Mental Health Week 2022
Supporting the mental health and well-being of children and adolescents
3–5 November 2022
Athens, Greece
Meeting report
Mental Health Week 2022
Supporting the mental health and well-being of children and adolescents

3–5 November 2022
Athens, Greece

Meeting report
Abstract

A series of events, called “Mental Health Week”, was held in Athens, Greece, marking almost one year since the launch of the Pan-European Mental Health Coalition. Day 1 continued discussions of the second working package of the Coalition, focusing on the development of a quality of care framework for the mental health care of children and adolescents, including active participation of young people. Day 2 provided an opportunity for Greece to bring together politicians, experts and citizens in discourse on mental health in Greece as well as throughout the WHO European Region, including holding a concert. Youth participants vocally called for leadership roles and a clear framework for engagement with youth, work on which will begin in 2023.

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## Abbreviations

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<tr>
<th>Abbreviation</th>
<th>Description</th>
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<tr>
<td>EFAMH</td>
<td>European Framework for Action on Mental Health</td>
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<td>EPW</td>
<td>European Programme of Work</td>
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<tr>
<td>GAMA</td>
<td>Global Action for Measurement of Adolescent Health</td>
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<tr>
<td>HSBC</td>
<td>Health Behavior in School-Aged Children survey</td>
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<tr>
<td>MHE</td>
<td>Mental Health Europe</td>
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<tr>
<td>UMHT</td>
<td>Universal mental health training</td>
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<td>UNICEF</td>
<td>United Nations Children's Fund</td>
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<td>WP</td>
<td>Working package</td>
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Introduction

Mental health is a flagship initiative of the WHO’s European Programme of Work, 2020–2025 (EPW) aiming to transform attitudes around mental health, expedite mental health reforms and accelerate progress towards universal health coverage for people with mental health conditions. These goals and the specific objectives to achieve them are laid out in the European Framework for Action on Mental Health 2021–2025 (EFAMH), which was endorsed by all member states of the WHO European Region at the 71st WHO Regional Committee for Europe in September 2021. Subsequently, the WHO Regional Director launched the Pan-European Mental Health Coalition on 30 September 2021 to serve as the implementation vehicle of the EFAMH, focusing on six working packages. One of these packages, working package 2 (WP2), is focused on improving the mental health and wellbeing of children, adolescents and young people.

A series of meetings on WP2 were held earlier in 2022, including two preliminary expert meetings in March and April, parallel sessions at the first meeting of the Coalition on 4–5 May, and a small technical meeting focusing on the quality of mental health care for children and adolescents on 1–2 September 2022.
Attendees of these meetings discussed the barriers, challenges, potential solutions and priorities for WHO related to child and adolescent mental health. WP2 contributors agreed to reconvene for a final time in 2022 to share good practices, review progress, gather inputs from youth and develop priority actions for 2023 and beyond.

The Government of the Hellenic Republic has made mental health – especially the mental health of children and adolescents – a core priority of Greece’s national public health strategy, in line with the EFAMH. Their prioritization of mental health is a response to widespread recognition of the detrimental impact of the COVID-19 pandemic on mental health. Moreover, evidence presented during the summit on the mental health impacts of COVID-19 that took place in Athens, Greece on 22–23 July 2021 indicated that children and adolescents were disproportionately affected.

To continue work on WP2 as well as showcase the important steps that Greece has taken in mental health, WHO hosted a three-day series of events on 3–5 November 2022. On 3 November, WP2 contributors met to review progress and consult with young people on developing framework for quality of mental health care for children and adolescents. On 4 and 5 November, key stakeholders from Greece and internationally (politicians, experts, people with lived experience, advocacy groups and families) convened to discuss child and adolescent mental health and highlight how Greece has been supporting the mental health of children and adolescents in collaboration with the WHO Office on Quality of Care and Patient Safety in Athens (WHO Athens Office), particularly its programme on the quality of mental health care for children and adolescents. The Government of the Hellenic Republic also showcased its work on the National Mental Health Action Plan for Greece.

This event, called “Mental Health Week”, served as a key milestone for the policy agenda of the WHO European Region, marking almost one year since the launch of the Pan-European Mental Health Coalition. Moreover, it provided an opportunity for Greece to bring together politicians, experts and citizens in discourse on mental health in Greece.

