

APEC DIGITAL HUB FOR MENTAL HEALTH

Interim Report on the post-2020 Vision for Mental Health and Wellness in the Asia Pacific



Digital Hub for
Mental Health

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The APEC Digital Hub for Mental Health serves as the coordinating centre for all of APEC's work in mental health. We bring together government, public, and private sectors to develop, evaluate, share, and scale up best practices and innovative programs. Our mission is to strengthen the mental health and wellbeing of individuals and communities across the Asia Pacific region in support of sustainable economic growth and prosperity.

Executive Summary

APEC is at the forefront of the response to the critical need for enhanced global action on mental health, endorsed via the APEC Roadmap to Promote Mental Wellness in a Healthy Asia Pacific (2014-2020). The APEC Digital Hub for Mental Health ('Digital Hub') convened the 'Next Steps' Round Table Conference with member economy participants in Singapore in June 2019 to review activities under the Roadmap and develop recommendations. This report provides an update to the APEC Health Working Group (HWG), Life Sciences Innovation Forum (LSIF) and other APEC fora for consideration at the 2019 APEC Third Senior Officials' Meeting (SOM3) by:

- Providing an overview of the key deliverables achieved by the APEC Digital Hub for Mental Health
- Presenting next steps and directions for the renewed APEC post-2020 Roadmap for Mental Health
- Laying the groundwork for the development of a full report and strategic plan for APEC's mental health activities (to be tabled in 2020)

Since its establishment in 2016, **the Digital Hub has achieved or surpassed all the deliverables called for in the Roadmap.**

Fully detailed in this report are activities that include:

- Delivering conferences and capacity building (i.e., train-the-trainer) meetings across the APEC region
- Producing an APEC White Paper on Workplace Mental Health and Safety
- Securing major cross-economy funding for a flagship implementation research project
- Initiating multi-stakeholder pilot collaborations
- Creating an innovative digital platform to support collaborative activities
- Advancing the goals of the seven focal areas established in the APEC 'Report on Strategic Needs in Mental Health'

Promoting mental health and wellness in the Asia Pacific region is both a social and an economic imperative. The success of the Digital Hub demonstrates the significant potential for impact in mental health in pursuit of economic prosperity. These recommendations build on the momentum and success of the 2014-2020 Roadmap to uniquely position APEC as a premiere forum for leadership and impact in mental health and economic development post-2020.

Recommendations

- Extend the Roadmap beyond 2020, with refinements based on broad consultation with APEC and Digital Hub partners
- Renew the mandate of the Digital Hub as the coordinating centre for mental health in the APEC region post-2020
- Remain faithful to the Roadmap goals, yet flexible in response to emerging priorities for the APEC region
- Prioritize private sector partnerships focused on specific projects to promote innovation and sustainability
- Optimize communications and strategic planning activities between the Digital Hub, the HWG and LSIF
- Forge stronger cross-fora collaborations beyond the HWG and LSIF
- Develop and implement a more expansive communications strategy for the Digital Hub
- Take an activity-focused approach that emphasizes spread, dissemination and uptake by member economies
- Ensure resources are in place to support the sustainability of the Digital Hub and to promote maximum impact towards improving mental health and economic prosperity in the Asia Pacific region

Introduction and Background

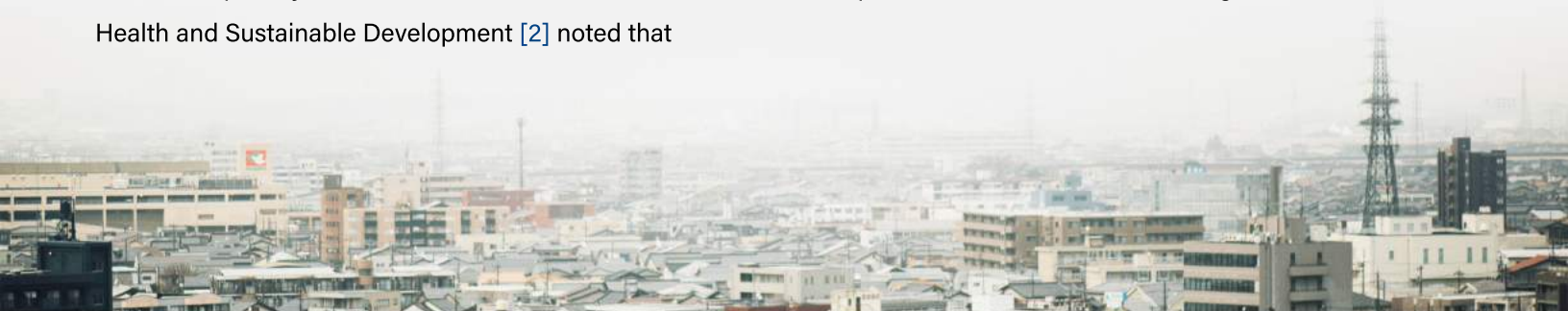
Left unaddressed, mental disorders represent a global health and development crisis. The World Economic Forum estimated the global cost of chronic diseases at over US \$47 trillion between 2010 and 2030, of which US\$16 trillion will be attributed to mental disorders. The Asia Pacific is a region characterised by rapid changes in economic and technological development, population growth, migration and demographics. Across the Asia Pacific region, mental illness causes a significant health and socioeconomic burden, which on average accounts for more than 20% of total 'years lost due to disability' and 9.3% of 'disability-adjusted life years' [1]. Alarming, however, fewer than half of those affected by mental illness in the region receive any treatment [1].

