



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

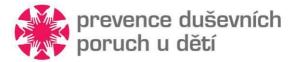
10:00 – 12:30 Plenary session

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,





Iceland 🗎 Liechtenstein Norway grants



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

Thuersday 24. 11. 2022

9:00 **Professional workshops**

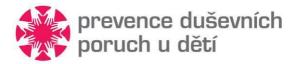
9:00 – 10:30 Workshop 1: **Primary prevention of mental health during early adolescence – examples from programs for pupils** (Lecturers: Mgr. Dagmar Hájková a Mgr. Lucie Uhrová, Center of prevention of organization Podané ruce, o.p.s.)

> Workshop 2: **Stressful situations and their impact on an individual's psyche** (Lecturer: Mgr. Petr Hlušička, 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

