



# UEMS/CAP NEWSLETTER

UNION EUROPÉENNE DES MÉDECINS SPÉCIALISTES

EUROPEAN UNION OF MEDICAL SPECIALISTS

Section of Child and Adolescent Psychiatry

## SUMMER 2016

Vol 1 Nr 1



Sue Bailey,  
President of the Section

### Message from President

It is a great privilege to be Chair of the Section of UEMS Child and Adolescent Psychiatry.

I thought it would be helpful to remind us current representatives and to introduce new members to the overarching structure of the UEMS (see Annex) and the Council / General Assembly of the UEMS (see <https://www.uems.eu/about-us/structure>)

**Sections** are the major bodies for each Speciality and the European **Boards** are permanent working groups within a Section setting speciality specific standards for education and training.

The main focus of UEMS is on Postgraduate Training, Continuing Medical Education and Professional Development and Quality Assurance in Practice.

Thanks to all the Country members, the Executive Group and, in particular, the sustained hard work of Brian Jacobs and his fellow European Child and Adolescent Psychiatry Board Members, we have delivered an excellent **Chapter 6 document** -Requirements for the speciality.

We recognise, however, the challenges this poses in different countries for differing reasons. The Chapter is both aspirational but also importantly enabling.

We have and will be developing even stronger relationships with our sister sections in Adult Psychiatry and Paediatrics.

We want to support all Sections across the family of medicine to be able to take a developmental life course approach to training and education across all of health. One that recognises the importance of the role of mental health in the overall Public Health of populations and in improving outcomes for those with physical illness.

Whilst we will continue to work through some of the more thorny issues of finances and control of finances in each Section together with voting rights for Sections, we have to move forward on ensuring the standards for education and training we have set become a reality out in day to day practice and education. To achieve this it is vital we strengthen our partnerships with other organisations such as ESCAP and our continuing work with EFPT.

The Executive group are holding regular teleconferences so we can drive on business between our full meetings and also through the reformatted Newsletter to keep you up to date and seek your help and, above all, wisdom and expertise. I want to thank Elen Cook, the international Policy Lead at the Royal College of Psychiatrists for facilitating our teleconferences.

In this Newsletter, I want to report back on a very positive teleconference held on the 1st of July with Stephan Eliez, ESCAP President and Henrikje Klasen ESCAP Board Member.

From this meeting, we want to discuss with UEMS CAP country representatives how we can, together with ESCAP, carry our joint work to defend the training standards we have established to help ensure they become a reality.

To take a values based approach to CAP education and training carried through into how in

each country policy is shaped, services provided and, above all, the voices of Children and young people, their Parents and carers are listened to and acted upon.

So they can, as a right, receive evidenced based treatments delivered by Child Psychiatrists and their teams who have been trained to the best standards.

We therefore hope as and when the current ESCAP and EFPT survey of training in Europe is published, we can write a joint position statement of how we can deliver best education and training with some core principles which will help policy makers, service providers and professionals reach this important goal. We all know that flourishing communities are characterised by children and young people who have good mental health and well-being and who have resilience even in the face of mental illness and adversity.

## UEMS-CAP and Education

As many of you will know, we updated our UEMS-CAP curriculum framework and the document (Chapter 6) that had to be formally accepted by UEMS. Many people contributed to this work including Gunnel Londahl and Liz Barrett who took part in organising the survey of trainees about their training.

Chapter 6 contains a framework for training that I strongly advise all trainees to see. We know that not all countries in Europe are able to organise their training along these lines at present but it provides a suggested framework that will raise standards; it should protect training institutions and protect trainees from poor practise that may interfere with a good training experience, so it is worth a read.

The UEMS Council ratified our curriculum and training framework two years ago. Now ESCAP is undertaking a further survey of training across Europe, the results of which we will be interested to see.

The curriculum framework is not meant to be an exhaustive description of training requirements for our specialty but we strongly encourage each of our UEMS-CAP partners to use it as the basis for designing their own national curriculum.

In 2014-15 we carried out an online survey to discover trainer and trainee views about the possibility of creating a Europe-wide examination in Child and Adolescent Psychiatry. We had over 420 responses. About two thirds of those who answered were in favour of our developing an examination. Less than a quarter of trainees take any written exam in Child and Adolescent Psychiatry at the moment. There are real practical challenges to organising a regular examination and we will be exploring those with national organisations across Europe in the next year or so.

Ratifying current national exams also received a lot of support but if we only did this, it would leave many trainees and therefore patients and their parents with no quality marker for the expert that they was going to see them. Another practical issue will be whether it is possible to organise a system at a cost that trainees can afford.

It is important to see UEMS-CAP in the wider international context. I have been invited to the next IACAPAP meeting in Calgary to join a symposium organised by ESCAP that will be considering postgraduate education in the world context. I am sure that this will be interesting and informative.

Peter Deschamps has now taken over from Gunnel Londahl as Vice President of the UEMS-CAP Board. I am grateful to both for their work with me.

