

## Detailed description of thematic focus of individual activities

### **Activity no. 1 - Improving skills of parents and carers and enhancing parental capacities to prevent the occurrence and alleviate mental issues in children and adolescents**

Support will be provided to educational and training programs for parents and carers in order to foster care and community support services. The programs should be focused on improving caregivers' knowledge of mental health and mental disorders in children as well as on increasing the level of competences which are necessary to raise children and cope with problematic behavior. Focus of these programs should be both on population of children without clinical mental health problems and on children with already established diagnosis of mental disorder (e.g. neurodevelopmental and behavioral disorders, anxiety disorders, etc.).

Programs can address different age groups from children of early age to adolescents. The target group of parents can also be broad, including both healthy parents and parents with mental health problems or other problems that could have a negative impact on parental skills and hence on the mental health of the child. They can include future parents, pregnant women and their partners as well as applicants for adoption.

Programs can have both preventive and intervention goals and can be carried out in the form of individual work with a family or group sessions. They can include procedures that are carried out in form of professionals' visits to the family, institutional care, or in the form of parents or carers attending the facility where the program is implemented.

### **Activity no. 2 - Implementing innovative and/or improved preventive, screening, diagnostic, therapeutic, social-rehabilitation and community-supportive methods and practices in the field of mental health care for children and adolescents**

Programs, methods and interventions related to the mental health of children and teenagers from early childhood to adolescence will be supported.

In the area of prevention, the support will be provided to programs aimed at identification of risk of mental disorder, early detection and intervention procedures reducing the likelihood of further development of mental disorder. This includes implementing screening methods, building low-threshold intervention programs in the community, promoting collaboration among relevant professions, etc. It also includes programs targeted at populations at risk, such as children in orphanages and other institutional care facilities and in low-threshold facilities for children and adolescents; as well as prematurely born children, children of mentally ill parents, children with chronic somatic diseases, etc. Programs focused on addressing the behavior which increases the risk of mental illness, such as bullying, will also be eligible, as well as programs aimed at reducing the negative impact of mental illness of a family member on the healthy members of the family. This activity also includes, for example, new



ways of organizing cooperation between professionals from more than one profession.

In the field of detection, epidemiology, screening and diagnosis, innovative activities will be supported that introduce methods designed to detect the occurrence of mental disorders in the pediatric population, to quantify symptoms, to determine a diagnosis, and to more accurately assess the severity of various mental disorders. Furthermore, semi-structured and structured clinical interviews or other test or questionnaire methods related to mental health and quality of life will be supported. These methods can be addressed both to specialists in the field of mental disorders and to cooperating professions such as pediatricians, general practitioners for children and adolescents, etc.

In the therapeutic and rehabilitation area, the support will be directed to the introduction of comprehensive therapeutic and rehabilitation programs and psychosocial procedures aimed at treating disorders, reducing the risk of illness recurrence and mitigating the impact of the illness on the functioning of the child and adolescent. Programs introducing systematic cooperation of professional units and relevant medical institutions in order to enhance the quality of diagnostics and care in the target group of children and adolescents will also be eligible. In the field of community-based supportive care, this activity includes programs to support families of children with mental illness that aim to improve socialization and promote healthy social ties of children with mental disorders in their natural environment.

### **Activity no. 3 - Educating children and adolescents to improve their knowledge and skills in the field of mental health and strengthening the prevention of mental health problems**

Support will be provided for the implementation of psychoeducational programs, campaigns and materials aimed at children and adolescents with mental illness, but also at groups at risk of developing mental illness and the general child population. In addition, educational programs for schools will be supported, either in the form of lectures and other preventive activities connected with mental illness, or by creating a curriculum. The preparation, creation and distribution of printed and electronic text and audio-visual materials for schools and the general child and adolescent population on the topic of mental health and mental disorders will also be supported under this activity.

### **Activity no. 4 - Educating and enhancing the expertise and skills of health professionals providing care to children with mental disorders as well as non-medical professionals, informal carers and pedagogues**

In this area, the education of health professionals specialized in the mental health of children and adolescents, be it pedo-psychiatrists, clinical psychologists or nurses, will be supported. Educational activities increasing the knowledge and competence in the field of mental disorders in cooperating professions, especially physicians of first contact, such as general practitioners for children and adolescents, can also be included. This activity will also support increased knowledge of undergraduate students at medical faculties about mental health of children and adolescents.



Generally, the implementation of courses, lecture cycles, creation of educational materials, both in paper and electronic form will be supported.

**Activity no. 5 – Information and destigmatization activities raising awareness among professionals and the general public about mental health and mental disorders in children and adolescents**

Activities, programs and campaigns that will raise awareness of children's mental health in the general public in an understandable and attractive way will be supported. Supported activities can target a specific population group, such as education sector employees, or general population. Support will be given to the implementation of destigmatization campaigns aimed at improving awareness of mental illnesses in children and adolescents, both in the form of education and in the form of direct experience with this population. The preparation, creation and distribution of printed and electronic texts and audio-visual materials on the topic of mental health and mental disorders in children and adolescents will be among the supported activities. Support will also be given to raising awareness of the professions dealing with the treatment of mental disorders and the destigmatization of these professional disciplines and the respective experts.