

Expert program of the international professional conference

## The Adolescents and their Mental Health

The conference is held as part of the project ZD-ZDOVA1-011 Primary prevention of intellectual disorders in early adolescent children under the Health programme and is funded by EEA Grants 2014–2021.

Date: **23. - 24. 11. 2022**

Place: **Faculty of Education, Palacký University,  
Olomouc**



Planned conference program:

### Wednesday 23. 11. 2022

9:30

#### Conference opening ceremony

**doc. PhDr. Tomáš Čech, Ph.D.** – main project manager

**doc. PhDr. Vojtech Regec, Ph.D.** – dean of Faculty of Education, Palacký University, Olomouc

**Mgr. et Mgr. Michal Škerle** – leader of Center for prevention in organization *Podané ruce* o.p.s., representative of the partner institution participating in the project solution

#### 10:00 – 12:30 Plenary session

**doc. Margrét Sigmarsdóttir, Ph.D.** (University of Iceland, Reykjavík, School of Education): **Preventing and treating children's adjustment problems with evidence-based techniques: Practical ways to work with parents, children and schools** (online)

**doc. PhDr. Michal Čerešník, PhD.** (Pan-European University Bratislava, Faculty of Psychology): **Family relationships and risky behavior in adolescence**

**MUDr. PhDr. Miroslav Orel, Ph.D.** (Faculty of Arts, Palacký University, Olomouc): **Risk behavior and primary prevention in the context of the formation and changes of brain structures**

**doc. PhDr. Tomáš Čech, Ph.D.** (Palacký University, Olomouc), **Mgr. Dagmar Hájková** (Podané ruce,



**o.p.s.): Primary Prevention of Mental Disorders in Children in Early Adolescence – first year of project solution**

12:30 – 14:00 Launch break

14:00 – 15:30 **Proceedings in sections (1st block)**

15:30 – 16:00 Coffee break

16:00 – 17:30 **Proceedings in sections (2nd block)**

18:00 Social evening (Small auditorium Faculty of Education, Palacký University, Olomouc)

Focus of proceedings in sections:

1. Mental disorders in the period of early adolescence
2. Wellbeing of adolescents
3. Covid and its effects on adolescents' mental health
4. Prevention of risk factors affecting the mental health of children and youth

## Thursday 24. 11. 2022

9:00 **Professional workshops**

9:00 – 10:30 Workshop 1: **Primary prevention of mental health during early adolescence – examples from programs for pupils** (Lecturers: Mgr. Dagmar Hájková a Mgr. Lucie Uhrová, Center of prevention of organization Podané ruce, o.p.s.)

Workshop 2: **Stressful situations and their impact on an individual's psyche** (Lecturer: Mgr. Petr Hlušíčka, expert psychologist, co-researcher of project)

10:30 Coffee break

11:00 – 12:30 Workshop 3: **Solution of conflicts in the classroom** (Lecturers: Mgr. et Mgr. Michal Škerle a Mgr. Markéta Novotná, Center of prevention of organization Podané ruce, o.p.s.)

Workshop 4: **Mindfulness techniques as prevention of development of anxiety and depression** (Lecturer: Mgr. BA. Barbora Kvapilová, Faculty of Education, Palacký University in Olomouc)





12:30 – 14:00 Launch break

14:00 – 16:00 **Round table** – a meeting of school professionals dealing with the issue of prevention of mental disorders in pupils during early adolescence

16:00 Closing ceremony

