

Thoughts on Strengthening the Work of Community Mental Health Service in Tianjin

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Abstract

Based on the important requirements of General Secretary Xi Jinping's "Three Focuses" proposed by Tianjin Construction, the basic situation of Tianjin's community mental health service was investigated based on the current mental health service system established in China. To explore ways to improve the mental health of residents in Tianjin and strengthen the psychological services of the community, in order to meet the growing mental health needs of Tianjin residents.

Keywords

Three Focuses, community psychological services, residents' mental health.

1. Introduction

During his inspection tour in Tianjin, General Secretary Xi Jinping put forward the important requirements of "improving the quality and efficiency of development, ensuring and improving people's livelihood, strengthening and improving the party's leadership and accelerating the building of a beautiful Tianjin". Since the 18th National Congress of the Communist Party of China (CPC), the Party Central Committee with Comrade Xi Jinping as the core has attached great importance to mental health issues and has clearly proposed strengthening mental health services. 22 departments including Ministry of Public Health and State Family Planning and Publicity Department jointly issued the "Guiding Opinions on Strengthening Mental Health Services" (hereinafter referred to as "Opinions"), and proposed to significantly improve the mental health awareness of the whole people by 2020. Citizens' recognition of mental health integrates mental health services into the basic public service system in urban and rural areas. This will greatly satisfy the needs of citizens' mental health and help to form a self-respecting self-confidence, rational peace, and positive social mentality. The development of cities is fundamentally to serve the development of people, which is an important part of ensuring and improving people's livelihood. To ensure and improve people's livelihood, we need to pay close attention to the most pressing and practical issues that people care about most. In the report of the 19th CPC national congress, general secretary Xi Jinping once again put people's needs and interests at a crucial position. Strengthening the construction of community psychological service is an important content of social psychological counseling, maintaining and improving the physical and mental health of the people, an important way to internalize and externalize the core socialist values, and an inevitable requirement for comprehensively advancing the rule of law and promoting social harmony and stability. At the same time, it can maximize the improvement of public mental health, promote social stability and interpersonal harmony, and enhance public happiness. On the one hand, regular mental health education through community psychological service stations is conducive to the cultivation of good morals, the promotion of coordinated economic and social development, and the cultivation and practice of socialist core values. On the other hand, it is also a source and fundamental work for the

realization of long-term peace and stability of the country, social stability and people's happiness.

2. The Meaning and Construction Significance of Community Mental Health Service

Without the health of the whole people, there will be no comprehensive well-being. National health includes not only the physical health of citizens, but also the mental health. Mental health refers to a good state in which people have correct cognition, stable emotion, appropriate behavior and harmonious interpersonal relationship in the process of growth and development under the influence of heredity and environment [1].

Community Mental Health Service refers to the application of psychological science theories and methods in community service work to maintain and promote people's mental health, that is to say, by paying attention to people's psychology, cultivate people's mental health, so as to achieve the purpose of preventing mental and physical diseases [2]. Community mental health service first arose in the United States, is an important part of the social service system, community mental health at the same time as an independent research direction, and also in the field of applied psychology and social psychology is the study of popular attention, in the actual implementation process, community mental health services and community hospitals have practical significance. For example, focus on the mental health of the elderly, children, women and the disabled, and provide mental health services specifically targeted at these special groups. Every community should take a series of effective measures to prevent residents' psychological problems, maintain their mental health and eliminate psychological barriers. The purpose of community psychological service is to protect the normal growth of minors, cultivate their sound personality, and help them establish a correct world outlook, outlook on life and values. To maintain the normal development of adults' psychological state, prevent various psychological disorders, including mental illness and neurological symptoms, and eliminate psychological factors causing psychological stress and various bad behaviors; Strengthen mental health services for the elderly, organize and carry out healthy recreational and sports activities for the elderly, enrich the spiritual and cultural life of the majority of the elderly, and timely care and visit the elderly when they are ill, hospitalized, or have major family changes[3].

