

Bruxelles, March 4, 2025

ENSA General Assembly

ENSA/ENSEL

Child & Adolescent Neuropsychiatry Unit
"Antonio Cao" Paediatric Hospital, Cagliari
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Italy



HOPE

Responding to Heatwaves
in Older People Ecosystem



European Network
of Social Authorities



**Co-funded by
the European Union**



Ensel-Networ

Let's start with Francesco, 4 years old

«Doctor we are very worried... Francesco started to be aggressive towards us and destructive ... He bursts into tears and keeps repeating the same words over and over: Mam please don't ever leave me alone. Is it true that you will never abandon me? ...»



Clinical assessment

- There was a neuromotor and psychological normal development
- There weren't any behavioural and cognitive issues
- He possessed good social and communication skills.

I ask myself: Why..?

- Madam, did something happen? Did he watch something negative?»

- Actually, during the last weeks he showed me on his mobile some videos with violent scenes

- Madam... what do you mean by «on his mobile»?

- Doc, he has had his own mobile since he was two...

(then she told me while sobbing and crying "we are bad parents")





About us



Our network

- **ECNP** Child & Adolescent Neuropsychopharmacology Network
- **C4C**: Conect for Children
- **ESCAP**: European Society for Child and Adolescent Psychiatry
- **Eunethydis**: European Network for ADHD.
- **Seventh Framework Programmes, Horizon 2020, IMI2 projects**
- **Multicenter research studies**
- **Boarding schools**
- **Universities partnerships**





We care, we do... we manage the complexity



- Suicide is the second leading cause of death among young people
- 75% of children and young respondents saw their future as “frightening”



Global mental health crisis

Lancet 2023; 402: 656–66

American Academy
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN®

AMERICAN ACADEMY OF
CHILD & ADOLESCENT
PSYCHIATRY

WWW.AACAP.ORG



CHILDREN'S
HOSPITAL
ASSOCIATION

AAP-AACAP-CHA Declaration of a National Emergency in Child and Adolescent Mental Health

A declaration from the American Academy of Pediatrics, American Academy of Child and Adolescent Psychiatry and Children's Hospital Association:



**COMMUNICATION FROM THE COMMISSION TO THE EUROPEAN
PARLIAMENT, THE COUNCIL, THE EUROPEAN ECONOMIC AND SOCIAL
COMMITTEE AND THE COMMITTEE OF THE REGIONS**

Brussels, 7.6.2023

COM(2023) 298 final

on a comprehensive approach to mental health

- In the EU, **the annual value of lost mental health** in children and young people is estimated at EUR 50 billion
- **Economic evidence** for the effectiveness of investments in mental health is strongest for **early interventions** focusing on maternal and infant health, children and adolescents
- In 2024, the Commission launched a blueprint (toolkit) for a multi-disciplinary approach to mental health capacity building
- The Commission support the role of stakeholders in promoting mental health in communities focusing on children and young people.

