



# The Forgotten Children

**A major European Conference  
addressing the subject of  
Children of parents with a mental illness**

**Vilnius, Lithuania**

**26<sup>th</sup> and 27<sup>th</sup> November 2009**

Hosted by EUFAMI, in association with **LSPŽGB**

co-funded



EU Commission

co-sponsored



World Health Organization

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## Introduction and Welcome by President



'Children of parents with a mental illness' is a topic which is very close to the heart of EUFAMI and has been on our agenda for more than 10 years now. As far back as EUFAMI's third European congress in Stockholm in 1999, the theme of children was raised and had an enormous echo across all our member organisations. Since then many activities have commenced which have had promising outcomes. However, the outcomes have not fully met our expectations and perceived needs. As a consequence the board members of EUFAMI agreed to organise a mini conference addressing the situation of children with mental ill parents at its Board meeting in 2008, which has led onto to the planning of this particular conference.

It seems a little more than a coincidence that today in 2009, 10 years after Stockholm, we meet again here in Vilnius to build and reflect upon our previous findings, activities and discussions and also to reinforce the importance of this subject.

This conference provides a unique opportunity to influence the standard of care and support necessary to promote the health and wellbeing of children and their families. It is critical that the rights of children are both recognised and protected. I am glad and proud that this conference takes a very broad perspective and a holistic approach towards mental Health, (not only limiting discussions to the aspect of care, but also considering factors such as education, legislation and social services).

I would like to express my gratitude to our former Vice President, Stanislas Filliol, and the programme committee for their excellent work in the preparation of this conference. EUFAMI is especially grateful to our member organisation LSPŽGB and its president Danute Kasubiene for their considerable effort and support. We also would like to thank our many supporters and sponsors for their help and assistance.

I wish all of us inspiring and fruitful days and also time for interesting networking.

Let us not only make an impact during these days, but also spread the results to our own countries, to stakeholders and policy makers in order to encourage them to ACT.

Sigrid Steffen

*President, EUFAMI*

## Conference Honorary Committee

- Sigrid Steffen, EUFAMI President - Chairperson
- Dr Dainius Pūras, Centre of child psychiatry and social paediatrics, Vilnius University, Lithuania
- Dr Ona Davidonienė, Head of the Mental Health Centre, Lithuania
- Rimantė Šalaševičiūtė, Ombudsman for Children's Rights, Lithuania
- Martynas Marcinkevičius, Adviser to the Minister for Health, Lithuania
- Elena Urbonienė, Adviser to the Minister for Social Affairs, Lithuania
- Dainius Numgaudis, State Secretary of the Ministry for Education and Science, Lithuania

## Conference Programme Committee

- Stanislas Filliol, ex Vice President, EUFAMI - Chairperson
- Dr Anja Esther Baumann, Technical Officer for Mental Health, World Health Organization - Regional Office for Europe
- Jean-Claude Legrand, Senior Regional Advisor Child Protection, UNICEF Regional Office CEE-CIS
- Sirpa Kaakinen, Project Manager, National Institute for Health and Welfare – Finland (formerly STAKES) – replaced by Tytti Solantaus
- Jürgen Schefflein, DG Sanco (supported by Hana Horka)

## Conference Organising Committee

- John Saunders, ExCom and Treasurer
- Kristiina Aminoff, ExCom Officer
- Danute Kašubienė, Chairperson of LSPŽGB
- Associate Professor Sigita Lesinskienė, Vilnius University – Faculty of Medicine
- Associate Professor Vita Danilevičiūtė, Director of Psychiatry Clinic, Vilnius University – Faculty of Medicine

## Conference Background

Children are very much part of our future society and should be afforded the opportunity to develop to their full potential. Their mental health needs protection. EUFAMI is concerned about the situation and future outlook for children of parents with mental illness (MI) and strongly feels that this group of society is generally neglected, go unnoticed and that their situation should be highlighted. They are also a high risk group due to an increased risk of mental illness and depression, as well as exposure to socioeconomic problems. This conference will attempt to highlight their plight and to identify and build on good practices which are ongoing in a number of places, but which are largely unknown in the wider European context.

