



Communications of the European Society for Child and Adolescent Psychiatry

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The Swedish Association for Child and Adolescent Psychiatry: a presentation of the Association and its work

The Swedish Association for Child and Adolescent Psychiatry (SFBUP) is included as part of two larger associations. SFBUP is both a specialist association within the Swedish Medical Association and also a section within the Swedish Society of Medicine. This means that the Association stands with one foot in the union domain, and the other in the scientific domain.

The Association organizes future child and adolescent psychiatrists and specialists in child and adolescent psychiatry, but also other physicians interested in the subject area can become members. Other professionals who work with child and adolescent psychiatry can also become members. Membership in both the Swedish Medical Association and the Swedish Society of Medicine is required in order to serve on the Board of Directors for SFBUP.

Currently, SFBUP has 489 members: 92 of whom are resident and 105 who are senior physicians. As in other specialties, many specialists are expected to retire in coming years. This places great demands on active recruitment efforts, as well as on a carefully prepared and advanced educational programme—from undergraduate studies through to continuing medical education and training. Moreover, to get a positive reception in the psychiatric sector is crucial in order for interested physicians to remain within their chosen specialty. This is especially important now that medical internship, which has been a good recruiting ground, is expected to disappear.

Presently, the membership fee is 750 SEK per year. The fee includes the journal *SvenskPsykiatri* [Swedish Psychiatry]. Since the autumn of 2005, we have collaborated with the Swedish Psychiatric Association and the Swedish Forensic Psychiatric Association on a joint journal, *SvenskPsykiatri*, which is an important means of communication with the members.

SFBUP has 2 statutory meetings per year. The first meeting is the annual meeting, which is to take place during the period March to May. The second Association meeting is held in conjunction with the Swedish Society of Medicine's National Conference in December. Here, SFBUP is given the opportunity to present a scientific programme and hold a meeting for our members concerning the activities of the Association.

The Swedish Child and Adolescent Psychiatry Congress is organized in collaboration with a university clinic (and, possibly, with yet another clinic in the region) around a theme chosen by the Board and the clinic. Sometimes, meetings are also co-arranged with the Swedish Psychiatric Association.

The goals of SFBUP correspond with the overall objectives of the Swedish Medical Association and the Swedish Society of Medicine. In addition, the Board has set the following goals for the ongoing work:

- To promote the life, development, and wellbeing of children and adolescents
- To ensure and strengthen the development of child and adolescent psychiatry
- To improve the work situation of child and adolescent psychiatrists
- To support and develop research and education

With these goals, the Board wishes to highlight that we consider the tasks of the Association to extend beyond the purely union and professional aspects of child and adolescent psychiatry. As a professional Association, we shall take active responsibility for child and adolescent psychiatry as an independent discipline and, additionally, ensure that the life situation improves for children, adolescents, and their families.

The union activities of the Board include the following areas:

- Appointing representatives to committees and associations
- Education and training issues
- Recruitment
- Commenting on official reports
- Occupational safety and health issues
- Medical liability issues
- Maintaining contacts with members

Issues concerning education and training are an important part of the work of the Association. The Education Committee of the Association carries out a large portion of the work. The goal is that the Committee shall consist of the directors of studies from the six health care regions plus two specialist representatives. However, it is not the Board that appoints directors of studies. They are appointed by the regional operations managers in each respective region. Thereafter, the Board asks the directors of studies if they would like to serve on the Education Committee. At least one member of the Education Committee is to be on the Board. In recent years, the Education Committee has worked on the following issues:

- Description of goals to become specialists in accordance with the new regulation SOSFS 2008:17
- Recommendations for residents based on description of goals
- A manual for, and the training of, principal supervisors
- SK/SKA courses/Child and Adolescent Psychiatry courses based on the Metis concept
- SPUR inspections [an instrument for quality assurance]
- Compiled a book for further studies and developed a CPD programme

The Association is also able to assemble working groups when there is a need for elaboration or for extra efforts regarding important matters. Several of these groups have remained active for a number of years. The editorial group of the journal, asylum and refugee issues, and international cooperation (UEMS) are examples of long-lasting working groups administered by the Association.

The scientific work of the Board covers the following areas:

- Organizing scientific meetings in autumn (at the Swedish Society of Medicine's National Conference) and spring (at the Child and Adolescent Psychiatry Congress)
- Issues concerning education and training
- "The Child and Adolescent Psychiatry Academy"/"main thread"
- Clinical guidelines

"The Child and Adolescent Psychiatry Academy" was formed in 2004 with the intention of linking Sweden's professors, chair professors, and senior lecturers closer to the work of the Association. The ambitions of the Academy are to coordinate and standardize educational content across the nation, to more actively engage the specialty's leading researchers in the working groups administered by the Association, and to eventually contribute to a nationally integrated and clearly identified child and adolescent psychiatry protocol. In spring 2004, the first major achievement of the Academy took place at a seminar: to formulate a Core Curriculum and a proposal for the "main thread" of the training programmes. These documents are presented elsewhere on the website. At least once a year, group members are invited to discuss current issues of concern for the specialty within the areas of research, development, education, and training.

In recent years, the Board has endeavoured to conduct active outreach work. The intention is to participate in the work of forming a public opinion on the living conditions of children and adolescents in general and their mental health in particular. We see it as part of the specialty's area of responsibility and long-term prevention efforts. Among other things, SFBUP has participated in the Almedalen week. Part of this work involves networking with organizations with similar objectives. Contacts have been established with, among others, the Swedish Psychiatric Association (SPF), the Swedish Paediatric Society (BLF), and the SSLF (the Swedish Society for School Doctors).

The Board organizes an annual meeting where the regional operations managers get the chance to meet and exchange experiences. The aim of this special networking is to maintain close contact between the Board and the regional working practices and activities, as well as to facilitate and extend national bonds and contacts; preferentially with the Swedish Association of Local Authorities and Regions (SKL).

SFBUP has a section called the Section of Child Neuropsychiatry. It was formed in 1996 with the specific purpose of preserving and spreading knowledge obtained within the growing and, at that point in time, also controversial field of child neuropsychiatry. Today, the section not only organizes child psychiatrists but also

paediatricians, school doctors, general practitioners, and others. The section has its own budget and one representative on the Board of the Association.

Residents in child and adolescent psychiatry, general psychiatry, forensic psychiatry, and addiction medicine have their own association: *SLUP* [Swedish Doctors in Training in Psychiatry].

SFBUP is represented in the following international organizations:

- IACAPAP
- ESCAP
- UEMS
- NordCAP

These organizations are presented elsewhere on the website.

On behalf of the Board 2013-11-08

Gunnel Svedmyr
Representative of the Education Committee