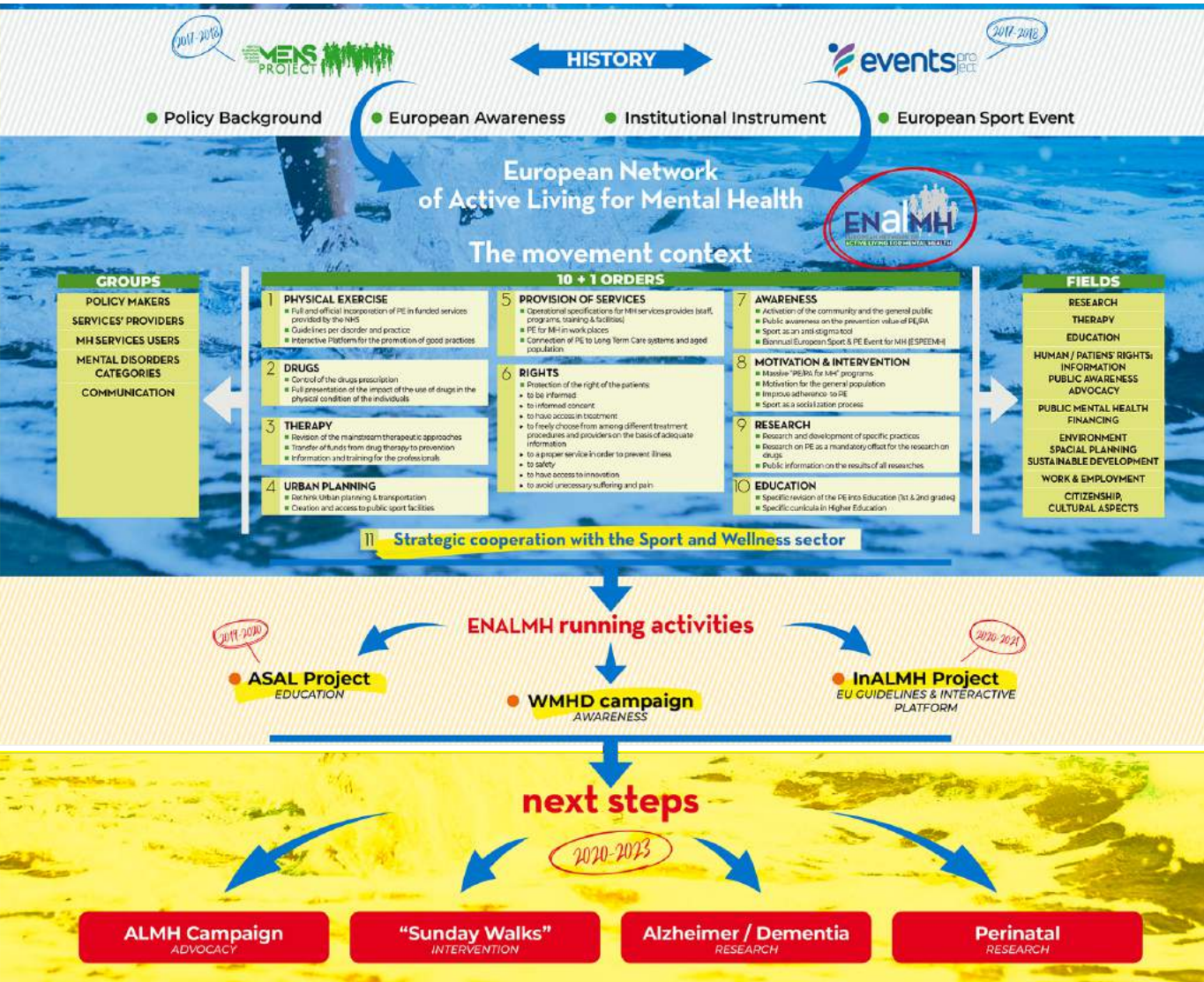


# Active Living for Mental Health: the million dollar question

**Nicos Andreopoulos** ENALMH Secretary General  
**Costas Karteroliotis** Member of the ENALMH Managing Board  
Professor, University of Athens, Greece