This report summarizes the discussions and outcomes of these three days and proposes next steps, particularly in the development of a framework of quality of mental health care for children and adolescents across the WHO European Region.
Expert meeting of WP2 contributors | 3 November

Session 1 | Introduction and setting the scene

To set the scene, presenters detailed WHO’s global work on strengthening the mental health services and wellbeing for children, adolescents, and young people, particularly in the context of the strategic priorities of the European Programme of Work 2020–2025 and the EFAMH. Additionally, they delineated the challenges, goals, and priority actions identified at the 1st meeting of the Coalition (May 2022) for discussion throughout the day (Table 1).
| **Table 1 | Common themes across the challenges and goals identified for WP2** |
|---------------------------------|
| **Quality of care** | Making accessible, integrated, inclusive, supportive, and consistent care and services for youth and families, supported by training standards for mental health workers and incorporating digital innovations. Engaging in continual monitoring and evaluation for service improvement. |
| **Data and knowledge translation** | Improvement of data collection on mental health and wellbeing indicators at the national, and regional levels. Creating an easily accessible repository of evidence-based interventions, service models, and good practices to increase culturally relevant and inclusive knowledge generation. |
| **Youth participation and engagement** | Promoting meaningful engagement of young people and all stakeholders in mental health decision-making, capacity building, and effective advocacy, supported by governments and other organizations who know how to facilitate participation, co-design, monitoring, and evaluation. |
| **Mental health in community settings** | Conducting mental health promotion, protection, and prevention activities in and outside the school setting, supported by evidenced interventions, practice guidance, training, evaluation tools, and implementation support. Improved family and parenting support from early childhood into adolescence. |
Session 2A | Trialling solutions for child and adolescent mental health across Europe

The first theme for discussion was how to improve the underlying methodology and practices of data collection. The moderators highlighted the importance, barriers, and sensitivity of data collection. Data must be meaningful and collected with clear strategic objectives and defined outcomes, based on a cross-national set of indicators and routine assessment of progress. Children and adolescents should be included throughout the process.

Contributors then shared several initiatives on data collection (Table 2).
Table 2 | Initiatives on data collection

<table>
<thead>
<tr>
<th>Monitoring adolescent health using the Health Behavior of School-Age Children survey</th>
<th>Global Action for Measurement of Adolescent Health measurement approach</th>
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</thead>
</table>
| The Health Behaviour in School-Aged Children (HBSC) survey is an anonymous questionnaire delivered in schools to evaluate psychosomatic symptoms, wellbeing, social environments, and school and health-related behaviours in children and adolescents.  
• The survey is conducted in 51 countries and regions across Europe and North America.  
• Age groups: 11-, 13- and 15-year-old students (minimum of 1500 students in each age group per country).  
• The HBSC survey has been conducted every four years since 1985, the most recent being in 2022/2023. | The Global Action for Measurement of Adolescent Health (GAMA) aims to improve and harmonize adolescent health measurement globally using a set of core indicators, along with guidance on their measurement and data use.  
• The GAMA is intended for the global, regional, and country levels.  
• 52 draft indicators in 6 measurement domains were selected.  
• Draft indicators include suicides, suicide attempts, and reporting suicidal ideation; number of adolescents reporting symptoms of depression and/or anxiety; number of adolescents who have someone to talk to when they have a worry/problem; and number of adolescents with positive connections with parents/guardians. |

Contributors discussed how to improve the sources of data and their use, pointing out the critical need for more data on children with intellectual disabilities and the diagnostic overshadowing that they typically experience.

A key complication in the measurement of mental health issues is lack of consistency in indicators across member states – which, coupled with the lack of disaggregated data, makes it difficult to identify common gaps and challenges. Other barriers to data collection include funding, data literacy, data linkage, stigmatization, ethics related to open access, security and protecting against backtracking (and hence losing crucial sociodemographic information).
Experts from several countries in the WHO European Region then presented initiatives and good practices aimed at optimizing the mental health and well-being of children, adolescents, and young people (Table 3). Several key themes emerged across these presentations and the subsequent discussion, such as the importance of engaging and training professionals working with children and adolescent mental health and addressing the social determinants of health as a form of secondary prevention, given that these can cause adolescents to experience mental health challenges that cannot be fully addressed at the individual level.

