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AN OVERALL EVALUATION ON COMMUNITY MENTAL HEALTH SERVICES

Abstract. Community Mental Health Services, which are considerably new in the field of mental health in our country is very important in terms of mental health care and social rehabilitation of individuals with mental illness. While modern life has brought many facilities for human being as a whole, it has also caused people many contemporary problems. Societies are also affected from the economic, social and psychological problems of modern time.

Community mental health centers have been established since the year 2009 in Turkey. With the help of these centers the need of hospitalization and exacerbation of the disease may decrease. There are some uncertainties about the services that will be offered to patients with mental disorders in the community mental health centers opened in our country. For this reason, it is considered important to know the practices aimed at protecting mental health. In this study, information was given about community mental health services.

Key Words: Community mental health, mental health workers, mental health education, psychological adaptation, mental symptoms.

Research Type: Review.

1. INTRODUCTION

Human beings want to have mental and physical health, attach to life, and also have a happy life. Mental health diseases are increasing all over the world. Mental health services' impacts on welfare and health of the individual in addition to economic and social systems make them important. Despite this importance, mental health services are among the areas with low policy priority in health systems. The increase in social and economic losses caused by mental illness brings the effectiveness of mental health services to the agenda (Çakmak & Konca, 2019: 51).

In recent years, there has been increasing acknowledgement of the important role mental health plays in achieving global development goals, as illustrated by the inclusion of mental health in the Sustainable

Development Goals. Despite progress in some countries, people with mental health conditions often experience severe human rights violations, discrimination, and stigma (<https://www.who.int/health-topics/mental-health>).

The field of therapeutic mental health includes the services carried out from the time when the patient is admitted to the hospital until the monitoring phase after the patient's discharge. The holistic well-being of the patients is targeted in the field of therapeutic mental health. The rehabilitating mental health field is an area of practice that aims to minimize the symptoms caused by mental disorders, to integrate the patient into the community and to encourage social inclusion (Abay & Çölgeçen, 2018: 2178). In this context, there is a need for community-based current studies are needed the mental health field in Turkey.

2. LITERATURE REVIEW

2.1. What is Mental Health?

World Health Organization describes health as the state of being completely fine corporally, socially and psychologically.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

Mental health is important at every stage of life, from childhood and adolescence through adulthood (<https://www.mentalhealth.gov>).

Preventive mental health services cover following activities; mental illness prevention, determination of risk factors, early diagnosis and treatment of mental disorders, giving social supports to people who affected by mental disorders, offering primary, secondary, tertiary levels of protection at the community level (Attepe-Özden, 2015: 191).

2.2. Who is Mental Health Worker?

The terms of mental health worker has been used for defining psychiatrists, psychologists, counselors, social workers, nurses and occupational therapists who provide mental health services. Mental health professionals' personal values have a critical role in providing efficient services to culturally diverse clients, being social advocates, and promoting social justice.

2.3. What is Mental Illness?

Mental illnesses are disorders that cause mental, emotional and behavioral disorders and are characterized by inconsistency, inadequacy,

excess or non-conformity at different levels, and constitute harmony and dysfunctions in individuals (Abay & Çölgeçen, 2018: 2178). According to Keyes (2002; 2005), mental health and mental illnesses are separate but related concepts.

2.4. Causes of Mental Illness *Nowadays, with the effect of globalism, natural traumas such as epidemic, earthquake, flood and tsunami and social traumas such as war, terror, domestic violence, rape, torture and captivity influence individuals and societies directly or indirectly and could cause mental illness.* Every year the prevalence of psychological disorders increases worldwide among the general and working population. Global crises, increasing unemployment rates and changes in the labor market affect workers mental health. Most common psychological problems are depressive disorders, anxiety and adjustment disorders and posttraumatic stress disorder symptoms.

There are many risk factors and triggers, but here are a few examples:

- Genetics
- Environment
- Childhood trauma
- Stressful events
- Negative thoughts
- Unhealthy habits
- Drugs and alcohol
- Brain chemistry, etc. (<https://screening.mhanational.org>).

2.5. Treatment of Mental Illnesses

Treatment of mental illnesses can be achieved by evaluating the biological, psychological and social dimensions of the patients with a biopsychological approach and by providing their well-being (Abay & Çölgeçen, 2018: 2178).

In community mental health, the emphasis is on the treatment of the mentally ill within their communities and within their own.

3. The Goal of the Community Mental Health The goal of the community mental health centers, which constitute the core of community based mental health service model, is to register the patients who live in a certain geographical region and have serious mental disorder in the center, to observe them regularly and to bring them back to

community by providing their rehabilitation and treatment. Increasing number of people who live with mental health problems for many years in the community brings into focus the need for recovery within a coping and mental health promotion perspective. Community mental health centers are centers where patients with heavy mental disorders are provided with not only treatments in order to develop individual functioning, but also psychosocial support services, follow-up and treatment services in their own environment integrated with their primary healthcare services in accordance with the community-based mental health model. In order to provide an efficient mental health care service in a country, first the citizens of that country should be protected in terms of mental health, then the risky groups should be determined, early diagnosis and treatment methods should be provided and to increase the quality of healthy life mental health and rehabilitation services which are composed of education and consultancy steps, should be offered (İçel, Özkan & Aydoğan, 2016: 208).

4. CONCLUSION

Nowadays, it's seen that one-way perspectives have been replaced by a multidisciplinary perspective in the evaluation of mental health disorders. Nowadays, mental health is appropriated as an undeniable part of general health. Mental disorders are very important problem of public health due to higher prevalence rates, disability observations and causing economical losses. According to World Health Organisation mental disorder is consist 12.3% of global burden diseases in the world. In Turkey, field studies indicated that prevalence of disorder related to mental health around 20% Primary care and general practitioners have a privileged site due to first application point of this public health problem. Problems about mental health Services have many different sources but primary care focusing solutions are taken in to account priorly (Ocaktan, Özdemir & Akdur, 2004: 63). According to the study conducted by Bilge, Mermer, Çam, Çetinkaya, Erdoğan & Üçkuyu (2016), it is seen "the Community Mental Health Services in Turkey are not at targeted levels, however a progress has recently been experienced". The increase in the studies and more reliable data about these centers can improve the efficiency of these centers (Uz-Gül and at all., 2014: 15).

As Pederson (2002) pointed out, psychology has been moving towards a more multicultural basis. During this transition some mental

health professionals are expected to be under the influence of cultural encapsulation. These people are insensitive to cultural variations among individuals and assume their own view is the only right one (Wrenn, 1962, Pederson, 2002; cited in Kağnıcı & Denizli, 2018: 22).

Mental health services should offer psychological treatment for problems that could be solved with psychotherapy before starting the medical treatment. Although psychiatric symptoms are common, people with symptoms have difficulty in benefiting from health care.

National mental health policy should be of quality that prevents emergence of mental problems, early recognition of patients, treatment, and rehabilitation especially in society (Kurt & Akbaba, 2018: 538). According to the study conducted by Onan (2020) It was determined that patients followed up at the community mental health center had above moderate levels of treatment adherence. Referring patients to community mental health centers, activating rehabilitation and psychoeducation services which include informing patients about their illness and treatment, and thus supporting patients in terms of getting employed would increase adherence.

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