



President's Message

As was the case last year, I would like to begin our last presidential column of 2024 wishing all IACAPAP friends and their families a very happy and healthy 2025! Again, this was not an easy year with so many youths and families suffering the devastating impact of war and climate catastrophes in different parts of the world. My own state faced the worst climate disaster ever in Brazil in a flooding that left 600,000 people dislodged.

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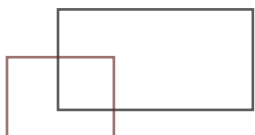
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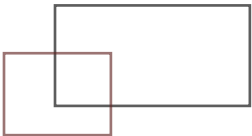
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President's Message

By: Professor Luis Augusto Rohde, Professor, Department of Psychiatry, Federal University of Rio Grande do Sul, Director, ADHD Program, Hospital de Clínicas de Porto Alegre, Brazil.



Luis Augusto Rohde
IACAPAP President

experience in this interesting funding mechanism and secured additional financial support for our association.

I am also happy to announce that our Executive Committee has decided to appoint Professor Bruno Falissard, one of our past presidents, as IACAPAP honorary president based on his track of excellent work done for child and adolescent mental health and for our association. Thus, he will join our stellar gallery of honorary presidents currently composed of Professor Helmut Remschmidt and Professor Myron Belfer.

Additionally, do not forget also to save the date for your next World Congress of the International Association for Child and Adolescent Psychiatry and Allied Professions in Hamburg, Germany on July 1st to 4th, 2026. Next year will be the perfect time for registration and planning your trip. Professor Tobias Banaschewski and the local organising committee have already formed an international scientific advisory committee and they are working with CPO Hanser, our core PCO, on the infrastructure of the congress.

As usual, I would also like to update you on the progress made these last three months in the collaboration between IACAPAP and the [Stavros Niarchos](#)

As was the case last year, I would like to begin our last presidential column of 2024 wishing all IACAPAP friends and their families a very happy and healthy 2025! Again, this was not an easy year with so many youths and families suffering the devastating impact of war and climate catastrophes in different parts of the world. My own state faced the worst climate disaster ever in Brazil in a flooding that left 600,000 people dislodged. Despite this global context, IACAPAP has several achievements to celebrate. Among others, we had a very successful IACAPAP World Congress in Rio where our delegates experienced a wonderful atmosphere and an excellent scientific program. Thanks to Professor Myron Belfer, we launched our first challenge grant that, although did not meet the expected threshold, gave us

[Foundation \(SNF\) Global Center for Child and Adolescent Mental Health at the Child Mind Institute:](#)

- Stavros Niarchos Foundation (SNF) Global Center for Child and Adolescent Mental Health at the Child Mind Institute Clinical Fellowship Program for Low- and Middle-Income Countries (LMICs): The three fellows from Maputo, Mozambique, are approaching the end of the first year of training in Brazil at the Hospital de Clínicas de Porto Alegre. This will be the end of their specialised training abroad. The SNF Global Center, in concert with the clinical mentorship teams from Brazil and Mozambique, will commence the second phase of the program which will take place in Mozambique organised and ready to start in March 2025. Fellows will receive additional training upon returning home and will prepare to work as a multi-disciplinary team working in the public sector. The selection process has been completed for the second cohort of Mozambican fellows from Nampula and they will begin their training in Brazil in February 2025. IACAPAP would like to congratulate our colleagues Anibal Anube, Florentino Escova, and Paulino Feliciano on their successful applications. Dr. Ayesha Mian, representing IACAPAP, and colleagues from the SNF Global Center, led by Mr. Peter Raucci, Program Director of Fellowships, are currently shortlisting the next country from Africa that will send the fellows to the selected host country, South Africa.

- SNF Global Center Item Bank - an Assessment Tool to Support Culturally Appropriate Global Data Collection: The SNF Global Center and IACAPAP continue their collaborative efforts to develop a comprehensive Item Bank - a validated tool for data collection that is designed to assess a wide range of mental health conditions across age groups. The instrument will be culturally and linguistically adapted (initially in 20 languages) for global use and made freely available to the international community. We expect that this will be a great tool for epidemiological research globally and for clinical use worldwide. The development process is structured into four phases: expert review, translatability assessment, psychometric validation, and pretesting with individuals who have lived experiences. The year 2025 will mark the commencement of the psychometric evaluation phase, which will further refine the tool for global application. For more details on the process, you can visit the [SNF Global Center for Child and Adolescent Mental Health](#) webpage on the Child Mind Institute website or reach out to [Dr. Zeina Mneimneh](#), Program Director of Global Landscape Mapping / Epidemiology.

I am also very happy to share with you that the committee formed in the context of the partnership between IACAPAP and the World Federation of ADHD to prepare a new appeal to include methylphenidate in the WHO Essential Medicines List, led by Professors Brooke

Molina and Philip Shaw, completed the work and submitted the petition before the deadline of November 1st, 2024. The WHO will announce the timeframe where interested stakeholders can provide comments on the submission during a public consultation. We are following this issue closely and we will announce on our website when this opportunity would be available. We strongly encourage all our national association members and individual members to enthusiastically support this appeal.

As you might remember, our antepenultimate paragraph is always dedicated to calling your attention to an impactful paper recently published on CAMH in scientific literature. In this column, I would like to highlight a paper published in JAMA Network Open last October: Jaycox LH, Murphy ER, Zehr JL, Pearson JL, Avenevoli S. Social Media and Suicide Risk in Youth. JAMA Netw Open. 2024 Oct 1;7(10):e2441499. doi: 10.1001/jamanetworkopen.2024.41499. Why does this paper matter? There is a huge debate in the traditional media and the scientific community about the risk/benefit ratio of social media for youths. Australia's parliament has just passed a world-first law banning social media for youths younger than 16 years of age. On one side, traditional media celebrates this initiative and New York Best-seller books like "The Anxious Generation" by Jonathan Haidt claiming that social media is the responsible for

an epidemic of mental disorders in youths. On the other, scientific journals like Nature and Science state that there is not much science in these claims (see https://internet.psych.wisc.edu/wp-content/uploads/532-Master/532-UnitPages/Unit-11/Odgers_Nature_2024.pdf and <https://www.science.org/doi/10.1126/science.adr1730>). The paper by investigators of the NIMH published in JAMA Network Open is interesting in providing data on methodological challenges that need to be addressed to guide intervention strategies and future policy relevant to the use of social media for youth and one of the most important outcomes in mental health (i.e., suicide risk).

Finally, regarding the auditable goals proposed in the previous bulletin, they were again partially achieved; the amount received from our [IACAPAP Challenge Grant](#) was significant but did not achieve our established goal (EUR 22K). Regarding the second pair of countries that will be part of the SNF Global Center for Child and Adolescent Mental Health Clinical Fellowship Program for LMICs, we faced some political issues in defining the country who will send the fellows, delaying the process a little bit. However, we continue having South Africa as the hosting country and the preliminary training program for the fellows is being finalised. We are yet to define the host country and the one which will send fellows from

Asia. The psychometric assessment of the SNF Global Center Child and Adolescent Mental Health (CAMH) Item Bank is in quick progress. The new appeal to include methylphenidate in the WHO Essential Medicines List was sent to WHO.

The auditable goals up to the next bulletin will be:

1. Have all the contracts in place between the African hosting country (South Africa) and the one who will send the fellows as part of the SNF Global Center Child and Adolescent

Mental Health Clinical Fellowship Program and a date defined for the launching of this program in the first semester of 2025.

2. Have the hosting country and the one which will send fellows from Asia defined.
3. Have the first of a series of trials/surveys for psychometric assessment of the SNF Global Center Child and Adolescent Mental Health (CAMH) Item Bank in the first quarter of 2025.

I hope you all enjoy reading our Bulletin.