# The presentation at a glance



**Step 1:** ENALMH status, environment & background

**Step 2:** Active Living for Mental Health MOVEMENT. Where the innovation is hidden?

**Step 3:** ALMH Not a static statement but a developing story - Running activities

**Step 4:** What's next?

**Step 5:** The million dollar question

# Mission and vision

- providing evidence to guide policy
  - develop initiatives



for the utilization of Sport,  
PE & PA

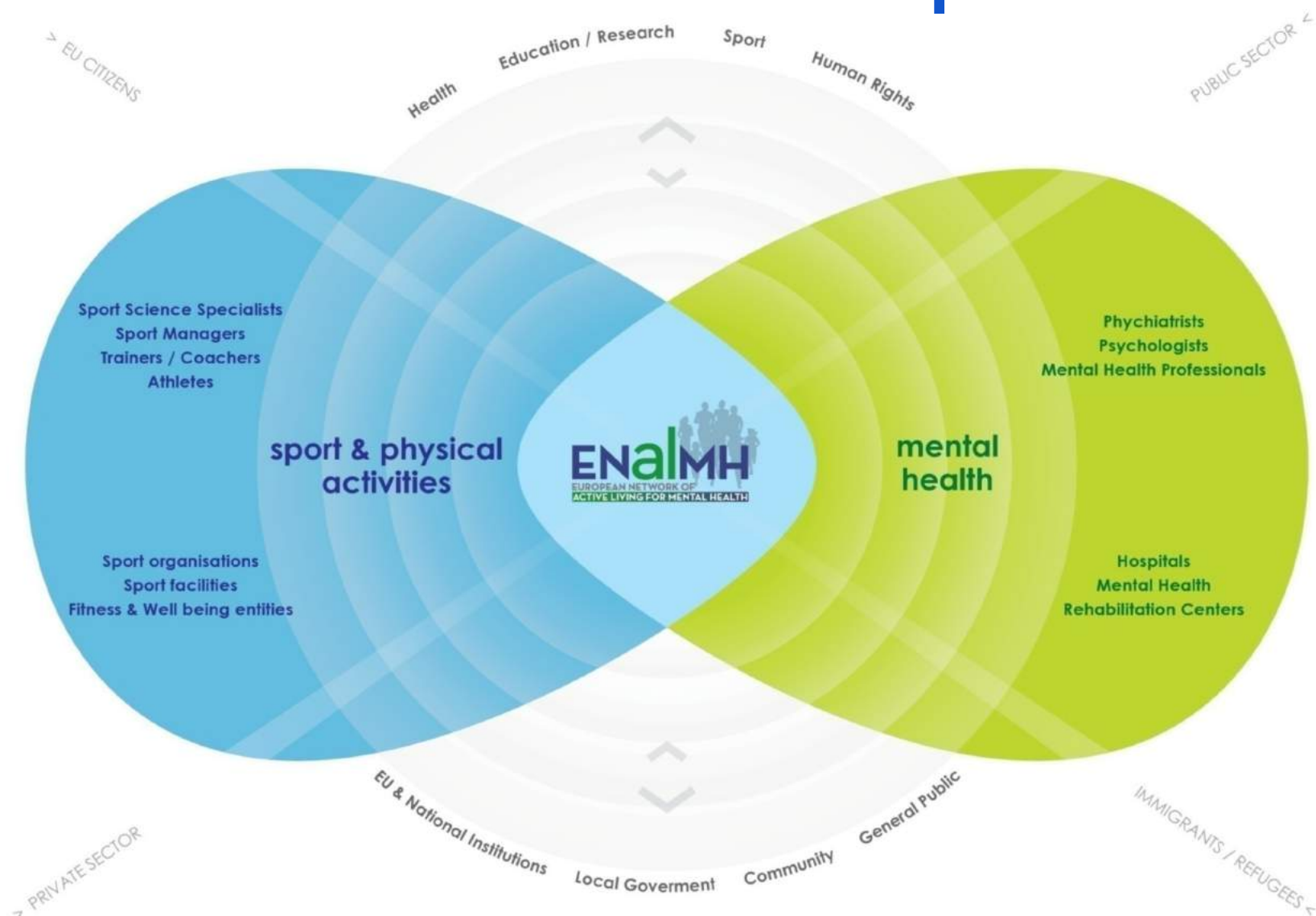
- to maintain mental health
- to prevent mental disorders and
  - to attain wellness

# Obstacles

- Sedentary lifestyle
- Lack of information and awareness
- External factors (drugs, other non mental diseases)
- Mainstream approaches
- Lack of policies, sources and infrastructure
- Social stereotypes
- Low motivation



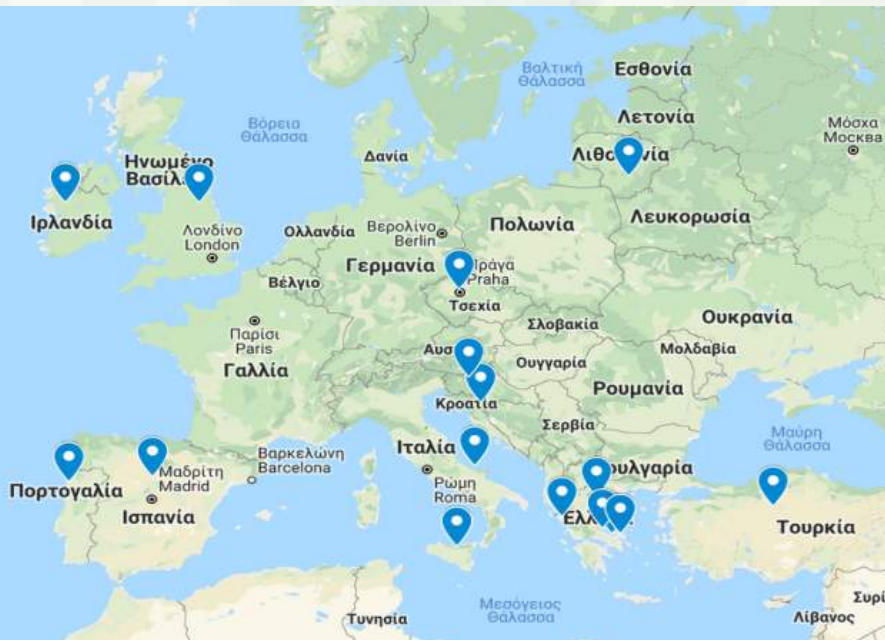
# The overall concept



# Who we are



- Established on 2017 under AISBL status
- Seated in Brussels, Belgium
- 19 members from 11 countries



## Membership :

- MH organisations
- Universities
- Sport / Wellness entities
- State & local authorities

# Current Cooperations

(members included)

