



MINISTRY OF HEALTH
OF THE REPUBLIC OF LITHUANIA

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2nd Network Meeting of the
Health Programme

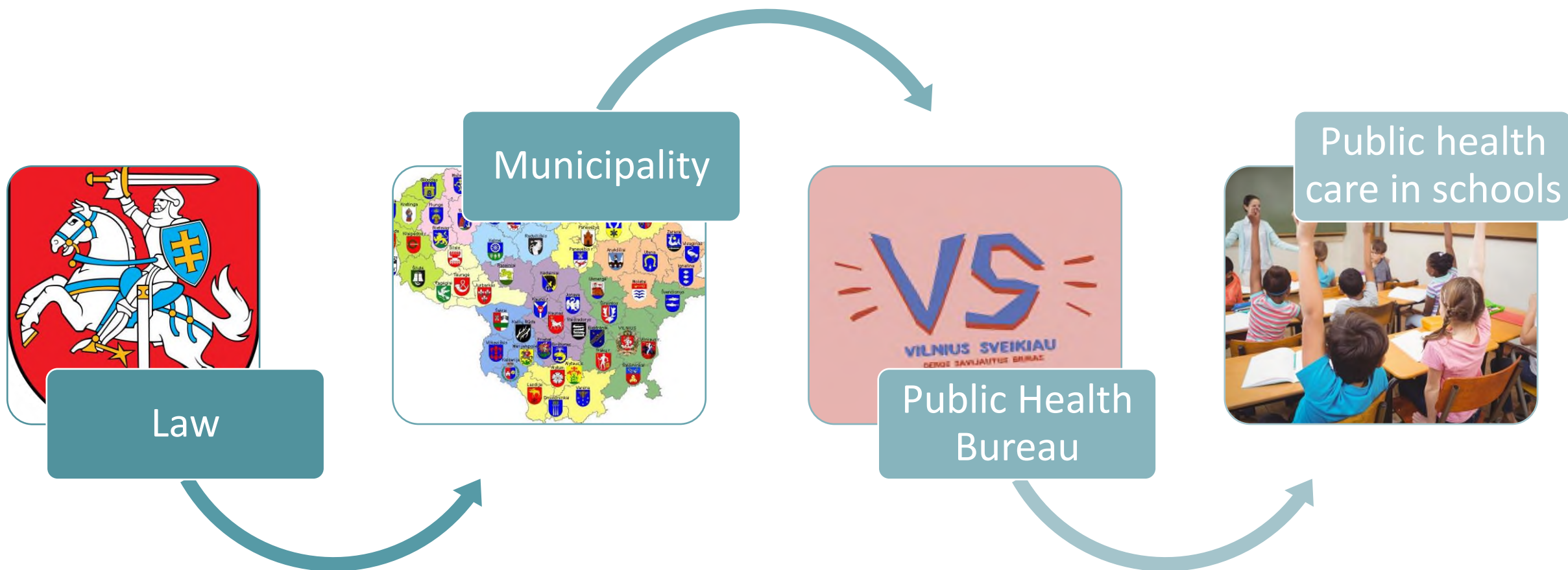
Prevention in the Field of
Child and Adolescent Mental
Health

Prague | 2022

**Mental health promotion in children
education establishments.
Case of Lithuania**



Health promotion – state delegated function for municipalities





Public Mental health promotion by public health specialist in school

- Knowledge of the peculiarities of the mental health development of children and adolescents
- Understands the determinants of mental health
- Use methods of strengthening mental health
- Knowledge of health strategic documents
- Monitoring of students' health problems and, if necessary, referral to health care facilities
- **School-based public health professional in Lithuania is a leader responsible for coordinating collaboration and building collaborative partnerships**

