



## **IMPLEMENTATION OF THE EUROPEAN PACT ON MENTAL HEALTH AND WELL-BEING**

This second edition of the newsletter on the implementation of the European Pact on Mental Health and Well-being is dedicated to the up-coming first Thematic Conference on Mental health in Youth and Education.

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# “Promotion of Mental Health and Well-being of Children and Young People – Making it happen”

## Thematic Conference Mental health in Youth and Education Organised by European Commission and Swedish Ministry of Health and Social Affairs under the auspices of the Swedish Presidency

29<sup>th</sup> – 30<sup>th</sup> September 2009, Stockholm

Together with the further four thematic conferences, this first thematic conference will be a key element in the **implementation of the European Pact for Mental Health and Well-being**.

The conference will pursue three **objectives**:

- 1) Raise visibility about the importance of promoting mental health and well-being and of preventing mental disorders in children and young people
- 2) Enable an exchange at EU-level on policy activities, good practices by stakeholders and research projects in Member States, supported by a Commission database;
- 3) Endorse an implementation framework for the Mental Health Pact in the field of mental health in youth and education.

Around **200 participants** are expected to attend this event, which is by invitation only, including high level representatives from Member States' governments, international institutions and NGOs, relevant experts and youth representatives.

**Presentations** will be invited from a variety of actors such as, EU and member state representatives, directors of programmes and projects, researchers in the field, young people with experience or opinions relevant to implementation.

These will be distributed in a number of Plenary sessions aimed at highlighting the key issues for mental health in youth . 5 Parallel sessions will focus on 5 sub-themes or implementation domains:

- 1) Session 1: Parents, family and the early years;
- 2) Session 2: The role of health services in promotion and prevention;
- 3) Session 3: The community environment;
- 4) Session 4: The role of new media, internet and electronic games;
- 5) Session 5: Educational settings and learning.

### SOME CONFIRMED SPEAKERS

|   |  |
|---|--|
| <b>Maria Larsson:</b> Minister of Public Health and Social Services, SE                   | <b>Ulrike Ravens-Sieberer:</b> Head of Research, University Clinic Hamburg-Eppendorf, DE   |
| <b>Andrzej Rys,</b> Director for Public Health and Risk Assessment, DG SANCO, EC          | <b>Viviane Kovess-Masféty:</b> Director of the Paris University Research Centre in Epidemiology and Policy Design in Mental Health, FR |
| <b>Poul Nyrup Rasmussen:</b> President, Party of European Socialists, DK                  | <b>Hakan Stattin:</b> Research Professor in Psychology, Örebro University, SE  |
| <b>Shona Robison:</b> Minister for Public Health and Sport of Scotland, MSP, UK           | <b>Ville Lehtinen:</b> Professor (emer.), National Institute for Health and Welfare, FI  |
| <b>Sarah Stewart Brown:</b> Professor, University of Warwick, UK                          | <b>Ingunn Hagen:</b> Professor of Psychology, NO   |
| <b>Vincent Magos:</b> Directeur général adjoint, Ministère de la Communauté française, BE | <b>Tilmann Holzer:</b> Ministry of Health, DE  |
| <b>Geoff Lindsay:</b> Director of CEDAR,UK  | <b>Pia Lang:</b> European Commission, DG Information and Society, EC   |
| <b>Joy Ladurner:</b> Youth representative, HPE, AT  | <b>Rachel O'Connell:</b> Bebo.com, UK  |
| <b>Hilton Davis:</b> Professor, Kings College London, UK                                  | <b>Anthony Langan:</b> The Samaritans, UK  |
| <b>Ms Melinda Medgyaszai,</b> Secretary of State, Ministry of Health, HU                  | <b>Gintaras Steponavicius:</b> Minister of Education and Science, LT   |
| <b>Tytti Solantaus:</b> Research Professor, National Institute for Health and Welfare, FI | <b>Peter Paulus:</b> Professor of Psychology, Leuphana Universität Lüneburg, DE  |
| <b>Goof Buijs:</b> Schools for Health in Europe, EU                                       | <b>Robertas Povilaitis:</b> Director of The Anti-Bullying Programme in Lithuanian Schools, LT  |
| <b>Jan de Maeseneer:</b> Professor at Ghent University, BE                                | <b>Chris Harrison,</b> President of the European School Heads Association, EU  |
| <b>Jean Canneva:</b> President UNAFAM, FR   | <b>Lars Hellgren:</b> Leader of the Centre for Child Mental Health in Socialstyresen, SE   |
| <b>Dainius Puras:</b> Head and Associate Professor, Vilnius University, LT                |  |

## **SOME ISSUES TO BE COVERED**

### **Policy and infrastructures**

“How can successful partnerships for implementation be ensured?”

#### **Parenting**

“Training parents without de-normalising parenthood...”

#### **Community**

“Give youth a voice in shaping their neighbourhoods and communities.”

#### **Services**

“Shouldn't the patient's children be the responsibility of the health service?”

#### **Media and Internet**

“How to find the balance between freedom and protection”

#### **Education**

“How can teachers be best supported to promote mental health alongside educational goals?”

- **CONFERENCE BACKGROUND DOCUMENT AND KEY MESSAGES IN YOUTH AND EDUCATION PRIORITY AREA.**

For each subtheme of the youth and education priority area, a group of **scientific advisors** are preparing a brief **background document**. This will include a statement on **key messages and actions**. The background document and key messages are being sent for consultation to all Member States, key stakeholders and NGOs. Their comments will be integrated into the final document.

If you would like to **join the consultation process** for the Youth and Education Thematic Conference background document, please send a mail to the technical secretariat:

[ec-mentalhealthprocess@gencat.cat](mailto:ec-mentalhealthprocess@gencat.cat)

- **EC DATABASE FOR GOOD PRACTICE IN MENTAL HEALTH**

As part of the implementation process DG SANCO is developing **A DATABASE OF GOOD PRACTICE EXAMPLES** with the aim of collecting and disseminating relevant examples of good practice in mental health action for the priority area “Mental Health in Youth and Education”. This will allow Member States, regional authorities and non-governmental partners to present and access

good practices in this area, thereby promoting the exchange of solutions across the EU. The instrument will include information on different types of actions, such as policies, programmes, campaigns and training courses that are being developed at the national, regional and/or EU level.

Policy makers and relevant stakeholders have been invited to provide information on good practice examples in their area of activity. The response so far has been excellent and inputs continue to be received by the technical secretariat. The database will soon be available online.

- **THE EC INVITES YOU TO TAKE AN ACTIVE ROLE IN THE DISSEMINATION OF THE EUROPEAN PACT ON MENTAL HEALTH AND WELLBEING:**

**Volunteer to be a country focal point** for your country – to be asked to gather national examples of good practice action in mental health for children and adolescents, and to assist the dissemination process at your regional/national level. For further information please contact the technical secretariat at: [ec-mentalhealthprocess@gencat.cat](mailto:ec-mentalhealthprocess@gencat.cat)

For dissemination purposes a **guideline for the dissemination of the Pact**, including useful materials and information is available on the [www.ec-mental-health-process.net](http://www.ec-mental-health-process.net) web. Feel free to use the materials and distribute them in your regional events and meetings!

This newsletter has been prepared by the technical secretariat of MH Basis at Gencat (Government of Catalonia, Spain), in collaboration with the European Commission's DG Health and Consumers, to support the implementation of the European Pact on Mental Health and Well-being, priority area on Youth and Education.