



**ENSA GENERAL ASSEMBLY 2025
and connected activities,
Brussels, 3rd, 4th and 5th of March**

ENSA/ENSEL Youth, Child, Family and Well-being working group

**Cross-Sector Collaboration for Youth Mental Health:
European Insights**

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Behavioural Disorders in Teenagers

- Behavioural disorders can involve a variety of behaviors including lack of attention span, problems in school, hyperactivity, impulsivity or defiant behavior.

Without intervention, behavior disorders can cause serious problems for teens' ability to function in daily life.





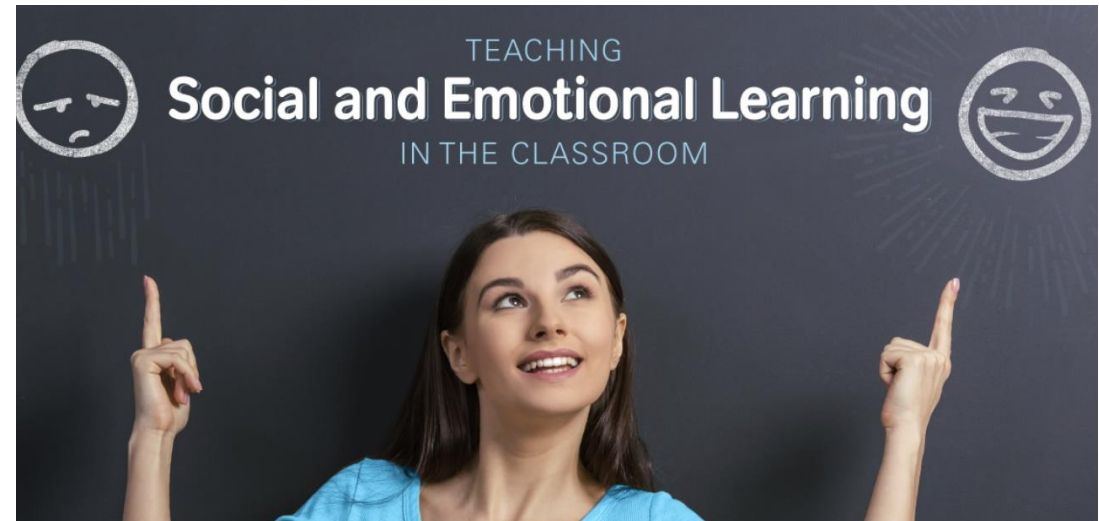
The Critical State of Youth Mental Health in Europe

The COVID-19 pandemic exacerbated mental health issues among youth.

- Depression rates doubled, and suicide is now the 3rd leading cause of death among 15-29 year-olds.
 - Globally, one in seven 10-19-year-olds experiences a mental disorder. (WHO, 2025)
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Why Behavioral Disorders Matter?

- Challenges to Academic Success
- Barriers to Healthy Peer Relationships
- Long-Term Consequences for Well-Being



SOCIAL EMOTIONAL LEARNING

- SEL is the process through which all young people and adults acquire and apply the knowledge, skills, and attitudes to develop healthy identities, manage emotions and achieve personal and collective goals, feel and show empathy for others, establish and maintain supportive relationships, and make responsible and caring decisions (CASEL, 2021).

SOCIAL EMOTIONAL LEARNING FRAMEWORKS

- CASEL'S Social Emotional Learning Framework



SOCIAL EMOTIONAL LEARNING FRAMEWORKS



- Big Five Model-OECD
- Framework for 21st Century Learning

Behavioral Challenges and Social-Emotional Development

- Emotional Regulation Difficulties
- Impaired Social Skills and Relationships
- Low Self-Esteem and Negative Self-Perception



Behavioral Challenges and Social-Emotional Development

- Increased Risk of Anxiety and Depression
- Poor Academic Performance and Classroom Behavior Issues
- Strain on Family and School Relationships



Behavioral Disorders Through a Social-Emotional Lens

- Underdeveloped SEL Skills Contribute to Behavioral Challenges
- Behavioral Disorders Make SEL Harder to Teach



The Role fo Schools



- Early Identification
- Interventions
- Classroom Strategies




The Power of Cross-Sector Collaboration

- Schools: Daily Observation, safe spaces
- Health Pros: Diagnosis, therapy
- Authorities: Support systems, policy



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- Schools, health professionals, and authorities must collaborate to provide early interventions that set students up for long-term success.
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European Models of
Cross-Sector
Collaboration for Teen
Behavioral Disorders

ISLE LISTEN: A promotion and prevention initiative that has scaled to reach a whole community


-  **Location:** Isle of Man
-  **Target Group:** Children & young people (up to age 25)

What Does the Project Offer?

- **Early intervention & mental health support**
- **Holistic approach** – Combining **one-to-one therapeutic support & mental wellbeing education** in schools



ISLE LISTEN: A promotion and prevention initiative that has scaled to reach a whole community

- **Who Delivers the Services?**
 -  A multidisciplinary team including:
 - ◇ Wellbeing Practitioners
 - ◇ Therapists
 - ◇ Wellbeing Facilitators
 - ◇ Safeguard Lead
 - ◇ Schools Team Lead
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The henka initiative: Promoting Mental Wellbeing in Spain

📍 **Location:** Spain

🎯 **Target Group:** Adolescents (12-16 years), Families & Teachers

Key Focus Areas

- **Building resilience** in young people & their environment
- **Culture change** – Prioritizing emotional wellbeing in educational communities
- **Preventing mental health disorders** & mitigating negative wellbeing impacts

The henka initiative: Promoting Mental Wellbeing in Spain

How Does It Work?


- ◇ **Collaboration with Hospital St. Joan de Déu**
- ◇ **School-based programs & digital campaigns**
- ◇ **Equipping young people with emotional skills to face adversity**

Impact & Reach

-  **Projected Reach: 575,000 people (3.5 years)**
 -  **Already Impacted: 150,000+ adolescents, teachers & caregivers**
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ICEHEART EUROPE PROJECT

 **Location:** Denmark, Finland, Belgium, Italy, Ireland, Estonia, Spain, Slovenia

 **Target Group:** Children and youth with special needs from across Europe

Supported by EU4Health Action Grant.

ICEHEART EUROPE PROJECT

- **How Does It Work?**
 - **◇ Team sports as a tool** to engage children with social work
 - **◇ Mentors provide support** at school, after school & at home
 - **◇ Children selected in cooperation** with pre-school, school & social services
 - **◇ Caregivers decide on participation**
 - **Expanding Impact**
 - **🌍 Icehearts Europe** adapts the model to different cultural contexts
 - **◇ International exchanges & pilot programs** across Europe
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Challenges and Solutions in Collaboration

- Fragmented Systems and Communication Barriers
- Resource Limitations and Workforce Shortages
- Stigma and Lack of Awareness
- Limited Access to Timely Interventions
- Confidentiality and Trust Issues

Call to Action: Empowering Stakeholders



For educators: Integrate social-emotional learning (SEL) into curricula and advocate for support systems.



For health professionals: Offer accessible workshops for school staff.



For authorities: Fund and promote integrated programs.



End with an inspiring note:
“When we work together, we don’t just manage disorders—we unlock teenagers’ potential to thrive.”



- Thank you for listening!

