

## **Virtual ESCAP General Assembly Friday 25<sup>th</sup> June 2021 from 16.30 -19.30**

Attendance

### **ESCAP Board Members**

Dimitris Anagnostopolous President (Greece)

Joerg Fegert(Germany)

Stephan Eliez (Switzerland)

Johannes Hebebrand Editor –in-chief

Jean-Phillippe Raynaud Treasurer (France)

Maeve Doyle Secretary (Ireland)

Anne –Marie Raberg Chritiansen

Eniko Kiss (Hungary)

Andreas Karwatz (Austria)

Kostas Kotsis (Greece)

Milica Pejovic Milovancevic (Serbia)

Laura Kehoe Editor

### **National Societies Representatives**

Fusun Cetin Cuhadaraglu (Turkey)

Eeva Aronen (Finland)

Hans Henning Flechtner (Germany)

Ioanna Giannopoulou (Greece)

Eva Gerasi (Greece)

Alessandro Zuddas (Italy)

Carla Maia(Portugal)

Maja Radobuljac (Slovenia)

Ana Kesic (Serbia)

? Faly Caballero

Opening of General Assembly and welcome by ESCAP president Dimitris Anagnostopoulos.

Dimitris welcomed everyone to the General Assembly.

He explained that we would begin with the approval of the minutes of the last General Assembly held in Vienna.

He then explained that there would be a vote for the next president of ESCAP and this would be done using the chat facility of Zoom. Jean-Phillippe ,treasurer would oversee the voting procedure.

The Minutes of the last General Assembly held in Vienna and prepared by Maeve Doyle were approved unanimously

Agenda

### **1.Presidential Report**

- Dimitris gave a brief overview of ESCAP’s activities between 29/6/2019 and 25/6/2021.He spoke about the friendly collaboration in working together displayed by the ESCAP Board members and also mentioned our work with

the communications editor and our young colleagues in the Research Academy. This work continued despite the fact that there has only been one face to face Board meeting (Berlin) during this period.

Dimitris also spoke about the Covid 19 pandemic and its influence on all aspects of our lives.

Covid 19 became the main priority and it forced us to attend all of our meetings virtually whether Board meetings, scientific meetings or meetings with other international organisations.

It resulted in the postponement of our next Congress in Maastricht.

Most worryingly, the pandemic impeded our communications with our National Associations as face to face contact could not happen. Dimitris in his role as president, had planned to visit as many National Associations as possible in person but this could not happen.

Dimitris described ESCAP's adaptation to the Covid 19 pandemic.

A task force chaired by Jorg Fegert of the policy division was immediately set up. Fortunately our new website was up and running and greatly facilitated our adaptation.

The president made a statement on the need to keep CAP services open during the Covid 19 pandemic in March 2020.

Two policy statements were issued by ESCAP in April 2020 and March 2021.

The CovCap survey developed by the Academic Division with the Research Academy was launched.

ESCAP published a list of resources in different languages in order to assist our National Associations in managing CAP services during the Covid pandemic.

Specific achievements included the completion of our new website which entailed considerable work particularly on the part of Laura Kehoe our Editor.

Other achievements included an ECAP focused issue on European and Global perspectives on Training in Child and Adolescent Psychiatry, completion of a study in European Training in child and adolescent psychiatry—(CAP-STATE), production of an ESCAP guidance document on Autism, continuation of the Virtual Research Academy at the Swiss National Association's meeting, and continued work with the Congress organisation Committee dealing with the Maastricht Congress.

Other administrative initiatives included the development of an Early Career and Training CAP committee thanks to Kostas Kotsis, and the creation of a co-chair position for the academic division to assist Johannes. Manon Hillegers kindly agreed to fill the role.

The ESCAP Board also have a proposal which will be voted on later in the meeting, to retain Stephan Eliez on the Board not only to continue his valuable contribution as a Board member but also to be part of the Congress Organization Committee.

In addition Milica agreed to take on the role of ESCAP Communications Editor in ECAP.

We re-established links with our National Associations, our International societies and our European societies. This was of critical importance in relation to our National Associations as the membership of all their boards had changed. Particular thanks was owed to Laura and Jean-Phillippe in this regard and Dimitris was happy to report that almost all National Associations had paid their membership fees.

There has been good collaboration between ESCAP ,UEMS and EFPT and one result was the training day held on 24/6/2021. Regular meetings of these three organisations have continued with a particular focus on training and efforts to have a common training pathway .Dimitris acknowledged the contribution of Johannes Hebebrand who was the main player in these discussions.

