

Well-being and mental health – Towards an integrated policy approach

Virtual conference
6-9 December 2021

Good mental health matters for well-being and for human flourishing. While mental health has come to the forefront of public debate during COVID-19, it already accounted for one of the largest and fastest growing categories of the global burden of disease prior to the pandemic. Successful strategies to promote good population mental health will need to take a holistic and people-centred view that recognises that the ability to thrive depends on the broader living conditions and quality of life experienced by individuals, families and communities. The need for a society-wide response has already been recognised in longstanding work of the OECD and others, such as in the [2015 OECD Recommendation on Integrated Mental Health, Skills and Work Policy](#) and the recently released [assessment of the Recommendation's implementation](#) across member countries, [Fitter Minds, Fitter Jobs](#) and [the OECD Benchmark for Mental Health Systems](#). The OECD is now launching a new project applying a well-being lens to population mental health, drawing on the different economic, social, environmental and relational dimensions of people's lives highlighted by the [OECD's Well-being Framework](#), and building on synergies with the whole-of-government approaches to well-being now under development in a number of countries. In particular, this project will outline what is needed to improve the quality and availability of comparable data on population-wide mental health status, establish how well-being approaches can serve as additional tool for further policy integration, and help shine a light on areas where more work is needed.

This conference will bring together policy makers, leading academics, data producers and people with lived experience to deepen understanding of the interrelationships between mental health and people's economic, social, environmental and relational well-being. It will take stock of existing work that considers the multidimensional drivers and social determinants of mental health; discuss how to overcome the well-known challenges of measuring population mental health status; and examine what lessons can be learned from the integrated policy approaches to mental health promotion that have been put into practice so far. The conference outcomes will be used to inform a new OECD project on integrated approaches to well-being and mental health.

If you are interested in participating in the conference, please [register here](#).



Conference co-organised by the Centre for Well-Being, Inclusion, Sustainability and Equal Opportunity (WISE) with the Directorate for Employment, Labour and Social Affairs (ELS)

AGENDA

Monday 6 December 2021

Afternoon session

Conference opening		
15.00 - 15.05	Welcome and moderation	Welcome by Ulrik Vestergaard Knudsen , OECD Deputy Secretary-General Moderated by Romina Boarini , Director, OECD WISE Centre
15.05 - 15.30	Keynote: Social determinants of health	Sir Michael Marmot , Director of the UCL Institute of Health Equity
15.30 - 15.50	Lived experience session: How to tackle mental health at work (&life)	Nele Groeger and Luisa Weyrich, Shitshow Mental Health Consultancy
15.50 - 16.00	<i>Coffee break</i>	
Integrated approaches to mental health: where do we stand, where do we need to go next?		
16.00 - 17.15	<i>This first panel session takes stock of what has already been achieved in terms of recognising and implementing integrated approaches to mental health by the OECD and other actors (including work on the social determinants of health, ONE health approaches, and the November 2021 report on the implementation of the OECD Recommendation on Integrated Mental Health, Skills and Work Policy and the OECD's Mental Health Performance Framework). Speakers will also outline what more needs to be done to achieve mental health in all policies, and how a well-being approach could be used as tool to support a more people-centred approach and greater policy integration.</i>	Moderated by Stefano Scarpetta , Director, Employment Labour and Social Affairs at the OECD Panellists <ul style="list-style-type: none"> • Adam Coutts, Weatherhead scholar (2021 to 2022), Weatherhead Centre for International Affairs, Harvard University, Senior Research Fellow, Magdalene College, University of Cambridge • Alonzo L. Plough, Chief science officer and vice president, Research-Evaluation-Learning, Robert Wood Johnson Foundation • Emily Hewlett, Policy Analyst, OECD Directorate for Employment, Labour and Social Affairs (presentation) • Carrie Exton, Head of Unit, Well-being Data Insights and Policy, OECD WISE Centre (presentation)
17.15 - 17.30	Q&A	