Children and youth are also at the heart of current EU programmes, including DG Sanco's second health programme for 2008-2013 - clearly recognising the importance of our future society. Sections 3.3.2.1 and 3.3.2.6 contain proposed actions in line with conference aims for children and youth, specifically the Pact for Mental Health and Well-being

The programme for this two day conference in Vilnius hosted by EUFAMI, has been developed so as to further build from previous work which has been done on the subject, is fully consistent with the EU Health programme and goes further by contributing to the implementation of the Pact for Mental health and Well-being. Hopefully it will increase awareness of the situation of this group of the future society. The programme will deal with the topic in an holistic way and address a wide range of sub topics such as schooling, support for parents (pre and post natal), child protection, the enlarged family (to name but a few). A Poster exhibition will also be held which will attract delegates from the research and scientific community.

The conference programme has been devised to reflect an integrated and coordinated approach to the subject matter and encapsulates a total European perspective in terms of content and speaker/workshop facilitator geographic spread. The conference, although mainly European, will appeal to the wider global population and therefore should attract inputs and expertise from outside Europe, thus also fulfilling the holistic aim.

The conference will bring together interested stakeholders to discuss the present situation of children of parents with mental illness, to explore whatever best practices exist in the overall care and welfare of these children and to discuss ideas and possible actions to improve their quality of life and overall health which can be then disseminated through out Europe.

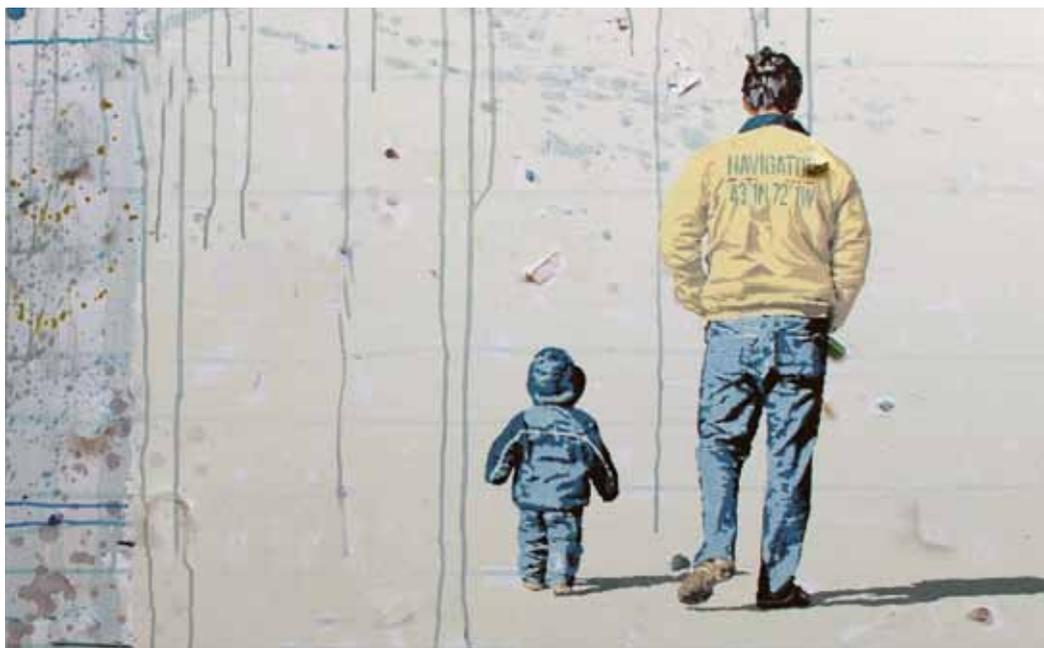
The conference outcomes can be classed under the following headings - early identification and prevention of problems associated with this group of children and adolescents; support in parenting; child protection; increased awareness of this young group of society. The conference will draw conclusions and proposed solutions for distribution to stakeholders working with these children.

The conference also aims to - Initiate a process to translate the results (identified best practices) of the conference into tangible actions in Europe; Agree a set of actions; Agree and publish a consensus paper; Facilitate the formation of virtual 'Action Network' of stakeholders for information and best practice exchange.

