

# **2nd Network Meeting For Children's And Adolescents' Health**

**Promoting mental health in kindergartens/ schools**

**The National Center for Mental Health and Anti Drug  
Action**

*Support for the Development of Community Mental services for  
children and adolescents*

**Diana Stanculeanu, child mental health professional,  
[dianastanculeanu@gmail.com](mailto:dianastanculeanu@gmail.com)**

## **Support for the Development of Community Mental services for children and adolescents**

<b>Promoter</b>	<b>National Centre of Mental Health and Anti-drug Action</b>
<b>Budget</b>	<b>2,437,833.20 €</b>
<b>Estimated duration</b>	<b>36 months</b>
<b>Partner</b>	<b>Norwegian University of Science and Technology (Trondheim) - The Regional academic community for autism, ADHD, Tourette's syndrome and narcolepsy (RFM)</b>

## **About the promoter**

- National Centre for Mental Health and Anti-drug Action is a specialized public institution under the Ministry of Health coordination.
- The Centre provides coordination, implementation and evaluation of national mental health policies.



**CNSMLA**

Centrul National de Sanatate Mintala si Lupta Antidrog

## **Why such a project – links with national strategic objectives**

The project contributes to the achievement of the following priorities in the National Strategy for Child and Adolescent Mental Health:

- The development of services for child and adolescent mental health promotion and prevention of psychiatric disorders, in partnership with education, child protection, health and justice institutions;
- The development of identification and early intervention services for children at risk;

# Why such a project – links with national strategic objectives

- Also, the project falls under three main objectives of the national strategy:
  - Promotion of child mental health; specific objectives: 1.1. Awareness raising of general population regarding children wellbeing and mental health; **1.2. promotion and development of child protective mental health factors;**
  - Development of early identification services for children at risk for developing a mental health disorder – specific measures defined in the strategic document target children with pervasive disorders, anxiety, depression, abuse in the family;
  - Development of specialised intervention services for children with mental health disorders and their families, through investment in: development of community mental health services; elaboration of community mental health services; capacity building for professionals in mental health field so that they can provide evidence based programs and services in evaluation, diagnostic and treatment;

# Main objectives

- The project has two **specific objectives**:
  - **1/ raising awareness and improving capacities of community members, parents, professionals in primary care, education and social protection field to better support children at risk/ with mental health disorders;**
  - **2/ developing appropriate community mental health services for children with mental health disorders, and thus, attain the project's main goal - to improve access to health care services for children with mental health disorders.**

# Measures aimed at promoting child mental health in kindergarten/ school

- Development of positive parenting skills and empower parents to identify early sign of emotional risk in their children and to make timely referrals to specialised services;
- 23 mental health professionals were trained as facilitators for parents at community level, delivering positive parenting workshops for 1500 parents.
- At least 50% of parents are targeted in school setting and supported in developing expertise in the following area:
  - Support in recognising social emotional functioning as an important aspect of child development and putting efforts to support children in building social emotional skills as some of the main protective factors against mental health disorders;
  - Recognise personal challenges (values, convictions, emotional regulation difficulties, behavioural patterns) that might result in high risk discipline measures for children emotional wellbeing;
  - Identify early sign of emotional risk at children level (anxiety, depression);
  - Raise their level of knowledge in the field of child development –emotional needs, specific milestones within each age group, in order to employ proper efforts and to facilitate healthy and evidence based approach in the process of caring for their children;
  - Identify risk behaviour such as substance abuse, screen addiction, dysregulated eating and sleeping patterns, self harm behaviours as strong red flags for children and teenagers mental health;
- Workshop format
- 10-15 parents
- Specific topics
- Specific age groups

# Measures aimed at promoting child mental health in kindergarten/ school

- Intensive training investment for professionals in primary care, education and social protection sectors for better and timely identification and referral of children at risk of developing a mental health disorder, towards specialised services;
- Training programs for identification, early intervention and referral of children at risk/ with pervasive disorders, ADHD, anxiety disorders, depression, attachment disorders were elaborated;
- Training modules aiming at promotion of important protective factors for child wellbeing:
  - Social-emotional skills;
  - School – life/ play balance;
  - Screen time;
  - Healthy lifestyle (eating sleeping, outdoor activities);
- Training sessions delivered in October 2021 – August 2022 for 449 professionals, out of which 317 were school councillors and primary education teachers;



Questions?

Thank you 😊