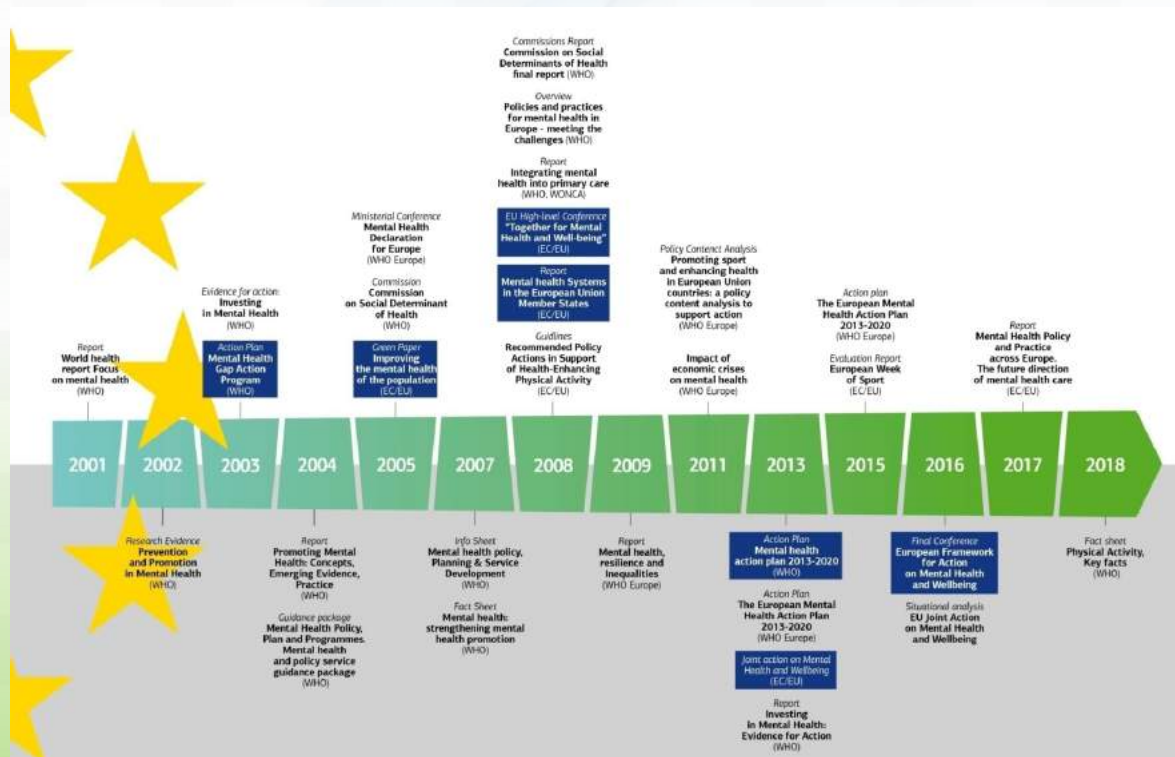
<i><b>EU / INTERNATIONAL ASSOCIATIONS</b></i>	<i><b>UNIVERSITIES / RESEARCH INSTITUTIONS / HOSPITALS</b></i>	<i><b>THIRD SECTOR (MH &amp; SPORT ORGNIZATIONS)</b></i>	<i><b>COUNTRIES OF ORIGIN</b></i>	
Mental Health Europe - BE	GREECE (3)	GR (6 + 23)	MEMBERS	NON MEMBERS
Sport & Citizenship - FR	PORTUGAL (1)	IT (2)	GR (7)	BE
GAMIAN Europe - BE	ITALY (7)	SP (2)	CZ	DE
EUFAMI - BE	NEDERLANDS (1)	PT (2)	HR	FR
International Sport & Culture Association - DN	SPAIN (1)	CZ (3)	IE	CN
Active Healthy Kids Global Alliance - CN	FRANCE (1)	UK (3)	IT (2)	DN
European Alliance against Depression - DE	UNITED KINGDOM (2)	DE (2)	PT (2)	USA
International Dance Organisation - DN	USA (1)	SI	SI	PL
	BELGIUM (1)	LI	UK	EE
		HR	TR	BL
		IE	SP	
		TR	LI	
		PL		
		EE		
		BL		
		<b>51</b>	<b>11</b>	<b>9</b>