# Conference Programme

## Day 1 - Thursday, 26<sup>th</sup> November 2009

10.00	14.00	On site check in for the Conference
14.00	14.30	Conference - Opening Addresses
14.30	16.00	<b>Plenary Session 1</b> - Chairperson - Dr Anja Baumann (World Health Organization) <b>• First Hand Experiences</b> <b>The Child</b> - Ms Lisa Mizzi (Malta) <b>The Parent</b> - Ms Mary O'Shea (Ireland) <b>• The Definition of the Problem</b> - Professor Tytti Solantaus, National Institute for Health and Welfare, Finland (formerly STAKES)
16.00	16.30	Refreshment Break - Interlude to view Poster Exhibition
16.30	18.00	<b>Concurrent Workshops</b>
		<b>Prevention in school</b> <b>Workshop Facilitators</b> Mr David Rivett (Denmark) - Schools for Health in Europe Ms Olanda Momčilović (Netherlands) - Network of Psychologists in the Education System
		<b>Support for parents before and after birth</b> <b>Workshop Facilitators</b> Dr Jukka Mäkelä (Finland) - Development manager; Children, adolescents and families, National Institute for Health and Welfare Dr Joanne Barton (United Kingdom) - Consultant Child and Adolescent psychiatrist North Staffordshire NHS
		<b>Support for children and parents</b> <b>Workshop Facilitators</b> Professor John Tsiantis (Greece) - University of Athens Ms Beate Lisofsky (Germany) - Bundesverband der Angehörigen psychisch Kranker FamilienSelbsthilfe Psychiatrie
		<b>Peer group intervention</b> <b>Workshop Facilitators</b> Ms Joy Ladurner (Austria) - Hilfe für Angehörige psychisch Erkrankter Ms Bitta Söderblom (Finland) - Omaiset mielenterveystyön tukena Uudenmaan yhdistys ry
18.00	18.30	<b>Summary of the day's proceedings by EUFAMI</b>



## Day 2 - Friday, 27<sup>th</sup> November 2009

08.15	09.00	Check in								
09.00	10.30	<b>Plenary Session 2 - Chairperson - Ms Jovita Majauskaite (UNICEF)</b> <ul style="list-style-type: none"> <li>• <b>The rights of the child - three different perspectives</b>  Ms Bridget Bermingham (Ireland) - Barrister  Mr Alain Grevot (France), author of 'Voyage en protection de l'enfance. Comparaisons européennes'  Ms Rimantė Šalaševičiūtė, Children's Rights Ombudsman of the Republic of Lithuania</li> <li>• <b>Developing the child and parent supporting services in Europe</b>  Dr Dainius Pūras, Centre of child psychiatry and social paediatrics, Vilnius University</li> </ul>								
10.30	11.00	Refreshment Break - Interlude to view Poster Exhibition								
11.00	12.30	<b>Concurrent Workshops</b> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 30%;"><b>Government Action</b></td> <td><b>Workshop Facilitators</b> Ms Bridget Bermingham (Ireland) - Barrister Mr Michel Vandercam (Belgium) - Mètis Europe</td> </tr> <tr> <td><b>Empowering children and their parents. What is needed? The level of services</b></td> <td><b>Workshop Facilitators</b> Mr Roland Van De Sande - (Netherlands) - HORATIO European Psychiatric Nurses Ms Susanne Kilian (Germany) - Klinik für Psychiatrie und Psychotherapie II, Günzburg Ms Silvia Krumm (Germany) - Ulm University</td> </tr> <tr> <td><b>Empowering children and their parents. What is needed? The level of practitioners</b></td> <td><b>Workshop Facilitators</b> Professor Tytti Solantaus (Finland) - National Institute for Health and Welfare Dr Alessandro Svetini (Italy) - Service for early psychiatric rehabilitation and recovery 'GELMINI', Salerno</td> </tr> <tr> <td><b>Empowering the enlarged family</b></td> <td><b>Workshop Facilitators</b> Professor Lorenza Magliano (Italy) - Department of Experimental Medicine, Second University of Naples Mr Godfrey Borg (Malta) - Malta Mental Health Association Ms Evelyne Descamps (France) Union nationale des amis et familles de malades psychiques</td> </tr> </table>	<b>Government Action</b>	<b>Workshop Facilitators</b> Ms Bridget Bermingham (Ireland) - Barrister Mr Michel Vandercam (Belgium) - Mètis Europe	<b>Empowering children and their parents. What is needed? The level of services</b>	<b>Workshop Facilitators</b> Mr Roland Van De Sande - (Netherlands) - HORATIO European Psychiatric Nurses Ms Susanne Kilian (Germany) - Klinik für Psychiatrie und Psychotherapie II, Günzburg Ms Silvia Krumm (Germany) - Ulm University	<b>Empowering children and their parents. What is needed? The level of practitioners</b>	<b>Workshop Facilitators</b> Professor Tytti Solantaus (Finland) - National Institute for Health and Welfare Dr Alessandro Svetini (Italy) - Service for early psychiatric rehabilitation and recovery 'GELMINI', Salerno	<b>Empowering the enlarged family</b>	<b>Workshop Facilitators</b> Professor Lorenza Magliano (Italy) - Department of Experimental Medicine, Second University of Naples Mr Godfrey Borg (Malta) - Malta Mental Health Association Ms Evelyne Descamps (France) Union nationale des amis et familles de malades psychiques
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12.30	13.00	<b>Summary of the morning's proceedings by EUFAMI</b>								
13.00	14.30	Lunch - Interlude to view Poster Exhibition								
14.30	16.30	<b>Final Plenary Session - Chairperson - John Saunders, EUFAMI</b> <ul style="list-style-type: none"> <li>• <b>Final Conference Summary</b>  Professor Tytti Solantaus, National Institute for Health and Welfare - Finland</li> <li>• <b>Reactions and Comments</b>  Dr Anja Baumann, World Health Organization  Jovita Majauskaite, UNICEF  Stansilas Filliol, EUFAMI</li> </ul> <p>Chairperson - Sigrid Steffen, EUFAMI President</p> <ul style="list-style-type: none"> <li>• <b>Conference Declaration</b> (read in English and Lithuanian)  Connie Magro, Vice President EUFAMI and Danute Kasubiene, President LSPŽGB</li> <li>• <b>Conference Call to Action</b>  Stanislas Filliol, EUFAMI</li> <li>• <b>Announcement of Poster Exhibition Winners</b></li> <li>• <b>Closure</b> - Sigrid Steffen</li> </ul>								