Table 3 | Country initiatives to improve the quality of mental health care for children and adolescents

<table>
<thead>
<tr>
<th>Country</th>
<th>Initiatives</th>
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<tbody>
<tr>
<td><strong>Armenia</strong></td>
<td>Adolescent-friendly health services</td>
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<td></td>
<td>• Armenia launched the EuTEACH Platform, an evidence-based interactive training platform that provides a variety of mental health improvement strategies and resources for trainees and professors.</td>
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<tr>
<td></td>
<td>• A website called teenslive.am was created to allow adolescents the opportunity to ask anonymous questions to doctors and psychologists.</td>
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<tr>
<td><strong>Israel</strong></td>
<td>Educational activities on mental health promotion</td>
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<td></td>
<td>• Enosh created an integrated, holistic program called “Navigate” wherein a multidisciplinary team follows children and young adults (15–40 years old) after their first episode of a mental health condition and supports them in different life aspects and skills.</td>
</tr>
<tr>
<td><strong>Latvia</strong></td>
<td>Educational activities on mental health promotion</td>
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<tr>
<td></td>
<td>• A campaign called “Look into my eyes! Bullying is not funny!” was created, involving a film about bullying for students and a course for teachers.</td>
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<tr>
<td></td>
<td>• The campaign called “Everything is Norm.a” was launched, which focused on sharing real-life stories of how to cope with a mental health condition.</td>
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<td></td>
<td>• Adolescents are provided with psychological first aid training to equip them with the basic knowledge, techniques, and skills to help them avoid and recognize mental health problems and provide help (for themselves and friends).</td>
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<tr>
<td></td>
<td>• Mental health education is provided by young psychiatrists at the local level.</td>
</tr>
</tbody>
</table>
• The Open Dialogue Institute of Poland developed a training program aimed at creating a professional profile for young people with lived experience of mental health conditions – a “Recovery Assistant” – who listen to and provide aid to peers.

• Universal Mental Health training (UMHT) is an educational instrument for frontline professionals in Ukraine to improve their mental health awareness, reduce stigma toward people with mental health conditions and develop particular skills to manage mental health issues.

The potential of social prescribing

• Community-based psychosocial support is provided to youth to link them with non-medical sources of support located in their community. This support allows young people to take greater control of their health and co-produce their own treatment plan. So far, this form of support is being conducted in 17 countries across Europe, Asia, Australia, and North America and 1 country in Africa.

• The Newham Multi-Agency Collective aims to reduce the impact of long wait lists in children and adolescent mental health services to improve access to the right care, at the right time and the right place.
Session 2B | Interactive workshop on quality of mental health care for children, adolescents and young people

Youth participants with relevant experience of mental health services were invited to participate in a parallel session aimed at developing components of a quality of care framework for child and adolescent mental health. The discussion was facilitated by following Mario, a fictional youth character, throughout his service usage experience.

Facilitating questions and key messages from youth workshop

- **What would be your ideal approach for the following process?**
- **How should places for mental health care feel?**
- **Structures and processes should not undermine inclusivity**
- **Accepting diversity even if they don’t fully understand**
- **Predictability can feel like a safe space sometimes**
- **Not only passive listening, but validating your experience**
- **Open and Safe**
- **Consistent**
- **Acknowledgment that not knowing is validation**
- **Trustworthy**
- **There is someone to rely on**
- **Relatable**
- **Accessibility – physical, social, financial, cultural, racial, and gender**
The participants were encouraged to share their personal experiences, thoughts, and opinions in response to specific questions. Young participants were initially asked how people who need mental health services can be seen more as “people” rather than as “service users.” They noted that long waiting times between seeing specialists and referrals can “dehumanize” services and is detrimental to trust building. Harming trust in this way can disrupt young people’s continuation of care.

The participants saw a need for greater accountability from policy makers. Currently, mental health systems do not respect users’ journeys – they are expected to change themselves in order to receive care. Participants also emphasized the power of supporting each other and creating a community of shared experiences. The Coalition was seen as a helpful tool in prioritizing systemic change, although it would take time and effort.
The young participants expressed an interest in follow-up on the development of the framework, making it a dynamic process. They saw a need to work more closely with other Coalition experts in the upcoming events and for greater diversity in the participants of the meetings going forward.