We have also continued to have a collaborative relationship with IACAPAP but not as an affiliate member.

We linked with EBC but their fee for membership was too high given our financial situation .However ,we have made links with the European Paediatric Neurology society which is a member of the EBC .Through the latter we can link with EBC who are a very powerful organisation that can successfully lobby the EU.

We continue to work with the EU and through Jorg and the policy division we are working with the politicians to try and influence decisions in relation to mental health services for children and adolescents with particular reference to the effects of the Covid 19 pandemic.

The ESCAP Training Day and the ESCAP Expert Day held on 24<sup>th</sup> and 25<sup>th</sup> June respectively, are examples of our ability to adapt to the pandemic and also a way of keeping ESCAP alive between Congresses and of generating some money.

Dimitris finished his report by stating the benefits that can accrue from being a member organisation of ESCAP.

These are as follows

- Have a dedicated page on the ESCAP website personalised to your needs
- Advertise your events on our International Event Calendar
- Advertise your jobs on our job page
- Become ‘member of the month’ by writing about our member country’s CAP activities
- Nominate members to become involved with ESCAP’s divisions
- Vote on General Assembly proposals and have your say
- Contribute to ECAP/ESCAP publications
- Host an ESCAP Congress in your country

- Decision to postpone the vote for the ESCAP Congress 2027

Dimitris stated that there had been no official proposals to host the 2027 Congress. However, there had been 2 unofficial expressions of interest one from Germany and one from Greece. Dimitris proposed that no decision is made until the next General Assembly.

Ioanna from the Hellenic society was invited to say a few words.

She stated that Athens would be an attractive destination,easy to get to and could host the Congress as it now has an International Conference centre..She also said that her society would work on a proposal and send it to the ESCAP Board ..

Henning from Germany said that their Society might also be interested in hosting the 2027 Congress but as many other conferences had been postponed ,they hadn’t made as yet made a decision about this.

## **2.Election of next president of ESCAP**

Professor Jorg Fegert has been nominated by the German Society of Child and Adolescent Psychiatry, Psychosomatics and Psychotherapy (DGKJP). Jorg had provided a short biography for his nomination to the members of the General Assembly. Dimitris said a few words in support of Jorg's nomination. He stated that Jorg was a true European both in his origins and his outlook and this has been shown by his work on the policy division. Dimitris highlighted Jorg's many achievements including being a past president of the society of German Child and Adolescent Psychiatry and being a member of the ESCAP Board for 2 years. Dimitris also noted that Jorg is currently the chairman of the academic advisory board on family affairs and is a member of the German Committee for UNICEF.

Jorg's main areas of work include neglect, maltreatment and abuse and psychosomatic medicine.

He established the use of e learning especially in the area of child maltreatment and trauma. He is also very involved in the treatment of mental health issues within the population of child and adolescent refugees

Jorg is an experienced editor of the online journal "Child and Adolescent mental Health", and the European Editor of the Journal of Child and Adolescent Psychopharmacology.

Dimitris then invited Jorg to say a few words in support of his candidacy. Jorg noted that it was a very difficult time generally in the world what with the pandemic and Brexit. He also said that despite all these difficulties children and adolescents face the same problems all over Europe.

Jorg referenced his political experience, stating that although he does not belong to any political party, he has experience as a lobbyist and has been a special advisor on many committees in Germany, Switzerland and within the EU. Jorg also said that he has worked with Ursula von der Luey, the current EU Commissioner in the past and he hopes that they will continue to work together for the good of all the children and adolescents in Europe who are experiencing particular difficulties in transitioning i.e. from primary to secondary school and from secondary school to young adulthood particularly in the context of the pandemic. Jorg also said that he thought that it was extremely important for ESCAP to continue linking with all the people who used to attend our Congresses.

He stated that he was very honoured to be nominated to be the next President of ESCAP both by the German society and the ESCAP Board.

Henning added his support for Jorg saying that he was a very nice man and both Jorg and his wife were excellent hosts!

Ioanna also remarked that she was very impressed by Jorg's qualification in sociology as she felt that the two specialties were closely aligned.

Dimitris made a final point which was that all members of the Board were capable of taking on the role of president of ESCAP but that the Board had unanimously nominated Jorg as their candidate.

He invited all attendees to send their vote to Jean-Philippe through the chat room. Ana Kesic said that she would represent Serbia in the vote.

