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## NEWS

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### STRENGTHENING THE MENTAL HEALTH OF CHILDREN AND ADOLESCENTS

The Department of Addictology of the General University Hospital and the First Faculty of Medicine of Charles University will prepare a regional educational module within a three-year project financed from the European Economic Area Grants 2014–2021, specifically the Health Programme. This module is designed to enhance the mental health of children and adolescents with risky behaviour.

The project aims to improve the early detection of mental illness in children and reduce its impact by creating unique regional models of preventive services. It is therefore essential to prepare, create, and pilot test three specific and individually prepared preventive training modules. These will reflect specific situations in the Czech regions and draw on evidence-based programmes from abroad. In the project, we work with evidence-based approaches focused on the prevention of selected mental illnesses in children and adolescents following the ICD-10 criteria for substance and non-substance addictions, non-addictive substance abuse, eating disorders, and self-harm, as a symptom considered across the psychiatric spectrum.

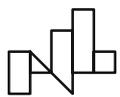
#### Individual steps in the project

We will create an efficient communication platform, as well as identifying tools for working with the target group (children, adolescents, and parents) that are lacking. We will develop a primary module corresponding to their principles and needs. We will provide training for professionals (teachers, psychologists, paediatricians, counsellors, police officers, and social workers) and identify other prospective trainers. The modules will be piloted and tested in three different locations in the Czech Republic – in Prague (Prague 11 District) and two localities in the Moravia-Silesia Region (the former Orlová and Havířov districts). We want to present the results of working with children and adolescents to the professional community and the general public.

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