



**European Committee  
of the Regions**

## **CoR INTERREGIONAL GROUP ON HEALTH & WELL-BEING**

Topic – “Championing youth mental health at the

European regional and local level”

Chair	Birgitta Sacrédeus (EPP)
Moderator	Birgitta Sacrédeus (EPP)
Venue	Committee of the Regions (Room JDE 70)
Date	20/06/2024 13:30 - 14:30 CET

*The second public meeting of the CoR Interregional Group on Health & Well-Being of 2024 will focus on the challenges related to the **mental health of young people in Europe**, with a spotlight on the importance of the role of regional and local authorities in shaping the mental health landscape and services through the design and implementation of cross-cutting community-focused initiatives. In this context, educational environments and schools represent crucial places for fostering mental well-being from early childhood, paving the way to potential positive, long-lasting effects on future generations of adults and, ultimately, on the whole of European society. The debate will be an opportunity to discuss how to discuss and bridge experiences and capacities on the ground with key initiatives at the EU level in order to better protect the mental health of young people and improve their wellbeing.*

### Agenda

#### **13:30 Welcome and introduction by the Chair, Birgitta Sacrédeus**

#### **13:35 Shaping youth mental health with regions at the forefront**

- *Birgitta Sacrédeus (PL/EPP), Member of a Regional Assembly: Dalarna Regional Council, CoR Member and Shadow Rapporteur for CoR’s Opinion on “Mental Health”*
- *Dorota Tomalak, Deputy Head of Unit, CoR’s NAT – Commission for Natural Resources Secretariat*

#### **13:45 A regional example from Basque Country (ES): The Resilience and Socioemotional Curriculum project**

- *Miguel Angel Gonzalez Torres, Head of Psychiatry at Basurto University Hospital, Basque Country (ES)*

#### **13:55 A promising practice from Emilia-Romagna Region (IT): the recovery college model for young people**

- *Aki Ishiwa, Senior Policy officer at Region Emilia-Romagna delegation to the EU Office*

#### **14:05 Rooting mental health in schools through education and sport**

- *Hannes Jarke, Project Coordinator - Mental Health Policy, EuroHealthNet*  
*The secretariat for the Interregional Group on Health and Well-being is provided by EUREGHA asbl*

**14:15 Open debate and Q&A**

**14.30 Close of meeting**

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