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European youth information and counselling agency

PROMOTING EMOTIONAL HEALTH AND WELLBEING IN YOUNG PEOPLE: NEEDS & ACTIONS

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GOBIERNO DE ESPAÑA MINISTERIO DE DERECHOS SOCIALES Y AGENCIA 2019



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Every adolescent and young person has the right to grow up in the best possible way to become a healthy and responsible adult, to contribute to society, and to lead a happy and fulfilling life

ADOLESCENTS ARE THE GREATEST RESOURCE FOR A SOCIETY TO THRIVE



Investments in adolescents
bring a triple benefit:



HEALTHY
ADOLESCENTS
NOW



HEALTHY ADULTS
IN THE FUTURE



HEALTHY FUTURE
GENERATIONS

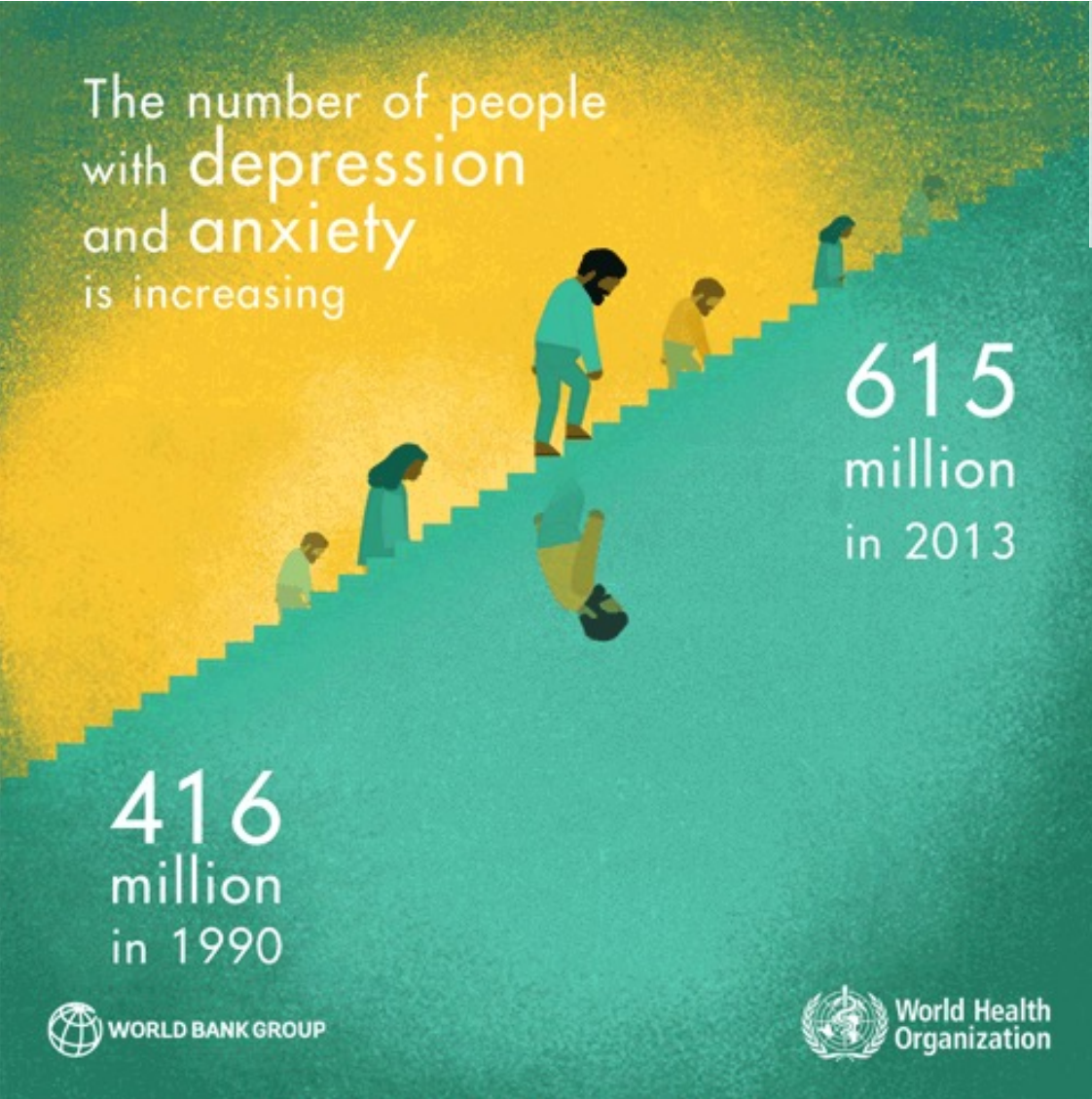
Health for the world's adolescents

A second chance in the second decade

Adolescence is a period that involves specific psychosocial and developmental needs and characteristics that should be addressed within the framework of children's and adolescents' rights.

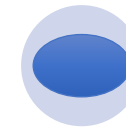
Epidemiology:

Emotional problems (anxiety and/or depression)



50%

Half of all mental health disorders in adulthood start during **adolescence** by age 14.



75%

Three quarter of all people with a mental disorder developed one mental disorder before the age of 25 (**young adulthood**).

