

# “Italian Glossary of Mental Health Promotion: an initiative of Lombardy Region”

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## Lombardia Region

TURKU 2 JUNE 2011



## Regione Lombardia

*Rete HPH  
Health Promoting Hospital  
and Health Services*

# GLOSSARIO SULLA PROMOZIONE DELLA SALUTE MENTALE

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Decreto D.G. Sanità n° . 7873 del 5 agosto 2010

*Bollettino Ufficiale – Regione Lombardia n.39  
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<http://www.regione.lombardia.it/>



# The Glossary

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# Introduction

In 2009 the Lombardy Region General Director for Health, as a way of boosting Mental Health Promotion (MHP) practices among policy makers, administrators, professionals and all citizens working in the field, promoted the constitution of a working group of experts ...

# aims

to share definitions, methods, language and values of MHP;

to collect and classify best practices in the field

to contribute to create a 'community of practice' with all citizen committed to mental health promotion.

# some definitions

Mental health may be defined as ... a state of well-being in which the individual realizes his or her abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community.

Promoting Mental Health: Concepts, Emerging Evidences (WHO,2004)

# *health promotion*

the process of enabling people to increase their control over the determinants of health and therefore to improve health itself  
(Nutbeam, 1985)

health is a resource of everyday life ... it is a positive concept that enhances both personal and social resources and physical capacities  
(Ottawa Charter, 1986)

determines quality of life  
(Bangkok Charter, 2005)

Health *(including mental health)* and disease may coexist.  
They are mutually exclusive only if health is considered in a  
restrictive way as absence of disease (Sartorius 1990)

*it follows that:*

- *mental health is an integral part of health*
- *mental health is more than absence of disease : the concept of “positive mental health”*
- *mental health is integrally part of physical health and behaviour.*

## *new competence required ...*

Professionals, carers and users need “to integrate health promotion and therapy in the treatment plan ”

Starting from strengths not from handicaps (Carol Ryff):

- Purpose in life (importance of setting life goals)
- promoting personal Growth (increasing awareness)
- developing positive relationships with others
- becoming expert in mastering life environment
- self-acceptance notwithstanding everyone’s limits and weakness
- developing personal autonomy

## *embedded abilities*

Integrating mental health promotion in the treatment plan implies changing clinician/user relationship

that means shifting from “I am superior to you” not so much to a rather demagogic “I am like you” as to

“I am with you”

respecting professional roles without escaping the responsibility that the role entails, through

“sharing users goals”

(M. Bertini)

## WHO, September 2010

Mental health is an integral part of health; indeed, there is no health without mental health.

Mental health is more than the absence of mental disorders.

Mental health is determined by socio-economic, biological and environmental factors.

Cost-effective intersectoral strategies and interventions exist to promote mental health.

# the sources

# The WHO Health Promotion Glossary

The WHO Health Promotion Glossary was written to facilitate understanding, communication and cooperation among those engaged in health promotion at the local, regional, national and global levels. Two editions of the Glossary have been released, the first in **1986** and the second in **1998**.

# WHO Health Promotion Glossary: **new terms**

Ben J. Smith, Kwok Cho Tang and Don Nutbeam

Health Promotion International Advance Access  
published September 7, 2006

# Mental Health Promotion

by Mima Cattan & Sylvia Tilford

Open University Press, 2006

(Glossary of terms)

# 2 streams



# beyond the official WHO definition

2 research streams were considered

# the first stream: the psychiatric tradition

- “many people are used to hearing ‘mental health’ as a euphemism for ‘mental illness’. .. but for so long the ‘mental health as mental illness’ euphemism has been a stable part of our ordinary language and the illusion sticks. So it becomes very hard to think of mental health as anything other than something affected by the values, myths and fears that often surround mental illness.” (MacDonald, 2006).
- MacDonald is not speaking of a merely conceptual dimension but he refers to the fact that mental health professionals together with many patients and citizens do believe that mental health is only absence of mental illness.

# a resource more than a limit

We think that contiguity and continuity with the world of mental health suffering – more than being a limit – may be a resource for a new mental health promotion oriented vision.

# the second stream: the well-being research

... a condition involving different aspects of human beings

1. Self acceptance
2. Positive relationships with others
3. Autonomy
4. Environmental mastery
5. Purpose in life
6. Personal growth

(Ryff et al. 1999)

# mental health and wellbeing



# ‘positive mental health’ notion

... unifies the language of psychological research concerning ‘well-being’ and makes possible going beyond psychiatry including :

- a positive sense of well-being
- the relevance of personal strengths that – to some extent – can be learned, like:
- self-esteem/ self efficacy, optimism, sense of mastery and coherence of our world
- ability of beginning, developing and maintaining mutually satisfying personal relationships
- Ability of coping with adverse life events, nowadays referred to as resilience



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# results

Finally, a list of 54 terms or key-concepts, have been included either specific to MHP field or because their meaning is specific when used in that field. Some of these terms, though not specific to MHP, have been included to allow using the glossary as a rather complete tool-kit for people with different cultural background active in mental health promotion.