Evidence-based, effective and innovative treatment, prevention and health promotion initiatives are available. But their potential is not yet being fully harnessed, hampering growth and prosperity in individuals, families, communities, workforces and economies.

The World Health Organization's 2013-2020 Mental Health Action Plan recognized the essential role of mental health in overall health and the clear need for action to enhance mental health leadership and governance. Previously overlooked by the Millennium Development Goals, mental health is included in the United Nations Sustainable Development Goals (SDGs). The 2018 report by the Lancet Commission on Mental Health and Sustainable Development [2] noted that

despite increased attention over the past decade, change remains too slow; the burden of mental illness continues to grow and investment in mental health initiatives remain low. They argue, however, that an important opportunity exists under the broad conceptualization of mental health captured by the SDGs. Prominent among these opportunities are the availability of digital technologies and the increasing cross-sectoral agreement on the urgency of action on mental health.

The 21 APEC member economies account for more than 60% of the global GDP and make up 39% of the world's population. Addressing mental health in the Asia Pacific region is therefore an economic and social imperative. APEC has been a premier leader in this global movement. As an inter-governmental organization built on collaboration and public-private partnership, APEC has extraordinary convening power, a reporting structure directly to political leadership and a dedicated focus on capacity-building, particularly for low income member economies. It provides an unprecedented opportunity to enhance recognition among the highest government leaders, health and non-health officials, academic institutions, community organizations and the public of the importance - and potential impact - of strengthened and strategic investment in mental health to support economic growth. The landmark leadership provided by APEC in the area of mental health has potential for great impact across the diverse APEC region [3].





'Next Steps' Round Table Conference, Singapore (June 2019)

Recognition by APEC of mental health needs in the 2014 APEC Leaders Declaration was followed by swift, positive reaction, beginning with ministerial endorsement of the APEC Roadmap to Promote Mental Wellness in a Healthy Asia Pacific (2014-2020, [4], hereafter, 'the Roadmap'), which stated:

“

“Mental health is critical to overall health, social and economic participation, workplace productivity, and sustainable economic growth for the Asia Pacific region... APEC member economies acknowledge the significant economic benefits of a mentally healthy population and that prevention and recovery from mental disorders is possible through affordable and effective treatments and care. Inaction by APEC member economies to prioritize and strengthen mental health will result in costs that impede the achievement of economic development goals while threatening the wellbeing of communities and workplaces”

”

Collaboratively produced by the APEC Life Sciences Innovation Forum (LSIF) and APEC Health Working Group (HWG), the Roadmap provides clear, actionable goals for APEC member economies and stakeholders to deliver on by 2020 in order to achieve the joint LSIF-HWG Work Plan on Mental Health [5]. Roadmap goals and deliverables (see **Figure 1**) are in clear alignment with other APEC (e.g., APEC Healthy Asia Pacific 2020) [6] and global initiatives (e.g., WHO Mental Health Action Plan) [7]. As recognized by the renewal of the WHO Mental Health Action Plan to 2030, the urgency surrounding mental health remains. APEC's ongoing commitment to improving mental health in the Asia Pacific region in the next decade is essential.

Figure 1. Roadmap Deliverables 2014-2020

🕒 **Phase 1** (2014-2015)

- Formalize APEC Task Force on Mental Health
- Hold a Task Force Round Table
- Conduct a **Strategic Needs Assessment***
- Establish 'APEC Hub for Best and Innovative Practices in Mental Health Partnerships'

🕒 **Phase 2** (2016-2018)

- Conduct a Train-the-Trainer Workshop
- Survey and monitor pilot collaborations

🕒 **Phase 3** (2018-2020)

