



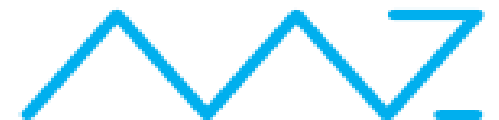
Mental health care system in Poland

Ministry of Health

Mental health act of 19 August 1994 on the protection of mental health

The most important areas of the act:

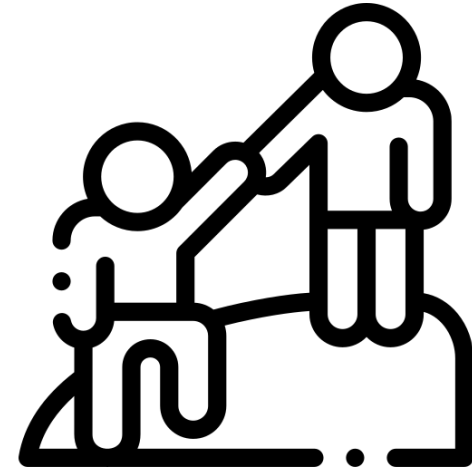
- The protection of mental health shall be provided by government and local government administration as well as other institutions.
- The National Programme for Mental Health Protection
- Health care intended for people with mental disorders is provided under basic and specialist healthcare, especially psychiatric healthcare - in the form of ad hoc aid, outpatient care, day care, hospital care and community care as well as in nursing homes.
- Local government of a voivodeship responds to the needs following in particular from the number and structure of the local population by establishing and managing healthcare institutions that offer healthcare services related to psychiatric care.
- Examination, treatment, rehabilitation, care and assistance
- Direct coercion
- Admission to a psychiatric hospital (Voluntary and involuntary treatment)
- Admission to a nursing home
- Proceedings in a Guardianship Court



Payment for treatment

Art. 10. of Mental Health Act

1. No charge shall be claimed from a patient for mental healthcare services provided to a person with a mental disorder by a healthcare provider who concluded a contract for the provision of healthcare services,
2. People with mental disorders staying at a psychiatric hospital shall be entitled to receive free of charge medicinal products as well as assistive devices and foodstuffs intended for particular nutritional uses,
3. People with mental disorders shall also be entitled to receive medicinal products, medical devices and foodstuffs intended for particular nutritional uses.



Mental health care system in Poland

Psychiatric care

Children and adolescents

Psychiatric hospitals and wards
Day wards (6-8 hours each day)
Mental health clinics

Adults

Psychiatric hospitals and wards
Day wards (6-8 hours each day)
Mental health clinics

+ specialized care (forensic psychiatry, services for people with Autism, long-term care institutions)

Addiction treatment

Alcohol

(alcohol) addiction and co-addiction therapy clinics
daytime (alcohol) addiction treatment units
alcohol withdrawal treatment units
units or centres for the treatment of alcohol abstinence syndromes
hostels for people addicted to alcohol

Drugs

(drug) addiction therapy clinics
daytime (drug) addiction treatment units
withdrawal treatment units
hostels and readaptation apartments
substitution treatment programs
harm reduction programs: needle and syringe exchange points



Psychiatric Care for adults in numbers

Mental Health hospitals:

Number of hospitals	Number of wards
46	264

Mental Health wards in general hospitals:

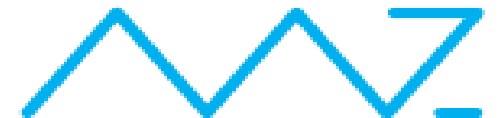
Number of hospitals	Number of Wards
96	139

Number of beds for 10 000 Inhabitants:

Number of beds for 10 000 inhabitants
8,85

Number of Med. Speciality of Psychiatrist

Number of psychiatrist
4403



Mental health reform for adults

Pilot program in mental health centers

Goal of the program: Development of community based mental health care system

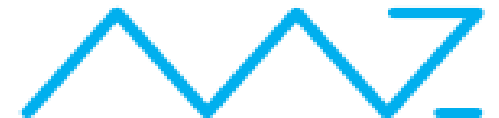
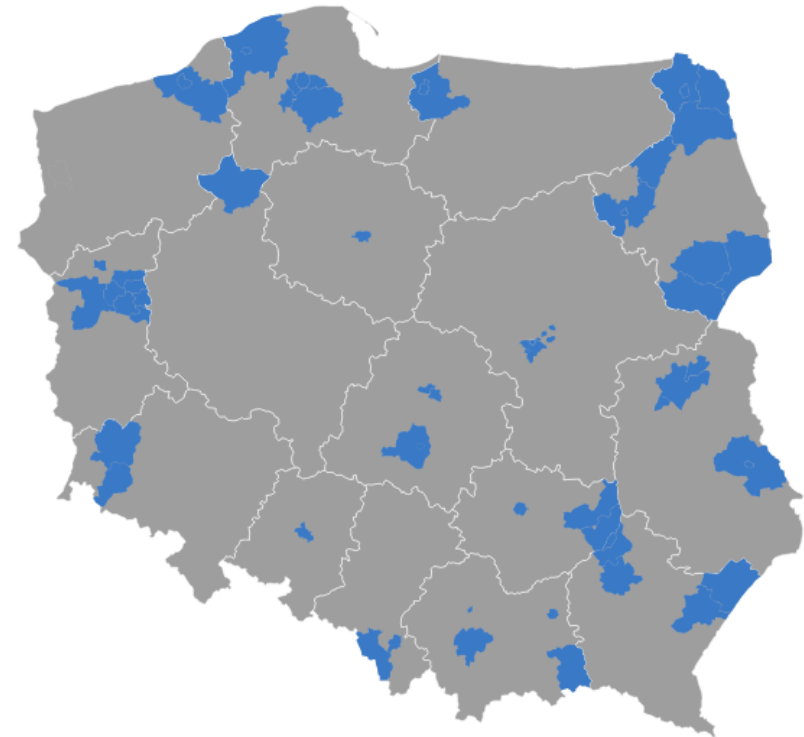
Units: 39 mental health centres

Population: 4,5 mln adult inhabitants

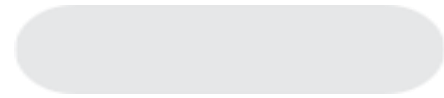
Key assumptions:

1. Territorial responsibility - the obligation to care for the local community defined geographically;
2. Global budget (annual rate of PLN 98 per inhabitant over 18 years of age);
3. One responsible entity - cooperation vs competition;
4. Other units from the MHC area - as subcontractors;
5. Coordination of care,
6. Early identification of the life situation - preventing social isolation or dependence on psychiatric services;
7. Teamwork, interchangeability of roles, participation of "middle medical staff" and non-medical workers, recovery assistants;

Miejsca objęte pilotażem centrów zdrowia psychicznego



Child psychiatry system in Poland - difficult situation



- insufficient number of child psychiatrists

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021
Number of specialist	283	296	330	346	374	437	403	415	445	465	494

- insufficient outpatient center care
- long waiting lists for help in the public system
- regional differences in access to care
- increasing number of patients





38 psychiatric
wards for children
and adolescents

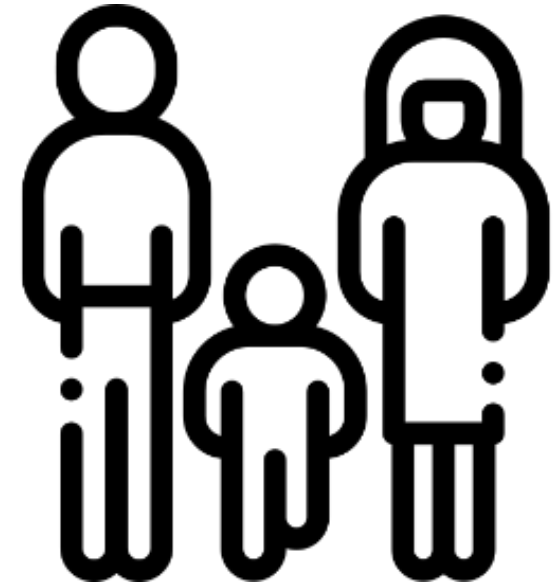


National Health Fund's data, prepared with Google My Maps website.



