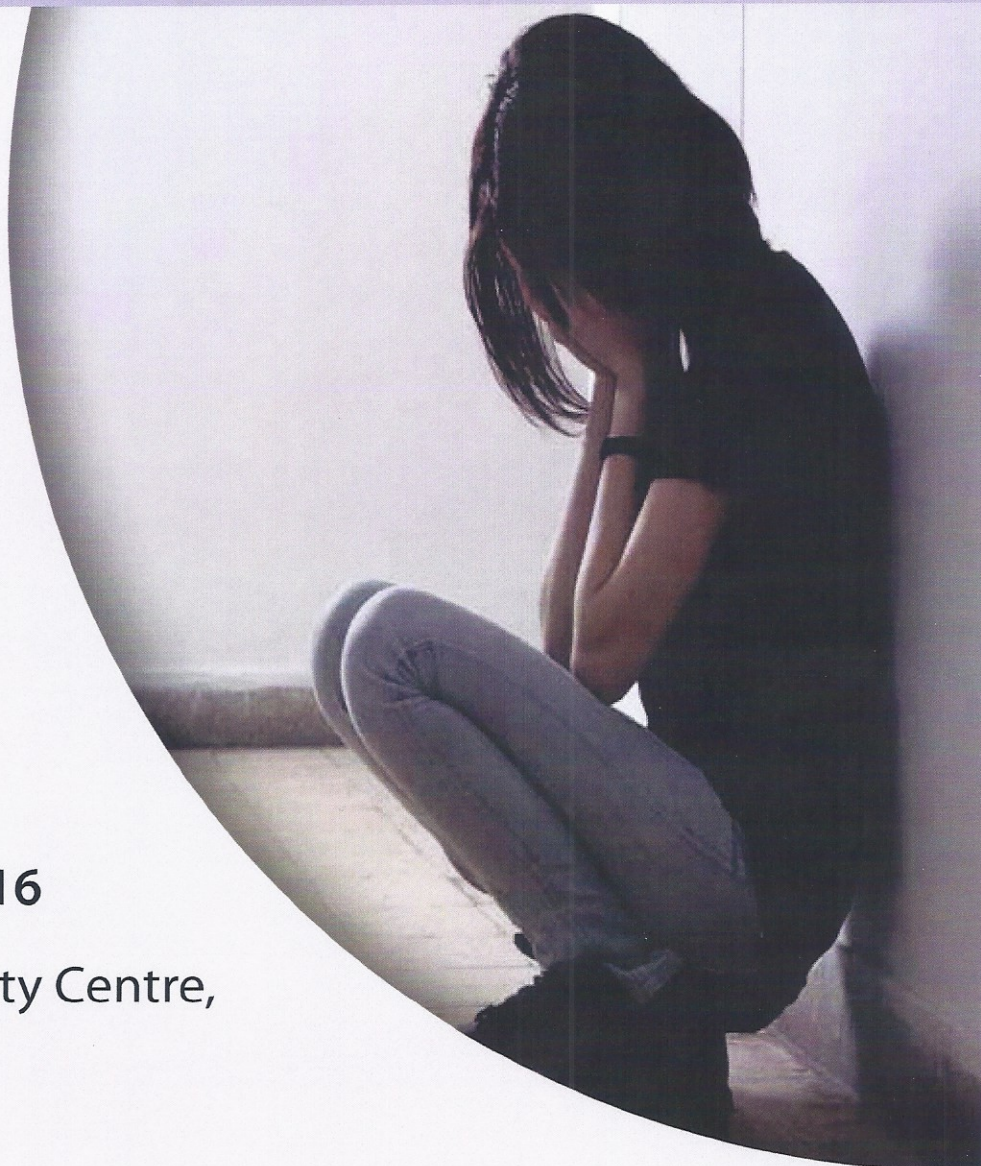


Young People's Mental Health in Europe: Promoting Prevention and Early Intervention Through Multi-Sector Cooperation



Tuesday 26th April 2016

Thon Hotel Brussels City Centre,
Brussels



Public Policy Exchange (PPE) is a relatively young, independent and politically impartial pan-European organisation which was created in the UK. It works in close cooperation with its affiliate – The International Centre for Parliamentary Studies – and operates through its EU office in Brussels, with headquarters in London and a partner organisation in Mauritius, specialising in global public policy research.

