



Digital Hub for  
Mental Health

2021  
AUGUST

# 2021-2030 Roadmap

to Promote Mental Wellness in a Healthy Asia Pacific

[mentalhealth.apec.org](https://mentalhealth.apec.org)



*APEC Digital Hub Round Table Meeting on Data Standardization (Manila, December 2018)*

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THE UNIVERSITY OF BRITISH COLUMBIA



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## Abbreviations

<b>ABAC</b>	Asia-Pacific Economic Cooperation Business Advisory Council	<b>NSFC</b>	National Natural Sciences Foundation of China
<b>APEC</b>	Asia-Pacific Economic Cooperation	<b>MOU</b>	Memorandum of Understanding
<b>CIHR</b>	Canadian Institutes of Health Research	<b>OECD</b>	Organization for Economic Co-operation and Development
<b>EMBED</b>	Enhanced Measurement-Based Care Effectiveness of Depression Study	<b>PWLE</b>	People with lived experience
<b>GACD</b>	Global Alliance for Chronic Diseases	<b>SOM</b>	Senior Officials Meeting
<b>HWG</b>	Health Working Group	<b>TEAM-CAP</b>	Technology and Equitable Access for Mental Healthcare in a Post-COVID Asia Pacific Study
<b>LOI</b>	Letter of Intent	<b>UBC</b>	University of British Columbia
<b>LSIF</b>	Life Sciences Innovation Forum	<b>UofA</b>	University of Alberta
<b>MBC/eMBC</b>	Measurement-based care/ Enhanced measurement-based care	<b>WHO</b>	World Health Organization
		<b>WONCA</b>	World Association of Family Doctors

# Introduction and background

## 1

Supporting mental health and wellbeing is essential for fostering societies in which all people can meaningfully participate in social and economic activities, in turn promoting social cohesion, sustainable growth and economic prosperity. This will be important to the implementation of the Asia-Pacific Economic Cooperation (APEC) Putrajaya Vision 2040 to build an open, dynamic, resilient and peaceful Asia Pacific community by 2040.

A comprehensive approach to supporting mental health and wellbeing among populations requires efforts to promote mental health, prevent disease and disability and to provide evidence-based care for those who are experiencing mental illness [1]. **Promoting mental health and preventing and treating mental disorders requires engagement across sectors**, including health, education, employment, social protection and economic development, among others [2]. Initiatives that address the complex social and economic determinants of mental health are also essential for promoting and maintaining mental wellbeing [3].

Among APEC member economies, cross-sectoral and cross-regional collaboration to support mental health and wellbeing has great potential to contribute to improved economic prosperity for individuals, families, communities in various settings and economies.

## 2

The need for action on mental health is evident. Unaddressed mental disorders represent a crisis for global health and economic prosperity. 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. Across the Asia Pacific region, mental illness causes a **considerable health and socioeconomic burden**, accounting for more than 20% of total years lost due to disability and 9.3% of disability-adjusted life years [4]. Alarming, however, fewer than half of those affected by mental illness in the region receive any treatment [4]. 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.

**Investment in mental health initiatives also remain low**, with a report released in November 2020 by the International Alliance of Mental Health Research Funders finding that although mental health disorders are the leading worldwide cause of morbidity, the current annual global spending on mental health research is equivalent to just 50 cents per person [5].



## 3

The **COVID-19 pandemic** has put unprecedented pressure on the mental health and mental well-being of populations worldwide and across the Asia Pacific region. The effects of job loss and economic instability, physical distancing and social isolation, experiences of illness and bereavement, and disrupted access to usual health and mental healthcare on mental health and wellbeing are still emerging and are expected to be profound [6, 7]. The pandemic has contributed to increased stress and fear among the general population [8]. From the beginning of the pandemic, the need for enhanced and targeted mental health promotion and care has been identified as urgent [9]. A 2020 report by the Organization for Economic Cooperation and Development (OECD) [10] states that the COVID-19 pandemic has put a spotlight on existing gaps in healthcare in the Asia Pacific region. The pandemic has also **exacerbated health inequities** between higher and lower income economies and among the most vulnerable populations [10-12]. The shortage of human resources to address mental health issues, problems and disorders across much of the region is of particular concern given the growing mental health and psychosocial needs as the impact of the COVID-19 pandemic reverberates [10].