**A total of 81 entities  
to 20 countries**

**8**

**18**

# Policy background



Timeline of the evolution of policies within the last 20 years

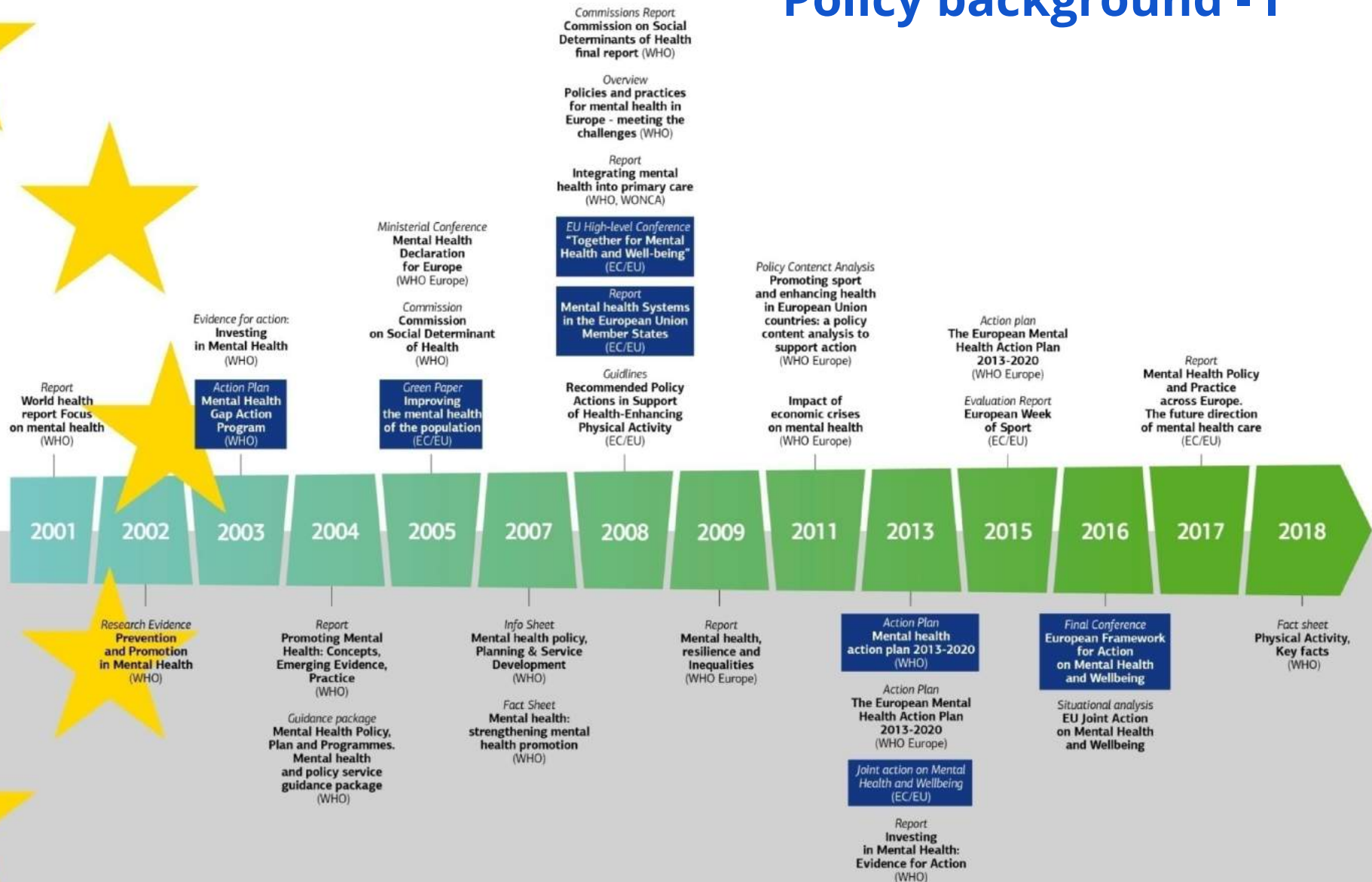
Source: [www.mensproject.eu](http://www.mensproject.eu)



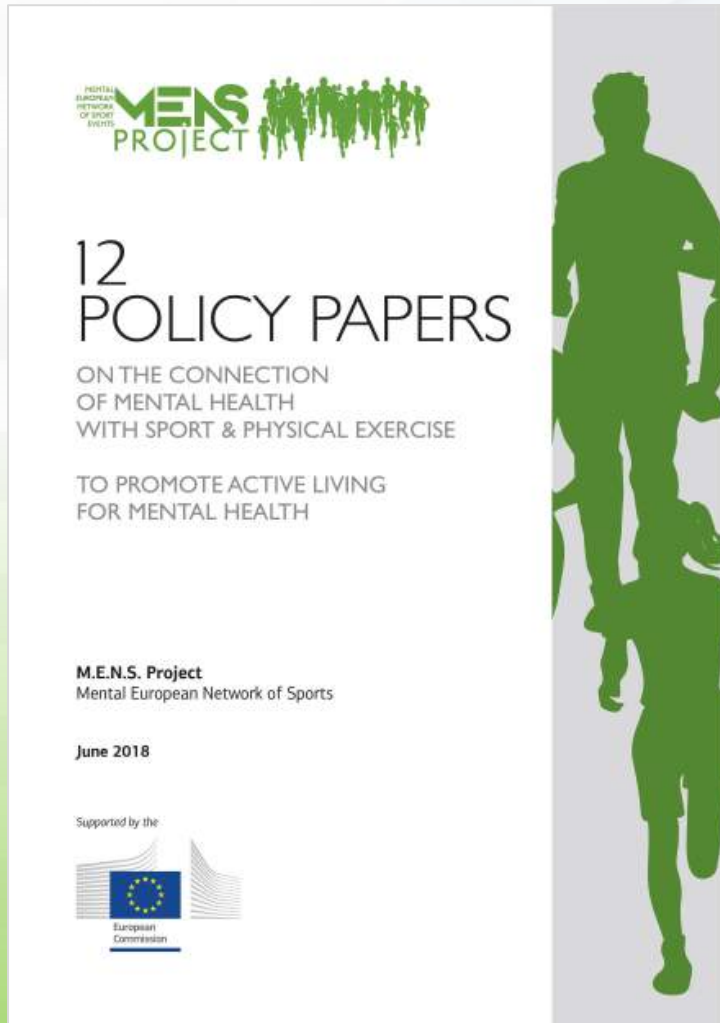
MENS Collective report



# Policy background - I



## Policy background - II



- Association of sports, physical activity and exercise with mental health - Existing policies and practices in the European Union
- Development of models of physical activities, sport events & exercise programs
- Mental Indicators and physical activity
- The preventive role of physical activity in mental health
- Inclusion of people with mental health problems through sport
- Mental health and stigma in Europe
- Addressing stigma in local authorities through sports
- Active living and mental health: Social partnership between the public and private sectors
- Sports as a means of non-pharmaceutical treatment for mental illness
- Physical activity for the treatment of patients with mental illness: Training needs of professionals
- Sport and mental health within the typical education systems
- Comparative approach on sports for mental health and sports for physical or intellectual disabilities

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# Scientific background & core evidence

• Dadvand, P., et al. (2016). Green spaces and General Health: Roles of mental health status, social support, and physical activity. Environment

Physical activity,  
even of mild or moderate intensity,  
is a means of preventing dementia,  
a priority by the G8 nations.  
(Norton et al., 2014)

Significant benefits from PE  
in patients  
with Mild Cognitive Impairment  
or increased risk of AD  
(Yaffe et al., 2001)

residents with dementia - a qualitative study. BMC Health Serv Res. 2015 Sep 14;15:379. doi: 10.1186/s12913-015-1041-7.