As a basic unit spontaneously organized by grassroots people, community provides community with mental health services, timely intervenes in the psychological problems of community residents, and provides timely social care to community residents. This can not only effectively curb the mental illness of community residents, but also has important significance for improving the living conditions of community residents, meeting the mental health needs of community residents, and improving the life satisfaction of residents. In addition, timely and effective mental health education and publicity activities can also help people establish a correct value orientation, can not only form a normative social behavior pattern, but also can establish the sense of social responsibility and public morality of citizens. It can be said that the construction of community psychological service is one of the important cornerstones of community governance, and its purpose is to solve the practical problems related to the vital interests of residents. At present, the interest needs of community residents have changed from pure material needs to multiple spiritual and material needs, and the direction of community governance reform should also change with the needs of community residents. Applying psychological research methods to solve residents' emotional and spiritual needs and integrating psychological research methods into community governance can not only improve residents' sense of community identity, establish good neighborhood relations and broaden the social support system. Moreover, it can improve residents' enthusiasm to participate in community activities and form healthy and harmonious interpersonal relationship among

community people. At the same time, the government, community, community workers, residents and other multi-body participation in the community mental health service model.

To improve the mental health of the people, we should give full play to the social management function of community service to the people at the grass-roots level. Community, as an important organization unit of grassroots residents, is the most basic component of social organism and a tiny component of social development. A fully functional community can closely connect the ray limit points of various service functions nearby and form the entire regional service module to meet the various psychological needs of residents. Will introduce community mental health services, by creating effective community mental health service mechanism, strengthen the functions of Tianjin community psychological service, make full use of the convenience of community mental health services and timeliness, improve residents' mood, predict and guide the behavior of the residents, and help people with psychological problems in a timely and effective manner. Strengthening the construction of community mental health services in Tianjin is in line with the construction goal of "five modernized Tianjin" and an important part of the construction of a harmonious society in China.

Therefore, the construction of community governance from the level of community psychology can form a harmonious community that everyone participates in and everyone shares. It is also the new direction and new idea of Tianjin's mental health service.

3. The Domestic and Foreign Community Mental Health Service Construction Experience

Western developed countries attach great importance to the role of community services, and their community mental health services are relatively rich in content and mature in system, which not only provide basic psychological counseling services, but also include psychological intervention in crisis. For example, according to the survey data of the German central institute of mental health, the number of people aged 14 and above who have access to community mental health services has reached two-thousandth of the total number. Among outpatients, this proportion reaches 40%[4]. The U.S. congress passed the mental health act and made a series of changes to the mental health act to increase the intensity of mental health services. The specific measures are mainly reflected in the cooperation between hospitals and community mental health service centers. Public hospitals rely on the state legislature to provide financial support. Community mental health services receive funding from the national government and distribute funds through local governments, including joint grants. The most famous project is the "active community treatment service" project in Madison, Wisconsin, which transfers the whole ward, including employees and patients, to the community, so that patients can adapt to community life well[5]. Developed countries such as Canada, the United States and Australia all involve community mental health services in their mental health policy objectives. First, by reducing the size of existing psychiatric hospitals and by decentralizing the services they provide; At the same time, expand the scope of general hospital care for acute psychiatric inpatients; In addition, in addition to providing emergency hospitals, outpatient services in the community should be increased to perfectly apply community mental health services in the grassroots[6].

Overall, with a long cycle abroad thanks to the development of community mental health service, a sound service system, the clear goal, rich contents, various forms, sufficient professional practitioners and professional team construction is complete, and real-time control of community residents' psychological needs, these are worth learning in Tianjin community mental health service.

In recent years, some regions in China, such as Beijing, Shenzhen, Shanghai and other cities, have made a good start in the exploration of community mental health system services. Beijing

has set up a volunteer service team for psychological assistance in the Huilongguan Hospital in Changping district, officially launching the "Beijing mental health volunteer management and capacity building" project, and the government will purchase social organization service projects. Its function is to conduct daily propaganda and education on residents' psychological theories and mental health knowledge, and provide psychological counseling and assistance to residents in case of unexpected accidents or disasters[7]. In order to strengthen the professional construction of community psychological service, Shenzhen has specially built a team of qualified lecturers, established a community psychological counseling group, and set up a psychological counseling room in Dongsha street, Futian street, Shahe street and other communities[8]. On April 7, 2002, Shanghai promulgated the "Shanghai mental health regulations", which were used to standardize the mental health counseling services and improve the level of mental health counseling in Shanghai, laying a foundation for the inclusion of mental health counseling into the health supervision and law enforcement procedures. The promulgation of this regulation effectively promoted the development of mental health counseling and mental disease prevention in Shanghai [9].

