



# Forensic Psychiatry and Mental Health: Challenges and Solutions for Multidisciplinary Teams

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## DESCRIPTION

When discussing about mental health, it means the state of wellbeing in which a person is able to use their skills, cope with everyday stressors, work productively, and give back to their community. According to the World Health Organization (WHO), stress is one of the key variables that affects the balance of mental health. As 90% of the world's population suffers from this condition, stress is regarded as a global epidemic. Building effective public policies for the promotion, prevention, and recovery of their population's mental health in relation to employment and public health is a developing concern for nations. The General Adaptation Syndrome, the body's natural defence mechanism in response to challenging circumstances, was the term used to describe stress in the middle of the twentieth century. According to this viewpoint, stress has two sides: a positive one called eustress, where the person is more creative and productive in their adaptive reactions, and a negative one called distress, which is a state of excess or insufficient adaptation where the person expresses inappropriate responses. Stress was defined as a psychological factor that represents a harmful relationship between the individual and the environment, which affects their mental health, at the turn of the twenty-first century. As a result, there was an increase in the population's incidence of stress and a resulting demand for psychiatric and psychological services. The reform of psychiatric treatment in the Americas region began in 1990 under the auspices of WHO and PAHO (The Pan American Health Organization), leading to the Declaration of Caracas. According to this statement, local health systems' primary care must necessarily be connected to the advancement of psychiatric care in mental health. The principles for the protection of persons with mental illness and the enhancement of health care, with a focus on community services and the rights of people with mental illness, were reaffirmed by the United Nations General Assembly as early as 1991. It was important to adapt the state and private mental health sectors to organisational, technical,

and legislative developments, especially the convergence of the judicial and health systems, in order to operationalize this restructure. The improvement of the assurance of individual freedom and human dignity for people receiving care, including those in custody of forensic psychiatric hospitals, depended on the integration of these systems. The forensic psychiatric hospital is a subspecialty of the field of forensic psychiatry, which focuses on the assessment and treatment of those with mental illnesses who exhibit violent or antisocial behaviour at the intersection of mental health and law, including the possibility of the correctional viewpoint. The forensic area of mental health, also known as forensic psychiatry, is comprised of general psychiatric hospitals, psychiatric wards in district general hospitals, and prisons with regard to the European continent. In North and South America, psychiatric custody and Treatment Hospitals are also present. The multidisciplinary team in mental health, typically made up of doctors, psychologists, nurses, and social workers, was inserted into the field of action of forensic psychiatry by adapting to the new guidelines of the WHO, PAHO, and United Nations General Assembly for an expanded assessment of the health conditions of those in custody in the process of progressive discharge. The multidisciplinary mental health team's experts are deeply involved in the physiological and psychodynamic health-disease process of work, particularly while doing medical risk assessments. Due to the physical resistance of the custodian to treatment, violent behaviour during personal care, emotional state and unstable mental disorders, impulsivity, medication side effects, severe personality disorder, psychosis, and a history of violent crimes, performing medical risk assessments daily puts multidisciplinary health teams' workers under a lot of stress. The maintenance of forensic psychiatry services for the State becomes more expensive as a result of the pathologies caused by prolonged high levels of stress, including panic disorder, post-traumatic stress disorder, and burnout. These pathologies increase the percentage of dissatisfaction with work, medical licences, chemical dependency, exhaustion, and drug addiction in these health professionals.

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