A study with data from 46 countries  
(low and moderate income-LMICs)  
and 204,186 participants aged  
18–64 years showed that:  
Psychosis diagnosis (especially  
among males) is associated  
with physical inactivity

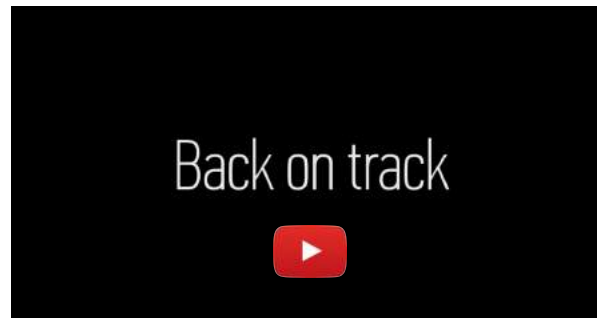
Exercise represents a preferred  
antidepressant treatment  
for approx. 55-65% of depressed  
patients  
(Lab of Exercise Psychology  
& Quality of Life)

• Martino Belvederi Murri, Nicola Padula, Erika Nerozzi, Alessandro Cremonini, Luigi Bagnoli, Donato Zocchi, Barbara Assirelli, Carlo Tacconi, Lorenzo

Aerobic Exercise of 45 minutes, 3 times/week for 9.2 weeks  
**BRINGS ABOUT LARGE ANTIDEPRESSANT EFFECTS!**

major depression, The British Journal of Psychiatry (2015) 207, 235–242. doi: 10.1192/bjp.bp.114.150516

# A bit of history...



Co-funded by the  
Erasmus+ Programme  
of the European Union



# ALMH movement Where the innovation is hidden?

## European Network of Active Living for Mental Health The movement context



### For the first time a holistic approach including

- an integrated action plan
- the PE/PA as a right of the patients
- recommendations for EU guidelines
- an interactive platform for customized PE practices for MH
- a recommendation for a protocol on information to be followed by the MH practitioners
- the unique and exclusive preventive value of PE

# European Network of Active Living for Mental Health

## The movement context

### 10 + 1 ORDERS

- 1 PHYSICAL EXERCISE**
- Full and official incorporation of PE in funded services provided by the NHS
  - Guidelines per disorder and practice
  - Interactive Platform for the promotion of good practices

- 2 DRUGS**
- Control of the drugs prescription
  - Full presentation of the impact of the use of drugs in the physical condition of the individuals

- 3 THERAPY**
- Revision of the mainstream therapeutic approaches
  - Transfer of funds from drug therapy to prevention
  - Information and training for the professionals

- 4 URBAN PLANNING**
- Rethink Urban planning & transportation
  - Creation and access to public sport facilities

- 5 PROVISION OF SERVICES**
- Operational specifications for MH services provides (staff, programs, training & facilities)
  - PE for MH in work places
  - Connection of PE to Long Term Care systems and aged population

- 6 RIGHTS**
- Protection of the right of the patients:
    - ▶ to be informed
    - ▶ to informed consent
    - ▶ to have access in treatment
    - ▶ to freely choose from among different treatment procedures and providers on the basis of adequate information
    - ▶ to a proper service in order to prevent illness
    - ▶ to safety
    - ▶ to have access to innovation
    - ▶ to avoid unnecessary suffering and pain

- 7 AWARENESS**
- Activation of the community and the general public
  - Public awareness on the prevention value of PE/PA
  - Sport as an anti-stigma tool
  - Biannual European Sport & PE Event for MH (ESPEEMH)

- 8 MOTIVATION & INTERVENTION**
- Massive "PE/PA for MH" programs
  - Motivation for the general population
  - Improve adherence to PE
  - Sport as a socialization process

- 9 RESEARCH**
- Research and development of specific practices
  - Research on PE as a mandatory offset for the research on drugs
  - Public information on the results of all researches

- 10 EDUCATION**
- Specific revision of the PE into Education (1st & 2nd grades)
  - Specific curricula in Higher Education