Session 3 | Innovations to improve quality of child and adolescent mental health services

This session was introduced with a statement from the young participants on the outcomes and insights of session 2b. They highlighted the need for intersectionality in all practices going forward, allowing equal youth participation in decision-making and co-design regardless of background. This included making specific considerations to enable barrier-free participation, especially for people with psychosocial disabilities. Additionally, services should be customized and accessible – in both the private and public sectors – led by more open-minded, trustworthy, and non-judgmental professionals.
Members of mental health organizations then presented how they are supporting youth engagement and participation (Table 4), highlighting the importance of giving a voice to young people.

**Table 4 | Youth engagement and participation**

<table>
<thead>
<tr>
<th>@ease</th>
<th>Mental Health Europe</th>
<th>Enosh</th>
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<tbody>
<tr>
<td>• @ease is an online platform that offers young people aged 12–25 years old a way to speak anonymously with volunteers about any matter in order to obtain support.</td>
<td>• Mental Health Europe is an EU-funded organization aiming to promote positive mental health and wellbeing, prevent mental health problems, and support and advance the rights of people with mental ill-health or psychosocial disabilities.</td>
<td>• Enosh – the Israeli Mental Health Association – is led by the motto Mental Health is everyone’s story.</td>
</tr>
<tr>
<td>• @ease conversations are based on listening and collaborating, without prescribing, suggesting, or advising. There is a focus on strengths and tools to grow.</td>
<td>• MHE supports over 30 European countries and 70 member organizations.</td>
<td>• Enosh supports psychosocial rehabilitation services in the community, including through policy and advocacy, Headspace youth centres, respite homes, emergency shelters, information centres, access to rights and international outreach.</td>
</tr>
<tr>
<td>• The platform is led by volunteers supported by on-site professionals and psychiatrists.</td>
<td>• It works in close collaboration with young people utilizing a co-creation approach on initiatives such as:</td>
<td></td>
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<tr>
<td></td>
<td>‣ Youth Task Force</td>
<td></td>
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<tr>
<td></td>
<td>‣ Rare Beauty awareness campaign</td>
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WP2 contributors identified potential innovation pathways that involve strengthening the involvement of young people in decision making, both during large-scale mental health reform and current practice. Meaningful involvement is a process of continuous testing and adaptation. Similarly, young people should also be involved in preparing the research agenda.

The session ended with discussion of key issues to consider in the context of youth engagement, including:

- the importance of ensuring that nobody is institutionalized due to a lack of services and that the community acts preventively to avoid institutionalization;
- how to promote meaningful and long-lasting change in the area of mental health;
- how to optimize use of online modes of interaction to encourage the participation of people who may feel uncomfortable in face-to-face meetings;
- the difference between youth-led and youth-involved initiatives; and
- how to increase young people’s participation in social structures.
High-level interventions, Agora and Evexia events | 4 and 5 November

High-level interventions

The high-level interventions on 4 November (see the agenda in Annex 1) focused on prioritizing the domains of quality of care relevant to child and adolescent mental health in the Region. A common theme was the need to empower children and adolescents to fight stigma related to mental health and disability. Representatives of the Government of the Hellenic Republic recounted how the COVID-19 pandemic and environmental crisis exposed the most vulnerable, especially children and adolescents, to emerging mental health complications. This trend necessitated a greater focus on putting quality of mental health care at the top of the political agenda.

The National Action Plan for Mental Health of Greece was presented. Members of the National Mental Health Reform Committee discussed the need to promote mental health through teaching young people coping mechanisms and providing tools to protect their mental well-being, and adopting multisectoral approaches, especially at the community level.
Pervading themes of the second day included:

- the importance of investing in youth, including engagement in co-creation, providing better community support, and other innovations;
- strong government commitment through evidence-based policy development, good resource allocation, and support of the capacity building and agency of young people at the country level; and
- better evidence generation and dissemination and sharing of good practices at the regional level.

