

# Improving Young People's Mental Health in Europe: Transforming Lives, Strengthening Prevention



**Tuesday 23<sup>rd</sup> June 2015**

Thon Hotel Brussels City Centre,  
Brussels



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## Overview

According to the World Health Organisation (WHO) report on the 'Health of Young People in Europe', mental disorders in young people are on the rise with an estimated 10- 20% of young Europeans suffering from mental or behavioural disorders. On average, one out of five children and adolescents suffers from developmental, emotional or behavioural problems and approximately one-eighth have a clinically diagnosed mental disorder.

Mental health or psychological well-being constitutes an essential part of an individual's capacity to lead a fulfilling life, including the ability to discover his or her own abilities, make social, educational and professional choices and cope with the normal stresses of life. It is an essential condition for the healthy functioning of families, communities and society and represents a resource supporting overall well-being and productivity.

Young people face different pressures and challenges related to the transition from childhood to adulthood, which involve growing academic and professional expectations, changing social relationships with family and peers, and the physical and emotional changes associated with maturation. In addition to this, young Europeans must also face the negative effects of the economic crisis, both through the situation of their parents and through their own.

Although the need to develop specific policies aimed at protecting and promoting young people's mental health and well-being has been widely ignored in the past, it is now gaining recognition at both national and European level as demonstrated by the growing number of different awareness-raising studies and projects. Failure to treat and prevent mental health disorders in children and young adolescents has proved to have significant consequences for their future, resulting in reduced job and life expectations, together with negative social and economic outcomes for the overall society. Prevention and early intervention measures are therefore vital in reducing health costs and unemployment, as well as for improving educational outcomes.

Better care of young people's mental health can be achieved through the implementation of different measures such as more accessible and responsive primary care services, developing parent support programmes and better training of staff in schools. It is also vital to raise awareness on the negative effects of bullying, aggression and exclusion practices, especially through the means of the internet and social media.

This timely international symposium provides an invaluable opportunity to assess the current state of mental health policies for young people at the European level and to discover best practices in the field of prevention and early intervention. It will address measures to support young people's mental health in both school and family settings, while also focusing on the action of health services and community environment in the promotion of mental well-being. This symposium will also address the role of new technologies and social media as a double-edged instrument in the hands of children and young adolescents.

***"Mental health awareness and the destigmatisation of mental illness are key to ensuring that people recognise mental disorders in themselves and others, and can freely seek the help they need. Initiatives, such as the Joint Action on Mental Health and Well-being focus on this work, promoting mental health at the workplace and schools, developing actions against depression and suicide and developing mental health care for people with severe mental disorders."***

- CORDIS Express: Research into mental health disorders, European Commission  
September 2014

## Venue and Accommodation

Thon Hotel Brussels City Centre  
Avenue du Boulevard 17  
1210 Brussels  
Belgium



## Why Attend?

- ✓ **Assess the current state of mental health policies for young people promoted at EU level**
- ✓ **Explore new prevention and early intervention measures and strategies to support young people's mental health in both school and family settings**
- ✓ **Evaluate the action of health services as well as the impact of the community environment in the promotion and prevention of mental health issues in children and young people**
- ✓ **Discuss the role of technology and social media as a double-edged instrument: risks and solutions**

## Who Should Attend?

- Mental Health Practitioners
- CAMHS Practitioners
- Commissioning Managers
- School Nurses and Health Visitors
- Directors of Children's Services
- Families Services Officers
- Schools and Children's Trusts
- Early Years Practitioners
- General Practitioners
- Teenage Pregnancy Coordinators
- Sexual Health Strategy Coordinators
- Local, Regional and National Health Services
- Health Treatment/Advisory Services
- Teachers and Special Educational Needs Coordinators
- Counselling Services
- Health Promotion Advisers
- Child and Educational Psychologists
- Family Planning Specialists
- Drug and Alcohol Action Teams
- GUM Clinics
- Social Workers and Social Services Officers
- Child Protection Officers
- Youth Workers and Youth Offending Teams
- Community Safety Teams
- Suicide Support Services
- Suicide Bereavement Support Groups
- Psychotherapists
- Internet Safety Teams
- Child Safety Online Teams
- Social Media Teams
- Police Service
- Probation Service
- Health and Safety Teams
- Local Authorities and Councilors
- Central Government Departments and Agencies
- Third Sector Representatives
- Academics and Researchers