Tuesday 7 December 2021

Morning session

Lessons learned from integrated mental health policy in practice		
10.00 - 11.00	<p><i>This session brings together experiences from national and other mental health strategies that have tried to focus on an integrated approaches to mental health. After a keynote opening by Seiko Noda, the newly appointed Minister for Loneliness and Isolation of Japan, the discussion will focus on what has worked, where there is still room for progress, and which areas of well-being could be better considered going forward.</i></p>	<p>Moderated by Ulrik Vestergaard Knudsen, OECD Deputy Secretary-General</p> <p>Keynote</p> <ul style="list-style-type: none"> • Seiko Noda, Minister for Loneliness and Isolation, Japan (presentation) <p>Panellists</p> <ul style="list-style-type: none"> • Taru Koivisto, Director, Finland Ministry of Social Affairs and Health • Maria Walsh, Member of the European Parliament EPP Group • Franck Bellivier, Ministerial Delegate for Mental Health and Psychiatry, France • Hedinn Unnsteinsson, Senior Policy Analyst, Prime Minister's Office of Iceland, Chairperson of the Icelandic Mental Health Alliance
11.00 - 11.10	Q&A	

Afternoon session

Measuring population mental health: recent advances and challenges		
15.00 - 16.00	<p><i>This session showcases the experience of National Statistical Offices (NSOs) and other public agencies from across the OECD in including measures of population mental health in their survey vehicles, both before and during the COVID-19 pandemic. The session will address questions around choice of measurement tool, practical considerations of stigma and data collection ethics, as well as analysis and interpretation of results. Academic experts will also comment on harmonisation of different population mental health measures and the difference between measuring mental distress vs positive mental health status.</i></p>	<p>Moderated by George Ploubidis, Professor of Population Health and Statistics at the UCL Social Research Institute</p> <p>Panellists</p> <ul style="list-style-type: none"> • Jennifer Ali, Chief, Centre for Population Health Data, Statistics Canada: Measuring population mental health in Canada • Franco Fernandez Fleming, Ministry of Social Development and Family, Chile: Measuring population mental health in the COVID-19 Social Survey • Horacio Carol Diaz, DANE, Colombia: <i>Measuring population mental health in the Social Pulse Survey</i> • Julia Thom, Project lead, Robert Koch Institute: <i>Mental health surveillance in Germany</i> • Ziggi Ivan Santini, Researcher, Danish National Institute of Public Health: Monitoring good population mental health
16.00 - 16.10	Q&A	

Wednesday 8 December 2021

Morning session

Policies to support young people's mental health		
10.00 - 11.00	<i>Young people have borne a disproportionate brunt of the mental health impacts of the COVID-19 crisis. This session will address how government-wide policies including in education, workplaces and health systems can promote mental health for all young people and ensure access to timely mental health support. Panellists will include policymakers, experts and young people with lived experience of mental health conditions.</i>	<p>Moderated by Shunta Takino, Policy Analyst, Employment Labour and Social Affairs at the OECD</p> <p>Keynote</p> <ul style="list-style-type: none"> • Laurence Chandy, Director of Office of Global Insight and Policy at UNICEF: <i>State of the World's Children – young people and mental health</i> <p>Panellists</p> <ul style="list-style-type: none"> • Amelia Walters, Headspace Youth Advisor • Susanne Walitza, Professor of Child and Adolescent Psychiatry and Psychotherapy, University of Zurich • Øystein Gjeset Ellingsen, Deputy Director General, Department of Municipal and Health Services, Norway • Francesca Gottschalk, OECD Directorate for Education and Skills
11.00 - 11.10	Q&A	

Afternoon session

Well-being and mental health: material conditions		
15.00 - 16.00	<i>Material conditions in the OECD Well-being Framework include dimensions of income and wealth, housing and work and job quality – and how these outcomes are distributed in society. This session reviews the evidence on how mental health and these dimensions of well-being mutually shape one another.</i>	<p>Moderated by Tyler Norris, MDiv, CEO, Well Being Trust</p> <p>Panellists</p> <ul style="list-style-type: none"> • David Finch, Assistant Director Healthy Lives Team, The Health Foundation: Unemployment and mental health • Anthony D. LaMontagne, Professor, Deakin University Melbourne: Psychosocial job quality and mental health • Sally-Anne Gross, Principal Lecturer, Westminster School of Arts: <i>Well-being and mental health in the gig economy</i> • Karen Arulsamy, University College Dublin: The impact of automatic enrolment on the mental health gap in pension participation • Ronni M. Greenwood, Social-Community Psychologist and Lecturer in the Psychology Department, University of Limerick: Homeless

