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Conference Abstract

Efforts for integrating strategies in mental health care for people with depression in cooperation with NGOs and with education system support

Zupancic Vesna, Ph.D.c , School of Health Sciences Novo mesto, Slovenia

Pahor Majda, profesor, Faculty of Health Sciences, University of Ljubljana, Slovenia

Correspondence to: **Zupancic Vesna**, School of Health Sciences Novo mesto, Slovenia, Na Loko 2, p. p. 158, 8000 Novo mesto, Slovenia, Tel: + 386 40 366 580, E-mail: vesna.zupancic@quest.arnes.si

Abstract

Purpose: The contribution presents the Slovenian mental health care system for people with depression and an example of a personal methodological approach to studying the processes of integrating care strategies into primary and secondary healthcare and integrated care according to the needs of people with depression.

Theory: The starting point is the concept of increasing the operators' role within the support network for people with depression, who generally do not enter the care system (early enough) or withdraw early.

Methods: Based on participatory observation methods as mental health advocate, with a view to promoting continuous and comprehensive health care, and by studying relevant literature, the methodological framework of a case study in 56 municipalities in two Slovenian health regions was developed. Additionally, a quantitative study was conducted among 307 nursing care students assessing their knowledge of defined integrated care variables (intersectoral cooperation, continuous care, awareness, responsiveness, and education).

Findings: Despite the legal basis and known integration principles, problems arise while caring for people with depression due to the need for a paradigmatic shift in the operators' activities that lacks substantive and methodological support in the education system.

Discussion: Based on the developed methodological plan, the thesis defines the effects of NGOs' activities within the depression support network, identifies the achievements and impediments in the cooperation between participants (providers and consumers), and highlights new possibilities for developing integrated care aimed at empowering people with depression.

Keywords:

care strategy integration, community and hospital care, mental health, ngos, education system, nurses

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