Ioanna will vote on behalf of the Greek society.

Jean-Philippe will vote on behalf of the French society

Maeve Doyle will vote on behalf of the CAP faculty of the Irish College of Psychiatrists'

Eniko Kiss will vote on behalf of Hungary.

Fusun will vote on behalf of Turkey.

### **3.Report of ESCAP activities**

#### **Policy division report –Jorg Fegert**

Jorg shared his slides and listed the membership of the policy division .

They are as follows—

Head of the Policy Division:Jorg Fegert.Germany

Dimitris Anagnostopoulos,Greece.President of ESCAP

Laura Kehoe,Switzerland,ESCAP office.

Fusun Cetin Cuhadaroglu,Turkey

Konstantinos Kotsis,Greece,member of the ESCAP Board

Maja Radobuljac,Slovenia

Robert J,M Vermeiren,Netherlands

Renate Schepker,Germany

Sofie Crommen,Belgium

Stephan Eliez,Switzerland Member of the ESCAP Board

Vlatka Boricevic Marsanic,Hungary

Natalya Zvereva,Russia,

Anne Marie Raeberg Christensen,Denmark,member of the ESCAP Board .

Surveys from the policy division indicated that member countries wanted a focus on family participation including provision of information on services and issues to do with physical restraint and forced treatment. Prevention and early intervention were also important issues for our National Associations. Jorg informed us that the UN had devised a number of Sustainable Development Goals (SDGs) and one of those is the eradication of poverty which has very serious effects on child mental health. Another SDG relates to ending all forms of abuse and torture of children. The issue of bullying between children including the hidden violence between siblings also merits attention. Another goal is to continue fighting for a just and inclusive society .The problem of children of refugees being unable to access justice and care systems unlike children of the local population was also identified as a major issue by the policy division.. Jorg also mentioned that the Covid 19 pandemic had exacerbated all of these difficulties.

The policy division also engaged in some joint Political Activities and Position papers during the Covid 19 pandemic. An editorial on a Recovery Plan for children ,adolescents and their families was published and the division wrote to Ursula von der luyen the EU Commissioner concerning this matter.

It was Jorg's opinion that we should write once again to the EU Commission seeking an investment in a recovery plan that not only considers economic issues but focuses on children and their families and their overall physical and mental well being.

Jorg also stated that the policy division had devised a strategy to approach different groups of politicians requesting them to hold an EU meeting on Children's mental health and Covid 19. The letters from ESCAP will go out after this meeting.

Jorg spoke about the necessity to have a stepped care approach from psycho education to parents all the way through to specialised intervention ,in order to deal with the many and varied consequences of Covid 19 on the mental health of children.

Maeve asked how individual states can access this 2 billion euro recovery fund. Jorg clarified that the funding has already been distributed to governments of European countries and it is a matter of lobbying for it.

**Academic Division Report –Johannes Hebebrand .**—view academic division report and European Child and Adolescent Psychiatry.

Johannes supported the policy division’s efforts to involve the EU and get them to understand the consequences of the COVID 19 pandemic on children and adolescents’ mental health.

- Johannes had a first on line meeting with Milica and Manon aimed at identifying possible activities for the academic division.
- Preparation, launch and clarification of publication option for second ESCAP CovCAP survey. Johannes expressed his gratitude to Alex Revet and Paul Klauser who were the senior researchers on this and also to Laura Kehoe. The first survey showed a lot of reduction in referrals to out-patients and a reduction in the number of in patients ,presumably due to a lot of closures of services. The second survey indicated that there had been a large increase in presentations of 4 groups of disorder—eating disorders, depression, anxiety and suicidal crises.
- Involvement in initiative of UEMS;UEMS-CAP European Training network. Peter Deschamps is the main researcher and an editorial is about to be published.
- Involvement in preparation of ESCAP congress in Maastricht 2022
- Involvement in ESCAP on line Training Day 24/6/2022 and in the Expert Day 25/6/2022
- In relation to the journal we are waiting to see what the impact factor of the pandemic has been
- There has been some restructuring of the editorial board and Johannes stated that this process is on going.
- There has been a large increase in the number of interactions with authors at multiple levels which has meant an increase in workload for Johannes.
- There has been a high rate of Covid -19 related submissions ( about 2 per week) and most have been rejected due to poor quality.

