

No future without emotionally healthy adolescents

According to the WHO, adolescents have the right to grow up in the best environment possible to become healthy and responsible adults who will contribute to society and enjoy a happy and fulfilling life. Among all stages in life, adolescence is a particularly vulnerable period for developing mental health problems. In fact, **110 million young** people suffer from emotional problems worldwide. However, these disorders are **the least identified** and **undertreated** mental health problems among this population, which places them at risk of developing related problems.

Purpose of the PROEM Network

The Interdisciplinary Network for the PROMotion of Mental Health and EMotional Well-being in the Young (PROEM) comprises a unique network of 21 members and associate partners including clinicians and interdisciplinary research teams which address mental health and well-being from other related fields (e.g., linguistics), policymakers, stakeholders, civil organizations, end-users, as well as the educational and health sectors. Since we value listening to the voices of those suffering from these emotional problems, representatives from young people and their families as well as minority groups (e.g., LGTB) are also valuable members of the network. As a result of the joint effort made by all the parties in the network, the Network launched a document in June 2018 which can be checked at <http://redproem.es/en/home/>

Limitations in health and emotional well-being in adolescents: 7 main issues

- **Poor** adolescent health and emotional well-being **literacy**
- **Delay in the identification** of mental health problems in schools and **inadequate instruments**
- **Lack of resources and coordination** among different stakeholders and regions
- **Excessive medicalization** of mental health and the associated costs
- **Lack of health and emotional well-being policies** coupled with an **insufficient budget**
- **Lack of awareness** towards certain **vulnerable and social minority groups**
- **Increasing unhealthy lifestyles** among youth and **abusive use of ICTs**

Four main recommendations to address those issues

- ✓ To **build** adolescent health and emotional well-being **literacy**
- ✓ To **promote early detection** in young people and effective, **efficient and evidence-based psychotherapy interventions** and best practices
- ✓ To **develop an efficient network** to improve early detection, early intervention and the best treatment for emotional and mental health problems in youth
- ✓ To **increase the budget for research** into preventing and treating mental health problems and promoting mental health and emotional well-being

Priority tasks to address the four recommendations

Priorities	Dimension
Developing and implementing early detection selective and indicated prevention protocols and evidence-based psychotherapy interventions in schools and health interventions designed to treat mental disorders, (cyber)victimization, self-harm, and suicidal ideation and behaviour in adolescents by specialist mental health professionals.	Promoting early detection and psychotherapy intervention
Designing health literacy interventions for students and parents/guardians about mental health, its risk and protective factors, as well as knowing how to identify and manage its symptoms properly. These interventions should cover all prevention stages: universal, selective and indicated.	Building literacy and well-being
Providing a repository of assessment and intervention instruments to improve early detection and scientifically supported interventions aimed at increasing transparency and reducing professional intrusion (unqualified practice).	Promoting early detection and psychotherapy intervention
Increasing mental health training among education and health professionals and those from a social and community setting (all actors/agents in contact with young people) led by mental health specialists (e.g., clinical and health psychologists).	Developing an efficient network
Promoting respect and reducing the stigma towards vulnerable and social minority groups and individuals with mental illness, building adolescents' empathy and tolerance towards what is 'different' and diversity.	Building literacy and well-being
Providing schools, health systems and social services with the knowledge and resources to identify and treat adolescents exhibiting emotional problems or those at risk of developing them, paying particular attention to vulnerable and minority groups and addressing the specific needs of adolescents.	Increasing the budget
Increasing awareness of the importance of emotional well-being and health promotion among adolescents and adults, as well as the maintaining and contributing factors: healthy lifestyles (physical activity, nutrition, sleep habits, appropriate use of new technologies), family, social, school support networks, etc.	Building literacy and well-being
Developing universal prevention programmes aimed at promoting mental health, emotional well-being and healthy lifestyles (e.g., physical activity, nutrition, sleep habits), as well as encouraging peer-to-peer respect and tolerance.	Promoting early detection and psychotherapy intervention
Implementing policies that make health and emotional well-being more easily accessible to young people (mental health literacy, inclusion in school curricula, online assessment and treatment).	Increasing the budget
Involving the media by disseminating information via networks made up of mental health professionals and counselors, parents' associations, end-users, etc. to eliminate any type of stigma.	Building literacy and well-being

Red PROEM

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