**Spotlight on child and adolescent mental health in Europe**

Data on the negative impact of the COVID-19 pandemic on the mental health of children and adolescents from across the WHO European region was presented, highlighting the need to prioritise this area going forward. Initiatives run by WHO and UNICEF aimed at supporting child and adolescent mental health across the WHO European Region were presented, alongside priority actions for the future.

A panel discussion consisting of young people and people with lived experience of mental health conditions highlighted that in order to improve mental health services for young people, policy makers must address stigma, consider social media and digital spaces for reaching children and adolescents, address inequities and be youth-led.

**Agora and Evexia events**

Following the high-level interventions, a series of activities were held to inspire participants to promote and actively work on their own mental health. These activities comprised a marketplace (called “Agora”) run by members of mental health federations in Greece, a live concert and series of workshops (called “Evexia”). One workshop focused on helping adolescents express how they experienced emotions through theatrical improvisation.
Concluding remarks

WP2 contributors are continuing the process of developing the framework for quality of mental health care for children and adolescents based on the results of the meeting on 3 November as well as prior meetings of the working package in 2022. In addition, based on discussions with young participants, a framework for youth engagement is being planned for co-creation in 2023.

Caption: (left to right) Natasha Azzopardi Muscat, WHO Regional Office for Europe; Eleftheria Gini, WHO Athens Quality of Care and Patient Safety Office; Nefeli Romanou, WHO Athens Quality of Care and Patient Safety Office
### Annex I | Programme

#### Thursday 3 November 2022

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<th>Moderator</th>
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<td>09:30</td>
<td><strong>Session 1: Welcome and introduction</strong></td>
<td>Ledia Lazeri</td>
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<td>-10:30</td>
<td><strong>- Book Castle meeting room</strong></td>
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<tr>
<td></td>
<td>Mental Health Flagship and Pan-European Mental Health Coalition</td>
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<tr>
<td></td>
<td>Ledia Lazeri, Regional Adviser, Mental Health Flagship, WHO Regional Office for Europe</td>
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<tr>
<td></td>
<td><strong>Overview of Athens Quality of Care Office and Programme on Quality of Care for Children and Adolescents</strong></td>
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<td>João Breda, Head, WHO Athens Quality of Care and Patient Safety Office</td>
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<td></td>
<td><strong>Setting the scene</strong></td>
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<td>Cassie Redlich, Technical Officer, WHO Regional office for Europe</td>
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<td></td>
<td><strong>Objectives and overview of the programme, round of introductions</strong></td>
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<td>Pavlos Theodorakis, Senior Advisor, Health Policy, WHO Regional office for Europe</td>
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**Session 2 A: Towards solutions for Child and Adolescent Mental Health across Europe - Book Castle meeting room**

Setting the stage for data collection

Eileen Scott, NHS Scotland, United Kingdom and Martin Weber, WHO Regional Office for Europe

Sharing data Collection initiatives:

- **Health Behaviour in School-Aged Children (HBSC)**
  Curt Hagquist, University of Gothenburg, Sweden

- **Global Adolescent Measuring Alliance**
  Andrew Marsh, Consultant, WHO Headquarters (online)

Sharing initiatives to optimize wellbeing children, adolescents, and young people:

- **Sharing is caring- mental health seminars for students**
  Liene Sīle, Riga Centre of Psychiatry and Addiction disorders, Latvia

- **Adolescent-friendly services**
  Marina Melkumova, Arabkir Medical Centre, Institute of Child and Adolescent Health, Armenia

- **Community-based psychosocial support for youth – the potential for social prescribing**
  Jennifer Lau, Youth Resilience Unit at Queen Mary University London