Promoting the Mental Health and Development of Children and Adolescent through Policy, Practice and Research



Note from the IACAPAP Bulletin Editor

By: Dr Hesham Hamoda, Director of Communications and Bulletin Editor - IACAPAP, Boston Children's Hospital, United States.

I am honored to introduce our new deputy editors to our readership. We welcome Dr. Lakshmi Sravanti and Dr. Rajesh Mehta to our team. They bring a wealth of experience and ideas and I look forward to their contributions in taking the Bulletin to new heights. I would also like to thank Dr. Maite Ferrin for her many years of exceptional service as a deputy editor. We will miss her on our team and wish her the best on her future endeavors.

Please join me in welcoming Drs Sravanti and Mehta! Below is a brief biography to get to know them better.

Wishing you all a lovely holiday season and a happy new year!

Hesham Hamoda, MD, MPH
Director of Communications and Bulletin Editor - IACAPAP
Boston Childrens Hospital, United States

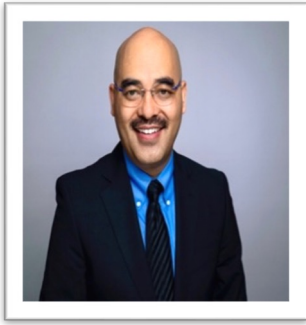
Deputy Bulletin Editor



Dr. Lakshmi Sravanti currently serves as an Assistant Professor in the Department of Child and

Adolescent Psychiatry at the National Institute of Mental Health and Neurosciences (NIMHANS), an Institute of National Importance (INI) in India. She is a Gold Medalist in the postdoctoral DM program in Child & Adolescent Psychiatry from NIMHANS. Dr Sravanti serves as the Deputy Editor of Child and Adolescent Psychiatry and Mental Health (CAPMH), the official journal of IACAPAP, published by Springer Nature. A Helmut Remschmidt Research Seminar Fellow (IACAPAP, 2019), she is a member of the IACAPAP Communications Committee and an active participant in IACAPAP congresses. She has contributed as a resource person in various national programs, including state-level consultations mandated by the Supreme Court of India.

Dr. Sravanti has authored over 50 scientific publications and co-authored the book *Early Years, The Greatest Gains*, which offers practical, evidence-based strategies for parents to engage with newborns and toddlers. The book focuses on key aspects of attachment, neuroscience, stimulation, and parenting. Her areas of interest include epigenetics, infant mental health, trauma and attachment, mood and anxiety disorders, child sexual abuse, parenting, expressive arts therapy, and qualitative research.



Dr. Rajesh K. Mehta, M.D., FAPA is a child and adolescent psychiatrist at the Children’s Hospital of The King’s Daughters in Norfolk, Virginia. He earned his M.B.B.S. from Indira Gandhi Medical College, Shimla, HP, India, completed his psychiatry residency at St. Louis University School of Medicine, and pursued a fellowship in child and adolescent psychiatry at the Institute of Living-Hartford Hospital, Connecticut. Additionally, he completed advanced training in psychodynamic psychotherapy at the St. Louis

Psychoanalytic Institute. He previously served as an Assistant Professor at Case Western Reserve University and as Assistant Program Director for MetroHealth’s Psychiatry Residency Program in Cleveland, Ohio. His educational contributions include developing curricula in child psychiatry, diversity, and psychotherapy. Actively engaged in mentoring and teaching, Dr. Mehta is dedicated to preparing the next generation of psychiatrists. Dr. Mehta is a Fellow of the American Psychiatric Association and holds leadership roles as the Secretary of the Association of Family Psychiatrists and a Corresponding Member of the APA Council on International Psychiatry and Global Mental Health. His academic work focuses on promoting culturally sensitive care, global mental health, and diversity within psychiatry.

SUBMIT AN ARTICLE TO THE IACAPAP BULLETIN!

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2026
HAMBURG
GERMANY

Luis Augusto Rohde
President IACAPAP

Tobias Banaschewski
Conference Chair



IACAPAP

International Association for Child and
Adolescent Psychiatry and Allied Professions



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IACAPAP

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Empowering child and adolescent mental health
by evidence-based approaches*

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Diary of a 'Wimpy' Early Career Group Coordinator

By: Dr Dina Mahmood, | IACAPAP Early Career Group Program Coordinator-Sydney | Child and Adolescent Psychiatrist, Children's Hospital Westmead, Sydney Children's Hospital Network, Australia.

Dear Diary,

Global mental health work often stretches far beyond passion and good intentions. While identifying enablers and barriers in a global context is crucial, the real challenge lies in formulating effective implementation strategies. The [Early Career Group \(ECG\) Program](#), launched by IACAPAP two years ago, serves as a case in point. How do we bridge time zone differences or reach those who hesitate to ask for help?

This journey has been enriched by encounters with dedicated individuals, many working with minimal resources. Some have sought help with proof-reading applications, while others have developed remarkable projects to improve vital outcomes in children's mental health. Yet, it is difficult to shake the feeling of futility when confronted by logistical barriers or the ambivalence some face in simply engaging, especially for those who struggle with mastering access to emails and platforms or others who are very time-poor.

Reflecting on these challenges, I'm reminded of the privileges I enjoyed as a trainee in a well-established program. Weekly individual supervision with experienced child and adolescent



psychiatrists, combined with peer-led discussions, transformed my training experience beyond lectures and journal articles. However, having spent the first half of my life in developing countries where hierarchical structures are entrenched in education and health systems, it took months to appreciate the value of mentorship and group supervision, and even longer to learn how to engage with them fully.

Supporting early career professionals is shown to enhance their growth, but it

requires understanding and proactive support. I vividly recall sitting in an internet café in Jordan, struggling to decipher the instructions on the website for writing my first professional application. I also remember the deafening silence during my first supervision session, wondering, "What should I ask?" or "How do I admit that I don't know where to start?". Inquisitiveness is natural but often neutralised in a rigid learning environment that prioritizes standardized evidence and guidelines that may not fit every context.

Discussions like the one we had at the IACAPAP conference in Rio come to mind. An ECG group member debated the feasibility of inclusive schooling for children with mental health and disability needs in societies that are not yet fully aware or prepared to accommodate those needs. We talked about the missing step in between awareness and action. It became clear that fostering global solutions without understanding the nuances of local contexts isn't enough. You can't simply apply guidelines to every scenario. But perhaps we can develop creative adaptations that work within the limitations of the local environment. This is where mentorship and thoughtful guidance become key.

Understanding barriers is not enough, we need to provide practical tools to help our early career professionals define their needs, build support networks, and develop processes that work within their existing resources. The

power of hope and instrumental thinking cannot be underestimated. One proud moment was when an early career psychiatrist placed in a sickle cell disease clinic exclaimed, "I can train my medical team to screen the children to determine who I should see!" His previous frustration stemmed from feeling that his one-day-a-week placement wasn't sufficient to capture those in need of his services.

Early Career Group program checklist Dec 2024

- ✓ **Feedback for mentorship program 2024- DONE**
- ✓ **Updated ECG website contents -DONE**
- ✓ **ECG membership enrolments-OPEN NOW**
- ✓ **Call for MENTORS cycle 2025-OPEN NOW-closing 20th Dec**
- ✓ **Stage II Challenge Grant- Fundraiser appeal for ECG program and other IACAPAP training fellowships, ONGOING**
- **Call for mentorship program (Mentees) OPENING SOON 1st Jan 2025**
- **IACAPAP E-Textbook study group- PENDING- mid 2025**
-

As part of the IACAPAP ECG Program, we realized that building accessible foundations is essential to improving both confidence and access to our program. One of our main priorities has become to strengthen the ECG website content, providing a clear description of

activities to guide early career professionals through their options. These options have to be adaptable to fit variable needs. A balanced mix of anchored peer-led activities, support with individual initiatives and a structured program for mentorship.