## Speaker Backgrounds

**Bridget Bermingham** is a Barrister-at-Law practising in Ireland. Her legal practice includes Family Law and Mental Health Law. Her academic qualifications include Diplomas in European Law, Arbitration as well as International Arbitration. Bridget is a member of the chairperson's (legal) panel for the Mental Health Tribunals in Ireland. She has been a council member of SHINE (formerly Schizophrenia Ireland) for many years, as well as a member of a Hospital and its Ethics Committee. For many years, Bridget has taught law in various Irish institutions.



**Alain Grevot** is Director of the Service SISAE-Association JCLT. Aged 58, he is father of five children and grand-father of seven grand children, Alain Grevot first obtained a mechanical engineer diploma and worked in the motor and petroleum industries. He shifted from industry to social affairs, managing an NGO Children's Home for four years and then moving for six years to State social administration (*Aide social à l'enfance*). Since 1988, he is director of child protection services (NGO Association JCLT) . These services, delivered in Oise (100kms north of Paris) includes judicial assessment work and family support (based on children's judges orders and

funded by the Ministry of Justice and local Authority), child advocacy in criminal procedures, and a multifamily day centre (based on empowerment concept).

Alain graduated in law and social affairs, lecturer (University Paris X Nanterre, ENACT National training centre of local authorities social staff, ENA) in Child protection law and practices. Between 1990 and 2000 he pioneered comparative studies on child protection policies and practices networked with international academics and practitioners (UK, Canada, New-Zealand, Belgium, Italy, Germany, Netherlands) and published in his book « *Voyage en protection de l'Enfance, une comparaison européenne* » éditions du CNFE-PJJ in 2001.

He was a member of the National committee for Child protection law review between 2005 and 2007 and is an author of many articles. Alain is expert in Child protection matters for ODAS (National observatory of local authorities' social policies).



**Lisa Mizzi** has been committee member of the Mental Health Association Malta for the past four years. She currently works with a Telecommunications company within Customer Experience as a Cultural Officer. Lisa has also recently adopted the role of Health and Safety liaison. Lisa graduated in 2006 obtaining an Honors Degree in Communications together with Sociology from the University of Malta.

Lisa has given talks in schools and seminars, sharing her personal experience of living with a parent suffering from a mental illness. Her latest contribution being participation as a speaker and organizer in the conference entitled *Our Hidden Secret* addressed to over 300 professionals and family members in March 09. Lisa is also active in the field of the Performing Arts with one of her most recent acts, the Christmas Pantomime.



**Mary O'Shea** lives in County Clare, Ireland. She has three grown up children. In her own words, she first had mental health difficulties thirteen years ago. Mary works part-time as a cleaner and also works with two mental health support groups for Shine, the Irish national mental health association. Mary enjoys having a nice meal with her three children after one of her children does the cooking. She also enjoys swimming, walking, spending time with her siblings and listening and chatting on the phone with her friends.