Discussion
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<tr>
<th>Time</th>
<th>Session</th>
<th>Moderators</th>
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<tr>
<td>10:30–13.00</td>
<td><strong>Session 2 B: Quality of Mental health care for children, adolescents and young people</strong>&lt;br&gt;Interactive workshop to explore components of Quality of Care relevant to child and adolescent mental health with young people</td>
<td>moderators: Tatiana Salisbury, Kings College London, UK; Euro Youth Mental Health Representatives; Cassie Redlich and Jennifer Hall, WHO European Region</td>
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<tr>
<td>14:15–16.30</td>
<td><strong>Session 3: Innovations to improve quality of Child and Adolescent Mental health services</strong>&lt;br&gt;Workshop feedback: What does Quality of Care for child and adolescent mental health services look like for young people? Tatiana Salisbury, Kings College London&lt;br&gt;Sharing initiatives for youth engagement and participation:&lt;br&gt;  - Eef Jutten &amp; Dion Ras, Volunteer peer workers, @Ease Netherlands&lt;br&gt;  - Fatima Awil, Policy and Knowledge Officer, Mental Health Europe&lt;br&gt;Small group work&lt;br&gt;Next steps&lt;br&gt;  - Ledia Lazeri, Cassie Redlich, WHO Regional Office for Europe&lt;br&gt;Experiences from the field: the case of Israel&lt;br&gt;  - Ella Giladi and Dan Ya’akov, Enosh&lt;br&gt;  - Tali Waksman, Director of Kirya ono social center, Liron David, Policy &amp; International Relations Chief Officer, Shirit Pearl-Levy, Director of community outreach and social services and Enosh Social Center Participants Shachar Regev and Shalom Zizo (online)</td>
<td>moderators: Cassie Redlich, Jennifer Hall, and Anastasia Giannaki, WHO Regional Office for Europe</td>
</tr>
<tr>
<td>Time</td>
<td>Session Description</td>
<td>Participants</td>
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<tr>
<td>09.30 –</td>
<td>Opening session: Introduction and welcome to the meeting</td>
<td>Natasha Azzopardi Muscat, WHO Regional Office for Europe</td>
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<td>09.40</td>
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<td>09.40 –</td>
<td>Session 1: High-level interventions</td>
<td>Hans P. Henri Kluge, Regional Director, WHO Regional Office for Europe</td>
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<td>10.15</td>
<td></td>
<td>Zoe Rapti, Deputy Minister of Health, Government of the Hellenic Republic</td>
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<td>Mina Gaga, Alternate Minister of Health, Government of the Hellenic Republic</td>
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<td>Adonis Georgiadis, Minister of Development and Investments, Government of the Hellenic Republic</td>
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<td>Niki Kerameus, Minister of Education and Religious Affairs, Government of the Hellenic Republic</td>
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<td>George Kalamitsis, Secretary of the Greek Patient’s Association, President of the Hellenic Liver Patients Association “Prometheus” and President of the Committee for the Control and Protection of the Rights of Health Care Recipients</td>
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<td>Philip Dodd, Department of Health and HSE National Office for Suicide Prevention, Ireland</td>
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<td>Moderators: Natasha Azzopardi Muscat, Joao Breda, Pavlos Theodorakis, WHO Regional Office for Europe</td>
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<tr>
<td>Time</td>
<td>Session 2: Spotlight on child and adolescent mental health in Europe - Lighthouse meeting room</td>
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| 10.15–11.00 | Overview of child and adolescent mental health in Europe  
Jennifer Hall, WHO Quality of Care Office, WHO Regional Office for Europe |
|         | Programmatic work across the European Region  
Gabriele Fontana, UNICEF |
|         | Panel discussion:  
Ronit Azoulia, Enosh  
Anna Bailie, University of York, United Kingdom  
Konstantinos Koulouris, Social Cooperative of Corfu, “New Horizons”  
Catalina Popoviciu, University of Bucharest  
<p>|  | Moderators: Joao Breda and Ledia Lazeri, WHO Regional Office for Europe |</p>
<table>
<thead>
<tr>
<th>Time</th>
<th>Session 3: Towards the development of a National Mental Health Action Plan for Greece in the post-COVID era</th>
</tr>
</thead>
</table>
| 11.30–12.30 | **Presentation**  
  Zoe Rapti, Deputy Minister for Mental Health, Hellenic Republic  
  **Interventions from 5 members of the National Mental Health Reform Committee (NMHRC)**  
  Athanasios Douzenis - Forensic Mental Health Services  
  Konstantinos Fountoulakis – Mental health services in emergencies  
  Vasiliki Mougia – Completion: Last meters in the deinstitutionalization marathon  
  Paraskevi Sakka – Mental Health of the Elderly people  
  Aspasia Serntari - Children and Adolescents mental health  
  **Reflections**  
  Eileen Scott, NHS Scotland, United Kingdom |
<p>|          | <strong>Moderators:</strong> Cassie Redlich and Pavlos Theodorakis, WHO Regional Office for Europe, Domna Kavakidou, POSOPSI &amp; 2 young people from the workshop |</p>
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Moderators</th>
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<tbody>
<tr>
<td>12.30–13.20</td>
<td>Session 4: Workshops and events - Lighthouse meeting room</td>
<td>Moderators: Cassie Redlich and Pavlos Theodorakis, WHO Regional Office for Europe, Domna Kavakidou, POSOPSI &amp; 2 young people from the workshop</td>
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<tr>
<td></td>
<td>“Be yourself – Beyond”: Workshops for the Adolescent’s Mental Health and Well-being</td>
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<td>Young people from the workshop</td>
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<td>Introduction to Agora and Evexia events showcasing Mental Health Initiatives across Greece</td>
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<td>Sotirios Koupidis, President, Pan-Hellenic Federation of Social Cooperatives of Limited Liability (POKoiSPE)</td>
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<td>Aikaterini Nomidou, President, Pan-Hellenic Federation of Mental Health Associations (POSOPSI)</td>
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<td>Menelaos Theodoroulakis, President, Federation of Social Rehabilitation and Mental Health Organizations, “ARGO”</td>
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<tr>
<td>13.20–13.30</td>
<td>Closing session</td>
<td>Moderators: Natasha Azzopardi Muscat, Joao Breda, and Ledia Lazeri, WHO Regional Office for Europe</td>
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<td>Final close</td>
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<td>Zoe Rapti, Deputy Minister of Health, Government of the Hellenic Republic</td>
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<tr>
<td>13.30–17.00</td>
<td>Session 5: Agora (market) and Evexia (wellbeing) events – Exterior space</td>
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<td>Agora Fare exhibition</td>
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<td>Exhibition of products of Social Cooperatives (KoiSPE) and other Social Producers</td>
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<td>Evexia wellbeing events</td>
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<td></td>
<td>Events and activities created by people using mental health services and health professionals</td>
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</tbody>
</table>
| 18.30–20.45 | **Concert - Dome**  
**Opening address**  
Hans P. Henri Kluge, Regional Director, WHO Regional Office for Europe (video)  
With the participation of gold Olympic champion Nikolas Kaklamanakis, gold Olympic Champion Ioannis Melissanidis, and Paralympic Champion Dimitris Karypidis  
**Welcome words**  
Natasha Azzopardi Muscat, Joao Breda, and Ledia Lazeri, WHO Regional Office for Europe  
**Music**  
Live music, “Monsieur Minimal with Andriana Babali”  
DJ Set, “DJ Spector Pepper Radio” | **Facilitators:**  
Eleftheria Gini and Nefali Romanou |
Annex 2 | List of attendees

