



European Society for Child  
and Adolescent Psychiatry

# Child and adolescent psychiatry in a changing European context

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# But first: Thank you, Dimitris!

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- Remarkable leadership in times marked by continuous state of crises
  - Presidency of collaboration, inclusiveness and engagement
  - Personal thanks for an outstanding partnership based on respect, mutual trust and friendship
  - Counting on continued support in role as Past President – for me personally and ESCAP in general
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# Consecutive crises

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- Global economic crisis
  - Refugee crisis
  - Climate crisis
  - Coronavirus crisis
  - War of aggression against Ukraine and worsening refugee crisis
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# EU Mental Health Policy

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- EU Commission launched new comprehensive approach to mental health, with 20 flagship initiatives & €1.23 billion in EU funding
  - Focus on three guiding principles:
    - (i) adequate and effective prevention,
    - (ii) access to high quality and affordable mental healthcare and treatment, and
    - (iii) reintegration into society after recovery.
  - Concrete actions include:  
**"Protect children and the young during their most vulnerable and formative years, in a context of increasing pressures and challenges."**
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# Mental Health Prevention

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Prevention continuum:

- Universal prevention
- Selective prevention
- Indicated prevention

(IOM classification better adapted to our needs than the old classification into primary, secondary and tertiary prevention)

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# Support changes in everyday practice

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- Introduction and use of ICD 11
  - Possible common European training and practical guidelines
  - Use of ICF in relation to participation impairment due to mental disorder
  - **Respond to the shortage of qualified personnel**
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# Conclusions

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- There is more to be done on the **clinical** front for the well-being of children and adolescents than ever.
  - **Research:** pharmaceutical industry has reduced its investment in neuropsychiatric drugs, with few new products in the pipeline. Support research initiatives by EU, foundations and member state governments: Dissemination via ESCAP
  - Good clinical and psychotherapeutic **training** and adequate pharmacological knowledge are essential
  - **Opportunities of digitalisation:** Useful for teaching, research and individual treatment
  - **Participation** and the involvement of parents' associations and those affected, in particular care leavers' organisations.
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**Thank you for your attention  
and for your support going  
forward!**

*"There are no great discoveries or progress on earth as long as there is an unhappy child".*

*"Es gibt keine großen Entdeckungen und Fortschritte, soange es noch ein unglückliches Kind auf Erden gibt."*

*Albert Einstein (\*1879 in Ulm)*