***The need for investment in mental health and wellbeing to support health and economic prosperity in the APEC region has never been more urgent.***

## 4

While much remains to be accomplished, **pronounced opportunities also exist.**

The 2018 report by the Lancet Commission on Mental Health and Sustainable Development [13] identifies the availability of digital technologies and the increasing cross-sectoral agreement on the urgency of action on mental health as substantial opportunities to advance progress on mental health worldwide. The emerging mental health impacts of COVID-19 and the related response further emphasize these opportunities.

As a result of pandemic-related restrictions and the need to slow virus transmission, mental health care and psychosocial supports have seen a rapid and **unprecedented shift to delivery via digital and tele-health technologies**, which are identified as crucial to supporting improved care mechanisms across health systems immediately and in the longer term [10, 14]. The COVID-19 pandemic has also led to global attention to the necessity of strengthening mental health support and systems during and beyond the pandemic [7].

# 5

APEC has prioritized efforts to address mental health and has provided **landmark leadership in the Asia Pacific region**, beginning with recognition by APEC of mental health needs in the 2014 APEC Leaders Declaration and the subsequent ministerial endorsement of the 2014-2020 APEC Roadmap to Promote Mental Wellness in a Healthy Asia Pacific [15] (hereafter, 'the 2014-2020 Roadmap'). Aligning with broader global movements to address mental health, the 2014-2020 Roadmap galvanized substantial collaboration, commitment, and action on mental health across the region, but the challenge of supporting mental health and wellness in the Asia Pacific region is far from over.

The COVID-19 pandemic has demonstrated the need for enhanced mental health care, prevention and promotion initiatives and has highlighted the persistent gaps in mental health systems. It has also highlighted the inequities among economies and populations, confirming the need for targeted, equity-oriented approaches to promoting mental health, psychosocial wellbeing and economic prosperity [12]. APEC's Putrajaya Vision 2040 [16] makes a commitment to "innovation and digitalization" and "strong, balanced, secure, sustainable and inclusive growth" as key economic drivers for the region.

Continuing leadership and investment in mentally healthy and prosperous communities, harnessing the potential of digital technologies to support mental wellness in a post-COVID world, will be essential to achieving this vision.

# 6

**The APEC Digital Hub for Mental Health [16]** (the Digital Hub) was created under the 2014-2020 Roadmap and acts as the coordinating centre for mental health in APEC.

The Digital Hub is hosted in Canada at the University of British Columbia (UBC) in partnership with the University of Alberta (UofA). The Digital Hub is a network of stakeholders representing researchers, healthcare providers, policy makers and people with lived experience (PWLE) from across the region with the goal of "strengthen[ing] the mental health and wellbeing of individuals and communities across the Asia Pacific region in support of economic growth" [17]. With the Digital Hub's leadership, substantial progress was made on the 2014-2020 Roadmap (see Figure 1). Specific activities are described in more detail below.

***The Digital Hub is uniquely placed to continue leading the coordination and implementation of mental health work under a 2021-2030 Roadmap in close collaboration with member economies.***



*Program Director Dr. Erin Michalak at the 'APEC Innovation in Action: Building the Digital Hub for Mental Health' Conference (Vancouver, June 2017)*



*'APEC Innovation in Action: Building the Digital Hub for Mental Health' Conference (Vancouver, June 2017)*



*University of British Columbia (UBC) campus in Vancouver*



'APEC Innovation in Action: Building the Digital Hub for Mental Health' Conference (Vancouver, June 2017)

Figure 1. Digital Hub Progress Under 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 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

- EMBED project initiated, 2018
- APEC Digital Hub Round Table Meeting on Data Standardization, Manila, December 2018
- Integration with Primary Care Preliminary Meeting, Sydney, February 2019
- LOI signed with Pfizer-Upjohn and WONCA, Singapore 2019
- APEC and WONCA Framework on Integration of Mental Health into Primary Care published, 2020
- TEAM-CAP study on digital health equity during COVID-19, ongoing