If you have ideas about new projects that you would like us to consider, or issues about which you think we might be helpful, please do contact me at [brian.jacobs@kcl.ac.uk](mailto:brian.jacobs@kcl.ac.uk)



Brian Jacobs,  
President of the Board

The Board is a permanent working group on education matters in the CAP Section of UEMS

## Section meeting in Tallinn in 2015



The 2015 annual meeting of the UEMS/CAP Section was held in Tallinn in 11.-12.9.2015. The attendants are here visiting the new Children's Hospital and enjoying the great hospitality and excellent organising of the meeting by the Estonian colleagues.

## Next annual meeting

LISBON, PORTUGAL



Christa Schaff, Secretary of UEMS CAP Section

## Next annual meeting

Dear delegates of UEMS CAP Section,

The Executive Board cordially invites you to our Annual Meeting on Friday 14th and Saturday 15th of October 2016 in Lisbon/Portugal. As in recent years, we will start with the meetings of all delegates on Friday at 2p.m. and finish the meetings on Saturday 5 p.m.

If you have not received invitation to the meeting as a representative of your country, please do contact me at [schaff@dr-schaff.de](mailto:schaff@dr-schaff.de).

Best regards

Christa Schaff, Secretary of UEMS CAP Section

## Country in focus:

Republic of ESTONIA  
(Eesti Vabariik, in Estonian)



- 1.3 million people
- 45,339 km<sup>2</sup> / 17,505 sq mi
- N physicians
- 50 CAP specialists
- One university (Tartu), with medical school

In this series member countries will be introduced. In addition to basic statistics, some current trends in CAP will be outlined.

## Latest developments in Estonian Child and Adolescent Psychiatry

Similar to other European countries, the field of child and adolescent psychiatry in Estonia struggles with shortages in mental health services. The challenges include: lack of mental health services (especially outpatient services); shortage of qualified specialists; significant fragmentation between social, educational and health care systems; low awareness of mental health problems; lack of prevention activities; and the absence of mental health policy at national level.

The most acute problem is the lack of psychiatrists. There are approximately 30 child and adolescent psychiatrists working in Estonia and these specialists face a heavy workload. Professionals are mainly located in the larger urban areas, so that the services are unevenly distributed within the country. It is difficult for patients to obtain help when needed. The situation is especially difficult in East Estonia due to a high level of social problems and local language issues. The majority of East Estonia's inhabitants are Russian-speakers with a comparatively low number of mental health professionals available locally.

Recent co-operation between the Estonian and Norwegian governments has acted as a catalyst for important positive change in our field. The Estonian Ministry of Social Affairs and Norwegian Institute of Public Health are leading a programme to improve public health with a specific focus on children's mental health. It started in June 2013 and continues until the end of 2016. The total budget is 10 484 706 EUR of which 8 912 000 EUR is dedicated specifically to improving children's mental health.

The goals of the programme are: establishing a Children's Mental Health Centre; developing and piloting the rehabilitation services for children with severe psychological problems; developing a concept for integrated services; creating a service network for the provision of integrated social education and health services; development of web-based information sources and counselling services on mental and reproductive health; social marketing campaigns on healthy lifestyles; and training on health in all policies in non-



Anne Kleinberg

health sectors.

For child and adolescent psychiatry the most important outcome is the development of four regional mental health centres based in North, South, West and East Estonia. These centres aim to treat mentally ill children and provide education and counselling services for teachers, GPs, social workers and parents. The centres in the North and South Estonia employ out-reach teams that visit and treat patients in their own environment (e.g. school or home) and also supervise other members of the patient's primary support network at their workplaces.

**Anne Kleinberg**, MD, PhD; Head of Tallinn Children Hospital Psychiatry Clinic; President of Child and Adolescent Psychiatry Section of Estonian Psychiatric Association

**Kadri Lüüs** Clinical Psychologist; Tallinn Children Hospital Psychiatry Clinic

## News and updates from other countries



Peter Deschamps,  
Vice president of the Board

## Recent developments of CAP in the Netherlands

As from 1 January 2015, a new law on youth care is active in the Netherlands. In short this law arranges for all care related to child mental health as well as social and foster care systems to be organized at the level of local government (local communities/cities). Although it is fairly early to evaluate the impact of this large change, some advantages and disadvantages seem to emerge. There are worries about: (a) payment, the transition is accompanied by an overall reduction in funds in the youth care system by 10% in the first year and another 5-10% in the following years and an increase in administration for contracts, thus it is still unclear whether or not local government is up to task of planning and reimbursing the costs made for children in their area and some CAP caregivers seem to abandon care for children and turn towards adult psychiatry; (b) privacy, as community personnel is asking for access to medical information (location, diagnosis and length of treatment); (c) unequal access to care for children living in different communities; (d) in the long term, a worsened cooperation with general psychiatry and other medical specialties and transition problems to adult services for individual patients might emerge.

Possible advantageous trends that seem to emerge are (a) better cooperation between CAP and other facilities for youth care; (b) the emerging of teams in the neighbourhoods that are increasingly capable to provide integrated care for children in their home setting.

A Taskforce consisting of dedicated child and adolescent psychiatrists and members of the Dutch board of CAP is closely monitoring the positive and negative effects of the transformation of child mental health care. They actively communicate with involved families, mental health care providers, local and national policymakers and legal advisors to address occurring irregularities. This has resulted in some positive adjustments with respect to privacy, administrative workload and equal access to care.

