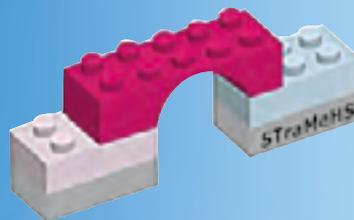




European Conference on **YOUTH MENTAL HEALTH:** FROM CONTINUITY OF PSYCHOPATHOLOGY TO CONTINUITY OF CARE (STraMeHS)



"This conference arises from the project YOUTH MENTAL HEALTH:
FROM CONTINUITY OF PSYCHOPATHOLOGY
TO CONTINUITY OF CARE (STraMeHS)
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STraMeHS

an European Conference on

Youth Mental Health:

From Continuity of Psychopathology to Continuity of Care

Young people aged 10–24 years represent 27% of the world's population, and up to 75% of mental disorders occur within 25 years (Kessler et al., 2007). Many studies have shown a high degree and type of continuity of psychopathology from adolescence to middle adulthood, and underscore the need to study psychopathology through a developmental perspective.

On the other hand recent long-term longitudinal studies have also demonstrated that many disorders emerged at this age have a spontaneous remission over time: the resolution of many adolescent disorders gives reason for optimism, suggesting that interventions which shorten the duration of episodes could prevent much morbidity later in life. This finding also underscores the need for an intensive investigation of the course of disorders during the developmental phase, and a close scrutiny of factors protecting against persistence of disorders.

If many mental disorders continue across different developmental stages, do mental health services guarantee continuity of care? Unfortunately the current service configuration of distinct Child and Adolescent Mental Health Services (CAMHS) and Adult Mental Health Services (AMHS) is often a barrier to providing continuity of care. For this reason, the current service configuration of CAMHS and AMHS has been described as the “weakest link in a system where it should be most robust” (McGorry, 2007).

For all these reasons we need a new, evidence-based ‘youth mental health paradigm’: the STraMeHS Conference aimed at raising awareness and improving mental health providers, policy makers, decision makers and health administrators’ knowledge about youth mental health and factors affecting this area. The event has also aimed at promoting the development of integrated and continuous models of care and functioning of mental health services targeted to the specific needs of youth.

We do hope that the topics discussed at the conference, the recommendations produced and the contacts established between participants from all European countries will help move ahead in this direction, enriching and enhancing the all field of mental health

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