**Dr. Dainius Puras** is Head and Associate professor of the Centre of Child psychiatry and social paediatrics in Vilnius University. He is teaching child psychiatry and public mental health in Medical Faculty, as well as health policy in the Institute of International Relations and Political Sciences of Vilnius University. Dr. Puras is Past President of Lithuanian Psychiatric Association and Past President of Baltic Association for Rehabilitation. Since 2007 Dr. Puras is an elected member and expert of the UN Committee on the Rights of the Child. He is chairman of Board of two NGOs in Lithuania – Global Initiative on Psychiatry and Human Rights Monitoring Institute.

Main areas of professional interest – analysis of changes in health care and social welfare sectors in countries of Eastern and Central Europe, with special focus on public mental health issues and human rights of vulnerable groups, such as children at risk and persons with mental health problems.



**Rimantė Šalaševičiūtė** is the Children's Rights Ombudsman for Lithuania and has a long time professional experience working for human rights protection. In 1995 years she started her professional experiences at the Office of Seimas Ombudspersons (adviser for the Seimas Ombudsman). In 2003 years Rimantė took a position of the Seimas Ombudsman. Starting from 2005 – Ombudsman for Children.

Rimantė has big pedagogical, teaching experiences in different sphere, including labour, civil and economic law. She is a member of Board of European Ombudsman Institute and a member of Lithuanian National Committee for UNICEF. In 2009 Rimantė was elected Chairperson - elect of ENOC (European Network of Ombudspersons for Children).



**Tytti Solantaus** is a child psychiatrist working as a research professor in the National Institute for Health and Welfare. Apart from being a family and psychotherapist, she is particularly interested in promotion of child development and prevention of mental health disorders. She conducts a country-wide programme for children and families, where parents have mental health or substance use problems or suffer from severe somatic conditions. She has also initiated a national programme for developing integrated community based services across different health and social sectors.

# Workshop Facilitators



**Dr Joanne Barton** is a Consultant Child and Adolescent Psychiatrist in North Staffordshire, U.K. Prior to this she was Senior Lecturer at the University of Glasgow where she was head of a specialist clinical service for children and young people with ADHD. Dr Barton completed her post-graduate training in general adult psychiatry in Edinburgh before moving to Glasgow as Lecturer in Child and Adolescent Psychiatry. Her research interests include parenting, parental mental illness, ADHD and service evaluation. Her PhD examines the role of maternal expressed emotion in disruptive behaviour. She has developed an intervention programme for preschool hyperactivity (The Preschool Overactivity Programme) and chaired the Scottish Intercollegiate Guidelines Network (SIGN) working group on Attention Deficit and Hyperkinetic Disorders in children and young people. She has also been a principal investigator in clinical trials of Atomoxetine Hydrochloride in the treatment of ADHD. Recent work in collaboration with colleagues from adult mental health has included an exploration of children's experience of parental mental illness. Dr Barton is co-editor of "Modern Management of Perinatal Psychiatric Disorders" published in April 2009.



**Godfrey Borg** is now a retired professional production and business manager following 43 years of service. He retired as a Senior Procurement Manager apart from other posts in Production, Marketing and Stores' Management. He graduated in Business Administration (Henley College, UK) apart from obtaining other various technical certifications and diplomas in mechanical engineering, naval architecture and professional management. He has been a member of the committee of the Mental Health Association Malta since 1999 and is currently the Vice-President.

He participated as a speaker in various educational courses in Mental Health Awareness organized by the Association, sharing his personal experience of caring for his daughter suffering from mental health problems and in fostering her child. He was also a founding member of the National Foster Care Association of Malta, apart from helping the Mission Fund of Malta, also carrying out lay missionary work in Guatemala in 2002. He is married to Gaetana and they have two daughters, Nadia and Denise, apart from fostering their grandchild, Meagan.



**Evelyne Descamps** lives in Paris, France. She has been a member of Unafam for nine years and since 2008, Evelyne has been a member of the grand-parents' network. She and her husband have three daughters and three grand-children. One of her daughters is suffering from schizophrenia. This particular daughter is a mother of one little boy who is 20 months old.