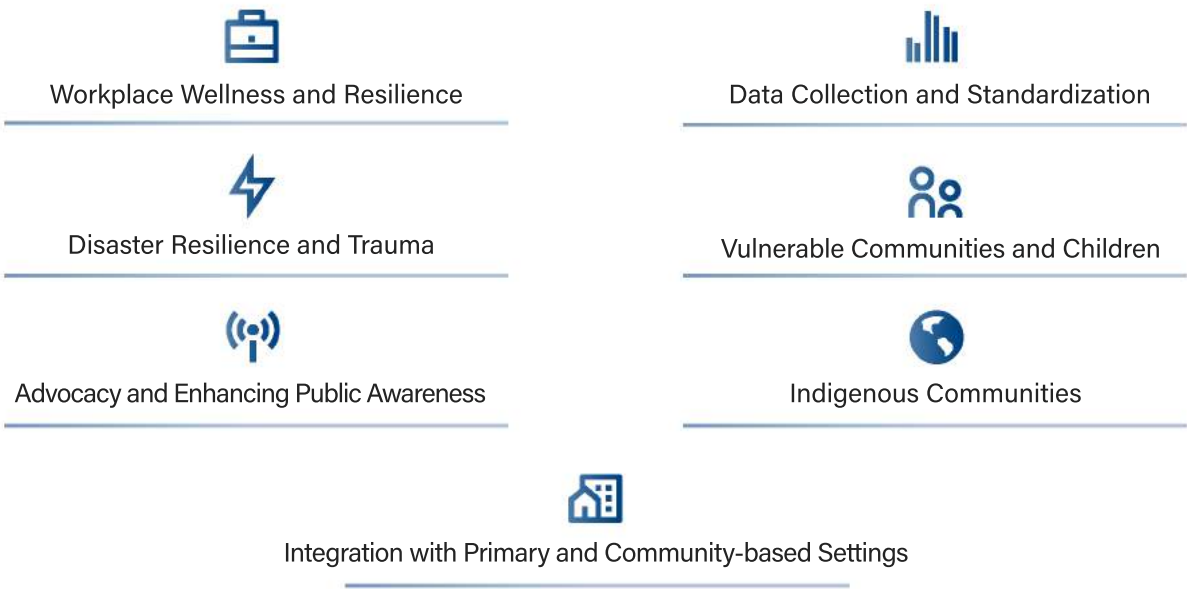
- Comprehensively review pilot collaborations
- Prepare Official Report to APEC Ministers and Leaders

● **Throughout** (2014-2020)

- Develop voluntary guidelines for psychological health and safety in the workplace
- Collaborate with APEC Business Advisory Council (ABAC)

*** Strategic Needs Assessments (SNAs),**

provided by 15 economies, formed the basis of the APEC Mental Health Initiative Report on Strategic Needs in Mental Health [8], which identified seven focal areas for mental health development:



Summary

of work to date under the APEC Roadmap to Promote Mental Wellness in a Healthy Asia Pacific (2014-2020)



Since its establishment in 2016, the Digital Hub has delivered on or, in some areas, surpassed, all of the deliverables called for in the Roadmap.

The Digital Hub has executed two strategic planning conferences and several capacity building (i.e., train-the-trainer) meetings across the APEC region. An APEC White Paper on Workplace Mental Health and Safety has been produced. Major cross-economy funding for a flagship research project has been secured and a number of multi-stakeholder pilot collaborations have been initiated and are being evaluated. An innovative digital platform has been built to support Digital Hub collaborations and activities.

Finally, progress has been made in advancing the goals of the seven focal work group areas established on the basis of the strategic needs assessment, broadly, and in the three work group areas (Workplace Wellness and Resilience, Data Collection and Standardization, and Integration with Primary Care and Community-Based Settings) strategically prioritized in the Digital Hub's initial activities.

In [Figure 2](#), we summarize the activities under Phases 2 and 3 of the Roadmap. Phase 1 of the Roadmap took place prior to the 2016 establishment of the Digital Hub. A more comprehensive description of the activities under the Roadmap can be found in [Appendix 1](#).

Figure 2. Summary of Digital Hub Activities under the 2014-2020 Roadmap

Roadmap Objectives	Deliverables and Activities
🕒 Phase 1 (2014-2015)	
Establish 'APEC Hub for Best and Innovative Practices in Mental Health Partnerships'	APEC Digital Hub for Mental Health launched in 2016
🕒 Phase 2 (2016-2018)	
Conduct a Train-the-Trainer Workshop	APEC Digital Hub for Mental Health Colloquium, Ho Chi Minh City, August 2017
Survey and monitor pilot collaborations	<ul style="list-style-type: none"> ▪ EMBED project initiated, 2018 ▪ APEC Digital Hub Round Table Meeting on Data Standardization, Manila, December 2018 ▪ Integration with Primary Care and Community-Based Settings Preliminary Meeting, Sydney, February 2019
🕒 Phase 3 (2018-2020)	
Comprehensively review pilot collaborations	The Digital Hub 'Next Steps' Round Table Meeting, Singapore, June 2019
Prepare Official Report to APEC Ministers and Leaders	Initiated in June 2019 and ongoing
🕒 Ongoing (2014-2020)	
Develop voluntary guidelines for psychological health and safety in the workplace	APEC White Paper on Workplace Mental Health and Safety, to be tabled November 2019
Collaborate with ABAC to identify private sector partnerships	Ongoing collaborations

Looking Ahead to 2020

Consulting with Member Economy Mental Health Experts

From June 26th- 28th, the Digital Hub 'Next Steps' Round Table Conference took place in Singapore, bringing together stakeholders from 12 economies to review progress to date under the Roadmap and to begin to identify next steps and priorities post-2020. Participants were engaged prior to the meeting using an online survey, disseminated via the Digital Hub's online workspace. The survey allowed participants to reflect on and engage with the meeting objectives in advance of the conference and enabled Digital Hub members who were unable to attend to contribute to the discussion and subsequent recommendations. The results of the survey were presented during the meeting and used to inform the discussion.

During the Round Table, the work groups convened, provided updates to participants on their activities, and discussed next steps and priorities.