Public Policy Exchange runs a series of interactive, high-level symposiums representing the practitioners' voice in Brussels. The mission of PPE is to initiate and develop avant-garde platforms for capacity building, policy development and networking, and to serve as a progressive interface between practitioners, non-state actors and policy/decision makers at EU, national, regional and local levels in Europe.

Through its EU office in Brussels, PPE has successfully developed platforms in the fields of public health, human rights, migration, ICT, youth policy, green energy and higher education. With ongoing policy developments in other fields, PPE is continually seeking to initiate new platforms in key public policy areas through close cooperation with EU institutions and agencies, leading European and international organisations, and key practitioners and academics from across the globe.

To subscribe to our e-bulletins or browse our forthcoming EU events please visit our website: <http://www.publicpolicyexchange.co.uk/events/eu/>

For enquiries concerning delegate registrations and post-conference materials please email our London office: conferences@publicpolicyexchange.co.uk

For enquiries about programme content or speaking please contact our Brussels office: assistant@parlicentre.org



Follow us and interact with fellow delegates on Twitter: [@PublicPolicyEx](https://twitter.com/PublicPolicyEx)

- 09:15** *Registration and Morning Refreshments*
- 10:00** **Chair's Welcome and Opening Remarks**
Carsten Mejer Obel
Director, Center for Collaborative Health, MD, GP, PhD Professor in General Medicine, Aarhus University
- 10:10** **Current State of Mental Health Among Young People in the EU: Enhancing Efforts, Developing New Strategies**
Aagje Ieven
Secretary General at EUFAMI
- 10:40** ***First Round of Discussions***
- 11:10** *Morning Coffee Break*
- 11:30** **Early Prevention and Detection of Mental Disorders: Promoting a Cross Sector Approach**
Professor Gordon Harold
Professor of Psychology, Director of Research and Knowledge Exchange, University of Sussex
Jane Faber Holst
Underviser & Mentor Uddannelsesbroen, Promoting Mental Health in VET
- 12:00** ***Second Round of Discussions***
- 12:30** *Networking Lunch*
- 13:30** **Rethinking Existing Care and Support Systems for Young People**
Dr. Evelien Coppens
Project Manager, LUCAS - Centre for Care Research and Consultancy, KU Leuven
- 14:00** ***Third Round of Discussions***
- 14:30** *Afternoon Coffee Break*
- 14:50** **The Role of Technology and Social Media: Potential Risks and Solutions**
Carlinda Lopes
Media and Communications Officer, European Schoolnet
Sabrina Vorbau
Project Administrator, European Schoolnet
Elizabeth Milovidov
eSafety Consultant, European Schoolnet
- 15:20** ***Fourth Round of Discussions***
- 15:50** **Chair's Summary and Closing Remarks**
- 16:00** **Networking Reception and Refreshments**
- 16:30** *Symposium Close*

DELEGATE LIST

<u>Name</u>	<u>Title</u>	<u>Organisation</u>	<u>Country</u>
Dawit Abebe	Senior Researcher, PhD	Oslo and Akershus University College of Applied Sciences	Norway
Melody Almroth	PhD Student	Karolinska Institutet	Sweden
Ramona Baer	Psychosocial Specialist	Foundation Pro Mente Sana	Switzerland
Dr Stephanie Bauer	Director of the Center for Psychotherapy Research	University Hospital Heidelberg	Germany
Jan Bogaerts	Algemeen Directeur	PC St Amedeus - vzw Prov. der BVL	Belgium
Ruth Bonhôte	Scientific Collaborator	Pro Infirmis	Switzerland
Natalie Chigariro	Psychology Student	Durham University	United Kingdom
Carmel Daly	Jigsaw Schools Coordinator	Headstrong, The National Centre for Youth Mental Health	Ireland
Marlien De Coen	Stafmedewerker	Vlaamse Vereniging voor Geestelijke Gezondheid	Belgium
Michał Filutowicz	Deputy Director	Towarzystwo Przyjaciół Niepełnosprawnych	Poland
Kjetil Hustoft	Chief Psychiatrist	Stavanger University Hospital	Norway
Inge Joa	Leader Research Group	Stavanger University Hospital	Norway