**Susanne Kilian** is a social education worker and family therapist with a long experience in the working with deprived families and with families with mental health problems. Susanne Kilian started her professional career by working with abused women and maltreated children in several women refuges. As a social therapist in the psychiatric day hospital of the Leipzig University she acquired intensive experiences with a broad spectrum of mental disorders. In 2006 Susanne Kilian started to develop a counselling service for families with mentally ill parents (FIPS) at the Department of Psychiatry, Psychotherapy and Psychosomatics of the Bezirkskrankenhaus Günzburg in Günzburg, Germany. Meanwhile FIPS is providing counselling and support for about hundred families with a total of more than 130 children. The service is well established in the catchment area and works in close cooperation with psychiatric facilities, child welfare services, schools and other counselling services. She has written number articles which have been published.



**Silvia Krumm** is a sociologist and research assistant at the Department of Psychiatry and Psychotherapy II at Ulm University, Germany. Prior to her University studies she worked as a nurse in a psychiatric hospital. In her position at the Sociological Research Institute on Women in Freiburg (Germany) she was involved in studies about family planning of women and men in the general population. In her current position she combines her interests in gender and family studies with her interests in social psychiatry. Her research interests are gender related aspects in psychiatry, parenthood and mental illness as well as biographic approaches in mental health research. She was involved in a research project regarding family planning aspects of young women with mental disorders. In her doctoral thesis she focused on biography and desire for children among women with severe mental disorders.



**Joy Ladurner** is a business economist, freelance researcher and lecturer in health policy, health economics and public health. She graduated in International Business Administration from the University of Vienna in 2001, worked at the Main Association of Austrian Social Security Institutions from 2001 to 2004 and graduated in Health Policy, Planning and Financing from the London School of Economics and Political Science and the London School of Hygiene and Tropical Medicine in 2005.

Since then she has worked as a freelance researcher based in Austria, working mostly for the London School of Economics and Political Science on topics such as health system performance, reimbursement of physicians and quality in health care systems and public health. In 2009, Joy commenced lecturing in health economics, health system comparison and public health. She is actively involved in the self-help movement of families of individuals with a mental illness since about June 2008 in Vienna. Joy is a board member of HPE and at the European level she is on the Executive Committee of EUFAMI.



**Beate Lisofsky** was born in 1958. She studied Journalism at the Leipzig University, Germany. She is a journalist and author. Beate has several publications in the field of children with mental ill parents and is working as a public relation officer for the German families association, BApK.



**Lorenza Magliano** is Associate Professor of Psychiatry at the Second University of Naples. She has a long research experience on family burden, social network and stigma in mental diseases, on implementation of family interventions in routine clinical settings and on staff training in psychosocial interventions. She has developed a manual for rehabilitation, and several assessment tools. She has translated and adapted into Italian the Falloon's handbook on family psychoeducational intervention. She has coordinated national studies on family interventions for schizophrenia (National Institute of Health), and for major depression in families with children (Ministry of Health).

She has been involved in studies on students' views about mental illness (Ministry of Health and Education), and in EC studies on burden, psychoeducational family interventions, and on coercion in psychiatry. She is temporary advisor for the WHO study on Users' empowerment. Magliano et al.(2005). Family burden in long-term diseases. *Soc Sci and Med*, 61, 313-322. Magliano, et al. (2006). Patient functioning and family burden in a controlled, real-world trial of family psychoeducation for schizophrenia. *Psychiatr Serv*, 57, 1784-1791.



**Jukka Mäkelä** is a 52 year old Child Psychiatrist, now working in a national program for reorganizing services for children, adolescents and their families. It aims at strengthening community services through cross-sectoral work and consultative approaches by the specialized services. It aims in a cultural shift towards supporting children in the environments of their development: the home, day-care, school, hobbies - and the internet.

Jukka's background is in pediatric liaison work, small-child psychiatry and working within the foster-children and families. He has trained in Tavistockian child psychotherapy and in Theraplay, an intensive, interactive, playful parent-child therapy. This approach is physical and emotionally attuning, and has been of immense help for parents who find verbal reflection difficult. Parents with serious mental problems have learned to enjoy their child and the child their previously very distant parent. Jukka is married with a young adult daughter in University and dancing semi-professionally, and an adolescent son interested in everything. His free time centres around the home and family: cooking, reading, working the grounds and forest at our country place.



**Olanda Momčilović** was born in Sarajevo. She studied psychology in Croatia and after graduation, worked for 6 years as a school psychologist. Besides her regular job, Olanda specialised there to work with gifted children. Together with prominent psychologists from Croatia she organized and established "Little Academy Leonardo De Vinci".