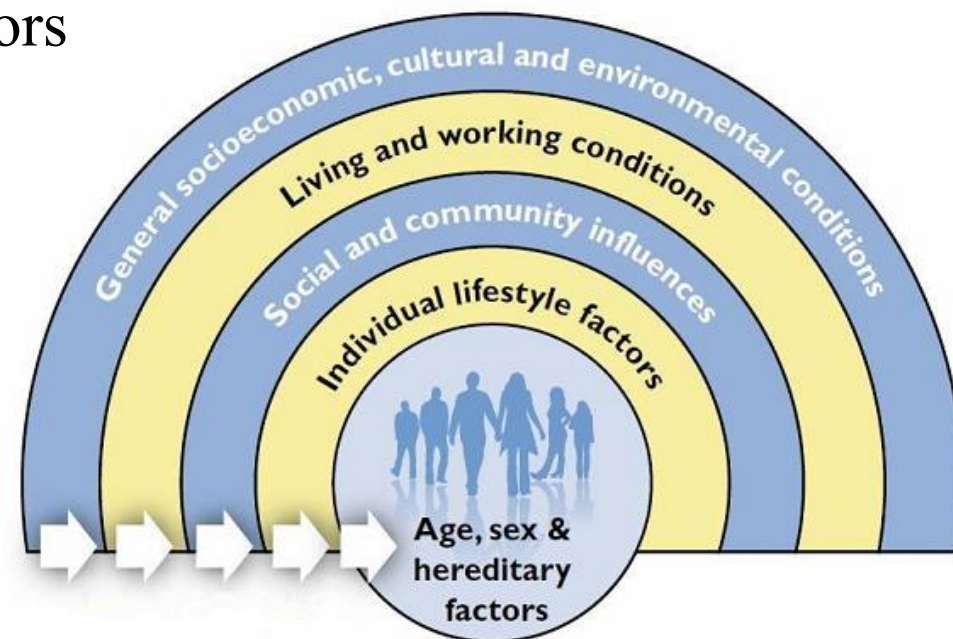
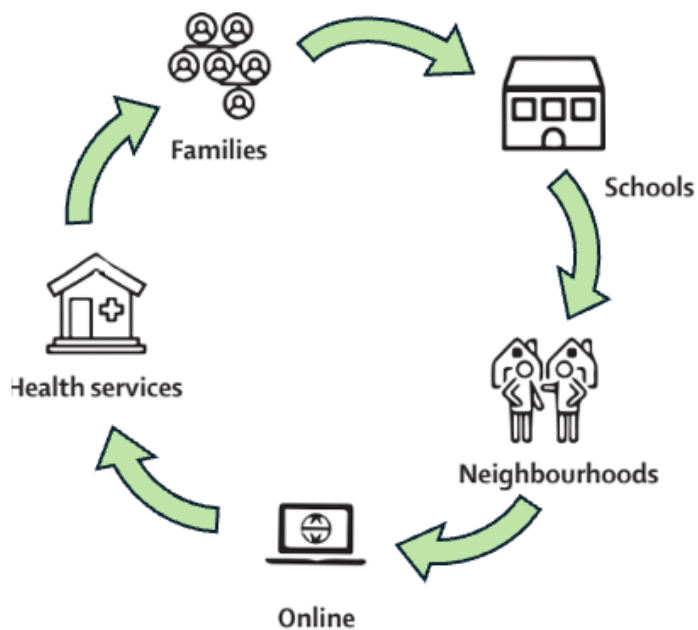
Transforming mental health systems policy recommendations