Fatima Awil  
Policy & Knowledge Officer  
Non-State Actor  
Belgium

Ronit Azoulai  
Creator, Lecturer and Content Developer  
Enosh  
Israel

Roger Banks  
National Clinical Director for Learning Disabilities and Autism  
NHS England

Anna Bailie  
University of York, PhD Student, Department of Politics  
England

Margaret Barry (online)  
Professor  
WHO CC for Health Promotion Research  
University of Galway  
Ireland

Rimma Beļikova  
Ministry of Health of Latvia  
Riga  
Latvia

Gilad Bodenheimer  
Head of mental health department  
Maccabi health services (HMO, health fund)  
Israel

Agnes Brunak (online)  
Head of Section  
Danish Health Authority  
Denmark

Hannah Brunskill  
Euro Youth Mental Health  
United Kingdom

Carmel Cefai (online)  
Professor  
University of Malta  
Malta

Füsun Çetin Çuhadaroğlu (online)  
School of Medicine  
Hacettepe University  
Ankara, Turkey

Marianina Choleva  
EUAA Staff Psychologist  
Greece

Candace Currie (online)  
Professor of Global Adolescent Health  
Glasgow Caledonian University (GCU)  
London  
United Kingdom

Nina Bech Dalsgaard (online)  
Ministry of Health Denmark  
Denmark

Christopher Olatunji Dairo  
Euro Youth Mental Health  
United Kingdom

Konstantinos Fountoulakis (online)  
Professor of Psychiatry  
Director, 3rd Department of Psychiatry  
Aristotle University of Thessaloniki  
Greece