After two years, the ECG Program has achieved significant progress, but much remains to be done. The journey so far has revealed the immense need for a community that supports early career

professionals—not just in global mental health, but in their local training contexts as well. As we look to the future, we see numerous opportunities to further enhance our program, to refine the resources we offer, and to extend our reach even further.

This article represents the view of its author(s) and does not necessarily represent the view of the IACAPAP's bureau or executive committee.



EARLY CAREER GROUP (ECG) PROGRAM

About Us
Aims to boost professional/educational growth and collaboration among young IACAPAP members.

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Over 4,000 Attendees Welcomed in Seattle at AACAP's 2024 Annual Meeting

By: Jill Zeigenfus Brafford, AACAP's Chief of Learning and Strategic Initiatives, United States.

Child and adolescent psychiatrists from over 40 countries gathered in Seattle, Washington, USA for the American Academy of Child And Adolescent Psychiatry (AACAP)'s 2024 Annual Meeting, October 14-19. The meeting featured six days of educational content, incorporating AACAP's presidential theme of "Bringing the Village to the Children" and highlighting ways that child and adolescent psychiatrists can become actively involved in all child-serving systems.

The Local Arrangements Committee, chaired by Drs. Avanti Bergquist and

Shannon Simmons, welcomed 4,023 attendees to Seattle, plus another 1,143 virtual attendees. All 5,000+ attendees experienced some inspiring plenary programs led by AACAP President Dr. Tami Benton, on themes such as caring for tribal communities, climate change, the foster care system, catatonia, leadership, and the juvenile justice system. In addition, many attendees participated in our Institute programming, which was available for eight weeks, on topics such as youth suicide prevention, psychopharmacology, autism, ADHD, treatment of preschoolers, and more.



Figure 1: Karl Menninger, MD, Plenary speaker, Karlos Dillard, with AACAP President Dr. Tami Benton and other AACAP leaders.



Figure 2: AACAP's New Distinguished Fellows, Class of 2024.



Figure 3: Participants in AACAP's second annual fashion show, sponsored by AACAP's Art and Creative Innovation Committee.

AACAP's Program Committee, chaired by Drs. Barbara Coffey and Wanjiku Njoroge, developed a rich program that emphasized attendee interaction and discussion during all programs in addition to highlighting the latest science and clinical practice in the field. Attendees were enriched by our workshops, symposia, new research posters, clinical case conferences, and more, and also enjoyed programming

that brought them into the city by visiting the Seattle Sculpture Garden, Museum of Pop Culture, and Seattle Children's Hospital.

International attendees gathered on October 15 for AACAP's International Reception to connect and recognize AACAP's International Awardees, Elizabeth Allieu, MSc, MBChB, Mitz S. Serofia, MD, and Runa Idil Uslu, MD.



Figure 4: AACAP's International Leadership and Awardees.

AACAP's Global Mental Health and International Relations Committee sponsored a variety of programming throughout the week on topics such as climate change, children and war, intergenerational trauma, disaster preparedness, and career pathways for international medical graduates.

AACAP also welcomed over 1,300 medical students and residents to the meeting, with a variety of programming for those trainees to help them in developing their careers. It was wonderful to see so much enthusiasm from the future of the field.

Throughout the week, attendees learned new ways to help provide the best assessments and treatments for their patients and continued to build the child and adolescent psychiatry community to improve the care given to children and adolescents from around the world.

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The 41st Annual Congress of Child and Adolescent Psychiatry in Chile

By: Christianne Zulic-Agramunt, MD. MSc. Child and Adolescent Psychiatrist. Director of the Child and Adolescent Psychiatry Specialty at the University of La Frontera. President of the SOPNIA Congress, 2024.

The 41st Annual Congress of Child and Adolescent Psychiatry was held in Chile, Pucón, from October 23-25, 2024, under the expert guidance of the organizing committee consisting of Dr. Sandra Venegas, who led the psychiatry committee, Dr. Joanna Borax, who led the neurology committee, Dr. Pablo Gaspar, who led the scientific committee and Dr. Christianne Zulic, who served as the president of the congress. The congress is organized by the Society of Psychiatry and Neurology of Childhood and Adolescence (SOPNIA).

Our theme this year was “Interweaving science with inclusion and

transculturality,” and we were able to create a space where science connected with complexity, human subjectivity and diversity, creating a space where our culture was placed at the center.

We share the event with leading international and national exhibitors, thus completing a spectacular multidisciplinary scientific program. The congress had 853 registrants and was held in a completely hybrid format, extending beyond Chilean borders, with participants from the United States, Argentina, Spain, El Salvador, Australia, Colombia, Ecuador, Italy, Mexico, Peru and Venezuela.



Figure 1: Opening Ceremony on “Transculturality and Development in Children and Adolescents”.



Although most of the attendees were medical specialists, there were also participants from other disciplines, including psychology, speech therapy, occupational therapy, social work, among others, which encouraged wide-ranging and multidisciplinary discussions.

This experience began with the pre-congress, which involved 9 blocks of different topics, highlighting among them the day on Emotional Regulation in the Classroom, where different professionals from local and public schools participated and the day on Family and Gender Diversity, led by the internationally recognized psychologist Jean Malpas and Cristian Spuler, Phd, in which community members participated, both spaces being enriched by the professional and personal experiences that were shared.

The opening ceremony was led by academic and Machi, Jorge Quilaqueo, who combined the academic with the transcultural, teaching us everything about the Mapuche worldview, an indigenous Chilean people, characteristic of La Araucanía, the region where the congress was held. This was followed by Ana María Alarcón, Phd that taught us about the normal development of a child of Mapuche ethnicity, culminating with the academic Dr. Marie Rose Moro, winner of the Peace Nobel Prize, who spoke about "The value of cultural and social diversity in all clinics around the world".

The program then included, in addition to the opening ceremony, 2 other plenary sessions and 8 symposia, with 21 international speakers. Highlighting the participation of Dr. Ann Yeh and Dr. Andrew Thomson, in the plenary session



Figure 2: Neurology Organizing Committee.

on neuroimmunology and psychiatric manifestations and Dr. Ricardo García, national Olea Award winner, Dr. Eric Fombonne, renowned child and adolescent psychiatrist, specialist in autism and epidemiology and Psychologist Vladimir Yañez, Director of the Araucanía Sur Health Service, in the closing plenary session, where clinical topics and public policies were addressed, in relation to

neurodivergence in children and adolescents.

Another experience worth highlighting has been the Southern Cone, a space where quality research in child and adolescent neurology carried out in South America was shared, with experiences being shared between Brazil, Argentina, Uruguay and Chile.



Figure 3: Emotional Regulation in the Classroom Symposium. Local Community participation



Figure 4: Symposium on Gender Diversity and Family, with community participation.



Figure 5: Psychiatry Organizing Committee.

I would also like to present the great work carried out by our scientific committee, which resulted in 41 clinical cases and 72 research projects, with the first place going to the research in psychiatry called "Cultural humility in adult and child and adolescent psychiatry residents: a binational and mixed study" by Núñez et al. and in neurology the project entitled "Relationship between childhood adverse events and neuropsychiatric morbidity in a population of young mothers in extreme poverty - Soy más Foundation, La Pintana, 2023". by Carrasco et al. Both tremendously consistent with the motto of our congress.

At the closing dinner, a tribute was paid to our beloved Dr. Mario Sepúlveda, a renowned child and adolescent psychiatrist in our country, winner of the Olea Prize, who was one of the pioneers of this discipline in Chile, making history as a mentor to many current specialists. In the final speech, emphasis was placed on the importance of collaborative work and thanks were given for "weaving" this experience together and with a dinner, accompanied by a renowned Mapuche singer-songwriter, named Paloma Nahuelhuen. This enriching academic experience, full of camaraderie, was closed in a circular, consistent and congruent way.