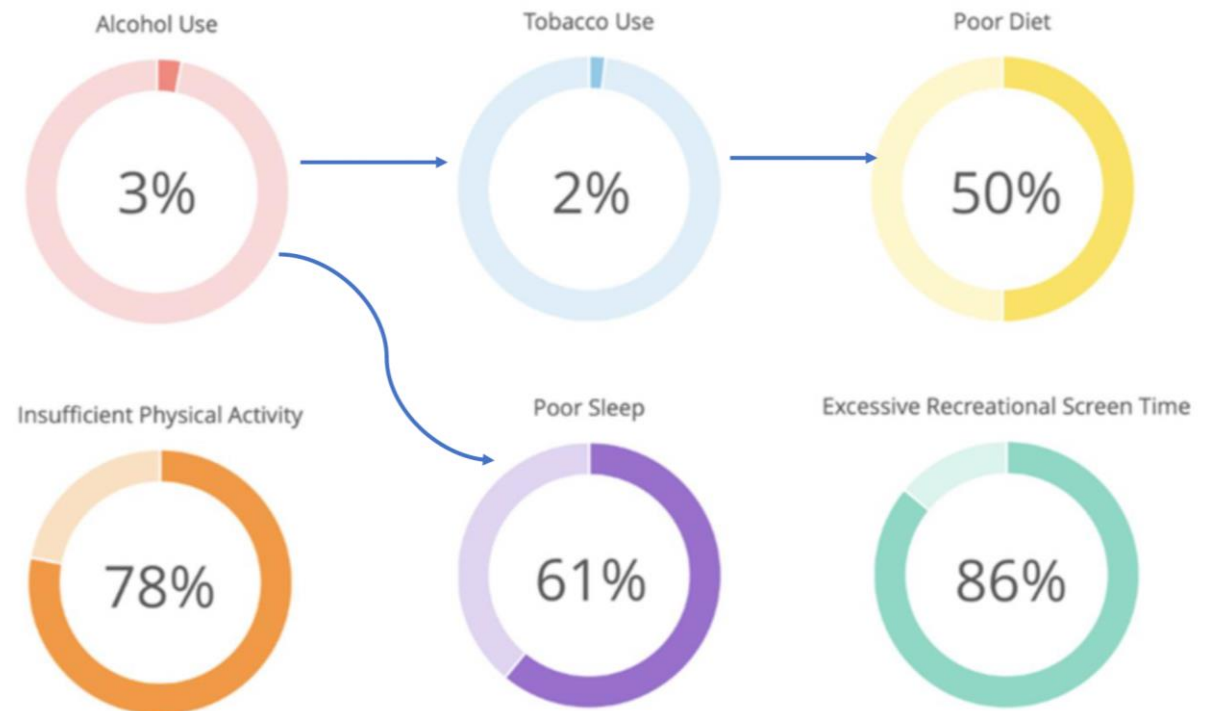
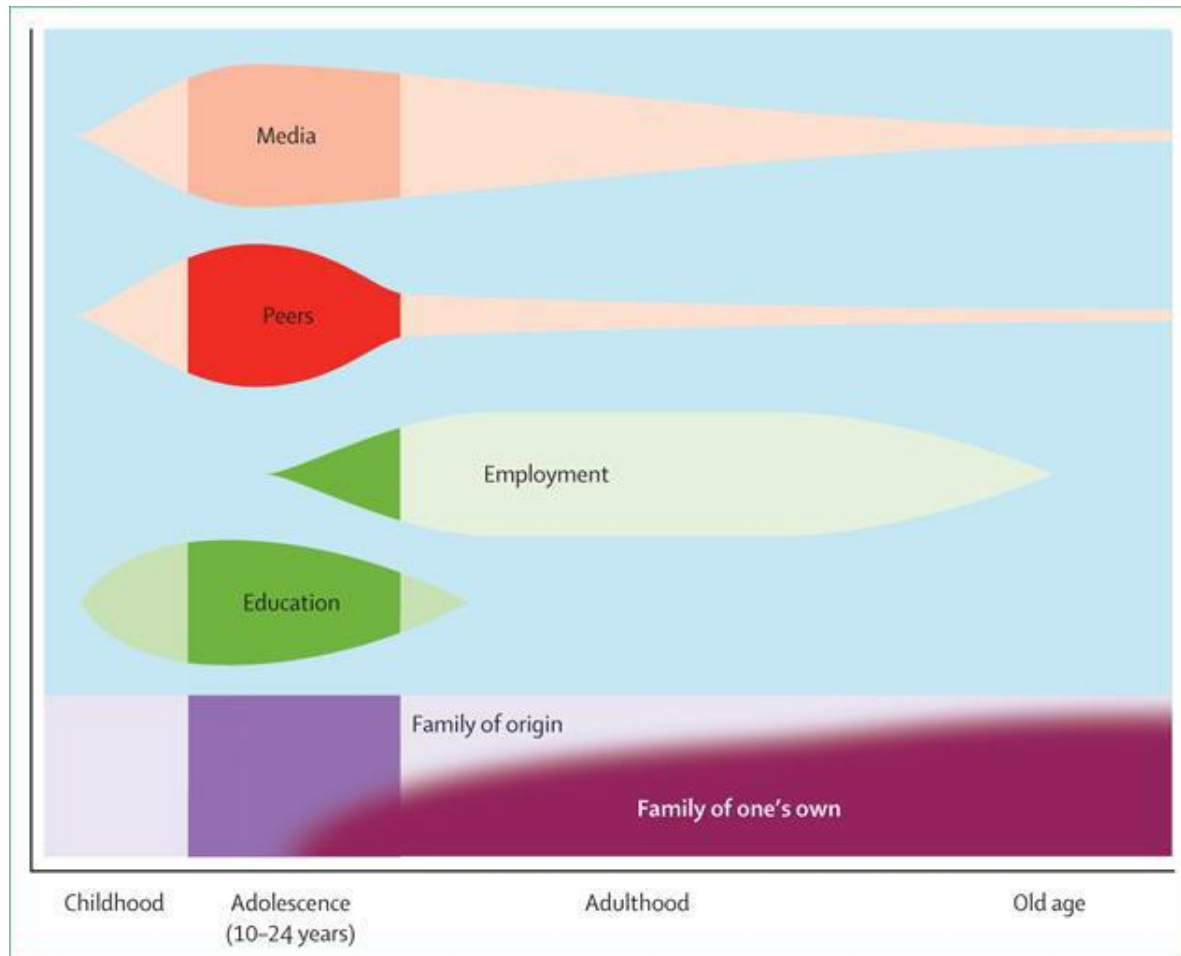
Social environment and
determinants of mental
health