Data for adolescents (PREPANDEMIC):

- Recent meta-analysis studies put worldwide prevalence rates for emotional disorders :

9.1%: 6.5% for anxiety disorders and 2.6% for depressive disorders

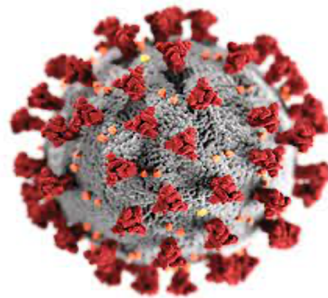


110 million youth

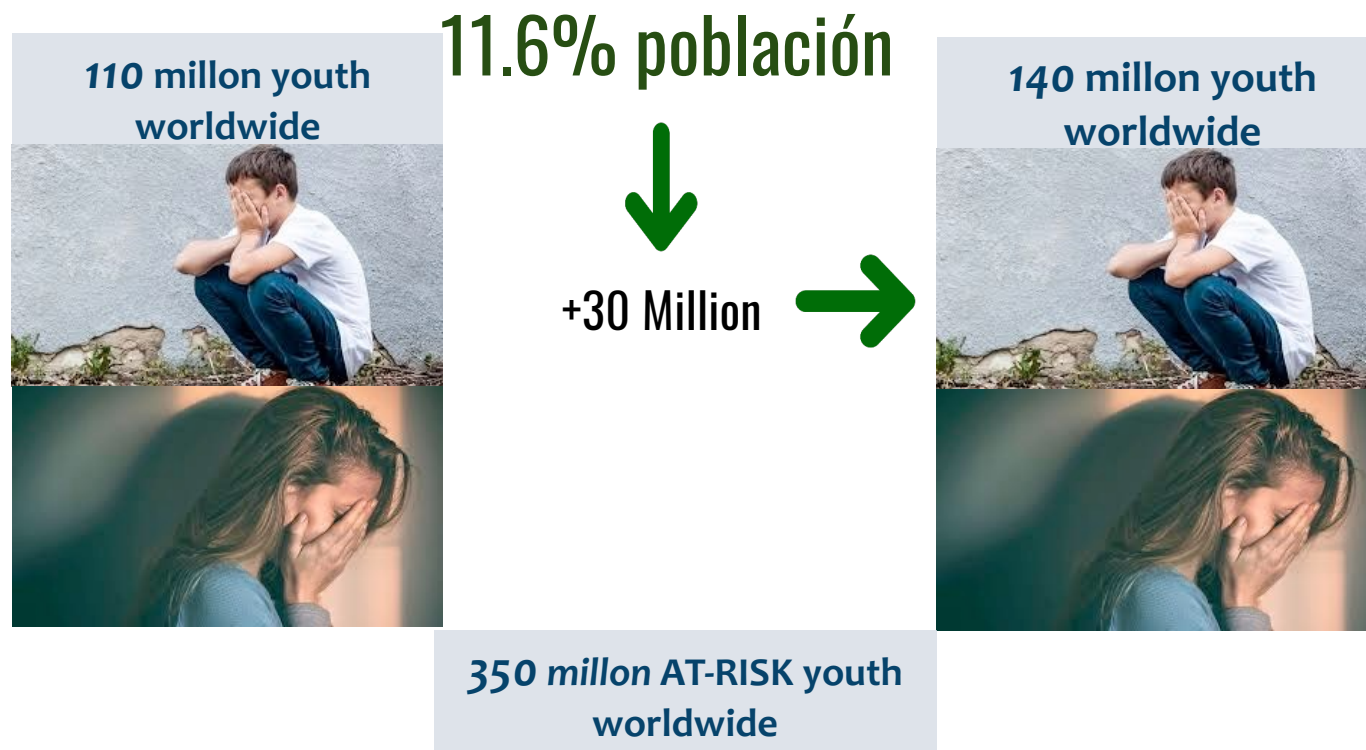
Symptom prevalence increased with advancing age.

The CoVID-19 pandemic has only amplified these risks: an increase in depressive symptoms, negative affect and loneliness among adolescents

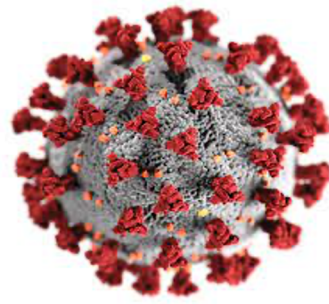
Unprecedented increase in emotional problems among young people



Postpandemic (Lancet paper):
28% increase of additional cases for depression & 26% for anxiety



Data pose a concern and challenge for families, educators, health and youth professionals

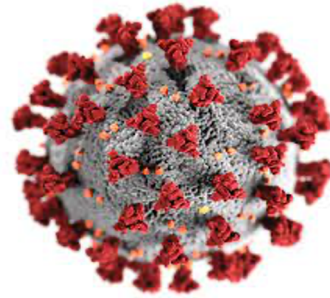


**350 million AT-RISK
youth worldwide**

It is estimated that 350 million adolescents are at-risk of developing emotional disorders worldwide. However, only less than half of those at risk will receive appropriate treatment.

This situation stems from

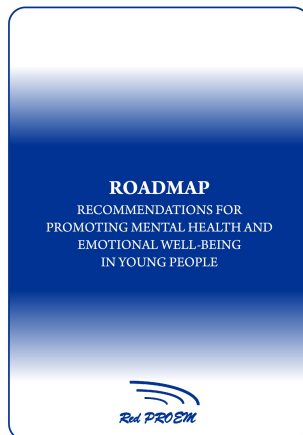
- barriers such as **under-identification of at-risk** individuals,
- limited attention paid to adolescents in global health and social policies



Impact of CoVid-19 on emotional arena

Urgent need to increase the investment on mental health resources. Otherwise, society will be facing a massive increase of mental health problems over the next few months

No community and no individual should be left behind.



NO FUTURE WITHOUT EMOTIONALLY HEALTHY ADOLESCENTS

Close to
800 000
people die by **suicide**
every year



3000 ADOLESCENTS DIE EVERY DAY



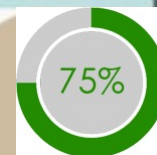
Nearly all these deaths
are preventable.