Following the work group meetings and building on the survey results and the focus area work group updates, members of the Digital Hub executive committee facilitated discussions in three areas:

1. Priorities and structure of the Digital Hub
2. Internal and external communications
3. Partnerships and sustainability

The discussion led to **three key outcomes** that inform the recommendations detailed in this report:

1 A value-driven approach is needed: During focus area work group discussion and the broader discussion during the 'Next Steps' Round Table, it was evident that the work of the Digital Hub must continue to be guided by core values and principles, including: Diversity, Engagement, Ongoing Learning, and a Strengths-based Approach (see **Figure 3**).



'Next Steps' Round Table Conference, Singapore (June 2019)

Figure 3. APEC Digital Hub Mental Health Core Values



Diversity and Inclusion

Acknowledging and respecting diversity, including the diversity between and within member economies and among stakeholders (including people with lived experience, people of diverse genders, ethnicity, socioeconomic status, sexual orientation, etc.) was identified as essential.



Engagement

Being committed to meaningful engagement with these diverse stakeholders across the APEC member economies will be crucial to the work of the Digital Hub.



Ongoing Learning

The Digital Hub must be committed to ongoing learning, drawing from strong research evidence and broad consultation with diverse stakeholders.



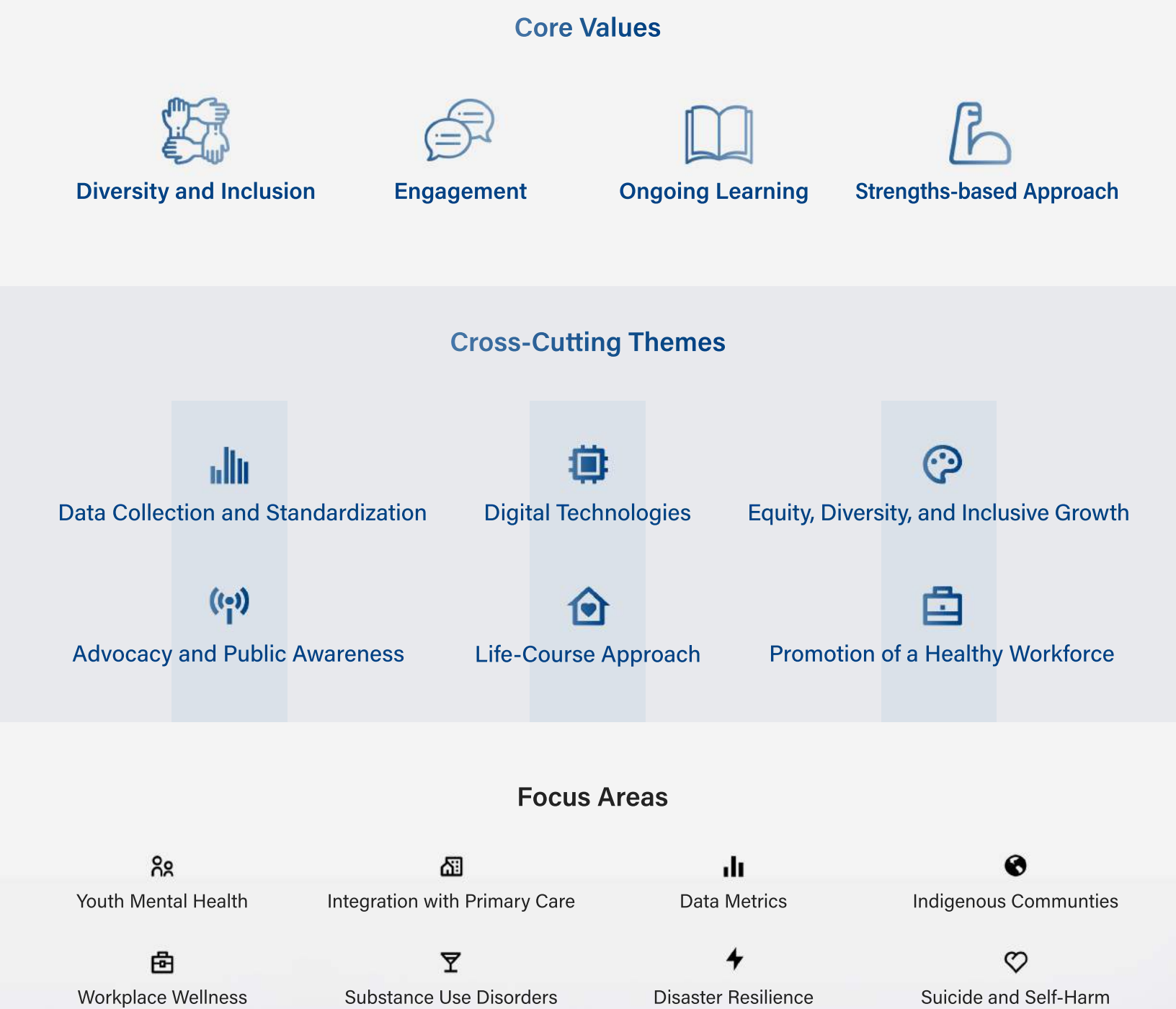
Strengths-based Approach

Acknowledging and capturing the assets and strengths that all member economies and stakeholders bring to the Digital Hub is fundamental.

