

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



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

Overview

Young people between 15 and 25 experience various transition periods as they grow up, such as the shift from childhood to adolescence, from education to work as well as changing social relationships with family and peers.

These transitions reflect stages of high vulnerability for young people who are not always able to cope with these pressures and challenges by themselves. With these transition periods becoming longer and more complex, young people are more likely to face difficulties in their studies and pathways to work, in their relationships with their families and friends as well as in engaging in risk behaviours.

As a result, a consistent proportion of young people are prone to suffer from mental or behavioural disorders which can affect their 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. They can include anxiety, depression and conduct disorders, and are often related to what is happening in their lives.

With more than half of the mental disorders of young people surfacing before the age of 25, it is essential to provide appropriate support and care at a sufficient early stage. Although the number and quality of the support services offered has considerably increased and improved, the overall share of young people opting to seek help from these channels is struggling to meet the existing offer, mainly because of the fear of shame and stigmatization

This not only raises concerns about the accessibility and suitability of the services provided but also about figuring out new approaches to reach young people with mental health issues. These new methods should be based on a strong cross-sectoral cooperation between families, schools, employers and healthcare providers, which could effectively reach young people in their daily environment while involving them actively.

Failure to treat and prevent mental health disorders in young people has proved to have substantial consequences for their future, resulting in reduced life and job 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. In addition to this, 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 evaluate the current state of mental health policies for young people at EU level and to discover best practices in the field of prevention and early intervention. It will address innovative approaches to support young people's mental health in both family and school settings, while also focusing on the action of health services 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 is one of today's biggest public health priorities in the EU. Mental disorders represent 22%, almost one quarter of the EU's disease burden, according to the data from the latest Global Burden of Disease-study. They prevent people from enjoying health and quality of life and realising their full potential in work, education and social life. They impose growing burdens on health and social welfare systems and the economy.”

**- John F. Ryan, Acting Director Public Health,
European Commission, January 2016**

Venue and Accommodation

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



Why Attend?


- ✓ **Evaluate the current state of mental health among young people in the European Union**
- ✓ **Explore innovative approaches to promote the role of schools in the early prevention of mental and behavioural disorders**
- ✓ **Promote cross-sector cooperation to effectively reach young people in their daily environment while involving them actively**
- ✓ **Assess the accessibility of the existing support services by young people and determine ways to bridge the current gap in the transition from youth to adult mental care**
- ✓ **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	Current State of Mental Health Among Young People in the EU: Enhancing Efforts, Developing New Strategies <ul style="list-style-type: none">• Assessing Current Data Trends Across Europe• Introducing the European Action Framework for Mental Health and Wellbeing• Collecting, Analysing and Exchanging Information Across Europe: The EU Compass for Action on Mental Health and Wellbeing Mechanism• Future Challenges and Solutions
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 <ul style="list-style-type: none">• Discussing Early Prevention and Detection of Mental Disorders in Risky Environments• Mental Health in School Settings: Fostering an Education focused on the Promotion of Life-skills and Wellbeing• Enhancing Training on Mental Health for School Staff and Developing a Cross Sector Cooperation Involving Families, Schools, Healthcare Providers and Young People• Sharing Best Practices: Promoting Mental Wellbeing in VET
12:00	Second Round of Discussions
12:30	Networking Lunch
13:30	Rethinking Existing Care and Support Systems for Young People <ul style="list-style-type: none">• Rethinking Existing Care and Support Systems for Young People• Assessing the Accessibility and Appropriateness of the Existing Support Services• Determining Ways to Bridge the Transition From Youth to Adult Mental Care• Involving Young People in Mental Health Services• Sharing Best Practices: Insights from the ADOCARE Project
14:00	Third Round of Discussions
14:30	Afternoon Coffee Break
14:50	The Role of Technology and Social Media: Potential Risks and Solutions <ul style="list-style-type: none">• Combating the Growing Threat of Cyberbullying through Education, Awareness and Support• Highlighting the Potential of e-Mental health: Developing Collaborative Digital Solutions Targeting and Involving Young People• Conclusions and Recommendations
15:20	Fourth Round of Discussions
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 12th April 2016
Time: 10:00am – 4:30pm
Venue: Thon Hotel Brussels City Centre, Brussels



Speakers Include:

- ✓ **Carsten Mejer Obel**, Director, Center for Collaborative Health, MD, GP, PhD Professor in General Medicine, Aarhus University
- ✓ **Eveliëns Coppens**, Project Manager, LUCAS - Centre for Care Research and Consultanc, KU Leuven
- ✓ **Prof Gordon Harold**, Professor of Psychology, Director of Research and Knowledge Exchange, University of Sussex

Forthcoming Events

- ✓ Supporting Tourism in Europe: Working Towards Sustainability, Competitiveness and Growth
15th March 2016
- ✓ Cross Border Healthcare in Europe: Improving Transparency and Patient Mobility
23rd March 2016
- ✓ Unlocking the Potential of e-Skills in Europe: Accelerating Europe's Competitiveness and Inclusive Growth
19th April 2016
- ✓ A European Strategy for Gender Equality: Combating Discrimination in the Workplace and Beyond
20th April 2016
- ✓ Tackling Childhood Obesity in Europe: Promoting Healthy and Active Lifestyles
18th May 2016

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