

# Children and Adolescents Mental Health Interventions

*Approaches, challenges and way forward*



*by*

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# Presentation overview

- 1. GRT presentation;
- 2. GRT approaches;
- 3. Experiences with children and youth
- 4. Conclusions

# 1. GRT at a glance:

- GRT is a non-governmental organisation, established in Italy in 1968;
- The main areas of expertise are: Mental Health, Child Protection, Children in need of care, Traditional medicine, GBV;
- GRT has been active in Italy and abroad aiming at promoting a community mental health model of intervention;
- GRT actually works in: Somalia; Romania; Nepal, Kenya, Mali, Camerun

# Challenges of war torn societies and low income countries



# Some questions to be asked

What is Mental Health and how to promote psychosocial wellbeing for children and youth in such an environment?

Why focusing on the mental well being of children and adolescents?

Which is the *added value* an INGO may provide and how?

Which resources mobilize and how?

# GRT approach

## *Keys for Effectiveness and Sustainability*

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**The Importance of Local Counterpart(s)**

**Empowerment & Use of Local Resources**

**A Community Based Approach sensitive to culture(s)**

# GRT activities

## 1. Psychosocial activities (sport, arts, drawings, competitions):

**Therapeutic:** to support and offer alternative therapeutic activities to children/youth in need with a special focus on social inclusion;

**Preventive:** to prevent the development of related mental diseases and relapses

# GRT activities

## 2. (Psy)Social rehabilitation

- Comprehensive integrated and individual rehabilitation programme for children/adolescent in needs;
- Mobilisation of local resources;
- Community involvement;
- Social mediation process
- Referral system and mechanism
- De-instituionalisation
- Outreach activities in the child environment



COMMUNITY-BASED PROJECTS

# GRT activities

## 3. Continuous monitoring and research:

- New/recent disorders affecting young people;
- Abuse of local drugs
- Differences between girls and boys;
- Impact of violence and war
- Data collection



**GRT**

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