Every
40
seconds,
someone dies by **suicide**



Top 5 causes of death in adolescents aged 10-19 years

- 1 Road traffic injuries
- 2 Pneumonia*
- 3 Suicide
- 4 Diarrhoeal diseases
- 5 Drowning



males



*Includes other lower respiratory tract infections



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**WORLD
SUICIDE
PREVENTION
DAY** ●●●

10th September



SUICIDE PREVENTION

#LETSTALK

MYTH:
PEOPLE WHO TALK
ABOUT SUICIDE DO NOT
MEAN TO DO IT.

FALSE

FACT: PEOPLE WHO TALK ABOUT SUICIDE
MAY BE REACHING OUT FOR HELP OR
SUPPORT. MANY PEOPLE CONTEMPLATING
SUICIDE ARE EXPERIENCING ANXIETY,
DEPRESSION OR HOPELESSNESS AND MAY
FEEL THAT THERE IS NO OTHER OPTION.



**World Health
Organization**



European youth information
and counselling agency



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**WORLD
SUICIDE
PREVENTION
DAY** ●●●

10th September



SUICIDE PREVENTION

#LETSTALK

MYTH:
MOST SUICIDES HAPPEN
SUDDENLY WITHOUT
WARNING.



FACT: THE MAJORITY OF SUICIDES HAVE
BEEN PRECEDED BY WARNING SIGNS.
IT IS IMPORTANT TO BE AWARE OF WHAT
THE WARNING SIGNS ARE AND TO LOOK
OUT FOR THEM.



World Health
Organization



European youth information
and counselling agency



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What are the warning signs that someone might be considering suicide?

About 80 per cent of people who attempt or complete suicide send out warning signs to those around them, although they may not make a direct plea for help. Some warning signs may include:

- » Talking or joking about suicide or dying;
- » Making preparations for death such as giving away significant possessions, making a will, writing a suicide note, clearing up loose ends;
- » A previous suicide attempt; the suicide of someone important;
- » Being persistently depressed or down for more than a couple of weeks; protracted anxiety or agitation; extreme mood swings/bipolarity; outbursts of rage, grief, violence;
- » Isolation, withdrawal from previously enjoyed relationships and activities;
- » Lethargy, lack of interest, low energy, insomnia or over-sleeping;
- » Increased use of alcohol or drugs;
- » Uncharacteristic high risk activity, impulsive behaviours
- » Expressions of hopelessness, helplessness, purposelessness
- » Low self-esteem, low self-worth, self-contempt, anger toward self;
- » Significant loss(es), such as important relationship, health, identity, economic security, freedom.

EMOTIONAL SYMPTOMS



Individuals and groups in **vulnerable** situations are those whose characteristics place them at a disadvantage given their age, sex, civil status, educational level, ethnic background, physical and/or mental condition or situation, and need for extra outside help to enable them to develop and enjoy coexistence.

- This group can include persons with disabilities, women, children, ethnic minorities, people with mental illness, people living with the human immunodeficiency virus (HIV) and/or have developed AIDS, migrant workers, refugees, individuals with sexual diversity and/or a different gender identity, persons imprisoned for committing a crime, among other minorities.
- Vulnerable and social minority groups have a greater risk of suffering from mental health problems or disorders given their disadvantaged situation as opposed to other predominant groups or the social majority (**'minority stress'**).
- Suicide rates are also high amongst vulnerable groups who experience discrimination, such as refugees and migrants; indigenous peoples; lesbian, gay, bisexual, transgender, intersex (LGBTI+) persons.



A new review and meta-analysis published in the British Journal of Psychiatry (Miranda-Mendizabal et al 2017) has updated this work by describing the risk of suicide attempt and suicide in LGB youth, while also seeking to identify specific risk factors for suicidality in this defined group.

Prevalence

- Prevalence rates of suicide attempts ranged from:
 - 6% to 70% in LGB youth
 - 1.5% to 3.5% in heterosexual youth
- There was an increased risk of suicide attempts in gay and bisexual men compared to heterosexual men (OR=2.21, 95% CI 1.21 to 4.04)
- Lesbian or bisexual women were also at higher risk but this was not statistically significant, possibly due to the smaller numbers (OR=1.97, 95% CI 0.90 to 4.30)



Risk factors for suicide attempt

- Only 4 studies investigated risk factors for suicide attempt, identifying the following six:
 - Being open with families about sexual orientation
 - Being called a 'sissy' or 'tomboy' by parents
 - Parental psychological abuse
 - Family history of depression and suicidality
 - Childhood gender atypicality
 - Past suicide attempt

Identified needs associated with adolescents' emotional health and well-being

ROADMAP

RECOMMENDATIONS FOR
PROMOTING MENTAL HEALTH AND
EMOTIONAL WELL-BEING
IN YOUNG PEOPLE



redproem.es

Poor adolescent literacy

Delay in the identification of mental health problems in schools and inadequate measures

Lack of resources and coordination among different stakeholders

Excessive medicalization and the associated costs

Lack of emotional health and well-being policies with an insufficient budget

Lack of awareness towards certain vulnerable and minority groups

Increasing unhealthy habits among youth and abusive use of new communication technologies