**Clinical Division Report-Jean –Phillippe Raynaud**—view clinical division report

### **1 Reminder of the ESCAP Clinical Division’s mission:**

“ to promote the quality of professional work and activities in Child and Adolescent psychiatry and the standing of the profession”

The idea was to use our guidelines on various conditions ,to share them ,but also to include those that are different in order to enrich our knowledge.We also do this by sharing our” field practices”

Our methods of intervention include symposia based on clinical presentations .We did this in Bilbao and in Vienna and are preparing the next one for Maastricht.

We also promote work on emerging topics in child psychiatry. The clinical division also works on practical guidance and links with national guidance.

We also contribute to articles—the most recent being with the Research Academy on the subject of Ultra High Risk Psychosis. We also contribute to publications on the Website ie videos and papers.

We contributed to the production of the Autism Guidelines.

## **2 Members of the ESCAP Clinical Division.**

Jean –Phillippe listed the members of the clinical division who are 12 in number and represent 12 different countries.

They are Director: Jean-Phillippe Raynaud—France

Marco Armando, Switzerland

Bojan Belec .Slovenia

Tina Cak , Turkey

Veronique Delvenne, Belgium

Oscar Herreros, Spain

Miri Keren, Israel

Ana Kesic, Serbia

.Eniko Kiss, Hungary ,member of the ESCAP Board

Konstantinos Kotsis, Greece, member of the ESCAP Board,

Bertrand Lauth, Iceland

Anne Marie Raberg Christensen ,Denmark,member of the ESCAP Board.

## **3.What are the themes that the Clinical Division have put forward as a priority?**

Jean-Phillippe reported that the division has had 2 meetings and have decided to prioritise the following topics

Transitions

Screen addiction

Gender dysphoria

Emergency requests

Eating disorders

Telepsychiatry

Sharing national works

## **4.The work of the Clinical Division in 2020-2021 and prospective plans.**

- Proposition of “Rules and Regulations regarding Practical Guidance articles” (Appendix 1 JP Raynaud, AM Raeberg Christensen, E Kiss). These have been validated by the Clinical Division.
- Launch of a working group from within the clinical division to look at the area of transition in Child and Adolescent Psychiatry.
- Preparation of a survey of all ESCAP member societies of their needs in terms of European Guidelines.
- Call for participation of young clinicians ..Jean-Phillippe believes that this group may have more energy and less work commitments than us older people!

- Organisation of Clinical Case Reports symposium by the Clinical Division for the next ESCAP Congresses in Maastricht and Copenhagen.
- Jean-Phillippe concluded his report by expressing his thanks to Eniko and Annemarie for their assistance with the work of the Clinical Division.

### **5. Communications Editor Report—Laura Kehoe.—view editor’s report**

Laura took over the role from Henk Linse in 2018.

She had a number of clear aims and these included ,improving the usability and visibility of the website, saving money , getting national societies more involved ,producing more regular newsletters and working with partner associations to improve communications.

In 2019 ,Laura assisted with the preparation of the 18<sup>th</sup> International Congress of ESCAP held in Vienna.

She arranged the Keynote, State of the Art interviews and summaries, publicised the event ,liaised with the organisers particularly Andreas Karwatz,and did all the media coverage.

In 2020,Laura worked on the communication for Covid 19 .This included creating a resource page summarising key links to help deal with children and adolescents during the crisis, assisting with the production of policy papers, presidential messages and letter to national associations and assisting in the CovCAP survey phase 1 and 2 as well as publications.

In 2020 ,Laura launched the new website ,having single handedly created it. This involved transferring a huge amount of data from the old to the new website .This has resulted in a reduction of the annual cost of maintenance of the website from 1000euros to 400 euros. ESCAP has also changed its e mail provider to Mailchimp which has also resulted in savings, as the cost is 45 euros per month compared to 120 euros per month previously.

In 2021,the Board decided to run a one day ESCAP Expert Day and a Training day in association with UEMS-CAP and EFPT and the feedback has been very positive so far. Laura has also started to make preparations for the Maastricht congress.

Laura then articulated her plans for ESCAP beyond 2021.These included continuing to publicise ESCAP events in order to make them as successful as possible, continuing to work with national societies to help them communicate their news to ESCAP and improve their visibility and to continue to work with partner associations to create material and events A new initiative proposed by Laura is to create a skill based volunteer committee to improve website activity ,events ,social media ,learning resources etc.