Figure 6: Closing plenary session about neurodiversity.





Figure 7: Camaraderie Walk, "Getting to know Chile", with international guests.

We would like to thank all the attendees, collaborators, especially to the entire team at Boston Children's Hospital/Harvard Medical School, who have supported us consecutively over the past few years and the sponsors and patrons, too. In particular, I wish to recognize the "League Against Epilepsy" and IACAPAP, which have been

fundamental pillars for the Society of Psychiatry and Neurology of Childhood and Adolescence (SOPNIA) throughout its history.

This article represents the view of its author(s) and does not necessarily represent the view of the IACAPAP's bureau or executive committee.

Unplugged Pakistan 2024: *Ab Chup Nahin "No longer silent"*

By: Huda Faisal and Dr Ayesha Mian Synapse - *Pakistan Neuroscience Institute.*



Figure 1: The student musicians opened the performance with a powerful rendition of *Hum Dekhenge*

Unplugged: *Ab Chup Nahin* is more than just an annual concert series—it is a vision brought to life by three 16-year-old founders of the Youth Circle of Synapse (YCS), determined to break the silence surrounding mental health conversations in Pakistan. Their mission was to empower young people with a voice - a platform to sing, speak, and advocate for mental health through the transformative power of music.


Building on last year's success, this year's event was held at the IBA City Campus and brought together an audience of over 400 people. The stage featured 8 talented musicians from partner schools across Karachi, creating an inclusive atmosphere of shared experiences.

Designed to resonate with people of all ages, the performances spanned decades of music from the 1960s to the 2010s, blending nostalgia and joy with a strong message of advocacy. Through inspiring speeches and the *Ab Chup Nahin "no longer silent"* campaign, the concert became more than entertainment—it became a call to action for youth mental health. By reaching over 100k+ individuals through various media platforms, the event succeeded in its mission of extending the conversation of youth mental health. At its core, Unplugged used music as a universal language to connect people, inspire dialogue, and spark meaningful conversations about mental health.

400+ 
Attendees'

5+ 
Major media outlets engaged

100k+ 

10+ 

People reached through media



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Event Background

About the Youth Circle of Synapse

The Youth Circle of Synapse (YCS) was established in 2021 with the goal of providing a safe space for the youth of Pakistan to discuss their mental health challenges and promote awareness. It is the youth-led arm of Synapse - Pakistan Neuroscience institute which is a renowned mental health organization in Pakistan.

Synapse's foundational commitment is to drive the mental health dialogue forward in order to transform how mental wellness is perceived and approached.

Why Mental Health

With 64% of Pakistan's population under the age of 30 and 75% of mental health conditions emerging before the age of 24, the time to act on youth mental health is now. Despite the passing of a

National Mental Health Policy and Mental Health Ordinance in 2001, inconsistent implementation has left massive gaps in service delivery and policy enforcement. Meanwhile, the allocation for mental health—a mere 0.4% of an already insufficient health budget that comprises just 1% of the GDP—speaks volumes about the systemic neglect of this critical issue. This neglect is not just a statistic; it's a crisis.



Figure 2: Standees showcasing the Unplugged and Ab Chup Nahin messages

Ab Chup Nahin!

With this dire situation in mind, Synapse created the campaign *Ab Chup Nahin*, which YCS took forward and spread the message to speak up for mental health. Individuals pledged to do at least one thing for the improvement of their or others' mental health. This campaign aimed to confront the silence and stigma

around mental health head-on, unapologetically calling to prioritize mental health. It's not just about starting conversations; it's about owning them—boldly, openly, and without shame. Mental health is as real as physical health, and silence is no longer an option.

Coupled with this campaign, the mission of Unplugged this year was clear: to shatter the culture of hushed tones and hidden struggles, replacing it with fearless, accepting, and action-driven dialogue. Because staying silent is no longer just harmful - it's destructive.

2024 Highlights

The Key Achievements

The Youth Circle of Synapse (YCS) concert, Unplugged 2024: *Ab Chup Nahin*, held at the IBA City Campus, was a resounding success. It brought together a diverse audience of students from schools, colleges, and universities alongside adults from across Karachi.

This turnout highlighted the growing recognition of youth mental health as an urgent issue that needs to be addressed. The *Ab Chup Nahin* campaign extended energy and impact created by Unplugged. Through this campaign, Synapse moved the needle toward real change. With over 100 pledges, the call to action is set to grow with more people joining in to create a culture of acceptance.

Partnerships with educational institutions like Nixor College, IVS, IBA, Habib University, The Learning Tree, and TCF played a key role in expanding our message and ensuring the cause reached youth across Karachi, encouraging conversations where they mattered most. Alongside that, media coverage by Geo News, Aaj TV, and The Express News took the campaign beyond the event, helping us bring youth mental health into the national conversation. Securing sponsorships from major organizations like Bank Alfalah, HBL, Precision, Hilton Pharma, National Foods, Pakistan Intermodal Ltd.

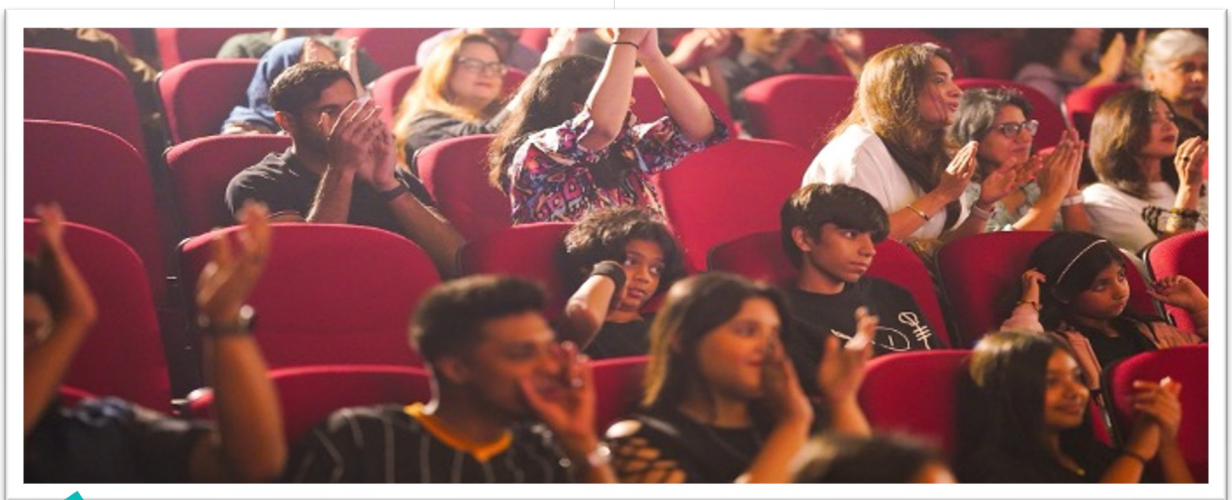


Figure 3: The audience enjoying the performances at Unplugged.

Sana Safinaz, Medora of London and our esteemed individual sponsors further showed that corporate Pakistan is beginning to stand behind mental health advocacy in a way that wasn't seen before.

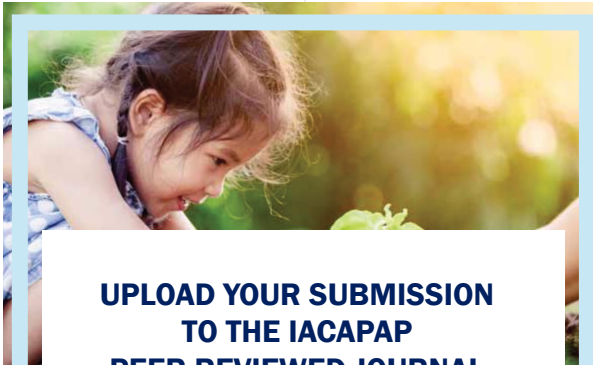
With Unplugged 2024 and *Ab Chup Nahin*, we are working toward normalizing conversations about youth mental health, building momentum, and fostering change - because staying silent is not an option.