In general, all provinces and cities in China are also gradually attaching importance to the construction of grass-roots mental health services, and community mental health services have been carried out in some areas, and a good start has been made.

4. Analysis of the Current Situation of Community Mental Health Services in Tianjin

Along with the rapid economic and social development of Tianjin, the mental health problems of the citizens are increasingly prominent. With the rapid advancement of informatization and intelligence in the 21st century, some people have difficulty in adapting to the high speed and rapid pace of social changes and have not made adequate psychological preparation, leading to increasingly serious mental health problems. Under the false guidance of extreme emotions, negative and malignant events caused by personal loss of control occur from time to time. At present, the community mental health service in Tianjin is still in its infancy, and the community-based mental health service model has not been established. In the implementation plan of Tianjin mental health service platform construction, it is pointed out that soul stations should be established in 16 districts of Tianjin, and professional psychological service staff should be equipped to coordinate the mental health services of the whole district. However, it cannot cover every street, and the existing psychological service base station is far from meeting the needs of Tianjin residents in mental health services. Most of the streets or communities are not equipped with special mental health service base stations, and the number of professional psychological counselors is small in the communities where psychological stations are built. In the development of community mental health services funding is not guaranteed, which seriously affects the quality of mental health services and long-term development of the city. According to the notice of Tianjin mental health work plan (2016-2020) : although Tianjin mental health work has made significant progress in recent years, it is far from meeting the needs of Tianjin residents for mental health services. There are still the following problems:

4.1. The Guarantee Level of Mental Health Treatment Is Low, and the Guarantee Mechanism for the Operation of Community Mental Health Service Has Not Been Formed

There are vulnerable groups such as children, single mothers, the elderly and people with disabilities among the objects of community mental health services. The government should pay more attention to the mental health services for special groups. The elderly and children have no economic sources except government supplies and family support, and they have

certain economic limitations compared with other groups. In addition to limited income, people with disabilities will suffer greater pressure in daily life than the general population, and are more likely to have psychological problems. Therefore, on the one hand, due to the high cost of professional psychological counseling services, some patients choose to give up halfway because they cannot afford the high cost of treatment, and patients with family financial difficulties are often not effectively treated. On the other hand, the community rehabilitation system for mental disorders has not been established, and the personnel subsidy of mental health service institutions is low, which seriously affects the stability of the community psychological base station service team.

4.2. The Number Of Patients with Psychological Disorders Is Increasing Year By Year, But There Is A Shortage of Supporting Service Resources

In the past two years, the number of patients diagnosed with serious psychological problems has been increasing year by year. According to the statistics of An-ding Hospital in Hexi district of Tianjin city, the monthly outpatient number of children and teenagers' psychological outpatient service alone has reached 1500, which is five times more than that of ten years ago. At the same time, the prevalence of depression, anxiety, obsessive-compulsive disorder, the rate of low. At present, the proportion of elderly people living alone, living in an empty nest and living at an advanced age in Tianjin is increasing year by year. All kinds of psychological problems, except physical problems, are gradually becoming the main problems faced by the elderly population. The prevention and intervention mechanism of psychological crisis in special population has not been established, and the work of active psychological intervention in elderly population has not been implemented. Community mental health services at the grassroots level are still inadequate, and the distribution of mental health services is seriously uneven. Each year according to the survey, 85% of the Zhuhai community mental health services in investment funds not more than 1500 yuan, up to the end of December 2015, the city a total of 39 professional institutions for mental health, psychiatry 5662 beds, more than half of the distribution in urban areas, a psychiatrist, 539, are mainly distributed in the municipal medical institutions, professional therapists also are scarce. The basic community psychological post service ability is still weak, the community psychological consultation service needs to be carried out, the professional psychological testing service and the establishment of mental health archives have a big gap.

4.3. There Is A Shortage of Professional Practitioners, and A Specialized Team Has Not Yet Been Formed

In Tianjin, there is a lack of professional psychological service institutions in each street community, with less than 10% of the patients first diagnosed as professional psychological consultants. The current level of psychological service personnel is uneven. The community mental health service personnel are mainly non-professional social workers and part-time students. Lack of professional background in psychology or psychological counseling work experience of personnel, professional service personnel, the degree of standardization is not high, it is difficult to provide professional, so that the psychological disorder patients satisfaction of mental health services. Community psychological service staff received less professional training times, lack of professional authority or psychological association guidance and regular training.

