

AdoCare Conference

Toward better mental health care
for adolescents in europe

WORKING MAGIC WITH YOUNG PEOPLE IN TURBULENT TIMES

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founder of TEJO, Therapists for youngsters



Ruben 14 years old

- bullied
- isolation
- suicidal thoughts
- lack of resilience
- lack of social skills
- insecure self-image
- relational problems



30-09-2014

scientific institute of public health (WIV-ISP)
national health survey

“Belgen hebben steeds meer psychische problemen” (De Morgen)

“Meer Belgen hebben psychische en emotionele problemen” (De Standaard)

In 2013 the prevalence of emotional problems is also increased greatly in youngsters between the ages of 15 and 24



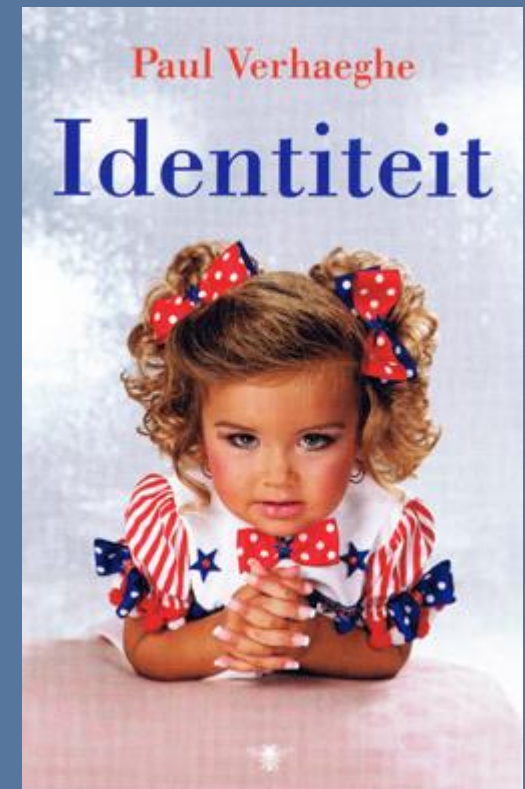
Are our times more turbulent than other times?

- high-stress, fast evolving society with its increasing high levels of expectation
- general malaise in political, economic, social and human affairs
- lack of values and norms
- alienation
- rise of individualism
- growth of superficiality



Paul Verhaeghe

- neo-liberalism
- meritocracy





Therapeutic needs

- professional help
- approachable
- immediate
- free of charge
- strengthening

TEJO

- Therapists for youngsters
- 2010, center of Antwerp
- non-profit organisation, youth therapists without frontiers
- voluntary psychologists and hosts
- expansion: TEJO Gent, TEJO Ronse, TEJO Mechelen



Principles

- preventive

- to prevent escalation

- pedagogic place (Prof. Masschelein)