### 11 Strategic cooperation with the Sport and Wellness sector



# The ALMH Movement context

		ALMH PILLARS				
GROUPS / STAKEHOLDERS INVOLVED		THERAPY & REHABILITATION	PROTECTION OF RIGHTS	PREVENTION	FIELDS	
G1	<b>POLICY MAKERS</b>	Full and official incorporation of PE in funded services provided by the NHS (G1, F2, F5)	European Charter of Patients' Rights (G1, G2, G3, F2, F4, F5) <i>Related articles:</i> 1 - Right to Preventive Measures 2 - Right of Access 3 - Right to Information 4 - Right to Consent 5 - Right to Free Choice 8 - Right to the Observance of Quality Standards 9 - Right to Safety 10 - Right to Innovation 12 - Right to Personalized Treatment	Specific revision of the PE into Education - 1st & 2nd grades (G1, F3)	RESEARCH	F1
	PUBLIC AUTHORITIES (EU, STATE, LOCAL, INTERNATIONAL)	Research and development of specific practices (G1, F1)		Public awareness on the values of PE/PA (G1, G2, G3, G5, F5, F8)	THERAPY	F2
	EDUCATION	Guidelines per disorder and practice (G1, G2)		Massive PE/PA for MH programs (G1, G2, G3, F6)	EDUCATION	F3
	CITIZENSHIP (COMMUNITY, NETWORKS, INDIVIDUALS)	Promotion of good practices - Interactive Platform (G1, G2, F1, F2, F3)		Exploitation of PE in work places (G1, F7)	HUMAN / PATIENTS' RIGHTS: INFORMATION - PUBLIC AWARENESS - ADVOCACY	F4
G2	<b>SERVICES' PROVIDERS</b>	Information of the MH professionals (G1, F4)		Motivation for the general population (G1, G2, G5, F3)	PUBLIC MENTAL HEALTH FINANCING	F5
	PROFESSIONALS (SPORT/ MH)	Training of professionals (G1, G2, F1, F3)	Official information procedure (Prorocol) for the patients on alternatives choices and their combination (G1, F4)	Development of specific indicators - Reporting (G1, F1, F2)	ENVIRONMENT - SPACIAL PLANNING - SUSTAINABLE DEVELOPMENT	F6
	NHS	Creation and access to sport facilities (G1, G2, F5, F6)	Sport as an anti-stigma tool (F4)	Sport as a socialization process (G2, F2, F3)	WORK & EMPLOYMENT	F7
	CORPORATE SECTOR	Scientific curricula in Higher Education (G1, F3)	Activation of the community and the general public (G1, F4)	Transfer of funds from drug therapy to prevention (G1, F1, F2, F5)	CITIZENSHIP, CULTURAL ASPECTS	F8
	THIRD SECTOR	Spatial planning (G1, F2, F6)	Biannual European Sport & PE Event for MH (ESPEEMH) (G1, G2, F4, F8)	Spatial planning & urban transportation (G1, F6)		
G3	<b>MH SERVICES USERS</b>	Aged population (G1, F3)		Strategic cooperation with the sport sector (G2, G3, F1, F2, F3)		
	INDIVIDUALS	Youth population (G1, F3)		Biannual European Sport & PE Event for MH (ESPEEMH) (G1, G2, F4, F8)		
	FAMILIES	Control of the drugs perscription (G1, F5)				
G4	<b>MENTAL DISORDERS CATEGORIES</b>	Operational specifications for MH services provides-programs, training & facilities (G1)				
	TYPICAL MH DISORDERS	PE for MH in work places (G1, F7)				
	DEMENTIA, ALZHEIMER	Massive PE/PA for MH programs (G1, G2, G3, F6)				
	DRUG ADDICTIONS EATING DISORDERS	Revision of the mainstream therapeutic approaches (G2, F2, F5)				
	POST NATAL	Connection of PE to Long Term Care (G1, G2, F2, F6)				
G5	<b>COMMUNICATION</b>	Research on PE as a offset for the research on drugs (G1, F1)				
	MME	Full presentation of the impact of the use of drugs in physical condition of the individuals (G1, G2, F1, F2, F4)				
	SOCIAL MEDIA	Support and Improve adherence (G1, G2, F1, F2)				



Click on every cell to see the related combinations

# The ALMH Movement context

example

		ALMH PILLARS				
GROUPS / STAKEHOLDERS INVOLVED		THERAPY & REHABILITATION	PROTECTION OF RIGHTS	PREVENTION	FIELDS	
G1	POLICY MAKERS	Full and official incorporation of PE in funded services provided by the NHS (G1, F2, F5)	European Charter of Patients' Rights (G1, G2, G3, F2, F4, F5)	Specific revision of the PE into Education - 1st & 2nd grades (G1, F3)	RESEARCH	F1
	PUBLIC AUTHORITIES (EU, STATE, LOCAL, INTERNATIONAL)	Research and development of specific practices (G1, F1)	Related articles: 1 - Right to Preventive Measures 2 - Right of Access 3 - Right to Information 4 - Right to Consent 5 - Right to Free Choice 8 - Right to the Observance of Quality Standards 9 - Right to Safety 10 - Right to Innovation 12 - Right to Personalized Treatment	Public awareness on the values of PE/PA (G1, G2, G3, G5, F5, F8)	THERAPY	F2
	EDUCATION	Guidelines per disorder and practice (G1, G2)		Massive PE/PA for MH programs (G1, G2, G3, F6)	EDUCATION	F3
	CITIZENSHIP (COMMUNITY, NETWORKS, INDIVIDUALS)	Promotion of good practices - Interactive Platform (G1, G2, F1, F2, F3)		Exploitation of PE in work places (G1, F7)	HUMAN / PATIENTS' RIGHTS; INFORMATION - PUBLIC AWARENESS - ADVOCACY	F4
G2	SERVICES' PROVIDERS	Information of the MH professionals (G1, F4)	Official information procedure (Prorocol) for the patients on alternatives choices and their combination (G1, F4)	Motivation for the general population (G1, G2, G5, F3)	PUBLIC MENTAL HEALTH FINANCING	F5
	PROFESSIONALS (SPORT/ MH)	Training of professionals (G1, G2, F1, F3)		Development of specific indicators - Reporting (G1, F1, F2)	ENVIRONMENT - SPACIAL PLANNING - SUSTAINABLE DEVELOPMENT	F6
	NHS	Creation and access to sport facilities (G1, G2, F5, F6)	Sport as an anti-stigma tool (F4)	Sport as a socialization process (G2, F2, F3)	WORK & EMPLOYMENT	F7
	CORPORATE SECTOR	Scientific curricula in Higher Education (G1, F3)	Activation of the community and the general public (G1, F4)	Transfer of funds from drug therapy to prevention (G1, F1, F2, F5)	CITIZENSHIP, CULTURAL ASPECTS	F8
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G3	MH SERVICES USERS	Aged population (G1, F3)		Strategic cooperation with the sport sector (G2, G3, F1, F2, F3)		
	INDIVIDUALS	Youth population (G1, F3)		Biannual European Sport & PE Event for MH (ESPEEMH) (G1, G2, F4, F8)		
	FAMILIES	Control of the drugs perscription (G1, F5)				
G4	MENTAL DISORDERS CATEGORIES	Operational specifications for MH services provides-programs, training & facilities (G1)				
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G5	COMMUNICATION	Research on PE as a offset for the research on drugs (G1, F1)				
	MME	Full presentation of the impact of the use of drugs in physical condition of the individuals (G1, G2, F1, F2, F4)				
	SOCIAL MEDIA	Support and Improve adherence (G1, G2, F1, F2)				