DELEGATE LIST

<u>Name</u>	<u>Title</u>	<u>Organisation</u>	<u>Country</u>
Jan Olav Johannessen	Research Leader	Stavanger University Hospital	Norway
Kathrine Dollst Kvinnslund	Leader Young Help	Stavanger University Hospital	Norway
Jeroen Lammers	Senior Project Manager	Trimbos Institute	Netherlands
Krisztina László	Assistant Professor	Karolinska Institutet	Sweden
Randi Mobaek	Director	Stavanger University Hospital	Norway
Camilla Nystrand	Research Assistant	Uppsala University	Sweden
Nathalie Ribesse	Public Health Expert	Office de la Naissance et de l'Enfance (The Office of Birth and Childhood)	Belgium
Aina Sander	Head of Department	Vestfold Hospital Trust	Norway
José Carlos Santos	Coordinator Professor	Nursing School of Coimbra	Portugal
Heidi Schau-Hvatum	Senior Advisor	Ministry of Children, Equality and Social inclusion	Norway
Michaela Schulz	Kinder- und Jugendpsychiaterin	Health Center Cologne	Germany
Julie Sen	Duty Team Manager	Care Agency	Gibraltar

<u>Name</u>	<u>Title</u>	<u>Organisation</u>	<u>Country</u>
Aleksandras Slatvickis	Director	Klaipeda Mental Health Center	Lithuania
Dr Helen Stain	Clinical Senior Lecturer	Durham University	United Kingdom
Natalie Tavares	CEO (ag)	Care Agency	Gibraltar
Olaug Troan	Chief Psychologist	Stavanger University Hospital	Norway
Prof. Dr. Marcel van Aken	Associate Dean	Utrecht University	Netherlands
Stefan van Geelen	Researcher	University Medical Center Utrecht	Netherlands
Philippe Vrancken	Vice President	European Association Psychotherapy	Belgium
Caroline Vrijens	Jurist - Policy Officer	Flemish Government	Belgium
Dr Ruth Wadman	Post-Doctoral Research Associate	Durham University	United Kingdom
Anja Weltin	Physician	Private Practice	Switzerland
Regnia Winzer	Analyst	Public Health Agency of Sweden	Sweden
Elisa Zwahlen	Communication Assistant	Foundation Pro Mente Sana	Switzerland

Carsten Mejer Obel

Director, Center for Collaborative Health, MD, GP, PhD Professor in General Medicine, Aarhus University

Carsten Obel is medical doctor, specialist in general practice (GP), professor in Public Mental Child Health, director of Center for Collaborative Health at Aarhus University (www.susa.au.dk) and attached the Committee of Health Information, Copenhagen as senior registrar. He worked as a GP in Norway, Greenland and Denmark. He has been working with child health epidemiology especially in utero programming since 1994 with focus on the effects of stress, smoking, mobile phone use and assisted reproduction technologies. He has been part of the design of the follow up programs of a number of Danish birth cohorts including the 100,000 participants Danish National Birth Cohort, where he is in the steering committee. He has been part of the research group that established the Nordic Bereavement Cohort counting more than 7 mio children born in Sweden, Finland and Denmark since 1990. In 2006 he started working with the organization of primary health care in Danish municipalities and took the initiative to the web platform skolesundhed.dk (schoolhealth.eu) that is an interactive epidemiological system sharing data between municipalities and the research community. It has a pre-school, school and youth version, the latter was introduced in 2015 and had 50,000 responders. Since 2011 he has headed a research program that addresses three areas of research: interactive epidemiology, neuropsychological interventions and technology based sensing and support (www.mindhood.au.dk). From the spring 2015 he was engaged as director of a new Aarhus University Center aiming to facilitate the development of user centered collaborative health models across disciplines.