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Doc. 14829

15 February 2019

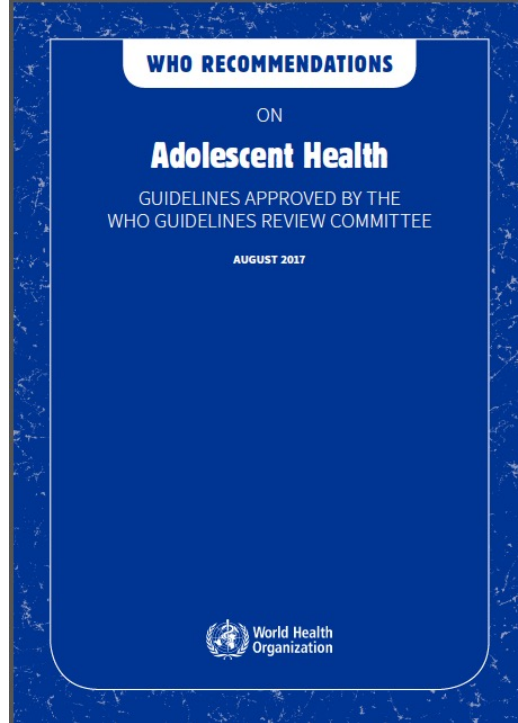
Addressing the health needs of adolescents in Europe

Report¹

Committee on Social Affairs, Health and Sustainable Development

3.2. Addressing issues related to mental health

19. A Council of Europe/United Kingdom Parliament seminar held in 2017 highlighted the links between mental health and justice. The seminar brought together young people, parliamentarians, NGOs, academics, lawyers and police officers. The recommendations included the following: improving public awareness; reducing stigma through campaigns; increasing funding for professional and non-professional help for young people; improving access to school nurses and psychologists; developing interdisciplinary services; ensuring that teachers are trained to recognise signs of mental strain; and ensuring that young people are listened to and their concerns taken into account, including when developing laws and policies. At the Council of Europe level, the Committee for the Prevention of Torture and Inhuman or Degrading Treatment or Punishment (CPT) should be encouraged to take more interest in centres for mental health for children. Concerns were expressed in relation to the number of young people with mental health problems who enter the justice system, the effect of the justice system on health and the disproportionate number of young black men in the justice system. Positive examples included: Austria (a high level of training for the judiciary), France (a family court system based on multi-agency co-operation), Iceland (a Children's House model – a “one-stop shop” support system), and Nordic States (increasing use of child-friendly interview techniques, including video links and written statements). A young participant stated: “Young people are experts by experience and their stories should be heard.”³⁷ Another seminar for young people held recently in London has expressed the need for the youth justice system to be rehabilitative rather than punitive, with a particular emphasis on mental well-being.³⁸ The Spanish interdisciplinary network for the promotion of mental health and emotional well-being in the young (PROEM) gives a comprehensive argument for the prioritisation of mental health and effective interventions).³⁹



9. PREVENTION OF MENTAL HEALTH PROBLEMS AND PROMOTION OF MENTAL HEALTH

(adolescent-relevant recommendations)

Behaviour change techniques for promoting mental health

- Non-specialized health care facilities should encourage and collaborate with school-based life skills education, if feasible, to promote mental health in children and adolescents. (*CONDITIONAL recommendation, low quality of evidence*). [Source](#)

School-based interventions for reducing deaths from suicide and suicide attempts among young people

- The implementation of suicide prevention programmes in school settings that include mental health awareness training and skills training can be offered to reduce suicide attempts and suicide deaths among adolescent students. (*CONDITIONAL recommendation, low quality of evidence*). [Source](#)

WHO RECOMMENDATIONS ON ADOLESCENT HEALTH

18. MENTAL DISORDERS

(adolescent-relevant recommendations)

Psychosocial interventions, treatment of emotional disorders

- Psychological interventions, such as cognitive behavioural therapy (CBT), interpersonal psychotherapy (IPT) for children and adolescents with emotional disorders, and caregiver skills training focused on their caregivers, may be offered for the treatment of emotional disorders. (*CONDITIONAL recommendation, low quality of evidence*) [Source](#)



**WORLD FEDERATION FOR MENTAL HEALTH
2022 WORLD MENTAL HEALTH GLOBAL AWARENESS CAMPAIGN
WORLD MENTAL HEALTH DAY THEME
MAKE MENTAL HEALTH & WELL-BEING FOR ALL A GLOBAL PRIORITY**

There is increasing evidence that the prevention of mental difficulties is possible by using both general and targeted evidence-based interventions.