Next Steps

Considering the growing interest in Unplugged as an event, we are planning

on expanding its reach by taking it to other cities like Lahore, transforming it into a national platform for youth mental health advocacy. Alongside that, we aim to spearhead a sustained, year-long campaign that continues the conversation around youth mental health by leveraging social media for advocacy efforts and awareness initiatives.

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CALL FOR NOMINATION

IACAPAP

HRRS 2025

DEADLINE: JAN 15TH, 2025

About Helmut Remschmidt Research Seminar (HRRS)

The format is a 5-day residential research training workshop for about 20 young/emerging child and adolescent mental health researchers, organized in the country that will host the next IACAPAP Congress.

Helmut Remschmidt Research Seminar 2025 (HRRS2025)

We are excited to announce that the HRRS2025 is open for nomination now!

The 2025 Helmut Remschmidt Research Seminar (HRRS 2025), which will be held from 7 – 12 September 2025, in the Monastery of Kloster Irsee, In Bavaria, near Munich, is open for nomination. The HRRS2025 will have a particular focus on emerging researchers from the European Region with a theme of “Empowering child and adolescent mental health through evidence-based approaches”.

The 2026 IACAPAP Congress will be held in Hamburg, Germany. For this reason, the HRRS2025 will take place in the same country. Successful HRRS Fellows will be joined by a team of international mentors (Prof Bruno Falissard, Prof Christina Schwenck, Prof Maretha de Jonge, Prof Carmen Schroder, Dr Anna Ordonez and Prof Petrus de Vries).

Universities, Child and Adolescent Mental Health Organisations and Clinical Units are invited to nominate candidates for participation in the HRRS 2025. All details, requirements and deadlines are listed below. Nominations, including all requested support need to be received by **15 January 2025**.

Learn more here: <https://www.iacapap-congress.com/hrrs2025.html> & <https://iacapap.org/programmes/helmut-remschmidt-research-seminars.html>

XXXIV National Meeting of the Portuguese Association of Child and Adolescent Psychiatry

XXXIV Encontro Nacional da Associação Portuguesa de Psiquiatria da Infância e Adolescência

By: Dr Paula Cristina Correia, Presidente da APPIA (Associação Portuguesa de Psiquiatria da Infância e Adolescência), Portugal.

The meeting took place from 23 to 25 October 2024, in the Auditorium of the Sociedade Filarmónica de Azeitão, Azeitão, Setúbal, Portugal. As president of Portuguese Association of Child and Adolescent Psychiatry (APPIA), I extend my thanks to everyone who attended this meeting and I am thrilled for the well-received event covering such an important and urgent topic as childhood and adolescent mental health.

I want to start by thanking the entire team at the Child and Adolescent Psychiatry Service at ULS Arrábida for all their support, commitment, creativity and dedication in the local organization of this event.

This APPIA meeting brought together experts of national and international prestige who opened a broader perspective on understanding children,

Figure 1: The first photo represents Professor Dimitris and Dr Ana Teresa Prata at the National Meeting of the Portuguese Association of Child and Adolescent Psychiatry.



young people and families. Mental health has never been talked about so much, nor has mental health in childhood and adolescence been as visible as it is today.

The conference's central theme was "**Vulnerabilities**", thinking of children as a population particularly vulnerable to mental health risk factors. But within the vulnerable we still have the most vulnerable, such as children in situations of poverty, children who are victims of abuse and neglect, children living in institutions, children with chronic illnesses and we also know that periods of crisis worsen their vulnerability. These

children have multiple and cumulative risk factors and very few protective factors. It was important to address these topics as challenges but also as an opportunity to prevent vulnerabilities and promote protective and resilience factors. The need for early referral of mental health risk situations, promoting literacy and networking in mental health was emphasized.

The opening address, "IMPACT OF CURRENT SOCIETY ON IDENTITY DEVELOPMENT AND ADOLESCENT PSYCHOPATHOLOGY", was given by Professor Dimitris Anagnostopoulos.



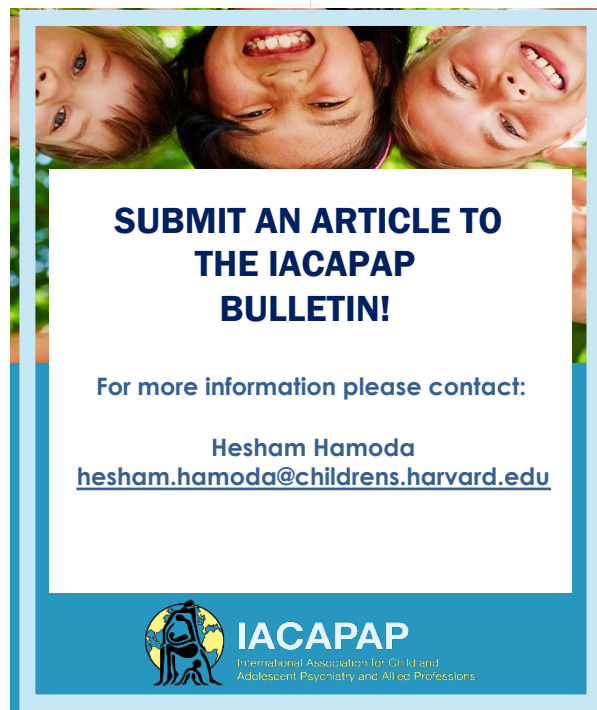
Figure 2: The second photo represent the group that was present at the workshop: "Impact of today's society on the development of adolescent identity and psychopathology - discussion of clinical cases" Dimitris Anagnostopoulos October 23rd, 2024.



We had several functions where vulnerability was addressed like, "VULNERABILITIES AND RESILIENCE AT THE LEVEL OF COMMUNITY MENTAL HEALTH TEAMS", where the book "Guiding principles for the development of ECSM (community mental health team) in childhood and adolescence" was presented. We still highlight the tables "VULNERABILITIES IN DIVORCE", "INSTITUTIONS AND YOUNG PEOPLE WITH BEHAVIOR DISORDERS: CHALLENGES AND APPROACHES", "VULNERABILITIES IN EARLY CHILDHOOD" and "IMPACT OF VIOLENCE".

On the second day of conferences, we addressed, "CRISIS AND VULNERABILITY SITUATIONS IN ADOLESCENCE", where crisis consultation and hospitalization in this age group were discussed. The congress ended with Professor Bruno Falissard's presentation, "IDENTITY AND MENTAL ILLNESS".


This article represents the view of its author(s) and does not necessarily represent the view of the IACAPAP's bureau or executive committee.



