



## **Children's Mental Health and Well-Being: Policy and Future Directions in the Nordic Countries**

**Conference on mental health promotion and prevention in youth**

**October 8th 2014 at Nauthóll, Reykjavík, Iceland**

This one-day conference is centered on the mental health and well-being of children and adolescents in the Nordic countries and how Nordic collaboration and expertise may be applied to improve mental health promotion and prevention. The conference will be held at Nauthóll in Reykjavík from 9 a.m. to 4 p.m.

### **PROGRAMME**

**08.30 - 09.00 Registration**

**09.00 - 09.10 *Opening address***

Eygló Harðardóttir, Icelandic Minister of Social Affairs and Housing

**09.10 – 09.20 *Mental Health in Youth and the Well-Being of Nations***

Geir Gunnlaugsson, Chief Medical Officer, Directorate of Health, Iceland

**09.20 - 10.10 *Keynote Address: How to Promote Mental Health and Prevent Mental Disorders in Young People and Get a More Sensible Society Economy***

Arne Holte, Deputy Director General, Norwegian Institute of Public Health (FHI) and Professor of Health Psychology, University of Oslo, Norway

**10:10 - 10.30 *Are Our Children Getting the Help They Need? Children and Adolescents' Access to Mental Health Care within Primary Care Services***

Ingibjörg Sveinsdóttir, Psychologist, Specialist in Clinical Psychology and Applied Behaviour Analysis, Primary Health Care of the Capital Area, Iceland

**10.30 – 11.00 Refreshments**

**11.00 – 11.20 *Intersectoral Collaboration in Finland to Promote Children's Mental Health***

Päivi Santalahti, Specialist in Child Psychiatry, Head of the Child and Adolescent Mental Health Unit at the National Institute for Health and Welfare (THL), and Adjunct Professor at the Department of Child Psychiatry at the University of Turku, Finland



**11.20 - 11.40 *Mental Health among Adolescents and Young People in Denmark: Prevalence and Development over Time***

Pernille Due, Professor, Research Director for Child and Adolescent Health, National Institute for Public Health (Statens Institut for Folkesundhed), Denmark

**11:40-12:00 *Mental Health among Children and Youth in Sweden: Trends and Preventive Measures***

Johanna Ahnquist, Head of Unit for Mental Health, Children and Youth, Department of Knowledge Development, Public Health Agency of Sweden (Folkhälsomyndigheten)

**12.00 – 13.00 Lunch**

**13.00 – 13.40 Keynote address: *Public Mental Health: Opportunities for Implementation***

Jonathan Champion, Director for Population Mental Health at UCL Partners and Director for Public Mental Health and Consultant Psychiatrist at South London and Maudsley NHS Foundation Trust, London, UK

**13.40 - 14.00 *Mental Health Policy in Iceland***

Guðrún Sigurjónsdóttir, Deputy Director General, Department of Co-Ordination and Development, Ministry of Welfare, Iceland

**14.00 - 14.30 *How Do We Create an Environment Where Our Children Can Flourish?***

Dóra Guðrún Guðmundsdóttir, Head of Division, Health Determinants, Directorate of Health, Iceland

**14.30 - 15.00 Refreshments**

**15.00 – 15.50 Panel Discussion**

**15.50 – 16:00 Summary and closing remarks**

The conference is a part of the programme of events for health and social affairs during the Icelandic Presidency of the Nordic Council of Ministers in 2014.

**The conference is open to all and free of charge. Please note that registration is required:**

<http://registration.yourhost.is/forms/cmhw2014/skraning.php>

**The conference language is English.**