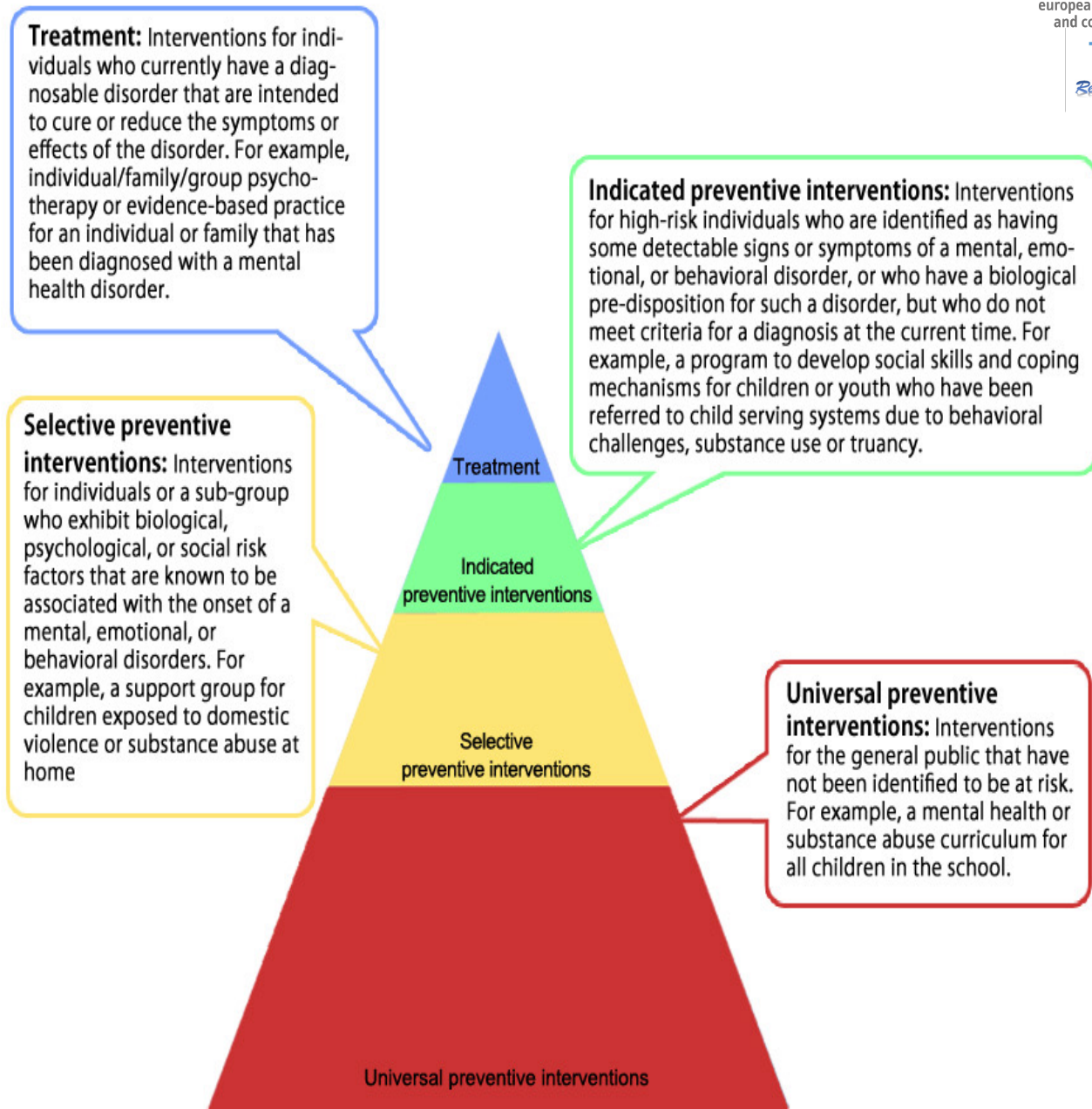
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Prevention levels

- Building life skills in children and adolescents and providing them with psychosocial support in **schools and other community settings** can help promote good mental health.
- Programmes to help strengthen the ties between adolescents and their families are also important. If problems arise, they should be detected and managed by competent and caring workers.



Report of the intergovernmental panel on climate change: implications for the mental health policy of children and adolescents in Europe—a scoping review

Vera Clemens¹  · Eckart von Hirschhausen² · Jörg M. Fegert^{1,3}



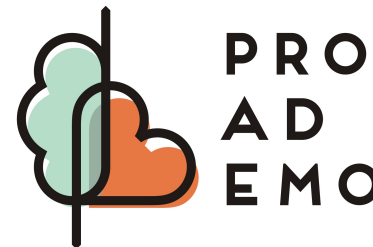
WHY ADDRESSING RISK AND RESILIENCE FACTORS UNDER A SELECTIVE PREVENTION APPROACH?

During this sensitive developmental period, protective and supportive environments are critical to **promote resilience** and healthy development. Physical, emotional and social changes can directly impact adolescent's emotional health and wellbeing.

For instance, climate change and exposure to traumatic events, particularly for vulnerable adolescents.



Tips from Successful actions at a glance





Detection of Adolescents at high-Risk of EMOtional disorderS: Exploring the role of epigenetics and language for indicated mental health prevention



DAREMOS is composed of an interdisciplinary team (**Psychologists, Corpus Linguistics, Big Data, Epigenetics and Anthropology**) to advance in the early detection of adolescents at risk of developing emotional difficulties.

DAREMOS' findings have contributed to equip **education, health and youth work** professionals with tools to **identify emotionally-healthy adolescents, young people at-risk and high-risk**. Those with **emotional disorders** were referred to **specialized services**. Being part of the External Advisory Board, young people and stakeholders' points of views have been considered and incorporated into the project at all stages.



Going beyond the tests: Tips for early detection



Much more frequent use of verbs which express **mental processes** by female adolescents characterises the oral production by girls who suffer from emotional disorders from those who are at high risk of developing them.



Going beyond the tests: Tips for early detection



Metaphors

- The type and frequency of metaphors employed to refer to depression may help detect female adolescents who are at high risk of developing an emotional disorder and male adolescents who are already suffering them.
- Self-identified female adolescents with an emotional disorder use much more frequently metaphors to refer to happiness than to any other emotion.

'Me trae por la calle de la amargura'
(27_008_11)

'No me salen palabras que puedan definir la depresión' (27_001_19)

Going beyond the tests: Tips for early detection



The results obtained thanks to the analysis of the language in the DAREMOS corpus offer health providers and the educative sector an interdisciplinary perspective that may complement traditional psychology assessment measures in the early detection of adolescents at risk of suffering emotional disorders.

Going beyond the tests: Tips for early detection



Epigenetics revealed hypomethylation of two specific sites of the BDNF gene increases by 40 times the risk of developing emotional problems in young men at high risk compared to emotionally health adolescents.

U to a nine-fold higher risk of developing anxiety and/or depression has been observed among young men at high risk (indicated prevention) compared to young men with risk factors (selective prevention).

The results of the DAREMOS show that the presence of low methylation at both sites for BDNF gene increases test specificity to almost 90%.