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National CAP CME 2024: Reviving the Tradition with Renewed Energy

4th-5th October 2024 – National Institute of Mental Health and Neurosciences (NIMHANS), India

By: Lakshmi Sravanti¹ and John Vijay Sagar Kommu²

¹ Assistant Professor, Department of Child & Adolescent Psychiatry, NIMHANS, India

² Professor & HOD, Department of Child & Adolescent Psychiatry, NIMHANS, India

The much-awaited announcement read:

*"Dear Ma'am/Sir,
Greetings from NIMHANS, Bengaluru!
The Department of Child and Adolescent
Psychiatry, National Institute of Mental
Health and Neurosciences (NIMHANS), is
organizing the National Child and
Adolescent Psychiatry CME (CAP CME)
2024."*

After a four-year hiatus spurred by the pandemic, the CAP CME made a vibrant comeback. Held at the Convention Centre on the sprawling NIMHANS campus, this year's CME centered around the theme *"Internalizing Disorders in Children and Adolescents"*. The two-day, exclusively offline program drew a total of 390 registrations, reflecting widespread interest in this important area of child and adolescent mental health. The program aimed to provide clinical and research updates on often-overlooked internalizing conditions, such as selective mutism, attachment injuries in preschool children, pediatric OCD, and the

interplay of internalizing symptoms like depression and anxiety in ADHD. October was aptly chosen, marking *"Selective Mutism and ADHD Awareness Month"*. To ensure an enriching learning experience, the program brought together leading voices from across the globe including Prof. Daniel Fung, former President of the International Association for Child and Adolescent Psychiatry and Allied Professions (IACAPAP) and Prof. Christina Schwenck, former Secretary General of the IACAPAP. The CME was graced by the presence of our esteemed retired senior professors, including the revered Dr. Shoba Srinath, instrumental in starting the first accredited super-speciality training programme in child and adolescent psychiatry in India and Dr Shekhar Seshadri, current President of the Indian Association for Child and Adolescent Mental Health (IACAM).

The first day featured four engaging workshops, strategically scheduled with two in the forenoon and two in the afternoon. These workshops provided



Figure 1: Pre-CME Workshops



Figure 2: Pre-CME Workshops

participants with practical and innovative approaches to addressing internalizing disorders in children and adolescents. Sessions included an introduction to Parent-Child Interaction Therapy tailored for Selective Mutism (PCIT-SM) by Prof. Christina Schwenck (University of Giessen), offering actionable insights into this therapeutic modality. Another session, led by the Project SAMVAD team (NIMHANS) in collaboration with the organizing team, explored creative methodologies to support recovery from

trauma and loss, utilizing expressive techniques to promote healing. A workshop by the team from the Institute of Mental Health (IMH), Singapore, led by Prof. Daniel Fung, examined the use of a serious comic to facilitate mindfulness, emphasizing the importance of developmentally appropriate interventions. The fourth session, conducted by Prof. Iris Chih-Tsai Chen (Taoyuan Psychiatric Centre, Taiwan), focused on interventions for suicide and self-injury in youth, addressing critical

challenges faced by this vulnerable population.

The day's activities were thoughtfully designed to balance intensive learning with opportunities for interaction and engagement. Complementing the workshops, the postgraduate quiz, QuizWhiz 2024, held in the evening added a spirited competitive edge to the program, sparking enthusiasm among trainees for child and adolescent psychiatry. The ever-enthusiastic and passionate quizmaster, Dr. Madhu Vamsi, kept the participants thoroughly engaged. The evening concluded with a lively reunion dinner, where alumni and current trainees shared memories and strengthened their connections.



Figure 4: Quiz Participants with Quizmaster Dr. Madhu Vamsi and Organizing Chairperson Dr. John Vijay Sagar.

The second day began with the traditional lighting of the lamp, accompanied by a soulful invocation song performed by children under the department's care. Prof. Dr. John Vijay

Sagar, the Head of the Department and the organizing chairperson, delivered the welcome address. The inaugural session was presided over by Sr. Prof. Dr. Pratima Murthy, Director of NIMHANS, who shared insightful and thought-provoking reflections. This session also featured the release of the department's first IEC materials focused on the transdiagnostic themes of school refusal and non-suicidal self-injury (NSSI), reinforcing its commitment to community education. The Registrar, Dr. B.S. Shankaranarayana Rao, the Dean of Behavioral Sciences, Dr. Prabha Chandra, and the Medical Superintendent, Prof. Dr. K. Muralidharan, shared their valuable perspectives, setting the stage for the scientific session that followed. Dr. Lakshmi Sravanti, the organizing secretary, expressed gratitude with the vote of thanks.

Distinguished experts in the field delivered evidence-based talks covering a wide range of topics related to the CME theme. Prof. Dr. Daniel Fung delved into the complexities of anxiety and depression in children with ADHD, providing new insights into these co-occurring conditions. Prof. Dr. Christina Schwenck and Sr. Prof. Dr. Y.C. Janardhan Reddy discussed the latest research and clinical approaches for selective mutism and pediatric OCD, respectively, highlighting their unique aspects and treatment challenges. The discussions further explored the impact of trauma and abuse on internalizing disorders, presented by Prof. Dr. Iris Chih-Tsai Chen, and strategies for



Figure 4: Lighting of the Lamp by Dignitaries and Delegates (L->R: Dr. Pratima Murthy, Dr. Lakshmi Sravanti, Dr. Iris Chen, Dr. Prabha Chandra, Dr. Christina Schwenck, Dr. K Muralidharan, Dr. Daniel Fung).



Figure 5: Release of IEC materials on School Refusal and NSSI (L->R: Mr. Jayasurya, Ms. Trisha, Dr. Latha, Dr. Lakshmi Sravanti, Dr. Prabha Chandra, Dr. Pratima Murthy, Dr. B.S. Shankaranarayana Rao, Dr. K. Muralidharan, Dr. John Vijay Sagar)

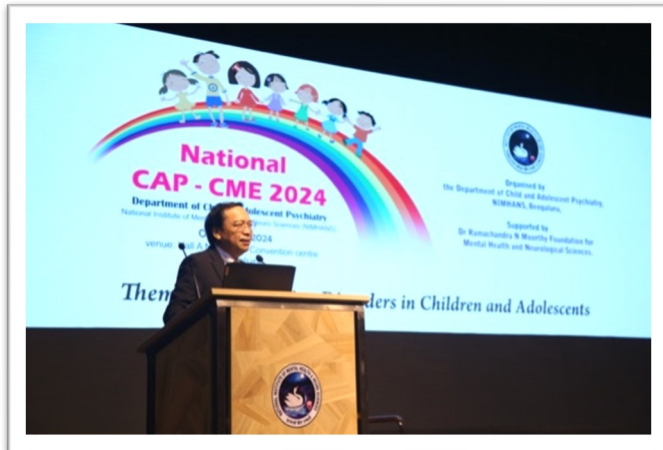


Figure 6 - 9: CME Deliberations



healing attachment disruptions in young children, detailed by Retd. Sr. Prof. Dr. Shekhar Seshadri. Prof. Dr. Thomas Kishore elaborated on transdiagnostic factors in adolescents, introducing a model for intervention to address the multifaceted nature of these disorders. Their contributions offered invaluable perspectives, enriching the scientific depth of the event.

To nurture creativity and scholarship, the program included a poster competition for postgraduate trainees and early-

career researchers. The entries were evaluated by Retd. Sr. Prof. Seshadri, and child psychiatrist Dr. Sowmya Bhaskaran. This initiative provided a platform to showcase innovative research while celebrating and rewarding excellence. The poster presentations in Children covered a broad range of topics on internalizing disorders, from diagnostic challenges and therapeutic approaches to innovative interventions and cultural considerations. These contributions brought fresh perspectives and valuable insights, enriching the event.



Figure 10: Poster Presentations in Action at the CME.

Figure 11: Prof Iris Chih-Tsai Chen at the 'Expressions & Impressions' Gallery.



The enthusiasm of participants was evident in their active engagement across workshops and sessions. Additionally, children under the department's care showcased their artwork and poetry at the 'Expressions & Impressions' gallery, infusing the event with a deeply personal and inspiring touch. The overwhelmingly positive

feedback confirmed the program's success, leaving participants motivated to advance the cause of child and adolescent mental health. The National CAP CME 2024 was more than just a scientific gathering; it was a heartfelt celebration of resilience and a commitment to continued learning.



Figure 12: Organizing Chairperson Dr. John Vijay Sagar with Dr Shoba Srinath and the Organizing Committee.