2 Focus our efforts to ensure maximum impact: Digital Hub members believe that impact will be maximized by strategically concentrating our efforts on a smaller number of priority areas and activities, whilst remaining open to input from the APEC secretariat and other APEC fora. This approach has been reflected to date through a stepped approach to work group mobilization. Three work groups (Workplace Wellness and Resilience, Data Collection and Standardization, and Integration with Primary Care and Community-Based Settings) have been prioritized in the first years of the Digital Hub due to strong leadership in these areas, the high priority given to these issues by APEC and the Digital Hub membership, and identified opportunities for partnerships and activities. The ongoing development of the Digital Hub's structure and priorities, as described below, will continue to reflect the mandate to focus our efforts to achieve maximum impact.

3 Structure the Digital Hub to best address emerging and high-priority regional challenges: The focus areas that currently exist under the Digital Hub were identified as part of the SNA that took place under Phase 1 of the Roadmap. Participants discussed the current structure of these focus areas work groups, and made several suggestions to promote impact and proactive response to emerging challenges and opportunities. These suggestions included introducing cross-cutting themes and the inclusion of additional focus areas. The preliminary recommendations regarding this new structure, in addition to the guiding principles of the Digital Hub, are displayed in [Figure 4](#). These recommendations will provide a starting point for broad consultation that will inform the work of the Digital Hub post-2020, which will also remain poised to respond to emerging priorities. For example, the mobilization of the Disaster Resilience and Trauma focus area is essential to align with the emerging global prioritization of this issue.

Figure 4. **Preliminary Recommendation for Digital Hub Structure**



Partnerships and Sustainability

The Digital Hub has made remarkable progress under the Roadmap and is now uniquely positioned and primed to significantly impact mental health across the Asia Pacific, and in turn, regional economic growth and prosperity. The sustainability of the Digital Hub, however, is precarious, as resources dedicated to projects, operations and international collaboration are limited.

Realization of the full impact of the Digital Hub is contingent upon securing additional resources.

Continuing to forge, foster and maintain multi-sectoral partnerships is essential to the coordinating centre's sustainability. Building on existing collaborations, the Digital Hub must enhance partnerships with the international, public and private sectors as it reaches full maturity.

As mental health continues to emerge as a global health and development priority, opportunities exist to align with international initiatives. For example, the inclusion of mental health in the Sustainable Development Goals recognizes that mental health is essential for economic prosperity. The upcoming 2nd Global Ministerial Mental Health Summit (Amsterdam, October 2019) and the 2019 International Conference of the Red Cross and Red Crescent, which will focus on mental health and psychosocial support in emergencies, are examples of prioritization by the international community of a pressing mental health challenge that is addressed by the Digital Hub's focus area on Disaster Resilience and Trauma.

The work of the OECD through its Mental Health Performance Framework [9] and the expansion of the WHO Mental Health Action Plan and related indicators is

highly relevant to the work of the Data Collection and Standardization work group. The Digital Hub must continue to align our work with international initiatives and be proactive, ensuring the priorities and unique strengths of the APEC region are promoted in the broader international mental health arena.

Public sector partnerships are also essential to the Digital Hub. Support from the Public Health Agency of Canada has been essential in the operations of the Digital Hub and in enabling us to meet the objectives of the Roadmap. The government of the Philippines, through the National Centre for Mental Health, supports Digital Hub activities including through funding and hosting the 2018 Round Table on Data Collection and Standardization and the designation of staff to Digital Hub activities. The sustainability of the Digital Hub, however, will depend on investment from additional economies. Expanding partnerships with the public sector in each APEC economy, including through direct and in-kind support, will be vital to the sustainability and success of the Digital Hub.

Establishing key private sector partnerships is central to the mandate of the Digital Hub. The establishment of several flagship projects, such as the White Paper on Workplace Mental Health and Safety, places the Digital Hub in a prime position to launch these partnerships. To date, the Digital Hub has engaged with several private sector organizations to explore opportunities for collaboration. As detailed below, furthering our engagement with the private sector is a key recommendation of this report.

Recommendations

The recommendations in this report are an initial step towards the development of the official report to APEC ministers and leaders called for under the Roadmap. The report will ultimately drive the mandate of the Digital Hub post-2020.

Our key recommendations for discussion by the membership of the HWG and LSIF are as follows:



Extend the Roadmap beyond 2020, with refinements based on broad consultation with APEC and Digital Hub partners:

The 2014-2020 Roadmap catalyzed APEC's leadership in promoting mental health and prosperity across the Asia Pacific region and aligned with other global mental health initiatives. Despite considerable progress however, significant gaps in mental health persist. It is critical to sustain the momentum started under the Roadmap to address the unmet mental health needs of the region. The Roadmap should therefore be extended and refined to respond to emerging priorities identified by member economies and to align with global initiatives.



Renew the mandate of the Digital Hub as the coordinating centre for mental health in the APEC region post-2020:

The Digital Hub has made remarkable progress under the current Roadmap, demonstrating our ability to convene and mobilize diverse mental health expertise across the region. The Digital Hub should continue in its mandate as the mental health coordinating centre for APEC to support the implementation of an extended Roadmap.



