

ADOCARE

Toward good mental health care for adolescents in Europe by a EU collaborative network

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OVERVIEW

- ADOCARE
- Why ADOCARE
- ADOCARE results
- Follow up of ADOCARE



Why ADOCARE

- Context : an urgent need
 - shortage of specialised facilities
 - traditional facilities often do not take into account the specific needs of teens
 - long waiting lists
 - poor or no transition between child and adult mental health care
- Picture of the situation in Europe
- Gathering of expertise and know how

Cross sectoral consortium

- Action for Teens
- LUCAS KU Leuven
- A EU network of stakeholders with multidisciplinary backgrounds

10 EU Member states

Belgium, Finland, France, Germany, Hungary, Italy, Lithuania, Sweden, Spain and the UK

GENERAL OBJECTIVES

- Develop a collaborative **network** of psychiatrists, psychologists, researchers, policymakers, caregivers, care users, in the field of adolescent mental health care
- Raise **awareness** about mental health problems and solutions for adolescents
- **Identify and assess and promote** adapted mental health care facilities and good practices for adolescents
- Develop **guidelines and recommendations** to improve AMHC in Europe

ADOCARE WPs

Work package 1: Research

- Literature study
- Survey and consultations through questionnaires : policy makers, experts/researchers, professionals/caregivers
- Consultation of end-users
- Consultation work session at the first conference held in October 2014
- 4 workshops in 4 EU countries
- Closing conference at the European parliament in December 2015

ADOCARE WPs

Work package 2: Building the network

- Conferences
- 4 workshops - 4 stakeholder groups
- Awareness-raising & capacity building activities



ADOCARE results

- Network of stakeholders (+/- 250)
- Recommendations & guidelines for policy development and operationalisation of AMHC
- Good and inspiring practices and exchanges

Recommendations - Guidelines

Ten areas :

- availability
- quality
- accessibility
- personalised treatment
- integrated care
- transition
- training of professionals
- prevention and MH promotion
- policy and legal framework
- research

Prevention and MH promotion

Schools are key settings for promotion

- Actions at macro level:
 - basic training for teachers in AMH
 - health care check-ups
- Actions at meso level:
 - MH professionals at school
 - collaboration with external MH professionals
 - classes on MH for adolescents
 - special attention to risk behaviour
 - action plan against bullying

Training of professionals

Training of professionals working with adolescents:

- AMH-courses in each basic education
- helplines and websites with information



The future

- Assure the continuity of the ADOCARE network
- Follow up on the implementation of the guidelines and recommendations
- Offer a platform of information, know how and exchange of expertise
- Facilitate and assist the cross sectorial collaboration of stakeholders
- Raise awareness and promote the creation of adapted care facilities and integrated care across Member states
- Guard the implication of the voice and opinions of youngsters at all levels



For more information

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Thank you !