Person's needs and risk factors

Integrate and setting

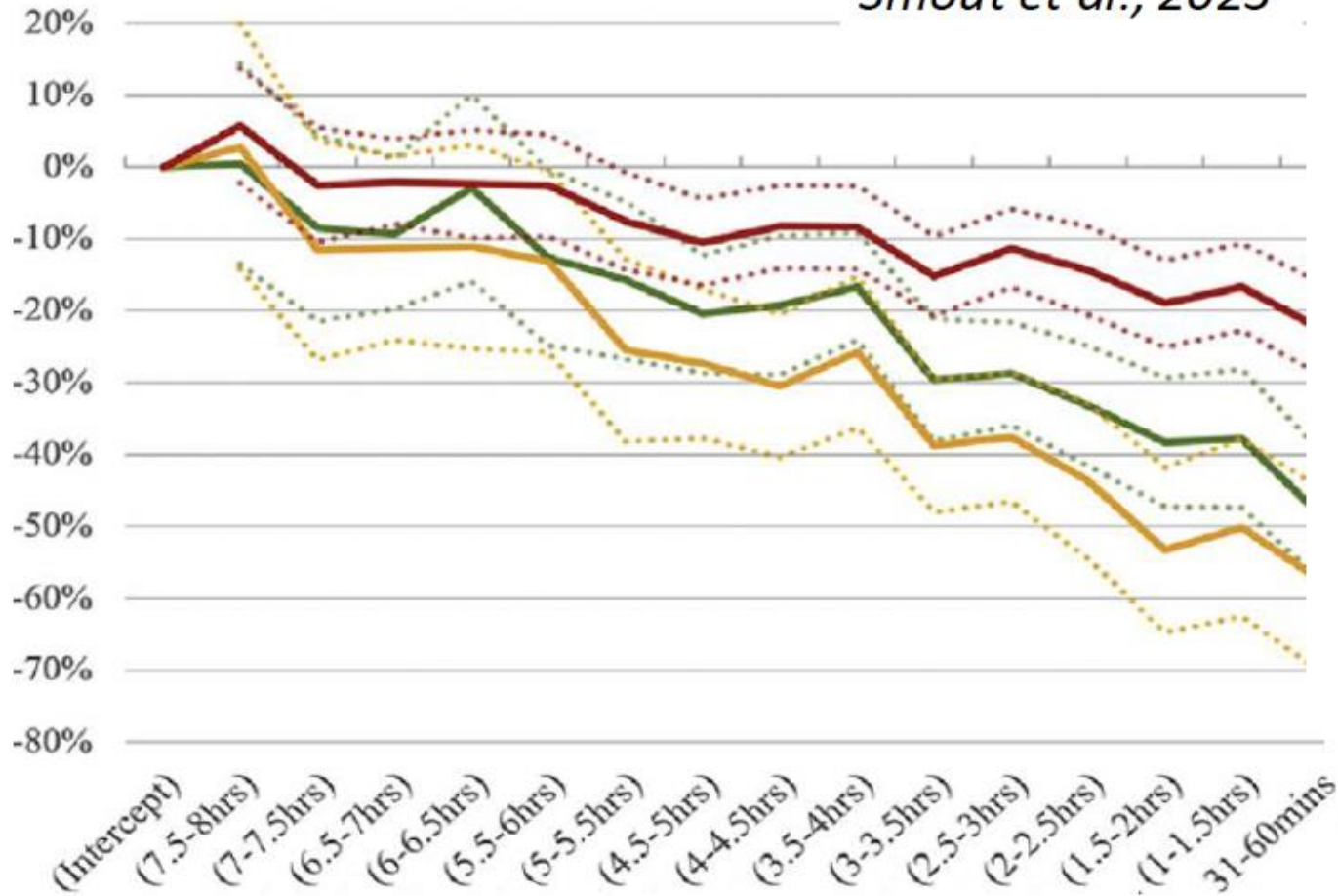


Intervention addressing Social Influences on Mental Well-being in child and adolescent



BMJ Open Effects of screentime on the health and well-being of children and adolescents: a systematic review of reviews

Smout et al., 2023