Aagje Ieven

Secretary General at EUFAMI

Aagje Ieven is Secretary General at EUFAMI, the European Federation of Associations for Families of people with Mental Illness. She has a background in Health (BA Medicine, Leuven, 1998) and Political Philosophy (MA, Leuven and Nijmegen, 2002), and conducted research in European human rights law at the University of Leuven (2002-2008) and Columbia University (New York, 2007). Since 2009 she has worked as a policy analyst and advocate for various EU civil society organisations, including EuroHealthNet and Eurochild, to improve the rights and wellbeing of children and families. At EUFAMI she continues her advocacy towards ending institutionalised care, strengthening communities, and supporting families.

EUFAMI was involved in the Joint Action for Mental Health and Wellbeing in the work package on the transition from institutional to community based care and in the ADOCARE project.

Gordon Harold

Professor of Psychology, Director of Research and Knowledge Exchange, University of Sussex

Gordon Harold is the Andrew and Virginia Rudd Chair in Psychology and Director of the Rudd Centre for Adoption Research and Practice at the University of Sussex. He received his PhD from Cardiff University in 1998, was appointed Lecturer in Psychology the same year and Professor of Psychology in 2008. He holds appointments as Honorary Professor of Law at Cardiff University, is an Associate Member of the MRC Social, Genetic and Developmental Psychiatry Centre, at the Institute of Psychiatry, Psychology and Neuroscience, Kings College London, and the MRC Centre for Neuropsychiatric Genetics and Genomics at Cardiff University. His primary research interests focus on the role of the family as a context for understanding children's normal and abnormal psychological development, the

interplay between genetic and family relationship factors and children's psychological development, and policy and practice applications of research relating to family influences on children. He is a consultant and advisor to several government departments in the UK and internationally.

Jane Faber Holst

Underviser & Mentor Uddannelsesbroen, Promoting Mental Health in VET

In 2001, Jane Holst graduated as a teacher from University College Lillebælt and in 2009 as a Mental-wellbeing supervisor. She has been teaching children in the Danish primary school (age 13 – 17) from 2001 to 2012. In her teaching, her primary focus is on how to establish the best settings for a good learning environment and how mental wellbeing can influence the ability to learn. Therefore, she was educated as mental-wellbeing supervisor, to help and guide children and teachers in the field about mental wellbeing.

From 2012 until now, she has been working as a teacher and mentor at Uddannelsesbroen/ Bridge of Education for young vulnerable people (age 18 – 30), who are out of the educational system. Here she has been a part of the Erasmus+ project mental wellbeing in Vet.

Dr. Evelien Coppens

Project Manager, LUCAS - Centre for Care Research and Consultanc, KU Leuven

Evelien Coppens has a PhD in Psychology and is since 2011 project leader at LUCAS, the Centre for Health Research and Consultancy of the KU Leuven. Her main research topics are in the field of mental health care, depression, prevention of suicide and mental health disorders, and promotion of mental health. She is involved in several European research projects on mental health realized with funding by the European Commission: OSPI-Europe (i.e., optimising suicide prevention programs and their implementation in Europe), PREDI-NU (i.e., preventing depression and improving awareness through networking in the EU), and ADOCARE (i.e., a preparatory action related to the creation of an EU network of experts in the field of adapted care for adolescents with mental health problems). One of the aims of the ADOCARE project is to identify the availability of mental health care facilities and existing good practices for adolescents in 10 European member states, and to develop guidelines on how to improve the availability and quality of adolescent mental health care in Europe.

