



Vietnam Veterans of America Foundation (VAAF)

Vietnam Veterans of America Foundation (VAAF) founded in 1980 by Vietnam veterans Bobby Muller and John Terzano.

VAAF is an international humanitarian organization that addresses the causes, conduct and consequences of war through programs of advocacy and service for victims of conflict around the world.

VAAF is co-founder of the International Campaign to Ban Landmines that received the 1997 Nobel Peace Prize.



Mental Health Program Context

About 14% of the global burden of disease has been attributed to neuropsychiatric disorders, mostly due to the chronically disabling nature of depression and other common mental disorders, alcohol-use and substance-use disorders, and psychoses¹.

In many countries, services to improve health and reduce poverty have not yet incorporated mental health services. Over the past decade, many experts in developing countries have come to agree that services for mental disorder must become part of the mainstream and there are now some promising models that Vietnam can learn from and adapt.

In Vietnam:

- The majority of mental health problems remains unidentified and therefore untreated.
- The mental health care system currently involves a hospital-based approach. The treatment relies heavily on pharmacotherapy with less psychotherapy and almost no social intervention or rehabilitation.



Project Information

- Commencing in January 2006, with a pilot project in two provinces, Khanh Hoa and Danang, VAAF and our project partners carried out a survey to collect information about the prevalence and

burden of the most common mental disorders (CMD) and information about individual and family affected by mental health problems, as well as the available mental health services. The survey data showed many gaps between the needs and the supply in mental health care.



- From January 2009, partnering with Provincial Health Services, Provincial Psychiatrist Hospitals, and Ministry of Health, VAAF has been working in the second phase of the project in Da Nang and Khanh Hoa. The aim over three years is to identify solutions to the most urgent issues identified in the survey by introducing a more holistic approach to address the mental health care services.



Project Objective

- Overall: The project will contribute to improvement of mental health status of population in the two provinces of Da Nang and Khanh Hoa.
- Specific: to improve the availability and utilization of community mental health care services to manage common mental disorders through piloting the Collaborative Stepped Care model.

¹ No health without mental health, *The Lancet*, Volume 370, Issue 9590, Pages 859-877; M. Prince, V. Patel, S. Saxena, M. Maj, J. Maselko, M. Phillips, A. Rahman

✦ The model enables the integration of mental health care into general health services that allows the mobilization of the large number of para-professionals at the grass root level to manage the common mental health problems. The project will promote the community-focused mental health care with community participation, combine with the strong contacts, and technical supports from the professionals at the hospital level. It will help strengthen the local mental health care system in Da Nang and Khanh Hoa provinces towards meeting the increased needs for mental health care, and bring mental health care services closer to the local people.



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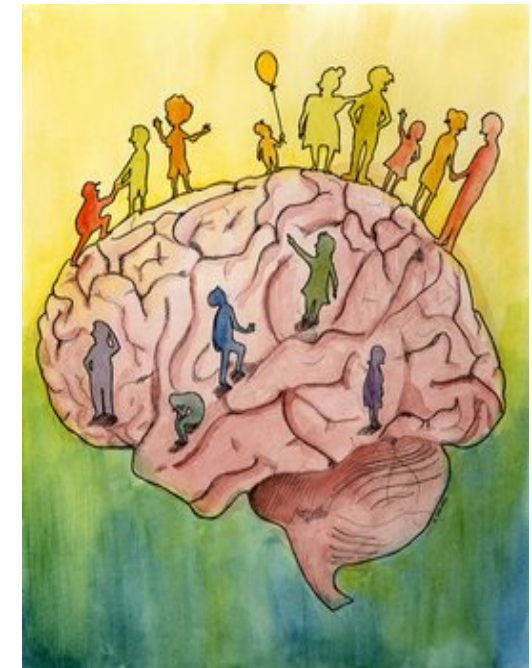
"Mental health problems do not affect three or four out of every five persons but one out of one"



Dr. William Menninger



PROMOTING COMMUNITY-BASED MENTAL HEALTH CARE:



**INTRODUCING
"COLLABORATIVE STEPPED
CARE" MODEL TO DA NANG and
KHANH HOA, VIETNAM**

The expected

Results

- Community mental health services for management of common mental disorders of Depression and Anxiety are available and accessible.
- Community-supported mental health care network is strengthened.
- Mental health is promoted through advocacy and raising public awareness.