Met vriendelijke groet,

**Peter Deschamps**

## Seminar at EFPT meeting in Porto 26.6.2015

This was a half-day seminar at EFPT – integrated into the European Federation of Psychiatric Trainees meeting (EFPT). The programme included the following:

- Dr Pedro Monteiro: Past and Future of Training, Investigation and Intervention in CAP
- Dr Brian Jacobs: Bipolar Disorder in Children
- Dr Zulmira Correia: The role of Child and Adolescence Psychiatry in Paediatric Oncology

This workshop was well-attended by trainees, both in Child and Adolescent Psychiatry and from Adult Psychiatry. Dr **Pedro Monteiro** was able to give a very reflective view upon the opportunities and challenges in Child and Adolescent training as viewed from his position in Portugal through his professional life.

Dr **Brian Jacobs** used the model of controversies over definitions and treatment of Bipolar Disorder among children and adolescents as a vehicle to discuss the repeated phenomenon of “new ideas”. These may contribute to new understanding because of the challenges they pose to accepted frameworks. They may also lead to risk through over-treating chil-

dren by the use powerful medications that are inappropriate or that become used too widely for a time. Then research and understanding catches up with the changed situation and a new balance of knowledge and understanding can be achieved. This is a repeated cycle in science and in medicine.

Dr **Zulmira Correia** gave a personal and moving account of her work with children who have cancer in which her commitment to these children and the importance of this work were well-demonstrated. Her presentation was also a model of how to develop services through developing a shared view of what these children and their families need with the treating paediatricians. Through this, staff needs can also be addressed. The audience found the balance of topics and approaches stimulating and thought provoking, leading to positive feedback about the workshop.

Dr Jacobs with Dr **Marc Hermans**, Chair of the Adult Psychiatry Section of UEMS both contributed with Dr Pinto Da Costa to judging the oral presentations by EFPT members and selecting the prize-winners. It was gratifying to hear creative and stimulating presentations.

This model of using local child psychiatrists to lead the educational opportunities over a day or a half-day event integrated into the EFPT programme works well and it is appropriate for one of the UEMS Board officers to take part and to present.

- *Brian Jacobs*, president of the Board for UEMS-CAP

### Vision and mission statement of the UEMS CAP section

The purpose of the UEMS CAP Section is to promote the highest standard of care for people who are affected by mental health problems in Europe through postgraduate training and continuing medical education of psychiatrists.

The Section will achieve this by encouraging excellence in psychiatric education and training, from the undergraduate phase through to continuing professional development.

The Section conducts its work by:

- Contributing to the harmonisation of professional standards in Europe
- Setting standards for education and learning across all stages of professional development in Europe
- Producing evidence based guidance on training and service related matters and
- Offering to Monitoring these standards

### The Newsletter



Hannu Westerinen,  
Vice President of the Section

The editorial board of the Newsletter is the executive board of the CAP section: Sue Bailey (president of the section), Hannu Westerinen (vice president of the section), Brian Jacobs (president of the board), Peter Deschamps (vice president of the board), Christa Schaff (secretary), and Piret Visnapuu-Bernadt (treasurer). The editor is Hannu Westerinen. Comments and suggestions can be sent to [hannu.westerinen@gmail.com](mailto:hannu.westerinen@gmail.com).

We have made every effort to ensure the contents reflect well the work done in the section.

The Newsletter will be emailed to national delegates of UEMS CAP Section, UEMS Sections of Psychiatry and Paediatrics, National Societies in CAP, paediatrics and psychiatry, and the ESCAP Office.

Annex

UEMS Organogram March 2016

**UEMS Council**  
*Composed of representatives from 37 National Medical Associations*

**UEMS Executive**  
President: **Dr Krajewski**  
Secretary General: **Prof. Papalois**  
Liaison Officer: **Dr Fras**  
Treasurer: **Dr Maillet**

**UEMS Vice Presidents**  
**Dr Grenho**  
**Dr Haas**  
**Dr Hermans**  
**Prof. Hjelmqvist**

UEMS Enlarged Executive  
2016-2020

UEMS Brussels Office

Managing Director: **Mrs Reychler**  
Chief Executive Officer: **Mr Daval**  
EACCME Coordinator: **Mrs Paulus**  
EACCME Officer: **Mrs Demeulemeester**  
Finance Officer: **Mr Kalala**  
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Sections Manager : **Mrs Ohara**  
Administrative Officer : **Mrs Cautaerts**

**UEMS Sections and Boards**

43 Specialist Sections

Divisions

European Boards

14 Multidisciplinary Joint Committees

3 Thematic Federations

**UEMS Working Groups**

CME-CPD: **Dr Halila**

E-Health: **Dr Batelson**

Postgraduate Training:  
**Dr Hjelmqvist**

Specialist Practice

Quality of Care: **Dr Berchicci**

**UEMS Standing Committees**

Standing Committee on CME-CPD

EACCME

Standing Committee on PGT

ECAMSQ

Standing Committee on Quality Assurance

EACQM