Her latest publications relate to public attitudes towards depression and help-seeking behaviour, and community facilitator training as a strategy to tackle depression and suicidal behaviour.

Carlinda Lopes

Media and Communications Officer, European Schoolnet

Carlinda Lopes is a Media and Communications Officer at European Schoolnet. She manages social media for the Better Internet for Kids, Web We Want and eSafety Label projects. In addition, Carlinda is responsible for the co-organisation of the global campaign Safer Internet Day (SID), advocating for online safety for children, which involves the liaison with multi-stakeholders across over 100 countries, Ministries of Education, EU institutions and industry partners such as Microsoft, Facebook, Twitter and Disney. She also represents the campaign in high-level conferences, European Parliament events and working group meetings. At European Schoolnet, she also manages an internal community composed of European Safer Internet Centres.

Prior to EUN, Carlinda has worked for different several advocacy projects from promoting the UN Millennium Development Goals to raising awareness of the global pandemics of diabetes and aviation safety, namely at the United Nations Regional Information Centre, International Diabetes Federation and EUROCONTROL.

Originally from Portugal, Carlinda holds a master degree in Political Science from the Institute of Political Science in Bordeaux, France (cum laude) and in Sociology focusing on media studies from the University of Coimbra, Portugal. She also holds a bachelor degree in International Relations from the University of Coimbra.

Sabrina Vorbau

Project Administrator, European Schoolnet

Sabrina Vorbau is Project Administrator at European Schoolnet (EUN), working for the Better Internet for Kids, the Web We Want and the eSafety Label project. In regards to the Web We Want and the eSafety Label she is in charge of the day to day coordination with stakeholders and responsible of the administrative and financial aspects of the project. Moreover, within the Better Internet for Kids project, she is acting as Assessment Officer, taking care of project evaluation, quality assurance and joint research approaches.

Prior to joining EUN in January 2014, she worked in the administration department of the European Union Agency for Fundamental Rights (FRA) in Vienna, where she gave assistance with the procurement process of EU funded projects and grants. Before joining FRA, Sabrina worked as project assistant at the Friedrich-Ebert Foundation in London, where she organised numerous conferences and events, with local governments and think-thanks, discussing current trends and issues regarding the British – European relationship.

Originally from Germany, Sabrina holds a Master's Degree with distinction in applied Economic Sciences: Business Administration (MBA) from the University of Antwerp (Belgium), and a Bachelor's Degree in Economics from the University in Trier, Germany. In line with her Bachelor degree Sabrina spend one year as an exchange student at the University of Glasgow (UK), specialising in business management and politics.

Elizabeth Milovidov

eSafety Consultant, European Schoolnet

Elizabeth Milovidov is an eSafety Consultant at European Schoolnet, a European consortium of 30 Education Ministries. She provides support on the ENABLE (the European Network Against Bullying in Learning and Leisure Environments) project and other European projects aimed at protecting children on the digital highway. She regularly intervenes as an independent expert on Children's Rights and the Internet for the Council of Europe. She is an American lawyer, law professor and children's rights advocate who speaks on Internet safety issues, leads parental workshops, writes on digital parenting, and coaches parents on best practices in the digital age.

A graduate of UCLA and UC Davis, she practiced as a litigator in California for four years before moving to France to work as General Counsel in two Internet Technology companies. She earned a Ph.D. in International Relations and Diplomacy from the American Graduate School (AGS) in Paris (dissertation: international adoption via Internet and photo listings). She is a faculty member of AGS and AGS's partner institution Université de Cergy-Pontoise Law School in France and she teaches Law and Technology at ISCOM, Paris.