Remain faithful to the Roadmap goals, yet flexible in response to emerging priorities for the APEC region:

The Digital Hub has aligned its work with the priorities of APEC host economies, including Papua New Guinea's 2018 priorities around Harnessing Inclusive Opportunities and Embracing the Digital Future, and Chile's 2019 priorities of Digital Society and Women and Inclusive Growth. The Digital Hub must continue to proactively respond to emerging member economy priorities as they are announced (e.g., Malaysia 2020, New Zealand 2021), ensuring that our activities align with these priorities and take place in collaboration with relevant APEC stakeholders. The Digital Hub must also ensure that our structure and mandate allows for a balance between ongoing responsiveness to member economy priorities (as reflected in the proposed amended structure of the Digital Hub) and a commitment to produce high-impact and innovative outcomes in our established focus areas.



Prioritize private sector partnerships focused on specific projects to promote innovation and sustainability:

The Digital Hub recognizes that capacity to convene and build meaningful partnerships between public and private sector stakeholders should be leveraged to the fullest extent possible. In alignment with the Guidelines for Engagement between with HWG and the Private Sector, the Digital Hub must promote existing pilot projects, including the White Paper for Workplace Mental Health and Safety, to leverage partnerships with the private sector.



Fully optimize communications and strategic planning activities between the Digital Hub, the HWG and LSIF:

Fully integrated, proactive and synergistic development of annual workplans and strategic planning activities are required to ensure alignment with broader APEC priorities and initiatives and effective delivery of the post 2020 Roadmap for Mental Health.



Forge stronger cross-fora collaborations beyond the HWG and LSIF:

APEC offers a unique milieu through which to positively impact mental health, workforce productivity and economic prosperity across the Asia Pacific. For this to be fully capitalized on, however, strong alliances are required between the Digital Hub and other APEC fora pursuing complementary goals. These include, but are not limited to, groups such as the APEC: Emergency Preparedness Working Group (EPWG), Human Resources Development Working Group (HRDWG) and Healthy Women, Healthy Economies (HWHE).



Develop and implement a more expansive communications strategy for the Digital Hub:

Enhancing communications between the Digital Hub and its partners, APEC fora and the general public is an essential next step. The Digital Hub must promote its activities and engage various stakeholders, for example through a regular newsletter and other targeted communications activities.



Take an activity-focused approach that emphasises spread, dissemination and uptake by member economies:

The impact of the Digital Hub depends on the development of innovative pilot projects that are subsequently tailored for the context of member economies and rolled-out for maximum impact at a population level. The Digital Hub plays an important role in advocating for the dissemination and uptake of these projects among multi-sectoral partners across the Asia Pacific and in tandem with relevant international initiatives.



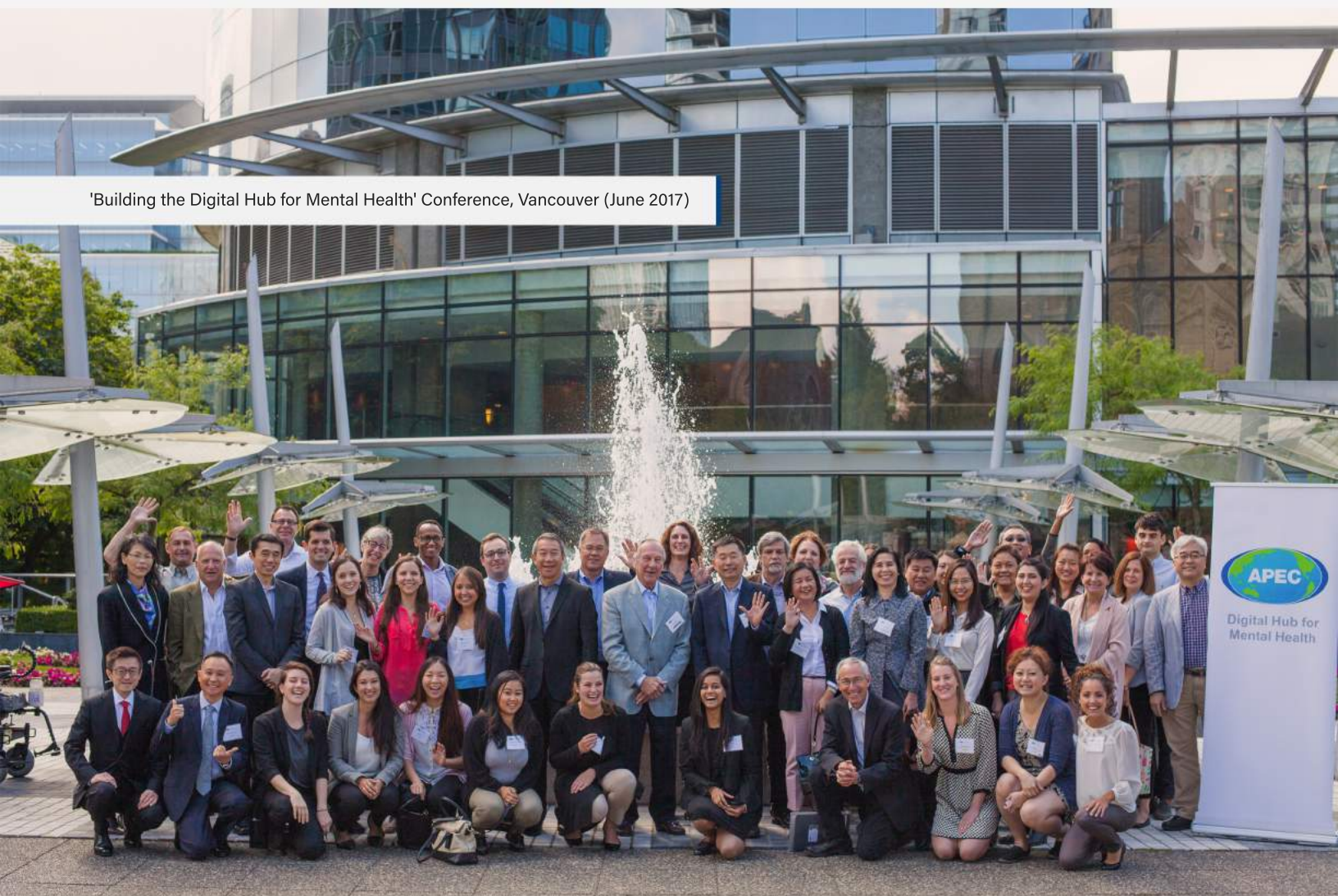
Ensure resources are in place to support the sustainability of the Digital Hub and to promote maximum impact towards improving mental health and economic prosperity in the Asia Pacific region:

An extended mandate for the Digital Hub will require a clear commitment of resources by multiple sectors, including member economies and APEC itself to fully support the projects, operations and strategic international engagement activities that will drive the Digital Hub's success.

As an inter-governmental organization built on collaboration and public-private partnership, APEC has extraordinary convening power, a reporting structure directly to political leadership and a dedicated focus on capacity-building, particularly for developing member economies. There is an unprecedented opportunity to enhance recognition among the highest government leaders, health and non-health officials, academic institutions, community organizations and the public of the importance - and potential impact - of strengthened and strategic investment in mental health to support economic growth.

The success of the Digital Hub under the Roadmap since 2016 demonstrates the significant potential for impact in mental health in pursuit of economic prosperity across the APEC region. Fostering mental health and wellness in the Asia Pacific region is a social imperative. But it also represents an economic imperative. Building on the momentum and success of the 2014-2020 Roadmap, APEC is uniquely positioned to continue as a premiere forum for leadership and impact in mental health and economic development post-2020.

'Building the Digital Hub for Mental Health' Conference, Vancouver (June 2017)



Appendix 1. Summary of APEC Digital Hub for Mental Health activities under the Roadmap to Promote Mental Wellness in a Healthy Asia Pacific (2014-2020)

This section provides a comprehensive description of the activities of the Digital Hub under the Roadmap beginning in 2014.

🕒 Phase 1 (2014-2015)

Establish 'APEC Hub for Best and Innovative Practices in Mental Health Partnerships'

- i. **Launch of the APEC Digital Hub for Mental Health ('Digital Hub'):** With projects organized around the core focus areas identified in the Strategic Needs Assessment, the Digital Hub was launched in early 2016. Representing the coordinating centre for APEC's work in mental health, the Digital Hub brings together government, public, and private sectors to share, develop, scale up and evaluate innovative evidence- and practice-based programs. The core mission of the Digital Hub is to strengthen the mental health and well-being of individuals and communities across APEC in support of sustainable economic growth. The activities of the Digital Hub are supported by an **interactive digital platform***.

The APEC Digital Hub for Mental Health: mentalhealth.apec.org



✚ *The digital platform supporting the work of the Digital Hub has developed with a sequential, iterative approach. Our foundational website was launched in 2016 and we have transitioned this rapidly into development of an innovative and secure portal for the sharing of knowledge, data and expertise that is responsive to the evolving needs and priorities of partners and member economies. In the final stage, the APEC Digital Hub will emerge as a fully operational platform with interlinked mental health databases and unprecedented Asia Pacific online collaboration capabilities. The fully-fledged Digital Hub will be a leading global innovation platform with dedicated health specialists and data scientists collaborating with public and private sector partners to define and advance digital solutions for the advantage of APEC, its member economies and society.*

ii. **APEC Innovation in Action: ‘Building the Digital Hub for Mental Health’:** This meeting was held in Vancouver, Canada June 27th- 28th 2017 as the official launch of the Digital Hub. Specific objectives of this meeting were:

- Identify the action steps required to ensure on track implementation of the Roadmap and advance progress in the seven focal areas identified in the SNA
- Provide a forum for networking in support of strengthening current partnerships and identifying new partnerships;
- Yield design principles to inform the next phase of development of the Digital Hub technology platform, whilst providing the foundations for future platform advancements
- Showcase recent advances in digital technology innovation in mental health

Concrete action steps identified during the meeting included: 1) A commitment to progress development across all seven core focus areas through work group activities; 2) Continuation of technical development consultations, partnership development, and capacity-building during a Colloquium in Viet Nam on the 22nd of August 2017, and; 3) Development of an APEC White Paper on Workplace Mental Health and Safety.