Participants at the APEC Digital Hub Round Table Meeting on Data Standardization (Manila, December 2018)

**PHASE 3**  
2018 - 2020

**Comprehensively review pilot collaborations**

APEC Digital Hub 'Next Steps' Roundtable Conference, Singapore, June 2019

**Prepare official report to APEC ministers and leaders**

*Interim Report on the Post-2020 Vision for Mental Health and Wellness in the Asia Pacific* presented at SOM3 in August 2019

**Develop voluntary guidelines for psychological health and safety in the workplace**

- APEC White Paper on Workplace Mental Health and Safety, endorsed by HWG and LSIF March 2020
- UBC and UofA commissioned WHO to conduct survey to support development of workplace mental health guidelines

**ONGOING**  
2014 - 2020

**Collaborate with the APEC Business Advisory Council (ABAC) to identify private sector partnerships**

Ongoing collaborations

In this document we describe a strategic vision for a 2021-2030 Roadmap focused on implementation, strategic partnerships and supporting inclusive growth and mental wellness in a post-COVID Asia Pacific.

# Developing the post-2020 Roadmap

## – A collaborative effort

The Digital Hub network has played a pivotal role in achieving the objectives on the 2014-2020 Roadmap and in informing the strategic directions and priority areas for mental health in the Asia Pacific region.

The perspectives of member economy representatives has therefore been essential for reflecting on the progress undertaken under the 2014-2020 Roadmap and informing the directions of the Roadmap post-2020.

We began a process of consultation with the Digital Hub membership by convening the 'Next Steps Roundtable' in Singapore in June 2019, bringing together stakeholders from 12 economies to review progress to date under the 2014-2020 Roadmap and to begin to identify next steps and priorities post-2020. Digital Hub members who were unable to attend the meeting were engaged via an online survey that helped to guide discussions during the Roundtable and informed the subsequent recommendations to allow for maximum engagement by the Digital Hub network.



The 'Next Steps Roundtable' results are fully described in the ***'Interim Report on the post-2020 Vision for Mental Health and Wellness in the Asia Pacific'*** [18].

The consultation led to **three core priorities** that guide the directions of the 2021-2030 Roadmap and are further elaborated in the next section. Several recommendations emerged from the 'Next Steps Roundtable' and were presented to APEC officials at the 3rd Senior Officials Meeting in Chile in August 2019.

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



*Dr. Chua Hong Choon speaks at the APEC Digital Hub for Mental Health 'Next Steps' Round Table Conference (Singapore, June 2019)*



*APEC Digital Hub for Mental Health 'Next Steps' Round Table Conference (Singapore, June 2019)*

# Roadmap to Promote Mental Wellness in a Healthy Asia Pacific: 2021-2030



## Three core goals

Based on the recommendations of the 'Next Steps Roundtable', we propose a next phase of the Roadmap for 2021-2030 that emphasises three core goals:

1

## Taking a principle-driven approach

During the 'Next Steps' Round Table, it was evident that the 2021-2030 Roadmap must be guided by core principles, including: Diversity, Engagement, Ongoing Learning, and a Strengths-based Approach (see Figure 2).

*Figure 2.* Core Guiding Principles for 2021-2030 Roadmap



### Diversity and Inclusion

Acknowledging and respecting diversity, including the diversity between and within member economies and among stakeholders was identified as essential.



### Engagement

Being committed to meaningful engagement with these diverse stakeholders across the APEC member economies will be crucial under the 2021-2030 Roadmap.



### Ongoing Learning

Commitment 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 implementation of the 2021-2030 Roadmap is fundamental.

## 2

### Focusing efforts and scaling up initiatives to achieve maximum impact

The approach taken by the Digital Hub under the 2014-2020 Roadmap reflects the belief that we can maximize our impact by strategically focusing efforts on a smaller number of priority areas and activities, while remaining ready to respond to recommendations from the APEC secretariat and other APEC fora. This approach was reflected in the stepped approach taken to work group mobilization under the 2014-2020 Roadmap wherein four focus areas and their related work groups have been mobilized (Workplace Wellness and Resilience, Data Collection and Standardization, Integration with Primary Care and Community-Based Settings, and Disaster Resilience and Trauma). Strong leadership and the high priority given to these issues by APEC and the Digital Hub network guided the prioritization of these focus areas.