- *it takes a whole village to raise a child*

- approachable

- immediate

- anonymous

- free of charge

- competent volunteers



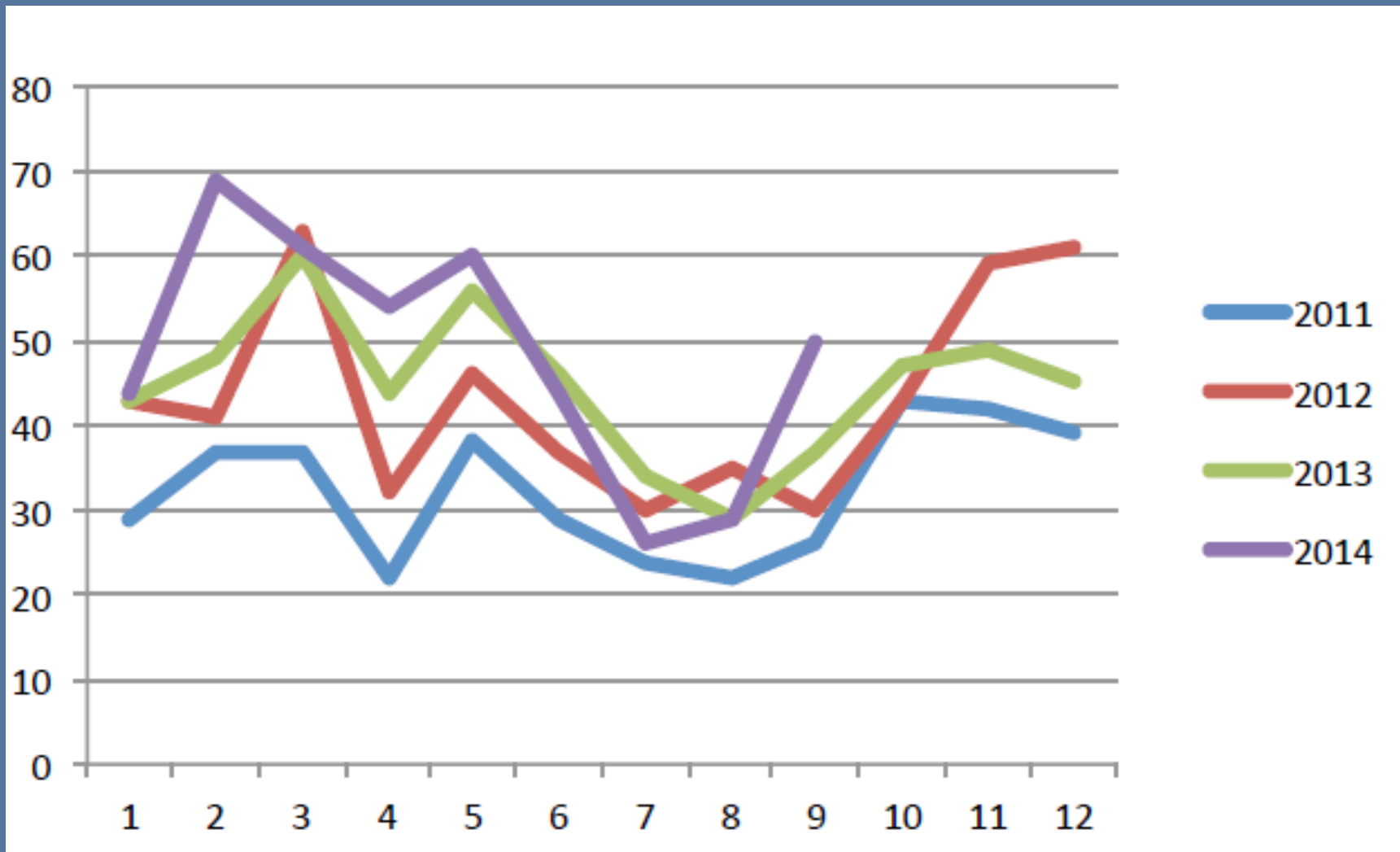
Statistics

intakes: 437 (Jan-Sep 2014)
538 (2013)
520 (2012)
388 (2011)
213 (2010)

therapeutic 1564 (Jan-Sep 2014)
sessions: 1958 (2013)
1795 (2012)
1359 (2011)
738 (2010)

youngsters 586 (Oct. 2014)
723 (2013)
630 (2012)
450 (2011)
213 (2010)

Intakes per month



% in a group; 2 or 3 registered per youngster	boys	girls
Agression management	19	10
Anxiety complaints	10	12
Assertiveness	1	4
Automutilation	2	10
Depressive complaints	20	24
Fear of failure	4	6
Behavioral problems at school	20	5
Negative self-image	19	28
Education problems	11	11
Personal growth and development	22	20
Bullying	1	2
Relational problems	26	38
Mourning	13	11
Stress	13	17
Education	18	13
Suicidal thoughts	8	11
Addiction	4	0
Divorce parents	7	7
Trauma	20	19
Other	25	18

Approach

- solution focused therapy
- frequent appointments
- maximum of ten sessions
- referral if necessary



TEJO book



TEJO documentary



CLEAR

- Children's Legal Education - Adaptive Resources
- Legal Education Manual (children aged 12-18)
- Focus on
 - the right to be young
 - zero tolerance of violence
 - supportive structures and organizations