🕒 Phase 2 (2016-2018)

2. Conduct a Train-the-Trainer Workshop

APEC Digital Hub for Mental Health Colloquium:

The Colloquium took place on August 22nd 2017 in Ho Chi Minh City, Viet Nam, coinciding with SOM3, including meetings of the APEC LSIF and HLM. The primary objective of the Colloquium was to deliver a train-the-trainer session to build capacity among Digital Hub members to initiate pilot collaborations and to support multi-stakeholder advocacy for heightened investment in mental health and public-private partnerships. In addition, it served to: orient new members from both the private and public sectors as thought leaders and financial partners in the Digital Hub; showcase and consult on Digital Hub’s newly developed digital platform; stimulate and collect input on the APEC White Paper on Workplace Mental Health and Safety, under the Workplace Wellness and Resilience focus area; maintain high-level political awareness of and support for the Digital Hub’s mandate within APEC.

3. Survey and monitor pilot collaborations

- i. **Enhanced Measurement-Based Care Effectiveness for Depression (EMBED) Study:** The Digital Hub spearheaded a major Canada-China research initiative, Enhanced Measurement-Based care Effectiveness for Depression (EMBED): A Canada-China implementation project. The program was awarded approximately 2.2 million CAD over five years through the Global Alliance for Chronic Diseases (GACD)’s Mental Health Canada-China Team Grant competition, jointly sponsored by the Canadian Institutes of Health Research (CIHR) and the National Natural Science Foundation of China (NSFC). EMBED adapts and develops technologies, such as smartphone apps, online training programs, electronic medical records, and internet-delivered self- management interventions with telephone and WeChat (SMS) coaching, to implement measurement-based care (MBC) for depression in community mental health centres across Shanghai. Technology-enabled MBC (called “enhanced” or eMBC) tools and training developed through EMBED will be available through the Digital Hub and will serve as models for future development and scale up in the region.

ii. **Digital Hub for Mental Health Round Table Meeting on Data Standardization:**

Hosted by the Philippines National Centre for Mental Health on December 5th-6th 2019, the Round Table was attended by 70 participants from 12 economies. Building on the first meeting of the work group at the 2017 Vancouver meeting, the objective of this round table was to catalyze the activities of the work group by: identifying needs and gaps in the area of data collection and standardization for mental health in the APEC region; highlighting data standardization best practices, and; exploring opportunities for pilot projects and partnerships.

The meeting underscored the importance of data collection and standardization for the effective management, monitoring and evaluation of mental health services and systems. As Secretary Francisco T. Duque of the Philippines' Department of Health stated in his opening remarks, "we cannot manage what we cannot measure".

iii. **Integration with Primary Care and Community-Based Settings Preliminary Meeting:**

A preliminary meeting of this work group was held on February 21st 2019 in conjunction with the World Congress of Asian Psychiatry in Sydney, Australia and included Digital Hub members and representatives of global stakeholder organizations including the World Psychiatric Association (WPA) and the World Association of Family Doctors (WONCA). The meeting elicited expert input into the key needs and priorities to guide the mandate and activities of the work group. The key outcome of the meeting was the recommendation to conduct an environmental scan and subsequent report, building on the 2008 WHO and WONCA report "Integrating mental health into primary care - a global perspective", to identify best practices from the APEC region. It was recognized that though the WHO/WONCA report made a significant contribution to the knowledge-base for mental health integration with primary care, it is now over a decade old and contains limited examples from the Asia Pacific. The report will also emphasize best practices in the use of digital technologies to integrate mental health into primary care and community-based settings. Consistent with the APEC Health Working Group's 2019 work plan [10], this aligns with APEC's Statement on Universal Health Coverage and its mandate to ensure access to effective and quality primary health care.





🕒 Phase 3 activities (2018-2020)

1. Comprehensively review pilot collaborations

The Digital Hub 'Next Steps' Round Table Conference took place June 26th-28th 2019 in Singapore, bringing together stakeholders from 12 economies to review progress to date under the Roadmap and to begin to identify next steps and priorities post-2020. This conference is described in detail in the main section of the report.

2. Prepare Official Report to APEC Ministers and Leaders

Ongoing preparation from post-2020 report: The 'Next Steps' Round Table meeting and related consultation process served as a first step towards preparing the Digital Hub's post-2020 report. Preparation for this report is ongoing and will include additional formal consultation with Digital Hub members and key stakeholders, including APEC representatives.

● Ongoing (2014-2020)

1. Collaborate with ABAC

Ongoing Collaboration: The Digital Hub is in dialogue with the ABAC, the private sector arm of APEC. There exist clear synergies between the current priorities for ABAC and those of the Digital Hub (for example, ABAC's commitment to supporting economic empowerment and inclusion of Women in APEC economies [11], and focus on harnessing the benefits of digitization and innovation for all [12]). We will collaborate with ABAC to identify private sector partners for the Digital Hub.

2. Develop voluntary guidelines for psychological health and safety in the workplace

APEC White Paper on Workplace Mental Health and Safety: The Digital Hub focus area work group on Workplace Wellness and Resilience has produced a White Paper on Workplace Mental Health and Safety, which lays out best practices, gaps and a call to action to improve workplace mental health in the APEC region. The White Paper will be tabled at the time of Ministerial and Economic Leaders Meetings in Chile, November 2019.

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