In 1993 she left Croatia with her family and moved to the Netherlands. There she had to study psychology again because her degree was not valid. She graduated at the University van Amsterdam (UVA) in 1997. For more than 10 years she has been working as a child psychologist in The Institute for

Children with behavioural and learning disabilities. Since 2008 Olanda has her own practice.

Olanda is a member of NIP (Nederlandse Instituut van Psychologen), Crisis intervention team of school psychologists. She supports schools with lectures on trauma, stress and crisis response. ISPA (International School Psychology Association) and is a chairwoman of International Crisis Response Network of ISPA and NEPES (Network of European Psychologists in the Education System).



**David Rivett** started his teaching career in South East London. He then started working with adolescents with a strong focus on drug prevention and other related health issues, which lead into the field of health promotion and education. David then moved to the English Health Education Authority and was responsible for setting up and managing a number of health promotion programmes for schools, teacher education, youth organisations and voluntary agencies. In the early 1990s David moved to the World Health Organization's European Regional Office with the main responsibility for the design and co-ordination of the European Network of Health Promoting

Schools programme in Central European and Former Soviet Union countries.

He also worked on the development of comprehensive health services for young people. The David to the WHO Office in Ukraine where he continued to develop health programmes for young people in the country. Following this he worked for a time in the WHO Western Pacific Regional Office in Manila, designing a regional strategy for adolescent health. Currently David is working as a consultant, providing technical support to, among other initiatives, the Schools for Health in Europe programme.



**Roland van de Sande** is involved in psychiatric nursing practice since 1979. After the psychiatric nursing training (six years) a Master of Science Degree in Nursing (three years) was achieved in 2002 at the University of Wales, Cardiff. Recently a PhD study (four years) is nearly accomplished on short term risk assessment in acute psychiatric wards. In spring 2009 several peer reviewed articles on clinical decision-making, monitoring acute patients and analysis on restraint and seclusion in acute wards will be published in academic journals.

Apart from academic and clinical supervision work he works as a senior lecturer at the Hogeschool Utrecht, University of Applied Science. In the Centre of Nursing Studies he is responsible for several modules in the Master of Advanced Nursing Practice in Mental Health Care. At international level he is involved for several years in research and practice in development of multi-center projects, mainly driven by the European Violence in Psychiatry Research Group and Horatio, European Psychiatric Nurses (General Secretary).



**Bitta Söderblom** started her career as a nursery school teacher, continued her studies at the university and took a degree for social work (Bachelor) and worked for many years in child protection service. For her Master's degree in social psychology, Bitta evaluated the support group intervention by interviewing participating children (published in Finnish and Swedish, 2005).

Ever since she started in the Family association promoting mental health in 2002, her focus has been on developing a multifamily support group intervention. The intervention manual was published in Finnish in 2005, a renewed edition in Swedish in 2009. The aim of the multi-professionally carried intervention with its parallel groups is to make the understanding of parental mental illness into a family process rather than only being a process within each peer group. The intervention has shown to increase family understanding and communication concerning parental illness and decreased worrying about the parents.

Bitta trains professionals to carry out the support group intervention. She has also trained to become a Beardslee family intervention clinician as well as a trainer.



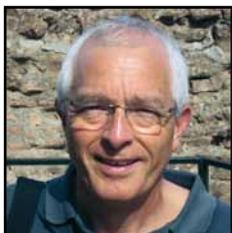
**Alessandro Svettini**, M.D. is a psychiatrist and psychotherapist. His main professional activity is in the field of psychiatric rehabilitation, working as Director of the Service for Early Psychiatric Rehabilitation and Recovery “Gelmini” in Salerno (Italy). His main interests in research are in the field of fostering and hindering factors of Recovery from severe mental illness.

Dr. Svettini is Regional Coordinator of the Italian Society of Psychiatry (SIP) -Young Psychiatrists Program. Dr. Svettini has a direct experience of a parent with psychiatric illness and, as a family member, is active at local as well as at European level in family organisations: from 2009 is also member of EUFAMI’s Executive Committee.



**John Tsiantis** is a Professor of Child Psychiatry at Athens University. He is also Scientific Director of the Association for the Psychosocial Health of Children & Adolescents (A.P.H.C.A.) and Chairman of the European Union of Medical Specialists (UEMS), Section of Child & Adolescent Psychiatry.