4.4. The Existing Service Form Is Single and Passive, and the Service Scope Is Wide But Not Deep

At present, the professional institutions that can provide psychological services in Tianjin are mainly specialized hospitals and a few soul stations. Due to the large number of service objects, most of the cases are people with mental disorders seeking medical treatment actively, and the

treatment forms are mainly one-to-one psychological counseling. On the one hand, the service scope is too narrow to effectively reach the masses and meet the treatment needs of more people with mental disorders. On the other hand, the one-to-one psychological counseling cannot serve the larger group. In 2011, the first free psychological assistance hotline was opened in Tianjin. Although psychological volunteers answered the hotline 24 hours a day, the service scope of the hotline in Tianjin is wide, and there are few professional staff. Moreover, the service is not deep enough to provide timely service to residents in all communities. Although the psychological assistance hotline can provide short-term emotional relief to the patient to a certain extent, it cannot fundamentally solve the psychological problems. For severe psychological disorders, professional and long-term treatment is needed.

4.5. Insufficient Publicity and Weak Awareness of Residents' Mental Health

At present, most communities in Tianjin are mainly composed of posters, slogans and health manuals, lacking of psychological professionalism and effectiveness of communication. In the streets, community mental health education on the propaganda slants small, low residents awareness, social prejudice and discrimination still exists, the mass of anxiety disorders, depression, force and other common mental disorders and psychological behavior problems not high, when it comes to psychological problems would be considered "psychosis", late diagnosis and treatment is not timely. The mental health service teams have not been established, and the responsibility of guardianship has not been fully implemented. The awareness of family members to cooperate with the community mental health service departments needs to be improved. People's mental health problems are not caused at once, but are the result of daily problems and the accumulation of stress. Therefore, it is necessary for psychological associations or psychological stations to popularize psychological knowledge in communities on a regular basis. It is of great significance to do a good job in the early prevention, early intervention and early treatment of mental health problems, as well as the rescue work for mental disorders and mental disorders.

5. The Countermeasure Suggestion of Tianjin Community Mental Health Service

For Xi Jinping, general secretary of mental health and mental health problems put forward specific requirements, Tianjin municipal people's governments at all levels and grassroots street community management should be combined with their own actual, first to investigate situation of mental health service at present in Tianjin and the public demand for mental health services, as well as the economic and social development of Tianjin for mental health services can provide resources conditions. At the same time, it is necessary to learn from the advanced experience of other urban areas at home and abroad.

5.1. Adhere to the Guidance of the Government and Bring Community Psychological Services Into the Social Security System

In the process of providing mental health services, as "boss", the government should formulate a series of preferential policies on the special community mental health service, community psychological services should be brought into the social security system, guide the community service personnel to provide mental health services with the special group of mental health problems as a focus on the parts. The Tianjin municipal government should, in accordance with the guidelines and policies of the CPC central committee and based on the current situation of community mental health services in various districts of Tianjin, make overall planning and gradually integrate community mental health services into the social security system. In order to reduce the medical burden of the poor patients with psychological disorders, improve the level of residents' mental health, improve the quality of residents' spiritual life, and truly serve

the people, to solve the burning needs of the people. Finally, a linkage model of industrial support, relevant administrative departments, psychological associations and other social support personnel should be established to build a comprehensive and comprehensive social psychological service system with communities at different levels as the carrier of practice.

5.2. Increase Capital Input and Attach Importance to the Construction of Specialized Service Facilities

On the one hand, the ministry of finance should increase capital investment, while districts, streets and neighborhood committees should actively use various channels to raise funds, integrate all resources and mobilize all sectors of society to participate in the construction of psychological services in Tianjin, such as enterprise donation and donation by caring people. On the other hand, in each community hospital to add mental health services, and equipped with special psychological counseling room and professional psychological service personnel. In addition, it is necessary to further improve the instruments and equipment required by community mental health services, strengthen the construction of hardware facilities, and provide professional tools and facilities for community mental health services, such as basic psychological measurement scale, sand table, psychological catharsis tools, psychological pressure relief, and stress relief experiential service items.

