



INFANT, CHILD AND ADOLESCENT MENTAL HEALTH DAY (ICAMHD)

Prepared by:

International Association for Child and Adolescent Psychiatry and Allied Professions
(IACAPAP)

In collaboration with:

International Society of Adolescent Psychiatry and Psychology (ISAPP)

World Association for Infant Mental Health (WAIMH)

World Psychiatric Association Child and Adolescent Psychiatry Section (WPA-CAP)

ABOUT THE ORGANIZATION

INTERNATIONAL ASSOCIATION FOR CHILD AND ADOLESCENT PSYCHIATRY AND ALLIED PROFESSIONS (IACAPAP)

Who We Are

The International Association for Child and Adolescent Psychiatry and Allied Professions (IACAPAP) mission is to advocate for the promotion of the mental health and development of children and adolescents through policy, practice and research.

Our Mission

The mission of IACAPAP is to promote child and adolescent psychiatry and the mental health and development of children and adolescents through policy, practice, training and research. To achieve its global mission, IACAPAP has a wide range of activities. These include a bi-annual world congress, a freely accessible e-textbook, a massively online open course (MOOC), and two early career development programmes (the Donald J Cohen Fellowship and Helmut Remschmidt Research Seminars). IACAPAP also makes position statements and publishes position papers and monographs to promote child & adolescent psychiatry and mental health around the globe. On social media, it promotes its activities through a quarterly Bulletin, Facebook and Twitter, and its website.

Our Goal

IACAPAP's goals for the following years are to:

- Support organizations devoted to promoting the mental health of children and adolescents.
- Disseminate information and foster training through multidisciplinary study groups, congresses, publications, and other educational initiatives; and
- Strengthen the bonds between the different regions of the world to promote multidisciplinary, multi-professional research and clinical practice in child and adolescent mental health (CAMH).

In addition, IACAPAP will promote international, state and community policies within all sectors of human services to ensure evidence-based, culturally acceptable, affordable, and accessible mental health services are available for all children and adolescents.

INTERNATIONAL SOCIETY OF ADOLESCENT PSYCHIATRY AND PSYCHOLOGY (ISAPP)

Who We Are

International Society for Adolescent Psychiatry and Psychology (ISAPP) is an organization established to work for the mental health of adolescents, and it is comprised of individual members devoted to working with adolescents, either in the field of child psychiatry and psychology or adult psychiatry and psychology.

Our Mission & Goal

The International Society for Adolescent Psychiatry and Psychology's (ISAPP) mission is to increase public and professional awareness about the mental health and development of adolescents all around the world.

1. ISAPP aims to develop a vision about the mental health of adolescents in the international field in collaboration both with individuals devoted to working with adolescents in various countries and also with other national and international organizations on the basis of the evidence provided by the professional literature.
2. ISAPP organizes international global congresses and regional ones to bring together the professionals committed to working in the field of adolescent mental health and disorders and to share knowledge and experience.
3. ISAPP tries to increase the collaboration among the professions of child and adult psychiatry, psychology, social work, paediatrics, public health, nursing, education, social sciences, and other related disciplines.

4. ISAPP promotes the formation of small study groups in specific topics regarding adolescent mental health, mental disorders, and their treatment.
5. ISAPP aims to bring forward the specific issues and problems of young people going through adolescence, like identity issues, gender problems, body image, social skills, risk behaviours and psychiatric disorders, which usually begins at this period, like anorexia nervosa.
6. ISAPP aims to work towards developing measures to decrease the risks for adolescent mental health and increase healthy behaviour
7. ISAPP advocates for the rights and mental health of adolescents.

WORLD ASSOCIATION FOR INFANT MENTAL HEALTH (WAIMH)

Who We Are

The World Association for Infant Mental Health (WAIMH) is a not-for-profit organization for scientific and educational professionals.

WAIMH's central aim is to promote the mental wellbeing and healthy development of infants throughout the world, taking into account cultural, regional, and environmental variations and generating and disseminating scientific knowledge.

WAIMH organizes bi-annual world congresses and has an online open-source publication called Perspectives in Infant Mental Health and is developing online resources and training programmes. WAIMH has a position statement on the Rights of Infants. WAIMH is active in LinkedIn, Facebook and Twitter, and welcomes new members via website waimh.org

Our Mission

WAIMH's mission promotes education, research, and study of the effects of mental, emotional and social development during infancy on later normal and psychopathological development through international and interdisciplinary cooperation, publications, affiliate associations, and through regional and biennial congresses devoted to scientific, educational, and clinical work with infants and their caregivers.