We recommend that we continue this approach post-2020. At the 'Next Steps Roundtable' participants revisited the focus areas that were initially identified during a strategic needs assessment under the 2014-2020 Roadmap. They recommended updated focus areas, and the addition of key cross-cutting themes that will be central to all work under the 2021-2030 Roadmap. Cross-cutting themes represent areas of importance across all focal areas, which we recommend be integrated into the work of all focus area work groups. Priority focus areas consist of issues that are of high priority for APEC economies, warranting targeted initiatives to support their advancement across the region. The cross-cutting themes and renewed priority focus areas are described in [Figure 3](#).



*Dr. Hiroto Ito at the APEC Digital Hub Round Table Meeting on Data Standardization (Manila, December 2018)*



## CROSS-CUTTING THEMES

### Data collection and standardization

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Ensuring that data are available and accessible in order to identify needs, inform policy and practice, and support monitoring and evaluation.

### Digital Technologies

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Harnessing the potential of digital technologies to support access to mental health promotion, prevention, screening and treatment.

### Equity, Diversity, and Inclusive Growth

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Ensuring that efforts to support mental health, wellbeing and economic prosperity reach diverse and underserved populations.

### Advocacy and Public Awareness

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Continuing to promote the socioeconomic importance of mental health and wellbeing and to raise awareness that there is “no wealth without health” and “no health without mental health.”

### Life-Course Approach

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Acknowledging that mental health is important across the lifespan, with targeted approaches needed to support mental health and wellbeing among all age groups.

### Promotion of a Healthy Workforce

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Recognizing that supporting mental health and wellbeing at a population level is fundamental to promoting economic productivity and prosperity, including for future generations.



Dr. Nor Hayati Ali speaks at the APEC Digital Hub for Mental Health ‘Next Steps’ Round Table Conference (Singapore, June 2019)



## PRIORITY FOCUS AREAS

### Youth Mental Health

---

The mental health and wellbeing of young people is fundamental to supporting social and economic growth but is often overlooked.

### Integration with Primary Care

---

Evidence supports the integration of mental health services into primary care to improve access to and reach of services, but sustainable implementation of these approaches remains a challenge.

### Data Metrics\*

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Targeted efforts are required to ensure that mental health data are collected by health systems in a way that can inform policy and practice.

### Indigenous Communities

---

Culturally safe and appropriate approaches to support Indigenous mental health and wellbeing, led by members of Indigenous communities, remain a regional priority.

### Workplace Wellness\*\*

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Evidence shows that supporting mental health and wellbeing in the workplace is an economic imperative. Given the impact of the COVID-19 pandemic and the changing nature of work, this area remains a high priority.

### Substance Use Disorders

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Substance use disorders represent a considerable a challenge across the region and are often under-addressed, requiring evidence-based and collaborative approaches.

### Disaster Resilience

---

Already a priority in the APEC region, the COVID-19 pandemic has demonstrated the ongoing need to be responsive to the effects of disasters on mental health and wellbeing.

### Suicide and Self-harm

---

Suicide and self-harm are major causes of death and injury worldwide, and have negative effects on individuals, families and communities. Increased research and targeted efforts are required to address this priority.

\* Though 'Data Collection and Standardization' is a cross-cutting theme, given the dearth of data collection and standardized metrics across health systems this topic also warrants targeted attention as a priority focal area.

\*\* 'Promotion of a Healthy Workforce' is a cross-cutting theme that recognizes the importance of mental health and wellbeing to support economic productivity. The focus area 'Workplace Wellness' specifically addresses the role of workplaces in mental health promotion, prevention and support from the perspective of policy and practice.