COMMENTS

"I am impressed by the breadth of topics presented as workshops and lectures and the enthusiasm of the participants to learn. Congratulations to Dr Lakshmi Sravanti for a job well done!" - Prof Daniel Fung, Former President, IACAPAP

"Giving a talk and workshop on Selective Mutism at the CME in Bangalore was a wonderful experience for me. The warm welcome into this great community that

deals with children with mental illness and the exciting exchange with the colleagues from India will remain in my memory." - Prof Christina Schwenck, Former Secretary-General, IACAPAP

This article represents the view of its author(s) and does not necessarily represent the view of the IACAPAP's bureau or executive committee.

Obituary

Dr Takahiko Inagaki 09 June 1975 – 05 November 2024

By: Masaru Tateno, M.D, Ph.D., Clinical Professor, Department of Neuropsychiatry, Sapporo Medical University, School of Medicine, Sapporo. Division Psychiatry, Tokiwa Hospital, and Division Child and Adolescent Psychiatry (Tokiwa Child Development Center), Tokiwa Hospital, Sapporo, Japan.



Dr Takahiko Inagaki

Takahiko Inagaki was born in Osaka, Japan on 09 June 1975. He graduated from Siga Medical University, School of Medicine in March 2004. He completed the initial clinical training for medical graduates at Chidoribashi Hospital in Fukuoka-city in April 2006. He returned to Siga Medical University Hospital to train as a psychiatrist and then became an Assistant Professor there. After he worked at Siga Medical University Hospital for a total of 10 years, in April 2016, he moved to Shiga Psychiatric Medical Center where he spent two and a half years as a Chief Psychiatrist. Then, he started working as Head of the Division of Adolescent Psychiatry of Biwako Hospital in Shiga prefecture in October 2018. He



Dr Takahiko Inagaki

to the establishment of a local network of mental health professionals for children and adolescents in the region. He was passionate about early detection and appropriate treatment of childhood depression. He participated in the Effectiveness of Guidelines for Dissemination and Education in Psychiatric Treatment (EGUIDE) project and worked tirelessly to promote appropriate pharmacotherapy.

CAPMH Corner

By: Lakshmi Sravanti, India
Deputy Editor, CAPMH

[Child and Adolescent Psychiatry and Mental Health \(CAPMH\)](#) is the official IACAPAP Journal. The "CAPMH Corner" of the December 2024 issue of IACAPAP Bulletin summarizes the following three studies recently published in CAPMH - Multilevel barriers to guideline implementation: a nationwide multi-professional cross-sectional study within child and adolescent psychiatry (Santesson et al., 2024), Training approaches for the dissemination of clinical guidelines for NSSI: a quasi-experimental trial (Koenig et al., 2024), and "I'm trying to take the lead from my child": experiences Parenting Young Nonbinary Children (Sweder et al., 2024).

Research | [Open access](#) | Published: 12 September 2024

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Multilevel barriers to guideline implementation: a nationwide multi-professional cross-sectional study within child and adolescent psychiatry

[Anna Helena Elisabeth Santesson](#) , [Robert Holmberg](#), [Martin Bäckström](#), [Peik Gustafsson](#), [Sean Perrin](#) & [Håkan Jarbin](#)

Child and Adolescent Psychiatry and Mental Health **18**, Article number: 115 (2024) | [Cite this article](#)

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Santesson et al., (2024) discuss the potential of clinical practice guidelines to improve the quality of care, and the multilevel barriers to their uptake, particularly clinician-related factors like awareness, training, and involvement. Addressing the sparse literature on CAMHS clinicians' attitudes toward guideline implementation, their study forms part of Project Deplyftet, a nationwide program launched in 2014 to improve care for depressed youth.

The authors provide an overview of primary clinical practice guidelines for childhood depression in the Swedish

context to establish a background for their study. The Swedish National Board of Health and Welfare (NBHW) issued a 2010 guideline to help decision-makers prioritize evidence-based treatments for depression and anxiety. In 2014, the Swedish Association for Child and Adolescent Psychiatry developed a clinical practice guideline based on NBHW's framework, featuring a stepped-care approach with checklists and recommendations for clinicians. Unique to this guideline is its recommendation of brief psychosocial intervention as a first step for mild and moderate depression, similar to the approach used in the IMPACT study (Goodyer et al., 2017).

The team analyzes data from 440 clinicians (52% response rate) working in 10 of 31 eligible CAMHS clinics, serving approximately 550,000 youth (26% of Swedish children) between 2016 and 2018, representing publicly funded clinics with similar catchment areas. The typical participant was female (84%), had a bachelor's degree (61%) and had five or less years in child and adolescent psychiatry (47%). They evaluate the participants using the Barriers and Facilitators Assessment Instrument (BFAI), a validated tool for guideline implementation, to assess barriers across four scales: Innovation, Provider, Context, and Patient. They analyze barriers at both scale and item levels. They use Generalized Linear Modelling (GLM) to investigate differences between scale means, Chi Square, and one-way ANOVA to test for between-group differences and correlation analyses to test the relationship between continuous and ordinal variables.

The authors report that psychiatrists generally perceived fewer barriers than other professions, with no significant correlations found between barriers and gender, age, or years of experience. Counsellors and psychologists were more likely than psychiatrists to report not thoroughly reading or remembering the guideline, though the effect sizes were small ($V = 0.17-0.29$). Psychiatrists viewed the guideline as more flexible and were more involved in implementation planning compared to nurses and counsellors, but these differences also had small effect sizes ($V = 0.19-0.25$).

They highlight the strengths of their study – the use of a standardised and

validated measure, a large sample of front-line CAMHS clinicians representing various professions (nurses, psychologists, psychiatrists, counsellors and others), recruitment from a geographically diverse area with the sample's characteristics being similar to available national data describing the CAMHS workforce, and a good response rate of over 50%. They acknowledge its limitations such as the use of a self-report measure, lack of descriptive data for non-respondents to investigate any potential selection bias, and missing data pattern was not completely at random, which can introduce uncertainty and may reduce generalizability.

They conclude that while guidelines are critical for delivering and adhering to evidence-based treatments in CAMHS, their adoption can be hindered by multilevel barriers. They highlight that their findings indicate an overall positive attitude toward adopting the depression guideline in Swedish CAMHS. However, suggest that enhancing adoption requires addressing key issues, such as adapting guideline components to meet specific patient needs, providing staff education and training, and tailoring implementation strategies to different professional groups.

Research | [Open access](#) | Published: 10 August 2024[Click here to access the article](#)

Training approaches for the dissemination of clinical guidelines for NSSI: a quasi-experimental trial

[Elisa Koenig](#) , [Ulrike Hoffmann](#), [Jörg M. Fegert](#), [Ferdinand Keller](#), [Maurizio Sicorello](#), [Jennifer Spohrs](#), [Laura Kraus](#), [Sandra Nickel](#), [Christian Schmahl](#), [Birgit Abler](#), [Tina In-Albon](#), [Julian Koenig](#), [Dennis Ougrin](#), [Michael Kaess](#), [Paul L. Plener](#) & [the Star-Consortium](#)

Child and Adolescent Psychiatry and Mental Health **18**, Article number: 99 (2024) | [Cite this article](#)

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Koenig et al., (2024) discuss the significant clinical relevance of non-suicidal self-injury (NSSI) due to its high prevalence and long-term implications. They underscore the critical need for clinician training to implement evidence-based guidelines in clinical practice effectively. They aimed to examine the impact of three dissemination strategies—printed educational material (PEM), e-learning (EL), and blended learning (BL) - on enhancing physicians' and psychotherapists' knowledge and capacities related to implementing NSSI guideline recommendations. This study was part of the cooperative project STAR (Self-injury: Treatment, Assessment, Recovery), funded by the German Federal Ministry of Education and Research.