Laura finished her report by speaking to the issue of the benefits of being an ESCAP member and the fact that each National Society has its own page and that she would be delighted to assist member countries in providing content for their page,

### **6. Congress Committee Report—Stephan Eliez**

Stephan spoke to the benefits of having a congress committee. He said that it results in less uncertainty about what needs to be done and also allows more consistency and continuity in terms of content of the congress .It also minimises the financial risk that can accompany these events. Dimitris has asked Stephan to continue to be part of the Congress committee for the next 2 years thereby covering both the Maastricht and Copenhagen congresses.Stephan is happy to do this..



Stephan also spoke about the organisation of a virtual Expert day saying that it was felt that a delay of 3 years would be too long between congresses and that it was important to keep in touch with our national associations via this virtual event which was very accessible in terms of a low fee. Stephan noted that although the content of the virtual day was excellent, that there were a low number of attendees—296 which was considerably lower than live congresses.

Stephan also reminded us that although the Board had voted to allow Stephan to continue for a further 2 years on the Board assisting particularly with the congress organisation, this proposal needed to be put to the General Assembly and voted on. Dimitris agreed to this and also expressed the view that the virtual training and expert days had been successful and had not lost money.

#### **7. Treasurer's report—Jean-Philippe Raynaud—View treasurer's report**

.He reported that our financial situation is quite good despite Covid 19.

The main sources of income are Congress fees and fees from the national societies for membership of ESCAP. Our main expenditure includes ESCAP on line and Springer payment for the Journal.

The Board expenses are quite low and travel and accommodation expenses are borne by the National Societies. Jean-Philippe pointed out that we have relatively low savings which would cover approximately one year of operation in the event of a critical incident. The absence of a congress in 2021 will be partly compensated by the Training day in June 2021.

Jean-Philippe emphasised that the cost of the website is justified by its growing role in the dissemination of scientific information and initiatives. He also stressed how important it was to increase the number of attendees at our congresses.

Stephan asked what had been the effect on our finances of the change in fees agreed at the General Assembly in Geneva. Jean-Philippe replied that for the first year after the change, there was an increase in revenue, but after that, some countries appear to have reduced the number of members that they are paying for. However, the income from fees appears to have stabilised.

The treasurer's report was formally approved by the Board.

#### **Results of the votes for the next president of ESCAP were presented by Jean-Philippe.**

The result was 32/32

Fifteen national Societies were represented at the General Assembly.

They are all up to date with their membership fees.

The vote in favour of electing Jorg Fegert to be the next president of ESCAP was unanimous.

Members of the Board congratulated Jorg on his election.

Dimitris proposed that we vote on the extension of Stephan's membership of the Board for a further 2 years. The vote in favour of this extension was unanimous.

#### **4 Update of ESCAP 2022 Maastricht congress preparations.**

Manon was unable to be present to give an update on the Maastricht congress.

Stephan agreed to speak to this. He commented that they have assembled excellent key note speakers and have a very nice venue in the city which will allow many symposia in parallel and contribute to a very dynamic lively congress with lots of interaction between child psychiatrists from many countries.

Laura clarified that the call for abstracts goes out from today and the website ESCAP 2022. EU is now up and running. The aim is to have the ESCAP website and the Congress website and one can go easily from one to the other.

Stephan indicated that the deadline for submission of abstracts will be in December 2021 and in January 2022 there will be a meeting in Amsterdam to work out all the practicalities of the Maastricht Congress. Anne Marie and the Copenhagen committee will also be invited to this so they can learn what's involved in congress organisation. Stephan said never before had ESCAP had 2 congresses in consecutive years and Dimitris asked that all members encourage attendance of their National societies.

Anne -Marie gave an update on the Copenhagen Congress.

They have sorted out a venue in the centre of the city and set up a small steering group and a larger committee with all 6 professors of child psychiatry on it.

The title will be "Next Generation Europe—A balancing Act between clinical research and political demands" Anne-Marie believes strongly that we need to be able to present good data to our politicians in order to influence them to make the right decisions for funding for child and adolescent mental health

Dimitris asked the Board to formally approve all of the reports presented .

This was unanimous.

## **5.Covid 19 Discussion**

**Discussion Title :**The Covid 19 pandemic effects on children's and adolescents' mental health

Maevé shared the Irish experience of the pandemic. She said that the Irish College of Psychiatrists' had carried out 2 surveys of the effect of Covid 19 on Secondary Mental Healthcare Services in Ireland., The survey was similar to CovCAP but the Irish College has adult psychiatrist, old age psychiatrists, learning disability psychiatrists etc who were all surveyed. The most recent survey results pertain to January 2021 and there are some different results compared to the first survey carried out in June 2020.