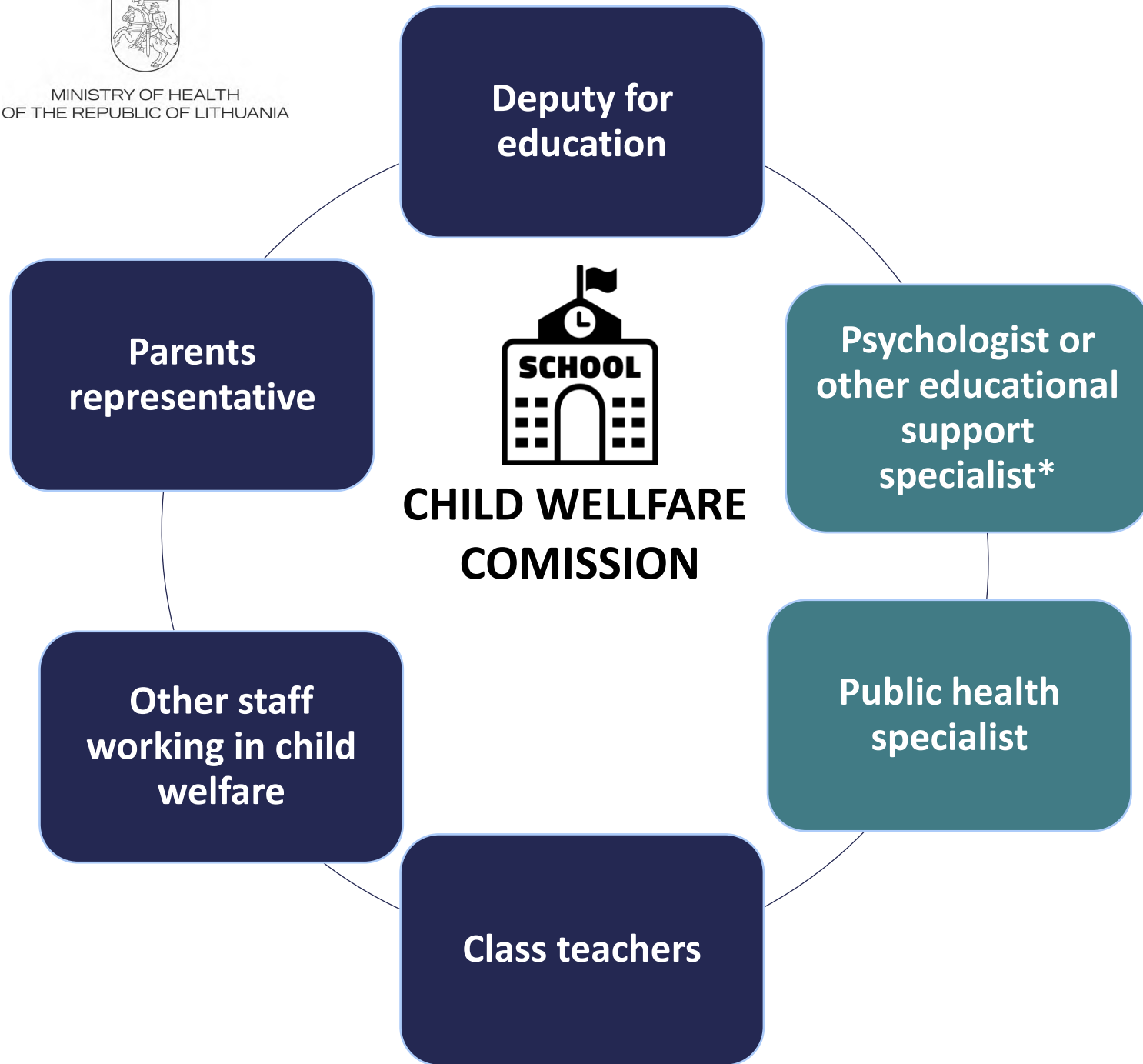




School psychologist

- Initiates, prepares and implements the **prevention programs** of psychological problems;
- **Educates the school community** on child development psychology, pedagogical and social psychology issues;
- **Evaluates** the student's **strengths and difficulties**, developmental characteristics, psychological, personality and educational problems;
- **Advises** students with psychological, personality and educational problems, their parents (guardians, caregivers) on issues of **solving these** problems.





MISSION:

To take care of a safe and favorable educational environment for the child

-> Makes suggestions to the head of the school regarding the provision of a safe and educationally favorable environment, the implementation of social education, prevention and other prevention programs in the school.

HEALTH OFFICES

MEASURE: Health offices in pre-schools and schools equipped with tools necessary for promotion of healthy lifestyle, physical activity, prevention of harmful habits, improvement of mental health.



WITHIN 3 YEARS THE MEASURE WILL REACH:



INCREDIBLE YEARS

MEASURE: Evidence-based Incredible Years program consisting of 8-20 weekly seminars. The program is designed for parents and helps children to recover from behavioural problems.

FOR PARENTS

Teaches parents how to strengthen their relationship with children, develops skills encouraging desirable behaviour and ignoring improper



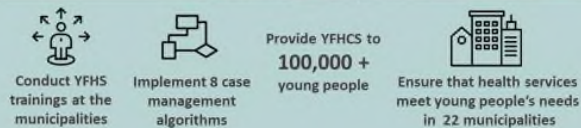
40 INCREDIBLE YEARS TRAINERS WITHIN 4 YEARS WILL TARGET:



YOUTH-FRIENDLY HEALTH CARE SERVICES

MEASURE: Youth-friendly health care service provision model adopted / extended and implemented in accordance with the needs of municipalities.

Within 3 years the measure aims to:



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Thank you!

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