*Executive Chair Dr. Raymond Lam and Dr. Jun Chen at the Mental Health Centre of Hongkou District (Shanghai, 2017)*

Under the 2021-2030 Roadmap and building on existing Digital Hub initiatives, we envision a shift from the initiation of new collaborations and pilot initiatives to an emphasis on the implementation and scale-up of model programs in the region. A number of ongoing Digital Hub initiatives, highlighted below, represent programs that can be implemented at scale throughout the region.

The 2021-2030 Roadmap will emphasise leveraging collaborative efforts across APEC economies and with private and public sector stakeholders to support the dissemination of evidence, the adaptation of programs, and the scale-up of these initiatives throughout the region to promote maximum reach and impact.

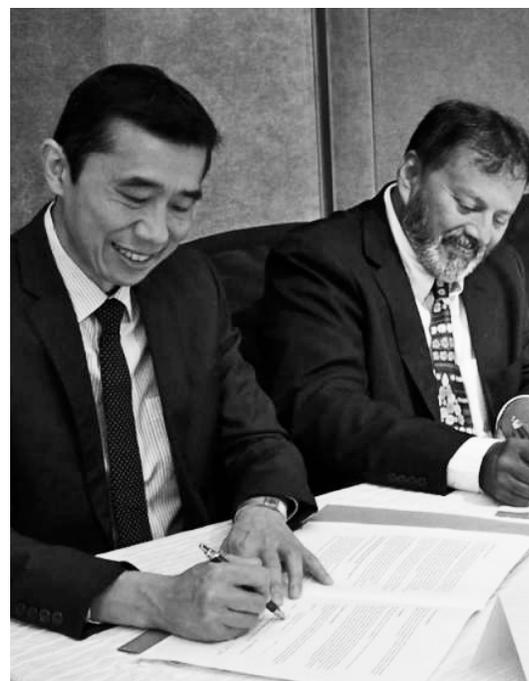
The **Enhanced Measurement-Based Care Effectiveness for Depression (EMBED)** study, led by Dr. Raymond Lam (Canada) and Dr. Jun Chen (China), is a Canada-China partnership funded jointly by the Canadian Institutes of Health Research (CIHR) and the National Natural Sciences Foundation of China (NSFC) under the Global Alliance for Chronic Disease's (GACD) mental health program.

This implementation science study 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 may serve as models for future development and scale up in the region.

Developed by the Digital Hub's Workplace Wellness and Resilience Working Group with the leadership of Ms. Sapna Mahajan (Canada) and Dr. Hiroto Ito (Japan), **A New Horizon for Occupational Health: APEC White Paper on Workplace Mental Health and Safety** ('the White Paper') was endorsed by APEC's Life Sciences Innovation Forum (LSIF) in March 2020. The White Paper provides a framework for workplaces to take action and support the mental health and wellness of employees and outlines the critical role of mental health in the workplace and in economic prosperity, highlighting best practices and model programs from across the APEC region, and delivering a call to action for policy makers, employers and individuals with regards to supporting workplace mental health and safety. The release of the White Paper corresponded with the declaration of the COVID-19 pandemic by the World Health Organization (WHO) and is thus accompanied by a preface addressing the impact of COVID-19 and the critical role of workplace mental health and safety measures in response to crisis situations.

The Integration with Primary Care and Community Settings Working Group, led by Dr. Chee Ng (Australia) and Dr. Cindy Lam (Hong Kong, China), signed a Memorandum of Understanding (MOU) with the World Association of Family Doctors (WONCA) and Pfizer-Upjohn (now Viatriis) in November 2019. An outcome of this partnership is the **APEC Digital Hub-WONCA Collaborative Framework on Integration of Mental Health into Primary Care in the Asia Pacific** [19], which was published in the Journal of Multidisciplinary Healthcare in 2020 and was presented at the World Psychiatric Association's World Congress of Psychiatry in 2021. The framework notes gaps related to the integration of mental health into primary care across the Asia Pacific region and identifies enablers and current best practices from several APEC economies. The framework also considers the potential of digital technology to benefit the mental health care of the populations in the Asia Pacific region, including delivery of training programs for healthcare staff and access to resources for patients, and proposes next steps to promote enhanced integration into primary care and improve mental health care throughout the region.



