

REFERAT FRA SUB-GROUP MENTAL HEALTH

Report by Espen 09-05-11

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Gruppen hadde sterkest engasjement på de tre generelle problemstillingene, men ønsket å jobbe videre med de to spesifikke på mental helse dag to.

1. WHAT IS NEEDED IN ORDER TO MAKE THIS THEME/FOCUS AREA INTERESTING FOR DECISION-MAKERS?

Den generelle problemstillingen 1 samlet størst interesse (1.prio.)og hadde flest prioriterte svar:

1. Clarity – pick one argument + KISS (Keep it simple and strong)
2. Come up with solutions – not problems – define their challenges and present solutions
3. Illustrate concrete experiences – let them take part/experience them selves
4. Define who are the real decision makers – the leaders, politicians or their most trusted advisers?
5. Present documentation – hard facts
6. Different target groups need different solutions presented.

2. WHICH PERSPECTIVE, STRATEGIES AND TOOLS DO WE NEED?

Den generelle problemstillingen 2 fikk 2. prioritet:

1. Bottom up- approach
2. Look for and use volunteers – serve food and beverage – have fun – be positive
3. We need cost-benefit-analysis – show the positive economical effects
4. Make strategies and break them down to 3-year, measurable plans
5. Be professional in lobbying
6. Influence the education-programmes for health-employees
7. Tools for ranking environmental qualities – how high does your green zone rank?

3. HOW CAN WE REINFORCE AND SUPPORT EACH OTHERS ACROSS DIFFERENT PROFESSIONS IN ORDER TO INCREASE THE FOCUS ON NATURE AND HEALTH WITHIN THIS FOCUS AREA MENTAL HEALTH?

Den generelle problemstillingen 3 fikk 3. Prioritet:

1. Just do it!
2. Keep focus on one area/solution
3. Keep communicating
4. Hold focus on delivery

5. Common conferences

Den spesifikke problemstillingen om "Interaction":

1. On arenas for local planning
2. Use out-door activities in "Healthy-life-activities" locally

Den spesifikke problemstillingen om "Building competence":

1. Short, practical courses locally
2. Bring the NGOs onboard
3. Integrated into the ordinary education
4. Catalogues of "best practice"
5. Use of evidence-based theoretical knowledge.