New model of the child and adolescent mental care system - reform from 2018

- deinstitutionalization of the system (increasing role of outpatient services)
- increased role of psychologists, psychotherapists („gatekeepers” to the system)
- community care (involving schools, families and peers in the treatment proces)
- three reference levels of care



Highly specialised psychiatric care in hospital ward
hospital / psychiatric and nursing care / psychiatric emergency room

Child and Adolescent Mental Health Centre
psychiatrist / day wards

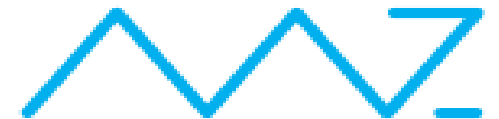
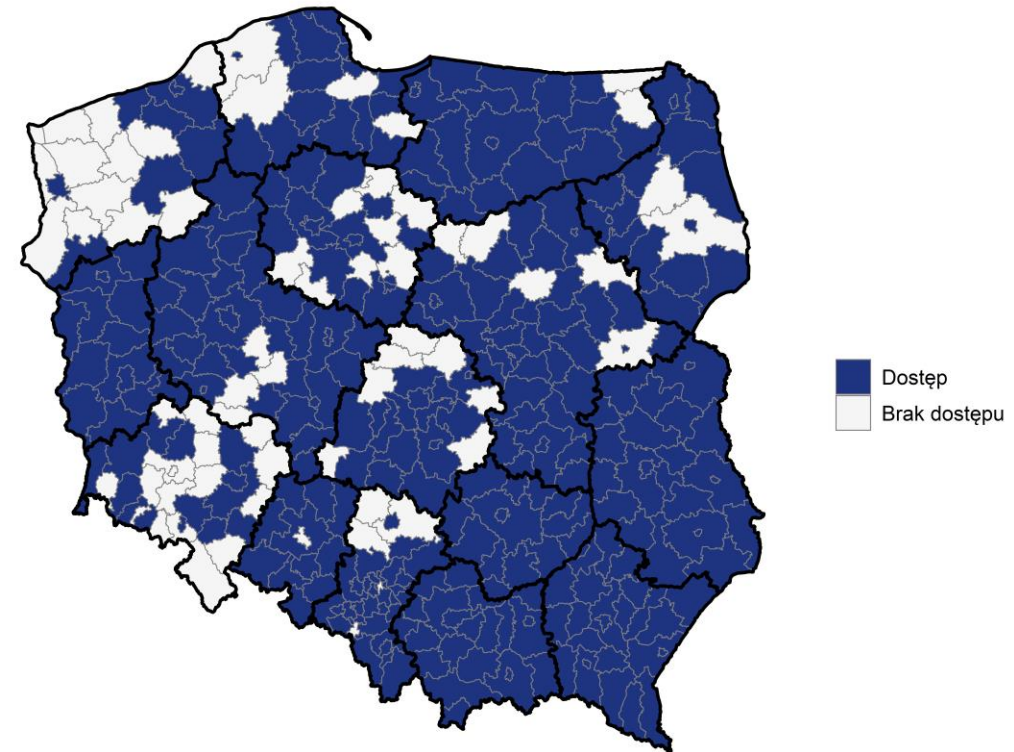
Community centre for psychological and psychotherapeutic care for children and adolescents
psychologist / psychotherapist / community therapists