Previously vice-chairman of the European Society of Child and Adolescent Psychiatry and the European Federation of Psychoanalytic Psychotherapy He is Editor of Books in English and Greek relevant to Child and Adolescent Mental Health and Psychoanalytic Psychotherapy on Children and Adolescents His Current research interest is Bullying at Schools. John is currently temporary advisor on Child Mental Health European Office and invited participant of the EU in issues relevant to Child Mental Health



**Michel Vandercam** is a Clinical psychologist for children and teenagers. He is Director General of an institution based in the outer suburbs of Brussels, Belgium which consists of a number of services. These include a residential service for disturbed youngsters presenting with behavioural problems, a day service for poly-handicapped children presenting with deep psychic and mental disorders, a help service for the integration of youngsters presenting with behavioural problems and accompanied in their own social environment, and a new service giving personal and individual assistance at home for very handicapped children.

He is President and Founder of the “Groupement des IMP140”(1994), gathering together Belgian French speaking services for youngsters presenting with behavioural problems coupled with psychic, relational and carelessness symptoms. Michel is Delegate Administrator and Founder of “Mètis Europe ASBL”(2005), which brings together Belgian French speaking, French, Italian, Luxemburger and in the near future Swiss, Spanish and Romanian Associations of services welcoming and treating youngsters with behavioural problems in a large range of methods and premises - residential, familial and social environment, streets, youth clubs, etc. Many of the children treated by the services have parents who have mental or psychiatric illness of various degrees.

# Conference Details

## Plenary Sessions and Workshops

The plenary sessions of the conference will take place in the main hall of the conference centre. The workshops on both days will take place in various smaller rooms in the conference centre and will be well signed.

## Official Conference Language/Translations

The official language of the Congress is English. Simultaneous translation of the plenary sessions will be available in Lithuanian. No translations will be available for the workshops.

## Badges

Your personal badge, which you will receive at the conference registration desk, is your entrance ticket to all conference sessions. Please remember to wear your badge at all times.

## Meals

Tea/Coffee breaks and lunch on Friday, 27th November are included in the registration fee.

## Conference Dinner

On the evening of the 26th November, after the first day of the conference, a dinner will be held for delegates at the Restaurant 'Traku dvarkiemis' which is approximately 25 kms from Vilnius on the road to Trakai. It will be a buffet style meal in a typical Lithuanian atmosphere. Transport will be provided to and from the Hotel Reval. (A complimentary glass of wine will be included with your meal).

Any delegates who wish to take along partners or guests to the dinner, who are not officially registered as delegates, may do so by informing the organisers at the conference reception desk in the lobby of the conference centre. A charge of €12/42 litas per head for guests will be charged.

## Children's Ballet

Children from a local ballet school in Vilnius will perform four short pieces of ballet during the two days of the conference. We are very grateful to them and their teachers and hope that they will receive a warm welcome from all delegates.

## Cultural Events Schedule

Vilnius is the 2009 European Capital of Culture and there are many social and cultural events organised throughout the year. Full information is contained in the tourism literature contained in your conference bag.

## **EUFAMI's mission:**

- Contribute to removing the stigma surrounding mental illness by promoting positive images to counteract ignorance and misinformation
- Highlight examples of good practice in the field of mental illness, in order to promote good practice throughout Europe; identify examples of bad practice in the field of mental illness, and campaign for positive change
- Lobby for greater equality of legislation throughout Europe, in order to bring about improvements in the health and social care of people with mental illness, and in the wellbeing of their carers
- Promote and support further research into the causes and treatment of mental illness
- Campaign for adequate resources for the health and social care of people with mental illness and their carers

## **EUFAMI's principles:**

- Carers must be acknowledged as equal partners with professionals in the care team supporting the person with mental illness.
- Carers need support in their own right and have independent needs which must be recognised and respected.
- All people with mental illness should be cared for in an appropriate environment and provided with a comprehensive range of healthcare and social care services.
- All people with mental illness should have the right to share in the opportunities, enjoyments, challenges and responsibilities of everyday life.

## **EUFAMI's aims:**

- To strengthen and assist the efforts of member associations to improve the standard of treatment, care and quality of life for people with severe and enduring mental illness, and of the members of their families
- To increase the level of support for the caring relatives and friends of people with severe and enduring mental illness by improving the latter's quality of care and welfare
- To enable member associations to combine their efforts and to act jointly at European level towards achieving the above aims
- To defend the human rights and protect the interests of people with severe and enduring mental illness and their family members