

Expert programme of the international professional conference

The Adolescents and their Mental Health 2

Final conference within the project ZD-ZDOVA1-011 *Primary prevention of mental disorders in children during young adolescence* solved within the programme *Health* financed from the Funds EHP 2014-2021.

Date: **1. - 2. 11. 2023**

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



The conference was held under the patronage of the Dean of the Faculty of Education, Palacký University Olomouc **doc. PhDr. Vojtech Regec, Ph.D.**

Conference programme:

Wednesday, November 1, 2023

- 9:30** **Conference opening ceremony** (Large auditorium of the Faculty of Education, Palacký University Olomouc)
- doc. PhDr. Tomáš Čech, Ph.D.** – the main solver of the project
- doc. PhDr. Vojtech Regec, Ph.D.** – Dean of the Faculty of Education, Palacký University Olomouc
- Mgr. et Mgr. Michal Škerle** – Head of Center of Prevention in organization *Sdružení Podané ruce* o.p.s., representative of the partner institution participating in the project solution
- 10:00 – 12:30** **Plenary sessions** (Large auditorium of the Faculty of Education, Palacký University Olomouc)
- dr. Margrét Sigmarsdóttir** (University of Iceland, Reykjavík, School of Education)
- dr. Bergljót Gyða Guðmundsdóttir** (University of Iceland, Reykjavík, School of Education)
- PhDr. Martin Dolejš, Ph.D.** (Faculty of Arts, Palacký University Olomouc): **Depressivity and SDDSS (Scale of depressivity Dolejš, Skopal and Suchá)**



doc. PhDr. Tomáš Čech, Ph.D. (Faculty of Education, UP Olomouc), **Mgr. Lucie Uhrová** (Sdružení Podané ruce o.p.s.): **Primary prevention of mental disorders in children during young adolescence – summary of the project solution**

12:30 – 14:00 Lunch break

14:00 – 15:30 **Proceeding in sections**

15:30 – 16:00 Coffee break

16:00 – 18:00 **Brainstorming session for school counselling professionals.** Sharing experiences in the prevention and management of mental disorders in pupils during early adolescence in a school environment. The meeting is coordinated by Mgr. Lucie Uhrová and Mgr. Natálie Miklánková (Sdružení Podané ruce o.p.s., Center of Prevention)

18:30 Social evening (Small auditorium Faculty of Education, Palacký University Olomouc)

Focus of proceedings in sections:

1. **Mental disorders in early adolescence**
2. **Adolescent Wellbeing**
3. **Problems of modern society and their impact on adolescent mental health**
Prevention of risk factors threatening the mental health of children and adolescents



Thursday, November 2, 2023

9:00 Professional workshops

9:00 – 10:30 Workshop 1: **Primary prevention of mental disorders in children during young adolescence – examples from programs for pupils** (lecturers: Mgr. Lucie Uhrová and Mgr. Natálie Mikláňková, Sdružení Podané ruce, o.p.s., Center of Prevention)

Workshop 2: **Prevention and screening of conflicts in pupils' collectives** (leads PhDr. Ondřej Skopal, Ph.D., Faculty of Arts, Palacký University Olomouc, Department of Psychology)

10:30 Coffee break

11:00 – 12:30 Workshop 3: **How to talk to kids about drugs at school** (lecturers: Mgr. et Mgr. Michal Škerle and Mgr. Markéta Novotná, Sdružení Podané ruce, o.p.s., Center of Prevention)

Workshop 4: **Difficult situations and their impact on the individual's psyche** (leads Mgr. Petr Hlušička, professional psychologist, co-solver of the project)

12:30 Closing ceremony