Current situation

- 343 community centres for psychological and psychotherapeutic care for children and adolescents have been opened since April 2020
- 38 psychiatric wards, 45 day wards, 153 psychiatric outpatient clinics
- Developing standards of diagnosing and treatment in psychiatric care for the three levels
- Trainings for staff (including trainings for child and adolescent psychotherapists)

Ośrodki środowiskowej opieki psychologicznej i psychoterapeutycznej dla dzieci i młodzieży



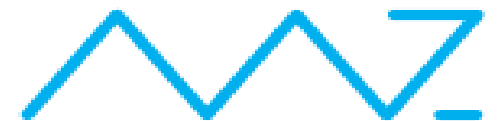
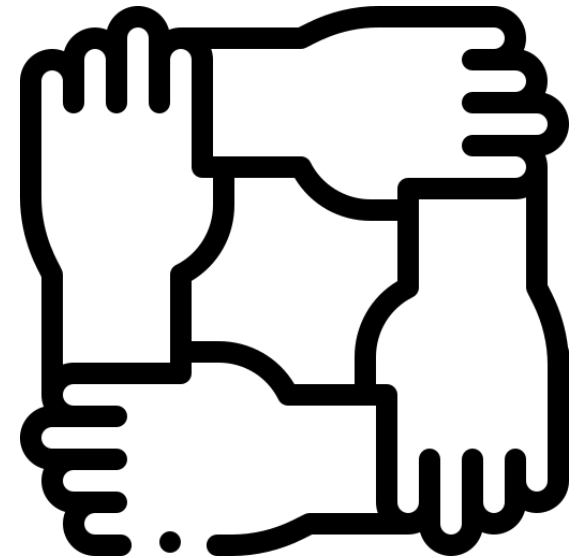
Access for refugees from Ukraine

- The right to all medical services on the same conditions as Polish citizens
- Children's Ombudsman Helpline available in Ukrainian and Russian (free psychological support by phone, in collaboration with the Ministry of Health)
- Ministry of Health is working on solutions to support health care providers in language communication with patients



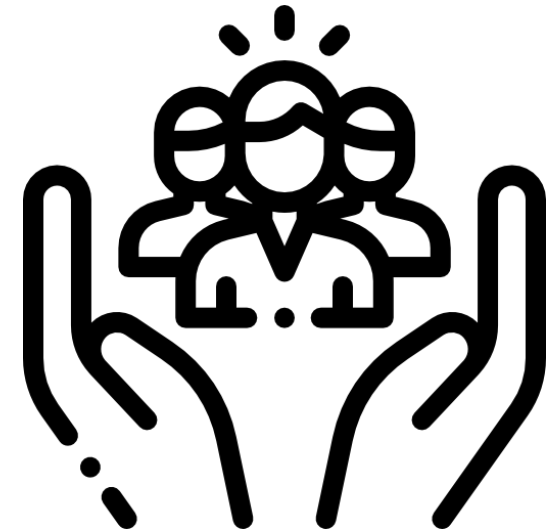
Alcohol addiction treatment

- treatment of addiction is voluntary, except in the case of a court obligation of treatment (people who, due to alcohol abuse, break down family life, demoralize minors, avoid the obligation to meet the needs of the family or systematically disturb peace or public order);
- treatment of alcohol-related disorders is free, also for uninsured people and co-addicts;
- each voivodship has a Voivodship Center for Alcohol Addiction and Co-addiction Therapy, for monitoring the functioning of alcohol addiction treatment facilities, assessment of the quality of services; issuing opinions on strategies on public health protection.



Drug addiction treatment

- treatment of addiction is voluntary, except in the case of a court obligation of treatment (e.g. conviction of an addicted person for a crime related to the use of a narcotic drug, psychotropic substance or a new psychoactive substance to imprisonment, the execution of which was conditionally suspended);
- treatment of drug-related disorders is free;
- there are 25 substitution treatment programs in Poland (24 implemented in public and non-public health care facilities and 1 in penitentiary establishments).



Thank you