## Promotion of good practices - Interactive Platform

GROUPS / STAKEHOLDERS: POLICY MAKERS, SERVICES' PROVIDERS

ALMH PILLAR: THERAPY & REHABILITATION

FIELDS: RESEARCH, THERAPY, EDUCATION (G1, G2, F1, F2, F3)

# The ALMH Movement context

example

		ALMH PILLARS				
GROUPS / STAKEHOLDERS INVOLVED		THERAPY & REHABILITATION	PROTECTION OF RIGHTS	PREVENTION	FIELDS	
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	EDUCATION	Guidelines per disorder and practice (G1, G2)		Massive PE/PA for MH programs (G1, G2, G3, F6)	EDUCATION	F3
	CITIZENSHIP (COMMUNITY, NETWORKS, INDIVIDUALS)	Promotion of good practices - Interactive Platform (G1, G2, F1, F2, F3)		Exploitation of PE in work places (G1, F7)	HUMAN / PATIENTS' RIGHTS; INFORMATION - PUBLIC AWARENESS - ADVOCACY	F4
G2	SERVICES' PROVIDERS	Information of the MH professionals (G1, F4)	Official information procedure (Prorocol) for the patients on alternatives choices and their combination (G1, F4)	Motivation for the general population (G1, G2, G5, F3)	PUBLIC MENTAL HEALTH FINANCING	F5
	PROFESSIONALS (SPORT/ MH)	Training of professionals (G1, G2, F1, F3)		Development of specific indicators - Reporting (G1, F1, F2)	ENVIRONMENT - SPACIAL PLANNING - SUSTAINABLE DEVELOPMENT	F6
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	THIRD SECTOR	Spatial planning (G1, F2, F6)	Biannual European Sport & PE Event for MH (ESPEEMH) (G1, G2, F4, F8)	Spatial planning & urban transportation (G1, F6)		
G3	MH SERVICES USERS	Aged population (G1, F3)		Strategic cooperation with the sport sector (G2, G3, F1, F2, F3)		
	INDIVIDUALS	Youth population (G1, F3)		Biannual European Sport & PE Event for MH (ESPEEMH) (G1, G2, F4, F8)		
	FAMILIES	Control of the drugs perscription (G1, F5)				
G4	MENTAL DISORDERS CATEGORIES	Operational specifications for MH services provides- programs, training & facilities (G1)				
	TYPICAL MH DISORDERS	PE for MH in work places (G1, F7)				
	DEMENTIA, ALZHEIMER	Massive PE/PA for MH programs (G1, G2, G3, F6)				
	DRUG ADDICTIONS EATING DISORDERS	Revision of the mainstream therapeutic approaches (G2, F2, F5)				
	POST NATAL	Connection of PE to Long Term Care (G1, G2, F2, F6)				
G5	COMMUNICATION	Research on PE as a offset for the research on drugs (G1, F1)				
	MME	Full presentation of the impact of the use of drugs in physical condition of the individuals (G1, G2, F1, F2, F4)				
	SOCIAL MEDIA	Support and Improve adherence (G1, G2, F1, F2)				

► Groups / Stakeholders involved

**G2: SERVICES' PROVIDERS**

PROFESSIONALS (SPORT/ MH)