- % Decrease psych. distress score 95% CI psych. distress
- % Decrease depression score 95% CI depression
- % Decrease anxiety score 95% CI anxiety

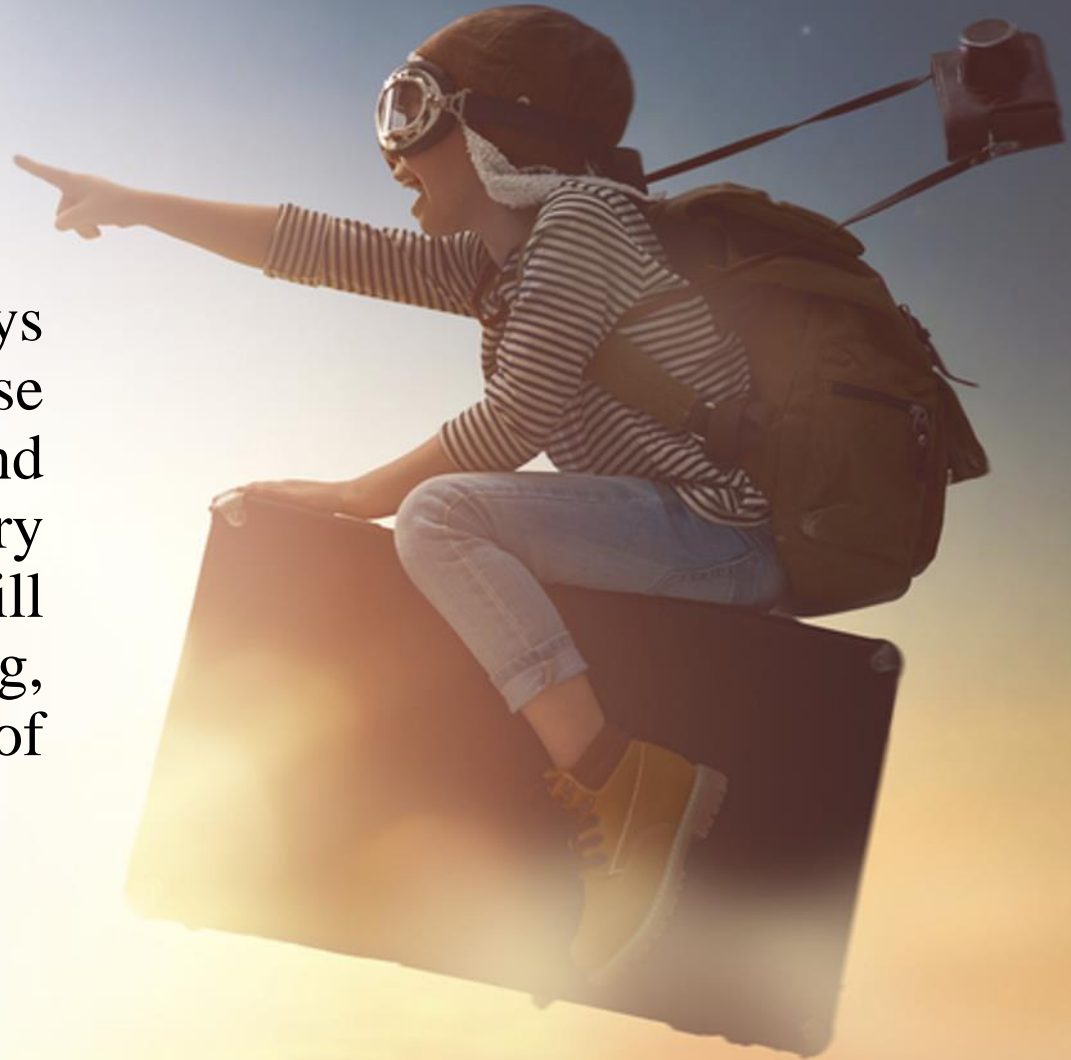
Health4Life eHealth intervention to modify multiple lifestyle risk behaviours among adolescent students in Australia: a cluster-randomised controlled trial