WORLD PSYCHIATRIC ASSOCIATION CHILD AND ADOLESCENT PSYCHIATRY SECTION (WPA-CAP)

Who We Are

The World Psychiatric Association Child and Adolescent Psychiatry (WPA-CAP) section supports the overall mission and goals of the WPA in:

- Working with its members and partners around the world to promote child and adolescent mental health and to encourage the highest possible standards of clinical practice and ethical behaviour in child and adolescent psychiatry.
- Contributing to education programs and research, meetings, and publications to increase knowledge about child and adolescent mental disorders and skills in addressing them.
- Disseminating knowledge about evidence-based therapy and values-based practice in child and adolescent psychiatry.
- Being a voice for the dignity and human rights of young patients and their families
- Upholding the rights of the child and adolescent psychiatrists where they may be challenged.

PROPOSAL

The initiation of an Infant, Child and Adolescent Mental Health Day (ICAMHD) to:

1. Recognize the global importance of infant, child and adolescent mental health.
2. Advocate for the promotion of mental health and prevention of mental illness in infants, children and adolescents.

BACKGROUND

Children and adolescents form a third of the world's population. Research has demonstrated that adverse experiences in childhood impact lifelong mental and physical health. Most mental disorders develop in childhood and adolescence (before the age of 25), and one-quarter of disability-adjusted life years for mental and substance use disorders occur in youths. The prevalence of mental disorders continues to rise in the young and is higher than adults. The need to improve understanding of this as well as to create awareness of its importance in families, communities and societies cannot be underestimated.

PURPOSE

We propose to initiate an Infant, Child and Adolescent Mental Health Day (ICAMHD) on 23 April annually to bring global awareness and literacy to this issue and bring the relevant professional agencies committed to this cause together.

OBJECTIVES

- Improve global public awareness about infant, child and adolescent mental health.
- Create literacy and competencies in the promotion of infant, child and adolescent mental health as well as reduce the stigma of mental disorders in these populations.
- Improve diagnosis, treatment, and prevention of infant, child and adolescent mental disorders through international cooperation and understanding.
- Reach out to countries with scarce resources to develop infant, child and adolescent mental health professionals.

ACTIVITIES

The proposed activities to be carried out during Infant, Child and Adolescent Mental Health Day (ICAMHD):

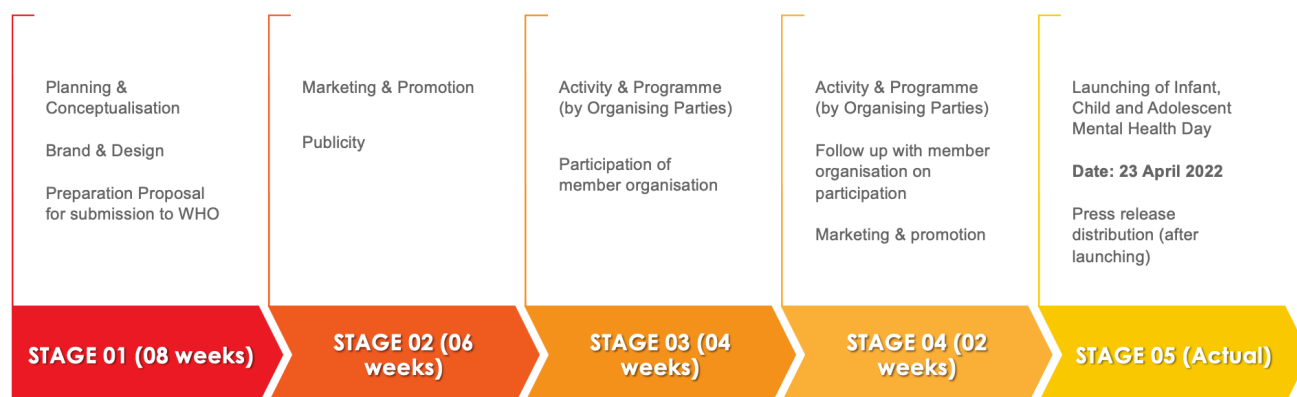
- Local and regional campaigns to create awareness of the importance of infant, child and adolescent mental wellbeing as well as the prevalence of mental disorders.
- Using educational activities to improve this vulnerable population's knowledge, attitudes, and behaviours.
- Encourage local organizations to issue statements about infant, child and adolescent mental health.
- To Invite international representatives (e.g., celebrities) to advocate as an infant, child and adolescent mental health ambassadors to speak on relevant issues.

OUTCOMES

We plan to start with a direct count of events across the globe representing every continent led by the four main organizations. We will count the number of news articles and media stories on the Infant, Child and Adolescent Mental Health Day (ICAMHD) discussion. We will also encourage countries to advocate for establishing the Infant, Child and Adolescent Mental Health Day (ICAMHD).

TIMELINE

PROJECT TIMELINE



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Date

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Date

APPENDIX

REFERENCES ON THE RELEVANCE OF INFANT, CHILD AND ADOLESCENT MENTAL HEALTH DAY (ICAMHD)

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