*MOU signing with WONCA and Pfizer Upjohn (Singapore, November 2019)*

# 3

## Remaining poised to respond to emerging and high-priority regional challenges

During the Next Steps Roundtable in 2019, participants discussed the current structure of the Digital Hub's focus areas work groups, and made several suggestions to promote impact and proactive response to emerging challenges and opportunities. These included introducing cross-cutting themes and the inclusion of additional focus areas, as described above. The COVID-19 pandemic has since confirmed that it is essential for the Digital Hub to be prepared to respond quickly and effectively to emerging challenges.

In April 2020, the Digital Hub's Disaster Resilience and Trauma working group met to discuss mobilizing a coordinated response to the COVID-19 pandemic and its expected mental health and socioeconomic impact. **Two priorities** emerged from this discussion:

1. the rapid shift to the use of digital mental health technologies in the context of COVID-19 restrictions and,
2. concerns about equitable access to care by the most vulnerable populations in the region.

The working group subsequently applied and received funding from the Canadian Institutes of Health Research to conduct the **Technology and Equitable Access for Mental Health Care in a post-COVID Asia Pacific (TEAM-CAP)** study. The TEAM-CAP study\*, which is ongoing, involves a multi-step process of consultation with policy makers, health and psychosocial support service providers and PWLE across the APEC region to identify mental health needs and access barriers related to digital mental health among priority vulnerable populations. The study will result in the development and dissemination of best practice recommendations to promote equitable access to digital mental health care across the APEC region.

\* The TEAM-CAP study is led by Digital Hub representatives from Australia, Canada, Chile, China, Malaysia, South Korea, Vietnam and the United States



*Dr. Chee Ng, Dr. Raymond Lam, and Dr. Jill Murphy representing the Digital Hub at the 7th World Congress of Asian Psychiatry (Sydney, February 2019)*

The Digital Hub will also respond to priorities identified by APEC and its member economies. For example, the 2019-2030 La Serena Roadmap for Women and Inclusive Growth [20] prioritizes inclusive economic development and participation of women in the workforce. To ensure we align with this initiative, under the priority focus area on Workplace Wellness we will examine factors influencing women's mental health and wellbeing in the workplace, including by exploring the relationship between workplace mental health and wellbeing and workforce participation among women. This work will examine the experiences of women from diverse communities in a variety of workplace settings, with a view to informing targeted approaches to support women's wellbeing and, ultimately, their economic empowerment.

Drawing on the core principles and recommended cross-cutting themes, building on the lessons learned from the COVID-19 pandemic and in alignment with broader APEC priorities, the Digital Hub will ensure that we are in a position to remain responsive to emerging global and APEC priorities under a renewed 2021-2030 Roadmap.

# Roadmap to Promote Mental Wellness in a Healthy Asia Pacific: 2021-2030



## Key activities

The 2021-2030 Roadmap builds on the goals and activities of the 2014-2020 Roadmap, updating and expanding activities to advance progress on promoting mental health and well-being in the APEC region:

**Table 1.** 2021-2030 Roadmap Activities

### Renew Commitment under 2021-2030 Roadmap (2021-2022)

#### Renew the mandate of the APEC Digital Hub for Mental Health

1

##### Action

HWG and LSIF to formally renew the mandate of the APEC Digital Hub for Mental Health with support from member economies.

##### Outcome

The APEC Digital Hub for Mental Health maintains sustained role as coordinating centre of APEC's work on mental health in the APEC region.

#### Enhance the commitment of APEC member economies to support research, policy and practice to improve mental health and wellbeing in a post-pandemic Asia Pacific

2

##### Action

Member economies solidify their commitment by actively engaging in and supporting the achievement of the objectives of the Roadmap, in collaboration with the Digital Hub and relevant APEC fora.

##### Outcome

Encourage the voluntary participation of member economies in implementing the activities of the Roadmap, including via the initiatives outlined on the next page.

### Support the implementation and scale-up of best practice model programs

1

#### Action

Take an activity-focused approach that emphasizes spread, dissemination and uptake by member economies of pilot collaborations and model programs identified under the 2014-2020 Roadmap.