DAREMOS

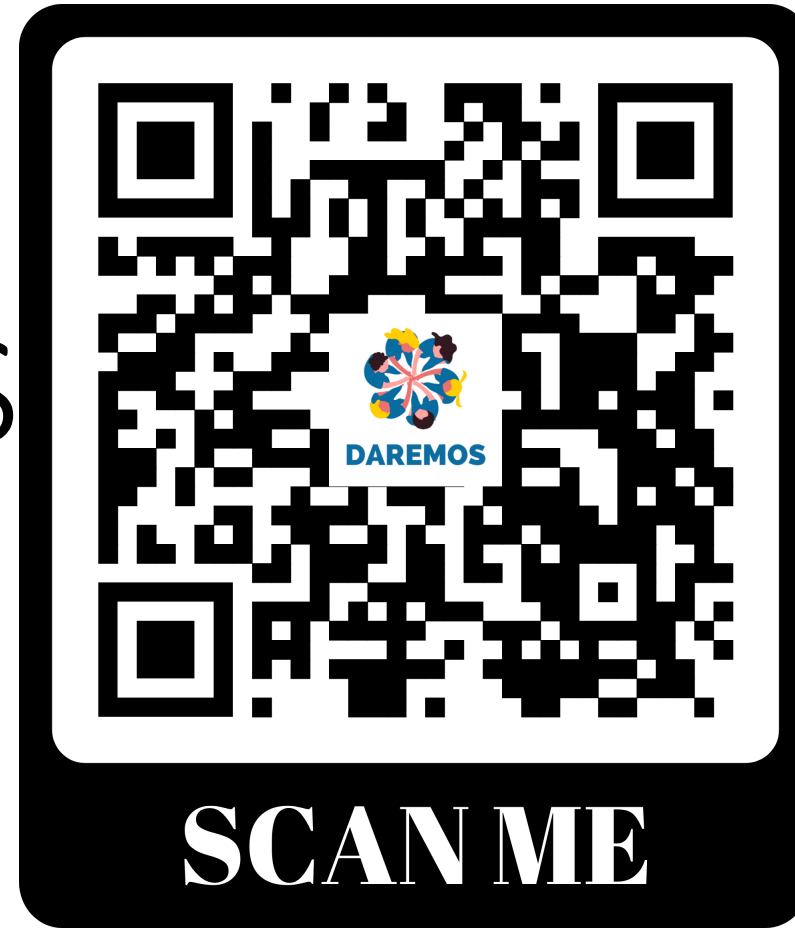


SCAN ME

EPIGENETICS



DAREMOS

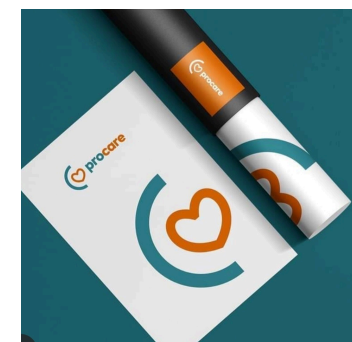


SCAN ME

CORPUS LINGUISTICS

VIDEOS





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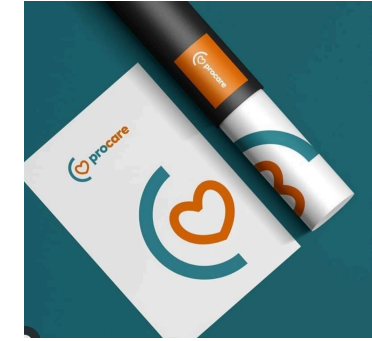
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injuve



Selective PRevention through transdiagnOstiC intervention for Adolescents at Risk of Emotional disorders



Helping out adolescents **at risk of emotional disorders through a selective**, preventive intervention based on **resilience building** for the young is one of the cornerstones in PROCARE

The PROCARE protocol aims to **reduce the effect of risk factors and enhances protective factors** that lead to lasting positive effects for adolescents (12-month follow-up).

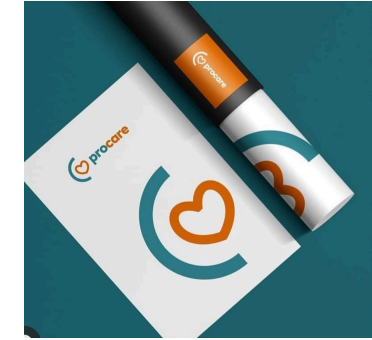
PROCARE has been **the first documented RCT to test efficacy of selective intervention** for at-risk adolescents of developing emotional problems, including **booster sessions and add-on modules targeting specific risk factors**.





Selective PRevention through transdiagnOstiC intervention for Adolescents at Risk of Emotional disorders

Helping at-risk adolescents develop resilience



PROCARE engaged with **communities, stakeholders, adolescents and carers at all stages**, following a participative approach, to value their voices and perspectives in decision-making processes.

Young people are more willing to build up their emotional resilience and to employ telepsychology resources, which reduces stigma and increases access to those living in rural areas



