



Slovenia

GENERAL INFORMATION

Slovenia is a country with an approximate area of 20 thousand square kilometers (UNO, 2008). The population is 2,024,912 and the sex ratio (men per hundred women) is 96 (UNO, 2009). The proportion of the population under the age of 18 years is 17% and the proportion above age 60 is 17% (UNO, 2009). The literacy rate is 100% for men and for women (UN Statistics, 2008). The life expectancy at birth is 75 years for males and 82 years for females (UNO, 2005-2010). The healthy life expectancy at birth is 69 years for males and 82 years for females (UNPD, 2010). The country is in the high income group (based on 2010 World Bank criteria). The total expenditure on health as a percentage of gross domestic product is 9.06% and the per capita government expenditure on health (PPP int. \$) is \$1490.0 (WHO, 2006). The suicide rate for males is 33.7 per 100,000 population and for females is 9.7 per 100,000 population. In Slovenia, neuropsychiatric disorders are estimated to contribute to 27.5% of the global burden of disease (WHO, 2008).

GOVERNANCE

An officially approved mental health policy does not exist. However, mental health is specifically mentioned in the general health policy.

A mental health plan does not exist.

Dedicated mental health legislation exists and was initiated in 2008. Legal provisions concerning mental health are also covered in other laws (e.g., welfare, disability, general health legislation etc.).

Note: The Mental Health Act passed the parliamentary procedure in June 2008 and was put in action August 2009. Mental Health Act is formal basis for:

- national mental health program and action plan
- for intersectorial cooperation in all levels
- involuntary and voluntary admissions to hospitals and nursing homes
- regulation of seclusion and restraint
- coordination of involuntary outpatient care in community – for persons with severe mental disorders who need intensive care and follow up in community
- coordination of voluntary care in community – for persons with severe mental disorders who need psychosocial support for every day living

FINANCING

Mental health expenditures by the government health department/ministry are 8.0% of the total health budget. Mental hospital expenditures by the government health department/ministry are not available.

MENTAL HEALTH CARE DELIVERY

Primary Care

Prescription regulations authorize primary health care doctors to prescribe and/or to continue prescription of psychotherapeutic medicines but with restrictions. In contrast, the department of health does not authorize primary health care nurses to prescribe and/or to continue prescription of psychotherapeutic

Data collected in 2011

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medicines. Similarly, official policy does not permit primary health care nurses to independently diagnose and treat mental disorders within the primary care system.

The majority of primary health care doctors and nurses have not received official in-service training on mental health within the last five years. Officially approved manuals on the management and treatment of mental disorders are available in the majority of primary health care clinics. Official referral procedures for referring persons from primary care to secondary/tertiary care exist. However, referral procedures from tertiary/secondary to primary care do not exist.

Note: There is psychiatry training during the training and specialization for family doctors for few months. The patients can get appointment and visit secondary or tertiary care without official referral from primary care.

Mental Health Services

Availability of mental health facilities

	Total number of facilities/beds	Rate per 100,000 population	Number of facilities/beds reserved for children and adolescents only	Rate per 100,000 population
Mental health outpatient facilities	93	4.59	4	0.20
Day treatment facilities	22	1.09	0	0.00
Psychiatric beds in general hospitals	180	8.89	0	0.00
Community residential facilities	45	2.22	0	0.00
Beds/places in community residential facilities	212	10.47	0	0.00
Mental hospitals	6	0.30	0	0.00
Beds in mental hospitals	1,370	67.66	30	1.48

Access to care

	Rates per 100,000 population)	Females (%)	Under age 18 (%)
Persons treated in mental health outpatient facilities	2909.36	58.7%	7.6%
Persons treated in mental health day treatment facilities	20.69	UN	UN
Admissions to psychiatric beds in general hospitals	2547.37	50.5%	6.3%
Persons staying in community residential facilities at the end of the year	10.42	UN	UN
Admissions to mental hospitals	576.67	47%	UN

Long term care in mental hospitals (% of persons staying):

Less than 1 year	UN
More than 1 and less than 5 years	UN
More than 5 years	UN

Note: All data are from the public sector as there is no private sector in mental health in Slovenia.

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HUMAN RESOURCES

Workforce and training

	Health professionals working in the mental health sector Rate per 100,000	Training of health professions in educational institutions Rate per 100,000
Psychiatrists	7.06	0.54
Medical doctors, not specialized in psychiatry	1.14	6.82
Nurses	69.68	39.61
Psychologists	4.54	1.53
Social workers	3.75	3.65
Occupational therapists	1.28	1.09
Other health workers	0.59	NA

Informal human resources (Family and User Associations)

	User	Family
Present in the country?	Yes	Yes
Number of members	UN	UN
Participation in the formulation/implementation of policy/plan/legislation?	frequently	frequently

MEDICINES

Expenditures for medicines for mental and behavioral disorders at country level

Type of Medicines	Expenditures at country level per year and per 100,000 population (in USD)
All the psychotherapeutic medicines ¹	2,913,613
Medicines used for bipolar disorders ²	33,284
Medicines for psychotic disorders ³	1,474,398
Medicines used for general anxiety ⁴	443,450
Medicines used for mood disorders ⁵	1,182,992

¹ N03AG01, N05A, N05B, N05C, N06A

² N03AG01, N05A, N05B, N05C, N06A

³ N05A (excluding N05AN)

⁴ N05B & N05C

⁵ N06A

Data collected in 2011

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INFORMATION SYSTEMS

	Data on number of people/ activities are collected and reported	Data on age and gender are collected and reported	Data on patient's diagnosis are collected and reported
Persons with mental disorders treated in primary health care	Yes	Yes	Yes
Interventions (psychopharmacological and psychosocial) delivered in primary health care for people with mental disorders	No	No	No
Persons treated in mental health outpatient facilities	Yes	Yes	Yes
Contacts in mental health outpatient facilities	Yes	Yes	Yes
Persons treated in mental health day treatment facilities	Yes	Yes	Yes
Admissions in general hospitals with psychiatric beds	Yes	Yes	Yes
Admissions in mental hospitals	Yes	Yes	Yes
Days spent in mental hospitals	Yes	Yes	Yes
Admissions in community residential facilities	Yes	No	No

Note: Data are routinely collected by the Health Insurance Company in Slovenia, Institute for Public Health of republic of Slovenia (data on diagnoses, gender, age) and Ministry of labour, family and social affairs (community facilities).. In 2009, the first specific report focusing on mental health was published by the Institute of Public Health of Republic of Slovenia.

A specific report focusing mental health activities has been published by the Health Department or any other responsible government unit in the last three years.