#### Outcome

- Adaptation and scale-up of EMBED study model to other APEC economies
- Building on Digital Hub and WONCA partnership, pilot and scale-up initiatives to promote integration of mental health care into primary care and community settings

### Develop and disseminate best practice guidelines to promote mental health, wellbeing and across several priority focus areas

2

#### Action

Provide leadership on the dissemination of existing (Workplace Wellness, Integration of Primary Care) and emerging (TEAM-CAP) guidelines and recommendations to private and public sector partners across the region.

#### Outcome

Best practice guidelines and recommendations are provided as guidance for key stakeholders working in relevant public and private sectors throughout the region.

### Support the implementation and scale-up of best practice model programs

3

#### Action

In alignment with APEC's Putrajaya Vision 2040 to "strengthen digital infrastructure, accelerate digital transformation, [and] narrow the digital divide," build on the progress made under the 2014-2020 Roadmap to continue advancing research, policy and practice to promote the availability of innovative digital technologies to support mental health and wellbeing across diverse APEC member economies.

#### Outcome

Building on the TEAM-CAP study, the Digital Hub will lead research to inform policy and practice for the equitable delivery of digital mental health care throughout the region.

## 4

## Enhance strategic collaborations with relevant APEC fora, private and public sector partners in the region

### Action

Encourage partnership and engagement efforts, including with additional relevant APEC fora and partners in the public and private sectors to:

- promote scale-up of model programs and
- respond to emerging priority areas.

### Outcome

- Strengthen partnership between Digital Hub, ABAC and other relevant APEC fora
- Renew existing collaborations with public and private sector entities including WONCA, WHO, Viatrix
- Establish new collaborations with relevant public and private sector entities



*A New Horizon for Occupational Health: APEC White Paper on Workplace Mental Health and Safety (the White Paper)*

### Comprehensive review of implementation and scale-up of model programs

#### Action

The Digital Hub will comprehensively review progress under Phase 2 of the 2021-2030 Roadmap via ongoing monitoring and evaluation activities. Overall progress will be measured against the actions and outcomes identified in the Roadmap, with focus area work groups identifying additional indicators to be agreed upon by work group members in consultation with the Digital Hub executive and representatives of the HWG and LSIF to ensure they align with broader the outcome measurement objectives of these fora.

#### Outcome

The Digital Hub will conduct ongoing monitoring and evaluation of progress under the 2021-2030 Roadmap, which will be reported to the LSIF, HWG and other relevant for a on an annual basis

1

### Official report to APEC Minister and Leaders on progress under the 2021-2030 Roadmap

#### Action

The Digital Hub will prepare a report that summarizes the comprehensive review, assesses progress under the 2021-2030 Roadmap, and identifies priorities and next steps post-2030.

#### Outcome

The report is presented to APEC Ministers and Leaders via the LSIF and HWG, as appropriate, serving as a call to action for sustained investment and leadership in mental health in the APEC region post-2030.

2

### Knowledge Translation and Dissemination

#### Action

The Digital Hub will undertake regular knowledge translation and dissemination activities related to activities under the 2021-2030 Roadmap, including via presentations at APEC relevant meetings, written reports and policy briefs, regular newsletter and website updates and other activities as suggested by the LSIF, HWG and other APEC fora.

#### Outcome

Members of the LSIF, HWG, other APEC fora and other key stakeholders will be up-to-date on the activities under the 2021-2030 Roadmap and will receive relevant and timely information to inform policy and practice decisions related to mental health and wellbeing in the APEC region.

3

# Partnerships and Sustainability

Strategic partnerships continue to be essential, with investment in partnerships and collaboration identified as a key activity under the 2021-2030 Roadmap. The promotion of mental health and well-being, particularly in a post-COVID Asia Pacific, is relevant across health, social and economic sectors. APEC must therefore continue to galvanize collaborative efforts across sectors to achieve success on the 2021-2030 Roadmap, engaging relevant fora to achieve maximum impact.

It is also essential for APEC to continue to align with ongoing global mental health and economic development initiatives, including the recommendations of the Lancet Commission on Global Mental Health and Sustainable Development [13], the WHO Mental Health Action Plan [21], which has been extended to 2030, and the work of the OECD [10].