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## Programme

09:15	Registration and Morning Refreshments
10:00	Chair's Welcome and Opening Remarks
10:10	<b>Mental Health for Young People at EU Level: Current and Future Policy Actions</b> <ul style="list-style-type: none"><li>• Following Up on the "Joint Action on Mental Health and Well-being" and on the Development of the "EU Compass for Action on Mental Health"</li><li>• Investing in Children: The European Child and Adolescent Health Strategy 2015-2019</li><li>• Mental Health and the Economic Crisis: Reducing Poverty and Health Inequalities</li><li>• Future Challenges and Solutions</li></ul>
10:40	<b>First Round of Discussions</b>
11:10	Morning Coffee Break
11:30	<b>Exploring Prevention and Early Intervention Measures: The Role of Family and Schools</b> <ul style="list-style-type: none"><li>• Empowering Families: Developing Parents' Prevention Programmes to Identify and Treat Mental Health Issues at an Early Stage</li><li>• Mental Health at School: Fostering Mental Well-Being Activities and Psycho-Social Support in Educational Settings</li><li>• Raising Awareness on the Negative Effects of Exclusion Practices, Bullying and investing in Suicide Prevention Education</li><li>• Sharing Best Practices: Insights from the EUREGENAS Project</li></ul>
12:00	<b>Second Round of Discussions</b>
12:30	Networking Lunch
13:30	<b>Promoting Mental Well-Being through a Multi Sectoral Intervention</b> <ul style="list-style-type: none"><li>• Encouraging an Active Role of Health Services in the Promotion of Mental Health and in the Prevention of Mental Disorders</li><li>• Understanding the Impact of Community Environment on Young People's Mental Health and Well-Being</li><li>• Sharing Best Practices: Insights from the ADOCARE Project</li></ul>
14:00	<b>Third Round of Discussions</b>
14:30	Afternoon Coffee Break
14:50	<b>The Role of Technology and Social Media: Potential Risks and Solutions</b> <ul style="list-style-type: none"><li>• Combating the Growing Threat of Cyberbullying through Education, Awareness and Support</li><li>• Protecting Children/Teenagers from Online Threats: Promoting Parental Control Tools</li><li>• Bringing Young People's Mental Health into the Digital Arena: Online Resources to Support and Advice</li><li>• Conclusions and Recommendations</li></ul>
15:20	<b>Fourth Round of Discussions</b>
15:50	Chair's Summary and Closing Comments
16:00	Networking Reception
16:30	Close

*\*\*Please note that the programme is subject to change without notice\*\**

## Event Details

**Date:** Tuesday 23<sup>rd</sup> June 2015  
**Time:** 10:00am – 4:30pm  
**Venue:** Thon Hotel Brussels City Centre, Brussels



## Speakers Include:

- ✓ **Nina Renshaw**, Secretary General, European Public Health Alliance
- ✓ **Martine De Clerck**, Project Coordinator, Adocare
- ✓ **Dr. Agata D'Addato**, Senior Policy Coordinator, Eurochild
- ✓ **Sara Carbone**, Project Manager of Euregenas, Verona University Hospital, CREMPE
- ✓ **Agnes Uherezky**, Project Coordinator, Coface

## Forthcoming Events

- ✓ The 7th Annual International Symposium on University Rankings and Quality Assurance 2015  
20th May 2015
- ✓ Unlocking the Potential of Migrants in Europe: From Isolation to Multi-level Integration  
27th May 2015
- ✓ Green Growth, Green Jobs: Integrating Environmental and Employment Policies in the EU  
17th June 2015
- ✓ Strengthening Data Protection Standards in Europe: Towards a Harmonised European Digital Market  
18th June 2015
- ✓ Cross-Border Healthcare in Europe: Promoting Equal Access to Quality Care  
1st July 2015
- ✓ Driving Forward Gender Equality in Europe: Combating Discrimination in the Workplace and Beyond  
2nd July 2015


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