DINAMIA2022 Award to

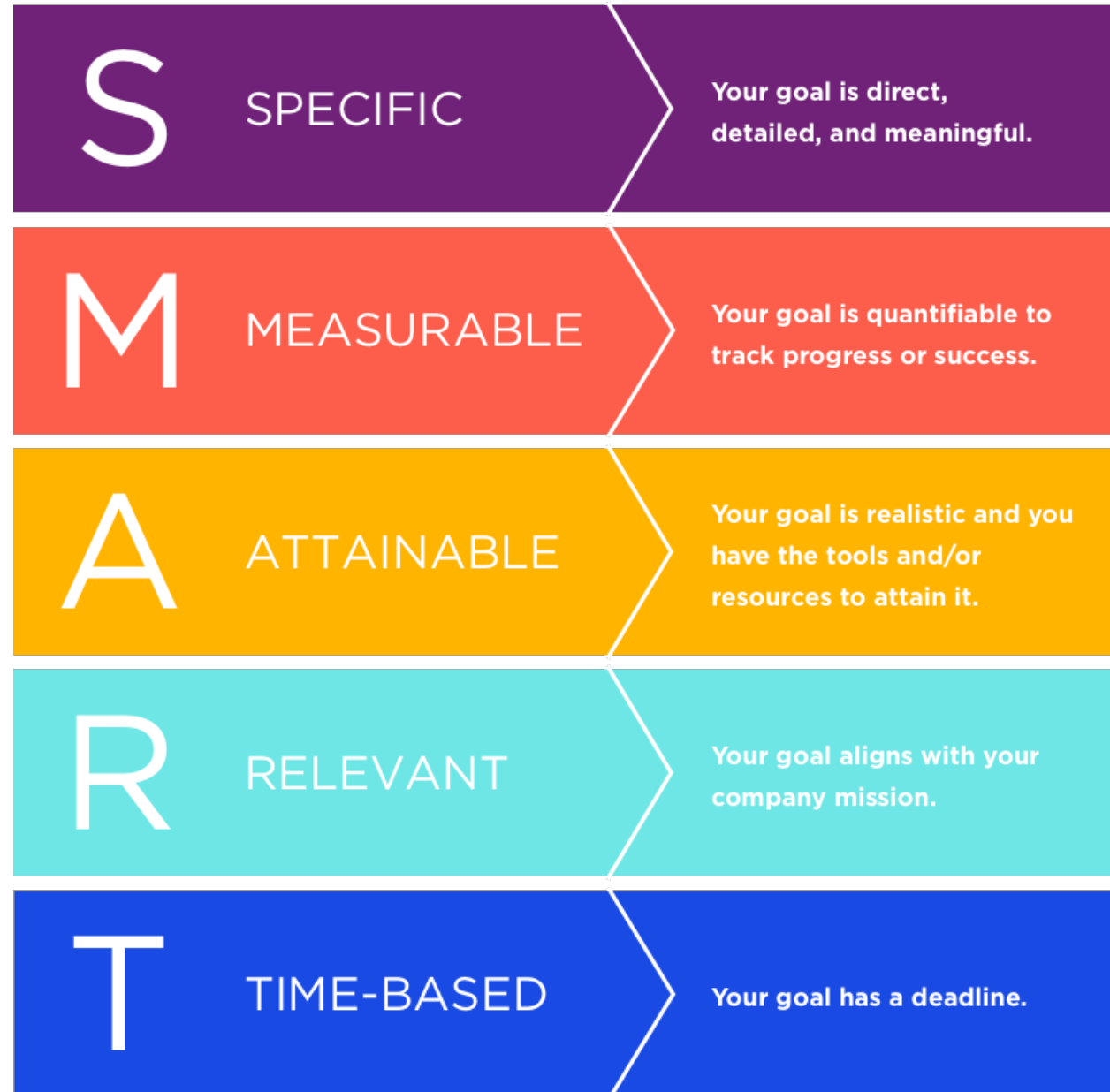
DAREMOS & PROCARE initiatives

by the Youth Information Workers
Association

Mental health resilience
evidence-based protocols
to emotionally support
at-risk young people



Tips for creating helpful, practical goals



SCAN ME



PROCARE+: SELECTIVE PREVENTION

VIDEOS

SCAN ME



PROCARE-I: INDICATED PREVENTION



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Level UP

Setting the ground for a multi-level approach on developing soft skills in Higher Education

Partners



IO1

The goal of this report is to provide an evidence synthesis to better understand (1) how important soft skills are for graduates, (2) which soft skills are most essential, (3) whether and how these soft skills can and should be taught in HE. To this end, we have integrated findings of a systematic review, focus groups and a survey.

DOWNLOAD

IO2

A guide and relevant resources to the basics of transversal skills, covering both the theoretical background and practical skills.

DOWNLOAD

First-hand help



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LIFE SKILLS 101

INTELLECTUAL OUTPUT

IO2: LIFE SKILLS 101. COURSE
GUIDEBOOK

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DIGITAL tools to Transfer resources for the advancement of social anxiety disorder and emotional problems in AdolescentS

DIGITAS aims to enhance the emotional health literacy of target groups working with adolescents (i.e., health, educative and youth workers) and society in general. DIGITAS develops materials and resources to address the stigma traditionally associated with emotional problems.

Proyecto *PDC2021-121882-100* financiado por MCIN/AEI /10.13039/501100011033 y por la Unión Europea Next GenerationEU/ PRTR

Proyecto *PDC2021-121882-100* financiado por:



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DIGITAL tools to Transfer resources for the Advancement of Social anxiety disorder and emotional problems in adolescents

DIGITAS offers a **digital tool** with key resources that may become a reference for young people, family members, professionals and society in general. DIGITAS generates documents and resources that can be included in social policies to improve young people's emotional health and well-being.

A podcast series, in which adolescents have participated, have been already launched. This series has enabled them to voice their concerns about the importance of emotional health and well-being.

Proyecto *PDC2021-121882-100* financiado por MCIN/AEI /10.13039/501100011033 y por la Unión Europea Next GenerationEU/ PRTR

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Filtrar



Episodio en **MIEDO A DIARIO (Ficción Sonora)**

T2 MaD - Ep.05, CONSUMO QUE CONSUME. Adolescentes, alcohol y otras drogas.

A lo largo de la historia de los últimos 40 años encontramos múltiples...

02:20:41 Mente y psicología

35 | 6 | 5 meses

Reproducir



Episodio en **MIEDO A DIARIO (Ficción Sonora)**

T2 MaD - Ep.04, RED FLAG - RELACIONES TÓXICAS entre adolescentes

Apartamos nuevamente la palabra trastornos de los micros pero seguimos tratando algunos retos...