5.3. Relying on Major Universities, Local Hospitals and Professional Psychological Institutions in Tianjin, We Provide Highly Specialized Community Mental Health Services

According to the most advanced theoretical achievements of modern and contemporary psychology, on the basis of positive psychology theory, vigorously develop the branches of relevant disciplines represented by social psychology, health psychology and cultural psychology, and cultivate psychological counseling practical talents related to social psychological services. In particular, it can highlight community psychology, policy psychology and network psychology. At the same time, the related research and training in psychology can be further penetration in the field of social work, social psychological workers training to master some psychology related knowledge and skills, such as developmental psychology, community mental health counseling, psychological measurement, counseling, etc., enhance their professional, combining with the experience of social work itself into the community psychological service level. We should also rely closely on the MAP program applied by Tianjin university, nankai university and tianjin normal university to cultivate professional talents with public psychology as the leading direction. Encourage and the working personnel of community doctors, community residents' committees, college counselor, the people's conciliation committee members and other existing staff, under the director unit of unified coordination, make the service work personnel mastering the psychosocial services related concept, ethics and practical skills, adjust measures to local conditions to carry out the practice of social psychology, expanding the social psychological practice talent pool.

5.4. Set up A Psychological Service Network Platform and A Psychological Assistance Hotline Covering All the Communities in the City

The advantage of psychological hotline lies in that it can not only allow the consultants to pour out their personal troubles and provide some valuable Suggestions for the consultants, but also can make the residents' psychological problems get timely relief and alleviate negative emotions. Therefore, every community should set up a psychological assistance hotline to help every resident with psychological problems. In addition, opening an online consulting website is also a very effective way. Online counseling website can provide a variety of psychological tests, such as personality test, anxiety test, etc., can let the consultant through professional psychological measurement means to understand their psychological conditions, for the early

detection of the disease, treatment also has a positive effect. Online psychological counseling is of great convenience. It makes full use of the advantages of interactive communication and anonymity on the Internet, so that residents with psychological treatment needs can explore their selves that they cannot explore in the real world or subconsciously in a new way, and have more smooth communication and communication with online psychological service personnel. While fully respecting the privacy of psychological patients, it can greatly improve the ability to serve community residents. Psychological service personnel should also regularly collect feedback to evaluate the effect of community mental health services, such as questionnaire survey, on-site evaluation, residents' opinion box, etc., to evaluate and supervise the level and effect of community mental health services, so as to further improve the service content and form.

5.5. Strengthen the Propaganda of Mental Health, Popularize Psychological Knowledge Regularly and Get Feedback in Time

It is necessary to carry out regular mental health education for community residents, detect and record their mental health status, and understand their mental health status and changes in their mental status over a period of time, so as to better guide and prevent mental diseases before major problems occur. In addition, can also open a mental health public number, the daily release of prevention and treatment of all kinds of psychological problems professional science articles, the popularity of psychological knowledge, so that residents understand some of the signs and symptoms of psychological disorders, psychological problems encountered timely help. At the same time, through a variety of forms of psychological tests to regularly assess the level of residents' mental health, the establishment of mental health monitoring and mental health records, in order to understand the residents of mental health recovery after mental problems, but also to a certain extent to evaluate the effectiveness of community mental health services.

6. Conclusion

Strengthening the construction of community mental health services in Tianjin is one of the important ways to guarantee and improve people's livelihood. On the one hand, it meets the growing demand for mental health of Tianjin residents, and solves the problem that people with mental disorders have difficulty in getting medical treatment. On the other hand, it is in line with the important principles of "civilized happiness" in the "five modernizations of Tianjin", which are characterized by innovative development, openness and inclusiveness, ecological livability, democracy, rule of law and civilization and happiness. Every citizen can share the fruits of development from the construction of community mental health services in Tianjin, so that the people can truly feel happiness and obtain psychological satisfaction. Conscientiously implementing community mental health services in Tianjin is the requirement of the development of the new era as well as the direction of people's livelihood. To meet the people's growing demand for a better life, we will work hard to maintain the people's mental health and build a beautiful, civilized and healthy new Tianjin.

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