# the 54 terms of the Glossary (1)

1 Abilitare (**Enable**)

2 Advocacy

3 Ambienti favorevoli alla salute (**Health promoting environments**)

4 Ambienti organizzativi per la salute (**Health promoting Organizations**)

5 Ansia (**Anxiety**)

6 Assistenza sanitaria di base (**Primary health care**)

7 Auto-mutuo-aiuto (**Self-help Mutual-aid**)

8 Benessere (**Wellbeing**)

9 Capitale sociale (**Social capital**)

10 Città sane (**Healthy Cities**)

11 **Clinical governance**

12 Comunità: cure di comunità, sviluppo di comunità (**Community care**)

13 **Coping skills**

14 Crescita personale (**Personal growth**)



## the 54 terms of the Glossary (2)

- 15 Depressione (**D**epression)
- 16 Disabilità (**D**isability)
- 17 Emozioni (**E**motions)
- 18 **E**mpowerment
- 19 Epidemiologia (**E**pidemiology)
- 20 Equità (**E**quity)
- 21 Fattore di rischio (**R**isk **F**actors)
- 22 Fattore protettivo (**P**rotective **F**actors)
- 23 Fattori determinanti della salute mentale  
(**D**eterminants of **M**ental **H**ealth)
- 24 Felicità (**H**appiness)
- 25 Guadagno in salute (**H**ealth **g**ain)
- 26 Indicatore di salute (**H**ealth **I**ndicator)
- 27 **L**ife **s**kills
- 28 Meditazione (**M**editation)



# the 54 terms of the Glossary (3)

- 29 Motivazione (**Motivation**)
- 30 Movimenti degli utenti e dei carer (**Users' and carers' movements**)
- 31 Obiettivo della salute (**Health goal**)
- 32 Rete HPH Ospedali e servizi sanitari per la promozione della salute  
(**Health Promoting Hospitals & Health Services**)
- 33 Partenariato (**Partnership**)
- 34 Politiche sociali (**Social policies**)
- 35 Prevenzione delle malattie mentali (**Mental Disorders Prevention**)
- 36 Promozione della salute mentale (**Mental health promotion**)
- 37 Psicologia positiva (**Positive psychology**)
- 38 Psicosi (**Psychosis**)
- 39 Qualità della vita (**Quality of life**)
- 40 **Recovery**
- 41 Resilienza (**Resilience**)
- 42 Responsabilità sociale di impresa (**Corporate social responsibility**)



# the 54 terms of the Glossary (4)

- 43 Reti sociali (**Social networks**)
- 44 Riorientare i servizi sanitari di salute mentale  
(**Re-orienting Mental Health Services**)
- 45 Scuole per la promozione della salute (**Health Promoting Schools**)
- 46 Salute pubblica (**Public health**)
- 47 Supporto (**Social support**)
- 48 Speranza (**Hope**)
- 49 Spiritualità (**Spirituality**)
- 50 Stakeholder
- 51 Stili di vita (**Life Styles**)
- 52 Sviluppo sostenibile (**Sustainable development**)
- 53 Valutazione della prevenzione (**Prevention evaluation**)
- 54 Vulnerabilità (**Vulnerability**)

# conclusions

The Lombardy Mental Health Promotion Glossary is aimed to representing a point of reference for all people – professionals, public administrators, volunteers, executives - wherever located, willing to improve mental health and wellbeing for both mental health users and the wide community. In fact, the glossary list of terms involves a wide range of disciplines, ranging over concepts like social capital, clinical governance, anxiety and depression, together with meditation and spirituality.

# comments

This issue has been edited with 2 important annexes: the 1986 Ottawa Charter and the final report of 2005 Helsinki Conference on Mental Health of the Ministers of Health of European Union. After this issue addressed to Italian audience, the authors announce that an English version of the glossary is in preparation.

and please let me introduce

The 11<sup>o</sup> international World Congress of the  
World Association for Psychosocial Rehabilitation  
to be held in Milano (Italy)

10-13 November 2012

# 11<sup>th</sup> World Congress

Change thinking

Change practice

Change services.

11<sup>o</sup> World Congress of the World Association for Psychosocial  
Rehabilitation Milano (Italy) 10-13 November 2012

# 11<sup>th</sup> World Congress



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<b>CHANGE</b>	THINKING CHANGE PRACTICE CHANGE SERVICES
<b>TRASFORMAR</b>	LAS IDEAS LAS PRÁCTICAS LOS SERVICIOS
<b>CHANGER</b>	LES IDÉES LES PRATIQUES LES SERVICES
<b>CAMBIARE</b>	LE IDEE LE PRATICHE I SERVIZI



thanks for your attention