02:25:46 Mente y psicología

29 | 5 | 6 meses

Reproducir



Episodio en **MIEDO A DIARIO (Ficción Sonora)**

T2 MaD - Ep.03, "Cariño HE GRITADO a los niños. Vivir deprisa sin escuchar a nuestros hijos

Como diría Mary Poppins "Con un poco de azúcar esa píldora que os dan...

02:19:50 Mente y psicología

18 | 4 | 6 meses

Reproducir



Episodio en **MIEDO A DIARIO (Ficción Sonora)**

T2 MaD - Ep.02, SUICIDIO, Alarma en Adolescentes

En este segundo episodio de la Temporada 2, atendemos uno de los temas que más reclamo y...

02:05:53 Mente y psicología

25 | 2 | 7 meses

Reproducir



Episodio en **MIEDO A DIARIO (Ficción Sonora)**

T2 MaD - Ep.01, Regresa Miedo a Diario. Más sobre el TAS en jóvenes (Trastorno de Ansiedad Social)

Tras la gran acogida y repercusión de los 6 primeros episodios de Miedo a Diario en...

02:29:43 Mente y psicología

25 | 7 | 7 meses

Reproducir



QUITAR PUBLICIDAD



PRO
AD
EMO

PROmoting ADOlescents EMOtional health and wellbeing in the educative, health sector and society.



4. OBJECTIVES



In order to learn lessons from PROCARE and provide recommendations to put adolescents and their needs at the center of future **policy responses**, PROADEMO will address the specific objectives:

- **Design and develop a complete digital training package, aimed at school personnel, youth and healthcare workers**, so they can improve skills and knowledge in order to set and deliver mental health services to adolescents at risk of developing emotional problems (e.g., mitigate long-term emotional impact of pandemic aftermath, as well as be prepared for future potential crises under a selective preventive approach).
- Develop a practical **Emotional-Provider Toolkit** to make sure that emergency responders, counselors, mental health providers have access to high quality mental health resources to change the paradigm of boosting mental health in adolescents at European level by enhancing their resilience to a fast-evolving society and to the effect of any future crisis by means of an evidence-based prevention intervention.
- Develop a practical **Emotional-Youth Aid Toolkit**, especially focused on adolescents and produced in **partnership with them**, in order to provide them with information and strategies to promote resilience and protect their emotional health and well-being, as well as to increase emotional literacy, reduce stigma to ask for help.
- **Disseminate** information about the activities implemented and results obtained.



PDC2022-133401-I00/AEI/10.13039/501100011033





PROADEMO PROMoting Adolescents EMotional health and wellbeing in the educative, health sector and society.

The European Union's Plan for Children's Rights published in March 2021 include children's participation among the top 6 aims. To meet those standards, following PROCARE's findings, PROADEMO has prepared a complete methodology to **promote adolescent's participation, write documents in child-friendly language and consult with adolescents when developing guidelines for national and EU policies and all the outputs. PROADEMO will engage with communities, stakeholders, adolescents and carers following a participative approach to bring their voices and perspectives to decision-making processes** and identify non-intended consequences as PROCARE as the breeding seed.

December 2022-November 2024



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PDC2022-133401-I00/AEI/10.13039/501100011033



What lies ahead? 1/3

- Interdisciplinary work & engaged teams
- Ensuring youth-friendly information **for** young people **and** with young people
- Access to understandable and reliable information
- Availability of **evidence-based early detection and prevention intervention** protocols to reach out adolescents at-risk of developing emotional problems, and potentially, prevention of other mental problems and suicide behaviours.

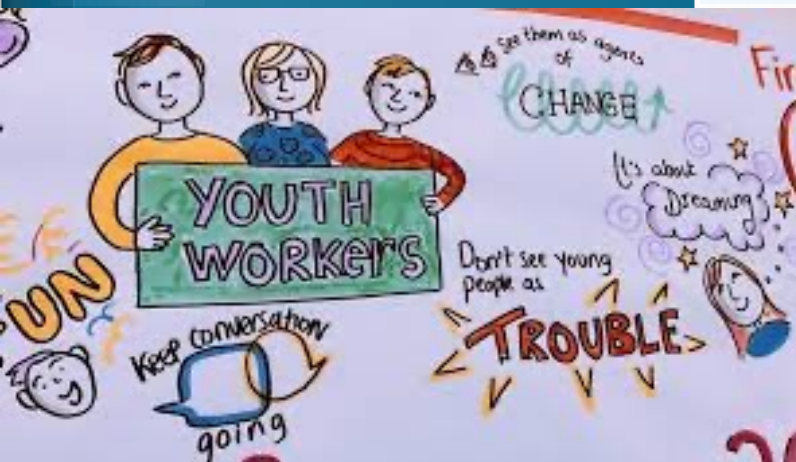


What lies ahead? 2/3



Competence-based capacity building for youth workers is crucial. There is a need to recognize youth workers, trainers and National Agencies to be key stakeholders in the implementation and quality development of the EU youth Programmes at European and national levels, as stated by SALTO network.

With the unprecedented increase of emotional difficulties among young people, it is essential that youth workers are prepared and equipped to respond to youth at-risk of emotional distress.



Recognition of the youth worker profession and the validation of their competence development is beyond debate. However, they could benefit from acquiring additional skills by developing modular courses to early detect and address emotional difficulties, particularly in vulnerable individuals.

What lies ahead? 3/3

- Recognition of **detached youth work**: emotionally supporting at-risk young people when facing adverse situations within their community
- Develop a recognized training course for youth workers, connected to possible credentials and/or accreditation paths, according to Goal 5, European Training Strategy.



Goal 5: Recognised modular courses for youth workers working at the European and international level



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PROMOTING EMOTIONAL HEALTH AND WELLBEING IN YOUNG PEOPLE: NEEDS & ACTIONS





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