23% of our 180 psychiatrists were child psychiatrists, 38% were adult psychiatrists, Two thirds of respondents were female . There were 47 questions in all, divided into different sections.

Overall 72% of respondents noted an overall increase in referrals to services.

68% noted an increase in emergency assessments /appointments that needed to be actioned immediately, 76% noted an increase in urgent interventions, 80% noted an increase in relapse of existing conditions.

Most respondents noted a significant increase across a range of conditions including self-harm, suicidal ideation and new onset depression. 38% of consultants noted increase in presentations of eating disorders which included new referral and relapses. New onset psychotic conditions also showed a notable increase as did presentations of patients with intellectual disability and autism presentations.

An increase in suicidal behaviour was also noted along with an increase in the lethality of methods used.

There was also an increase in neuropsychiatric presentations directly due to Covid 19 infection including delirium and encephalopathy.

44% of consultants reported that their patients had Covid 19 incorporated as part of a delusional belief system.

86% of Consultants noted Covid 19 being part of health anxiety conditions, generalised anxiety disorder and panic disorder. It appeared that social isolation was a major contributory factor.

In relation to demand for services, 59% of respondents felt that demand for in patient beds had increased. Multiple factors appeared to be contributing to this situation, primarily social isolation, reduced access to face to face secondary mental health supports, reduced access to local counselling services, reduced access to their family practitioners, increased reliance on drugs and alcohol and increase in exposure to abuse and violence in the home environment.

As regards impact on working day most respondents felt that they were working longer hours, felt undervalued and felt that the care they were providing was sub optimal as they were not seeing their patients face to face. They also felt very stressed and were struggling to support their teams, They commented that as doctors they were expected to be in the clinic while other disciplines were permitted to work from home so in essence they were "holding the fort"

In relation to telepsychiatry, there were mixed views and mixed experiences. Some patients didn't like it, some patients had no access and some wouldn't use it due to issues of paranoia etc. Some respondents had experienced difficulties with controlling sessions as some family members took over consultations and were constantly interrupting etc

Maeve also said that on the surveys there was a free space for comments some of which were quite concerning. These included comments on the level of burn out among consultants, their unhappiness at being unable to provide the best care for their patients because of lack of skilled disciplines on their team and a belief that Covid 19 was "the straw that broke the camel's back". Many respondents said that they were sick of what they called "lip service" being paid to mental health services by successive governments.

On a positive note, Maeve said that there had been considerable media interest from journalists about the results from the surveys and that the findings were being talked about in the "corridors of power". However, this had not garnered extra funding. Overall, the statement that pandemics exacerbate inequalities held true for the Irish Health system and in particular for the secondary mental health services especially the Child psychiatry services.

Jean-Philippe spoke to the issue of telepsychiatry during Covid 19 in France. They did a survey within his department which has 200 members at 2 points in time, one before the lockdown and another 12 months on during the lockdown. The purpose was to look at the strengths and weaknesses of telepsychiatry. Before lockdown, very few clinicians were using telepsychiatry. The conclusions of the survey were that there was an increase in requests for the appropriate tools to engage in telepsychiatry and there was an increase in the number of clinicians using the tools although at a low level. He noted the efficiency of organising events such as the General Assembly of ESCAP and other conferences via telepsychiatry. He also noted that some children showed particular skills in using telepsychiatry both individually and in groups. Jean-Philippe believed that there should be a code of conduct developed for use of

telepsychiatry and perhaps this could be a project for the clinical division. He also mentioned a research project that will start in September 2021 in his department called HUGS. This is for mothers with post natal depression and the goal is to prevent developmental difficulties in their babies. He noted that all the interventions will be delivered by telepsychiatry

Ioanna from the Hellenic society said that one of the consequences of the Covid 19 pandemic in Greece was the development of a network of clinicians interested in research across the country. They have collected 2 lots of data on children attending child and adolescent psychiatry services in relation to the period of the first and second lockdowns.

The first lot of data did not show any change in the mental health of the children. However, the impact of the second lock down was much more severe with an increased impact on mental health.

Dimitris then closed the meeting with an expression of gratitude to everyone for their hard work and a statement that the children and adolescents with mental health difficulties really need ESCAP to continue to work and advocate for them.

Dr Maeve Doyle  
ESCAP Board Secretary.