NHS

CORPORATE SECTOR

THIRD SECTOR



# ALMH - A developing story

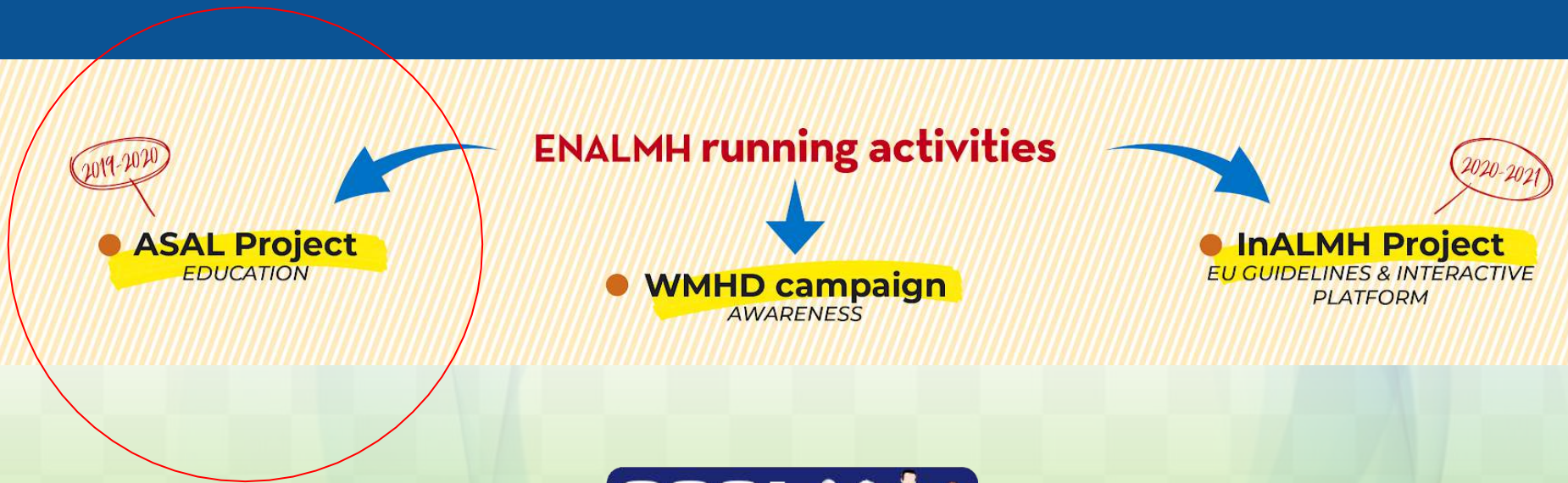
## Running activities





# ALMH - A developing story

## Running activities



### ASAL PROJECT

Skills development for PE practitioners to work in MH environments

# ALMH - A developing story

## Running activities



### "Sport helps"

Campaign on the World Mental Health Day 2019 focused on youth suicides



# ALMH - A developing story

## Running activities



### InALMH project

Drafting Recommendations on EU Guidelines on the use of  
Physical Exercise for Mental health

Creation of an Interactive Platform for the PE practices for MH

# Why now (and forever)?

- WHO's report: "800 000/year deaths from suicide, which is a **leading cause of death in young people** "
- The **ever worsening statistics** on mental disorders and also the overall demographics of EU
- EC's recognition of **Swedish PAP** a best practice
- WHO's concerns on fiscal sustainability of the NHS.  
**But costs for one part mean profits for another**
- The **overwhelming scientific evidence** for the benefits of Sport / PE on MH
- The **increasing skepticism** on drugs' side effects and efficacy
- The mature and wide spread requisition for **transparency**
- Only around 3% of health budgets are spent on **PREVENTION** (though there is no chemical prevention, yet)



# What comes next?

2020-2023

## next steps

**ALMH Campaign**  
ADVOCACY

**"Sunday Walks"**  
INTERVENTION

**Alzheimer / Dementia**  
RESEARCH

**Perinatal**  
RESEARCH



# What comes next?

2020-2023

## next steps

**ALMH Campaign**  
ADVOCACY

**"Sunday Walks"**  
INTERVENTION

**Alzheimer / Dementia**  
RESEARCH

**Perinatal**  
RESEARCH

### European Campaign on ALMH

An advocacy and awareness campaign for the promotion of PE/PA  
within the mainstream therapeutic approaches

# What comes next?

2020-2023

## next steps

**ALMH Campaign**  
ADVOCACY

**"Sunday Walks"**  
INTERVENTION

**Alzheimer / Dementia**  
RESEARCH

**Perinatal**  
RESEARCH

### Sunday Walks

Mental health and public space – Open pilot project of PE/PA in public parks for the prevention, treatment and address stigma in MH



# What comes next?

2020-2023

## next steps

**ALMH Campaign**  
ADVOCACY

**"Sunday Walks"**  
INTERVENTION

**Alzheimer / Dementia**  
RESEARCH

**Perinatal**  
RESEARCH

PE for Alzheimer and other neurodegenerative diseases

# What comes next?

2020-2023

## next steps

**ALMH Campaign**  
ADVOCACY

**"Sunday Walks"**  
INTERVENTION

**Alzheimer / Dementia**  
RESEARCH

**Perinatal**  
RESEARCH

Introduction of PE to address Postpartum mental disorders



If we had to choose

*What to buy,*  
drugs or shoes?





## At least, the second last longer\*

- \* Physical exercise showed enduring antidepressant effects in young people with depression, **as six months after the end of the intervention the exercise group recorded lower depression compared to the group on treatment as usual.**

(Carter et al., 2015)



*Thank you!*

**See you out there!**

**enalmh.eu**

# Links (for history)

- MENS Project web site: <https://mensproject.eu/> (ENG, DE, FR, GR)
- MENS Project banner / poster: [https://mensproject.eu/wp-content/uploads/edra\\_mens\\_project\\_rollup\\_banner\\_85x203\\_180423.pdf](https://mensproject.eu/wp-content/uploads/edra_mens_project_rollup_banner_85x203_180423.pdf) (in 11 languages)
- Project leaflet: <https://mensproject.eu/wp-content/uploads/Brochure-mens.pdf>
- <https://mensproject.eu/media-materials/> (in 11 languages)
- 12 policy papers: <https://mensproject.eu/policy-papers/> (in 11 languages)
- Project Campaign video: <https://mensproject.eu/#campaign> <https://mensproject.eu/media-materials/> (in 11 languages)
- Partners' Campaign videos: <https://mensproject.eu/media-materials/> (in 11 languages)
- Research report: <https://mensproject.eu/wp-content/uploads/mens-research-summary.pdf> (ENG)
- Network materials: <https://mensproject.eu/media-materials/#network-materials> (ENG)
- Final conference minutes: <https://mensproject.eu/media-materials/#final-conference> (ENG)
- EVENTS Project : Conference materials  
<http://eventsproject.eu/index.php/en/conference/presentations-material>
- BACK ON TRACKS Documentary film <https://www.youtube.com/watch?v=ErPO-IJy7y0>
- 1<sup>st</sup> ESPEEMH PHOTO ALBUM [http://eventsproject.eu/images/events2018\\_foto\\_album\\_181106.pdf](http://eventsproject.eu/images/events2018_foto_album_181106.pdf)
- EVENTS project leaflet  
[http://eventsproject.eu/images/edra\\_events\\_project\\_leaflet\\_A4\\_english.pdf](http://eventsproject.eu/images/edra_events_project_leaflet_A4_english.pdf)