Aligning with global networks working in strategic priority areas, such as the e-Mental Health International Collaborative, an international network of leaders in digital mental health, is also an essential step to ensuring the actions taken under the 2021-2030 Roadmap align with leading international initiatives, facilitating partnerships that can contribute to the achievement of 2021-2030 Roadmap goals and activities.



*Dr. Ishmael Amarreh at the 'APEC Innovation in Action: Building the Digital Hub for Mental Health' Conference (Vancouver, June 2017)*

**The Digital Hub has made significant progress under the 2014-2020 Roadmap** and is in a prime position to lead, in collaboration with APEC fora and partners throughout the Asia Pacific region, the implementation of the 2021-2030 Roadmap. In a post-COVID Asia Pacific, the need for investment in mental health to support economic prosperity will be greater than ever. Under the 2021-2030 Roadmap, APEC and the Digital Hub are well-positioned to significantly impact mental health, and in turn economic growth and prosperity, across the Asia Pacific region. The sustainability of the Digital Hub, however, is precarious, as resources dedicated to projects, operations and international collaboration are limited. The continued success of the Digital Hub is contingent upon securing additional resources. Continuing to forge, foster and maintain multi-sectoral partnerships is essential to the Digital Hub's sustainability.

The success of the Digital Hub and the advancement of the 2021-2030 Roadmap objectives is contingent on active engagement by member economies. Member economy leadership, such as the leadership provided by the Philippines for the Data Collection and Standardization focus area, made a significant impact under the 2014-2020 Roadmap. In this next phase, member economies must take ownership to advance the objectives of the Roadmap, including by investing in activities that align both with the Roadmap objectives and with the strategic priorities and needs of each member economy.

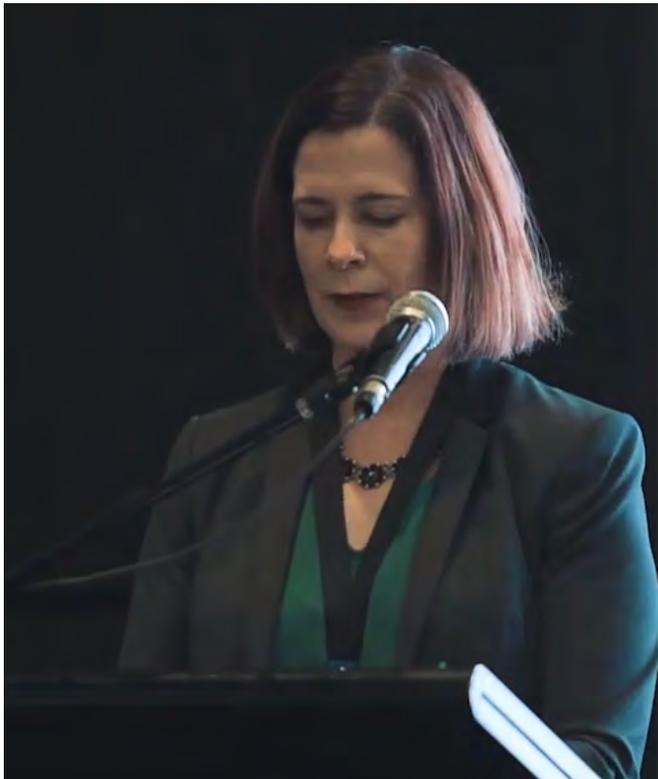
The Digital Hub, in its role as the coordinating centre for mental health in the Asia Pacific, can facilitate and support member economies in their efforts to advance Roadmap objectives and to promote mental health and prosperity among their populations.



*Ms. Sapna Mahajan at the APEC Digital Hub for Mental Health 'Next Steps' Round Table Conference (Singapore, June 2019)*



*APEC Digital Hub for Mental Health Colloquium (Ho Chi Minh City, August 2017)*



*Executive Director Dr. Jill Murphy speaks at the APEC Digital Hub Round Table Meeting on Data Standardization (Manila, December 2018)*

# Roadmap Acknowledgments

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