		<u>Adults' Recovery Experiences in Housing First and Traditional Services Programs</u>
16.00 - 16.10	Q&A	
16.10 - 16.20	Coffee break	
Well-being and mental health: quality of life		
16.20 - 17.20	<i>Quality of life in the OECD Well-being Framework encompasses how well people are (and how well they feel they are), what they know and can do, and how healthy and safe their places of living are. It covers well-being dimensions such as health, knowledge and skills, subjective well-being, and environmental quality. This session reviews the evidence on how mental health and these well-being outcomes mutually shape one another.</i>	Moderated by <u>Shekhar Saxena</u> , Professor of the Practice of Global Mental Health at the Harvard T. H. Chan School of Public Health Panellists <ul style="list-style-type: none"> • <u>Richard Layard</u>, Director, Wellbeing Programme, Centre for Economic Performance: <u>Mental illness and unhappiness</u> • <u>Tyler J. VanderWeele</u>, Director Harvard Human Flourishing Programme: <u>Human flourishing and mental health</u> • <u>Gregory Bratman</u>, Assistant Professor, University of Washington: <u>Nature experience, ecosystem services and mental health</u> • <u>Layla McCay</u>, Director Centre for Urban Design and Mental Health: <i>Urban design and mental health</i>
17.20 - 17.30	Q&A	

Thursday 9 December 2021

Afternoon session

Well-being and mental health: community relations		
15.00 - 16.00	<i>Community relations in the OECD Well-being Framework encompasses how connected and engaged people are, and how and with whom they spend their time. Dimensions include civic engagement, social connections, and work-life balance. This session reviews the evidence on how mental health and these well-being outcomes mutually shape one another.</i>	Moderated by Lara Fleischer , Project lead mental health and well-being, OECD WISE Centre Panellists <ul style="list-style-type: none"> • <u>James Sanderson</u>, CEO National Academy for Social Prescribing: <i>Social prescribing and mental health</i> • <u>Jyri Manninen</u>, Professor, University of Eastern Finland: <u>Participation in adult education and mental well-being</u> • <u>Angeline Ferdinand</u>, Centre for Health Policy, Melbourne School of Population and Global Health, University of Melbourne: <u>Racism and mental health</u> • <u>Hannes Kröger</u>, Head of the SocPsych-MH Unit, DIW Berlin: <u>Culture and mental health</u>

		<ul style="list-style-type: none"> • Elisabeth Ng Langdal, Executive Director Mental Health and Human Rights Info: Mental health and gender-based violence • Luca Bernardi, Lecturer, University of Liverpool: Mental health and political representation
16.00 - 16.10	Q&A	
16.10 - 16.20	Coffee break	
Well-being and mental health: sustainability		
16.20 - 17.20	<p><i>The OECD Well-being Framework not only considers well-being in the “here and now”, but also the systemic resources needed to sustain well-being in the future. These are expressed as four types of capital, i.e. stocks and flows that last over time but are also affected by decisions taken (or not taken) today. This session reviews the evidence on how economic, human, natural and social capital interlink with mental health.</i></p>	<p>Moderated by Andrew Steptoe, Head of the Department of Behavioural Science and Health at UCL</p> <p>Panellists</p> <ul style="list-style-type: none"> • Christina Kamis, Duke University: Long-term consequences of parental mental health • Catherine Carty, UNESCO Chair project manager: <i>Improving mental health through sport</i> • Emma Lawrance, Mental Health Innovations Fellow at the Institute of Global Health Innovation: <i>Eco-anxiety and mental health</i> • Katie Hayes, PhD, Senior Policy Analyst, Health Canada: <i>Climate change and mental health</i>
17.20 - 17.30	Q&A	