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REPORT for Foundation for Professionals in Services to Adolescents



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REPORT

Attendance to the 15th International Congress of European Society of Child and Adolescent Psychiatry (ESCAP) 2013 6th-10th July 2013, Dublin (Ireland)

Dr. Maria-de-Gracia Dominguez-Barrera

I am very grateful to the **Foundation for Professionals in Services to Adolescents** for their awarded grant that enabled me to attend the **15th International Congress of European Society Child and Adolescent Psychiatry** from the 6th to the 10th of July 2013, hosted in the award winning Convention Centre in the heart of Dublin, the capital city of Ireland.

Attending the congress enabled me to present my research work on Adolescents with Psychosis as part of an accepted Symposium, as well as two accepted posters, at the main European meeting for child and adolescent psychiatrist, researchers and allied health professionals, as well as to benefit from sharing experience, knowledge and learning of new research in the field in this valuable forum.

The European Society Child and Adolescent Psychiatry (ESCAP) Congress is the main European meeting for child & adolescent psychiatrists, researchers, occupational therapists and allied health professionals (Psychologists, Social Workers and Nurses). ESCAP International Congress attracts not just child & adolescent psychiatrists but allied professionals from Europe and around the World.

ESCAP congress provides a valuable forum to share experience, knowledge and learn of new research all with the aim of achieving ESCAP's goals:

- Promote the mental health of children and adolescents in Europe.
- Increase their quality of life and that of their families.
- Ensure children's and adolescents' rights to healthy development and wellbeing.

The ESCAP 2013 had a strong and interesting program, placing particular emphasis on New Research. Its program did also include sections on Quality of Care and Policy.

My clinical and research work are dedicated to Adolescent Mental Health. I work as an honorary Clinical Lecturer in the Academic Unit of Child and Adolescent Psychiatry at Imperial College London and as a Specialist Registrar in Child and Adolescent Psychiatry for London Deanery. Imperial College London embodies and delivers world class scholarship, education and research in science, engineering, medicine and business, with particular regard to their application in industry, commerce and healthcare. The Academic Unit of Child and Adolescent Psychiatry's overarching research theme is prevention and early intervention with the aim of identifying risk and protective factors for mental ill health early in life and then developing and implementing appropriate interventions.

At the ESCAP 2013 congress, I had the opportunity to present my investigation on treatment delivery and pathways to care for Adolescents with Psychosis in the form of an Oral Presentation entitled '**Differential Pathways to Care in First Episode psychosis: Adolescents versus Adults.**'¹ This presentation was part of the Symposium 'Child and Adolescent Psychosis: Developmental Perspectives and Service Provision' organized by Dr. Matthew Hodes, with the participation of Dr. Ian Keheller, from the Royal College of Surgeons in Ireland, Psychiatry, Dublin (Ireland), Dr. Helen Fisher from the Institute of Psychiatry, Kings College London (UK) and Dr. Patrick Welsh from Durham University (UK). The symposium became an enriching forum for debate with a highly interactive audience.

My research work highlighted that adolescents presenting with psychosis show some differences from adults in their contact points when seeking help. The emphasis on early detection and treatment of first episode psychosis has led to an interest in the routes by which individuals experiencing psychosis access help. Care pathways are a sequence of contacts with individuals and organizations prompted by the distressed person or their significant others to seek help. It is a dynamic process shaped by individual, social, cultural and health service factors. Integrated care pathways for adolescents need to take into account developmental perspectives, familial support and social networks to ensure effective service delivery.

In addition, I also presented the following posters: '**Gender Dysphoria in Adolescents: Diagnostic Stability and Clinical Utility of New Classification Systems**'² and '**Training to Teach: A structured Approach for Achieving Competency in Teaching and Supervision in Child and Adolescent Psychiatry**'³.

¹ **Dominguez, Maria-de-Gracia**; Fisher, Helen L; Johnson, Sonia; Hodes, Matthew. Differential Pathways to Care in First Episode Psychosis: Adolescents versus adults. *Eur Child Adolesc Psychiatry* (2013) 22 (Suppl 2):S167.

² **Dominguez, Maria-de-Gracia**; Mayordomo-Aranda, Angels; Cini, Erica; Doig, Alex; Hodes, Matthew. Dysphoria in Adolescents: Diagnostic Stability and Clinical Utility of New Classification Systems. *Eur Child Adolesc Psychiatry* (2013) 22 (Suppl 2):S294.

³ **Dominguez, Maria-de-Gracia**; Mayordomo-Aranda, Angels; Hodes, Matthew; Mahon, Annette. *Eur Child Adolesc Psychiatry* (2013) 22 (Suppl 2):S297.