M)
- Neurosciences and Psychiatric Institute (60 beds) for acute and intensive care of Psychiatric, Neurological and Neurosurgical conditions (\$3-6 M)
- Psychiatric Units (20 beds) in each of 9 other departments for acute and intermediate care (\$1 M each for \$9 M total)
- Psychiatric Units (5 beds) in each of 42 arrondissements or counties for acute stabilization (\$0.25 M each for \$10.5 M total)
- Pyramid of cares for mobile clinics (each per county for 42 total) to cover all 140 districts or communes (staffed with 1 to 2000 healthcare workers or case managers per pyramid of care with salaries of \$1000/month).  
Estimates of 42 to 84,000 new jobs.



# Proposed 14,000 Professional Staff

- Management boards (10) with chief psychiatrist, psychologist, nursing, social work and administrator.
- Total of 100 psychiatrists for 10 departments (10 per Dept) with salaries of \$5000/month.
- Total of 600 psychiatric nurses for 6 per psychiatrists (60 per Dept) with salaries of \$2,500/month.
- Total of 1200 LPN for 2 per RN (120 per Dept) with salaries of \$1,500/month
- Total of 1000 psychologists (1 per 200 preschoolers) with salaries of \$3,500/month
- Total of 1000 social workers (1 per 200 families) with salaries of \$3,000/month
- Total of 10,000 teachers (1 per 20 preschoolers) with salaries of \$2,000/month
- Allied professional like pediatricians, OBGYN, nutritionists



# Haitian Mental Health Summit Participants at the University of Miami, June 26-27 2010





# Summit Planning Committee and the Main Sponsors





# Rebati Santé Mental, Inc. Board