Dilorom Tashmukhamedova Gafurdjanovna (online)  
Senator, Deputy Chairperson of the Committee on Youth, Culture and Sports, the Senate of the Oliy Majlis  
Uzbekistan
Eleonora Giladi  
Senior Professional Supervisor of Psychosocial Rehabilitation and Lectures Coordinator  
Enosh  
Israel

Viktoriia Gorbunova  
Mental Health for Ukraine Project  
University of Luxembourg  
Ukraine

Curt Hagquist  
Guest Professor of Public Health  
University of Gothenburg  
Department of Education and Special Education  
Sweden

Eef Jütten  
@ease  
The Netherlands

Marloes Kleinjan (online)  
Trimbos Institute  
Utrecht University  
Netherlands

Konstantinos Koulouris  
Social Cooperative of Corfu, “New Horizons”  
Greece

Jennifer Lau  
Professor  
Youth Resilience Unit, Queen Mary University of London  
United Kingdom

Sophie Leijdesdorff (online)  
Mental Health and Neuroscience  
Maastricht University  
The Netherlands

Liron David (online)  
Policy and International Relations Chief Officer  
Enosh the Israeli Mental Health Association  
Israel

Marina Melkumova  
Adolescent Health Program Coordinator  
Arabkir Medical Centre  
Institute of Child and Adolescent Health  
Yerevan  
Armenia

Anthony Morgan (online)  
Professor  
Glasgow Caledonian University  
United Kingdom

Tamara Nolan (online)  
Director of Communications and Advocacy  
Member – St Patrick’s Mental Health Services  
Ireland

Ben Ogden  
Social Media Influencer  
England

Louise O’Leary (online)  
Advocacy Manager  
St Patrick’s Mental Health Services  
Ireland

Dennis Ougrin  
Professor  
Child and Adolescent Psychiatry and Global Mental Health  
Consultant Child and Adolescent Psychiatrist  
Youth Resilience Unit  
WHO Collaborating Centre for Mental Health Services Development  
Queen Mary University of London  
United Kingdom
Golan Pergamin
Basketball referee and coach
Enosh – the Israeli Mental Health Association
Israel

Cătălina Maria Popoviciu
University of Bucharest
Romania

Vinciane Quoidbach (online)
Research project manager
European Brain Council
Belgium

Dion Ras
@ease
The Netherlands

Tatiana Salisbury
Co-Director
WHO Collaborating Centre for Research and Training in Mental Health
Kings College London
United Kingdom

Jacob Schouenborg (online)
Secretary General
International Sport and Culture Association
ISCA
Denmark

Eileen Scott
Doctor of Clinical Psychology
NHS Health Scotland
Public Health Science
Scotland, United Kingdom

Liene Sile
Chair of Education and Research department,
Rigas Centre of Psychiatry and Addiction medicine
Latvia

Daria Smirnova (online)
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International Centre for Education and Research in Neuropsychiatry,
Samara State Medical University
Russian Federation

Isabela Stoica
Chairperson of International Pharmaceutical Students’ Federation (IPSF)
IPSF- European Regional Office
Romania

Emanuela Tollozhina (online)
Head of Public Health Unit
Ministry of Health and Social Protection
Albania

Therese van Amelsvoort (online)
Head, Division of Mental Health School Mental Health & Neuroscience
Maastricht University
Tali Waksman
Branch Cluster Manager
Enosh
Israel

Dan Ya’akov
Social & Digital Entrepreneur,
Lived Experience Storyteller,
Volleyball Coach
Enosh
Israel

Naim Fanaj
Mental Health Center
Prizren
Kosovo

[1] All references to Kosovo should be understood to be in the context of the United Nations Security Council resolution 1244 (1999)
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UNICEF ECARO

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UNICEF Greece Country Office

World Health Organization

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Martin Weber
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Greece

Interpreters
Zeta Karapapa
Olga Patrunova
Dina Saranti
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The World Health Organization (WHO) is a specialized agency of the United Nations created in 1948 with the primary responsibility for international health matters and public health. The WHO Regional Office for Europe is one of six regional offices throughout the world, each with its own programme geared to the particular health conditions of the countries it serves.

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