Interpretation Health4Life was not effective in modifying risk behaviours.
eHealth multiple health behaviour change interventions. However, further



What We Want to Do?

Our vision is to create knowledge pathways that, if embraced by families and all those involved in the lives of children and adolescents (teachers, coaches, primary health services, social workers), will improve their mental health well-being, good relationships, and overall quality of life.



How We Do It?

Education, dissemination and networking

We bring together a **team of national and international experts and social actors** to provide:

- **Education and training**, both online and in person, available in different languages
- Make knowledge and practice easily accessible and widely spread
- Seek support from Social Media Agencies and creators



Topics

Lifestyle and specific factors

- Sleep, nutrition, physical activity management
- **Risk factors** of mental health (substance use, gender discrimination, bullying and cyber bullying, violence, relationship with food, excessive recreational screen time)
- Identify **early signs** of mental health disorders
- **Social emotional learning** in relationships between peers, and adult (conflicts, rules, emotional dysregulation)





Why did we attend ENSA/ENSEL Meeting?

- Our **GOAL** is to apply evidence from research findings on mental health promotion
- We **treat, we study ... we OBSERVE** mental health from a **privileged point of view**
- We feel that **if we find the right connections** and the **right networks** we can **MITIGATE** the mental health crisis.

**In our recent
networking
experience, we've
been taught that
usually**

A dark green chalkboard with the equation $2 + 2 = 4$ written in white chalk. The numbers and symbols are slightly blurred, giving it a hand-drawn appearance.
$$2 + 2 = 4$$

but that this is not always true

2 + 2 = 6 and sometimes even 7



That's all we aim to do, together...

Anyway, I keep picturing all these little kids playing some game in this big field of rye and all. Thousands of little kids, and nobody's around—nobody big, I mean—except me. And I'm standing on the edge of some crazy cliff. What I have to do, I have to catch everybody if they start to go over the cliff—I mean if they're running and they don't look where they're going I have to come out from somewhere and catch them. That's all I'd do all day. I'd just be the catcher in the rye and all.

**From «The catcher in the rye»
by J.D. Salinger**



**Thanks for
your attention**



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