Current State of Mental Health Among Young People in the EU

26th April 2016 - Brussels

Aagje Leven - Secretary General at EUFAMI

www.mentalhealthandwellbeing.eu

Families need information and education:

5 objectives:

1. effective implementation
2. MH promotion and early intervention
3. community based care
4. evidence base and knowledge
5. partner for progress

6 specific actions:

1. MHIAP
 2. workplace
 3. school
 4. depression and suicide
 5. e Health (bullying)
 6. community and social inclusion
- importance of early detection and intervention

Early Prevention and Detection of Mental Disorders in Risky Environments

Gordon Harold - University of Sussex

Family Factors and Child Mental Health

- > depression (leading cause of global disease burden)
 - conduct problems (5-15 years) 30% of all crime in UK
 - family factors:
 - economic and work stress/pressure
 - parent mental health: (economic and work stress/pressure -> depression parental/maternal -> interparental conflict -> parent-child problems -> child problems)
 - separation/divorce
 - parenting practices
 - parental conflicts
 - genetics (association between parental behaviour and child behavior)
 - mother/father-child hostility -> child problems
-

Jane Faber Holst - Denmark

- mental health as a resource
 - coping skills
 - emotions and interactions
 - learning community
 - self knowledge
-

Rethinking Existing Care and Support Systems for Young People

Dr. Evelien Coppens - KU Leuven Belgium

AdoCare

- 1/5 adolescents have at least 1 psychological problem
 - only 50% receive treatment
 - long waiting lists
 - organisation: different in EU countries, residential care, day care, home based services, outpatient ambulatory services
 - availability: only in Finland the availability was good, in other EU countries not; but the quality is better than the availability
 - needs of the adolescents:
 - stigma
 - prevention
 - schools
 - trustful websites/apps
 - organisational level:
 - highly accessible
 - treat only adolescents
 - youth friendly (not clinical setting)
 - participation
 - awareness raising activities (e.g. confidentiality)
 - clinical level:
 - have a say in their own care
 - youth friendly staff
 - continuity in care
 - integration into society
 - weaknesses in clinical practice:
 - AMH problems remain undetected
 - young people seldom access clinical services
 - work outreaching
 - balanced care offer
 - a central role in primary care
 - no voluntary entrance, especially by boys
 - rather quick orientation to medication
 - referral to specialized care to quick
 - underuse of evidence-based practices
 - low quality of transitional care: transfer adolescents to adult services
 - policy and legal framework:
 - 6 of 10 EU countries have a mental health policy targeting adolescents
 - guidelines and recommendations:

- youth friendly services
 - adjusted to their needs
 - constructed for them, with them, where they feel accepted and understood
 - they don't go to the GP!
 - close gap between youth and adult
 - care in natural environment
 - more collaboration between regions; (complementary and one vision)
 - more collaboration between sectors: school/work
 - investment in promotion and prevention
- Summary at website LUCAS
 - http://www.kuleuven.be/lucas/pub/publi_upload/20151203_ADOCARE_Guidelines.PDF or PDF in annex
 - LUCAS KU Leuven ADOCARE website
 - I fight depression - tool for adults because the youth didn't like it
 - <https://ifightdepression.com/en/>

The Role of Technology and Social Media: Potential Risks and Solutions – European Schoolnet

Carlinda Lopes - Potential Risks and Solutions

- children are online at the age of 7
- they have a digital footprint very soon (photos of them put online by the parents)
- positive for people who are rather shy to be able to communicate and socialize
- internet addiction is linked to insomnia and depression
- body image problems, eating disorders (e.g. A4 waist challenge)
- more awareness but also more negative content about it
- 'teenager commits suicide online; 1500 people were watching the online stream'
- website ins@fe and European Schoolnet (data protection^) www.eun.org

Elizabeth Milovidov - *Enable* - project against bullying

Empower children, eliminate bullying

www.enable.eun.org to download and implement the program (teachers, parents, peer supporters,...)

Sabrina Vorbau - European Schoolnet - Brussels

educating teachers: safety label project for safer schools

www.esafetylabel.eu

Report: **Philippe Vrancken** - Public Policy Exchange - April 26th 2016

Young People's Mental Health in Europe: Promoting Prevention and Early Intervention Through Multi-Sector Cooperation