The authors recruit a total of 671 physicians and psychotherapists between August 2018 and August 2020 through an online survey. Their quasi-experimental study involves three measurement points (T1: pre-training, T2: post-training, and T3: 3-month follow-up), with data collected pseudonymously via online questionnaires, each requiring

approximately 30 minutes to complete. The PEM (printed educational material) was a 60-page A5 brochure summarizing NSSI guidelines across four key topics, including a brief on Therapeutic Assessment (TA), a cognitive-analytic therapy-based intervention, and was accredited with 2 CME points. TA involved constructing a vicious cycle diagram, identifying exits, and drafting an understanding letter, which has been shown to improve the quality of self-harm assessments. The e-learning (EL) module provided texts, videos, case exercises, and worksheet templates for therapy, featuring a more interactive TA practice; it required approximately 7.5 hours to complete and was accredited with 18 CME points. The blended learning (BL) condition was similar to EL but included a 3.5-hour face-to-face TA workshop with role-play exercises and group discussions, increasing the total processing time to 9 hours, and was also accredited with 18 CME points.

The team uses a 15-question multiple-choice test and 5-point Likert scales for assessments. At T3, they evaluated participants on their application of the short intervention 'Therapeutic

Assessment,' included in all trainings, while user satisfaction and training evaluations were conducted at T2. They use descriptive statistics and linear mixed-effects models with fixed factors (training type, time, and their interaction) to analyze differences across the three training conditions over time for primary outcomes, including NSSI knowledge, competencies, treatment effectiveness attitudes, and attitudes toward NSSI and those who self-injure.

They report that majority of the sample was female, the average age was $M(SD) = 43.80 (9.25)$ years. Most of the participants worked as psychotherapists. The printed educational material (PEM) condition showed the least improvement in scores for 'negative attitudes toward NSSI and those who self-injure.' Participants in the PEM, EL, and BL groups did not significantly differ in the frequency of applying Therapeutic Assessment (TA), with high ratings of its helpfulness across all training types. The blended-learning condition reported the highest application rate of intervention techniques in clinical practice. Overall, user satisfaction was high for all three training strategies, with PEM receiving the lowest and BL the highest evaluations for training quality.

The authors highlight the study's strengths, including the direct comparison of dissemination strategies, innovative training formats (EL and BL), a large sample size, and a multiple-assessment design with a 3-month follow-up. They also acknowledge limitations, including limited generalizability due to the self-selected

sample with prior NSSI knowledge, biased randomization based on participant preferences, a high dropout rate in the BL group affecting result validity, and the use of unvalidated questionnaires relying on self-reports. They conclude that future research should compare different training strategies, particularly in light of COVID-19's impact on education. They suggest exploring synchronous online workshops with role-plays to replace in-person workshops and recommend including objective outcome data to assess changes in professionals' practices and patient outcomes.

Research | [Open access](#) | Published: 12 September 2024

"I'm trying to take the lead from my child": experiences Parenting Young Nonbinary Children

Noah Sweder, [Lucinda Garcia](#) & [Fernando Salinas-Quiroz](#) 

Child and Adolescent Psychiatry and Mental Health **18**, Article number: 117 (2024) | [Cite this article](#)

1277 Accesses | 116 Altmetric | [Metrics](#)

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Sweder et al., (2024) emphasize the role of parents in raising children who can self-advocate while discussing the need for parental support for the well-being of LGBTQIA + youth. This aimed to explore how parents of nonbinary children ages 5-8 learn to support their child's identity, examining initial reactions, emotional processes, supportive behaviors, societal responses, and associated challenges and rewards.

A qualitative study was conducted using Reflexive Thematic Analysis (RTA) within a paradigmatic framework of ontological relativism and epistemological constructivism. They conduct semi-structured interviews (10 predetermined questions) of nine parents of nonbinary children aged 5-8 from the Northeastern United States lasting 60-80 min. The questions explore various aspects of parenting nonbinary children, including the child's gender identity, parental feelings, experiences sharing the child's identity, and challenges and rewards of raising a gender-diverse child. The research team, comprising individuals who identify as trans, genderqueer, and nonbinary, employ collaborative coding and thematic development.

The team constructs four themes that

emerged from the accounts of participating parents. The first theme, Parents hear and support their child's nonbinary identity, details how children share their nonbinary identity with their parents and documents parents' initial reactions and meaning-making processes. The second theme, Parents learn about ways cisnormative society harms their child, captures how parents learn about the struggles their child faces living in a cisnormative society as a nonbinary person. The third theme, Parents take significant and proactive steps to affirm their child, documents participants taking action to support their child in environments that do not validate their gender identity. The fourth and final theme, Gender is just one aspect of who my child is, discusses insights and conclusions drawn by parents about their child, as well as gender identity.

The authors mention that their study provides insights into the experiences of parents supporting young nonbinary children, emphasizing the importance of affirming expressed identity, the parent-child relationship, and proactive support in navigating cisnormative societal structures. They conclude that their findings can inform supportive interventions and policies for nonbinary children and their families.

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Promoting the Mental Health and Development of Children and Adolescent through Policy, Practice and Research



We're excited to introduce a new feature on the IACAPAP Member Site: the **Member Directory**, which will launch on **February 3rd, 2025**.

What is the IACAPAP Member Directory?

The IACAPAP Member Directory (for Individual Members) is a newly added feature to the IACAPAP Member Site. This powerful tool is designed to enhance networking and foster global connections among our community of active members. It enables you to discover and connect with other IACAPAP Individual Members worldwide and expand your professional network globally.

How can you access this exclusive member-only benefit?

To access the directory, ensure that:

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IACAPAP
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A new feature has been added to the IACAPAP Member Site, which will be launched in February 2025.

Check out how you can access this exclusive member-only benefit!

Medication Adherence in Children and Adolescents with Mental Health Disorders

Date: January 22, 2025, Wednesday

Time: 12:00 PM CET

Speaker: PD Dr Alexander Häge



To register, click [here](#)



www.iacapap.org

This webinar is opened to IACAPAP Members only.

21st IACAPAP Lunch & Learn Webinar



IMPORTANT NOTES

- The IACAPAP webinar is exclusively for members of IACAPAP (Individual Members and Individuals within the IACAPAP [Full Member organisation](#) and [Affiliate Member organisation](#)).
- The IACAPAP webinar will be held at different times to accommodate attendees and members from various regions. The 21st IACAPAP Lunch & Learn Webinar is scheduled to cater to the Europe's region.
- This webinar will be conducted virtually via Zoom. There is no cost to attend, but registration is required in advance. Seats are limited, and it's based on a first come, first served. E-certificate of attendance will be provided to those who have attended and completed the survey at the end of the webinar. Please be advised that the survey for the webinar will be displayed in the browser ONLY after the webinar has ended.
- Kindly click this [link](#) to view the time in your country. For more information, please visit <https://iacapap.org/news/21st-lunch-learn-webinar.html>.

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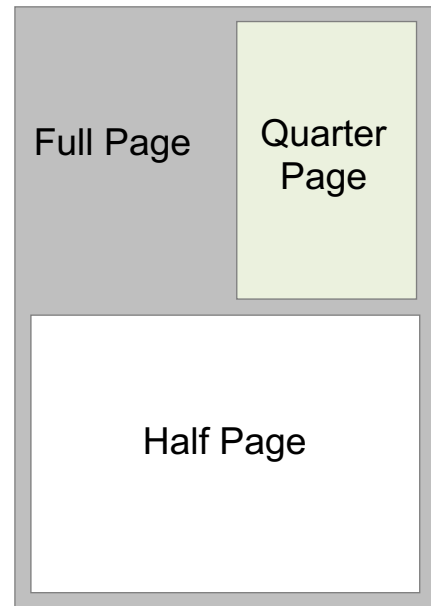
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