



# Conference

**New perspectives in early  
intervention for youth mental health**

**Novembre 10, 2023**

**Maison de l'enfance et de  
l'adolescence (HUG)**

**Geneva**



With their typically early onset at the end of adolescence and the beginning of adulthood, psychotic disorders incur high healthcare costs and immense suffering as they constitute one of the leading causes of hospitalization and disability among individuals under 25 years of age in Switzerland.

Early intervention services offering specialized psychosocial intervention to individuals at risk for psychotic disorders have significantly positive effects on the course of the illness and its outcome. However, access to care must balance the risks of premature psychiatrization, stigmatization, and unnecessary medication.

As part of the PsyYoung project, an initiative for promoting mental health among young people aimed at optimizing early detection of psychoses and raising awareness among professionals about early intervention, we are pleased to welcome you to the 2nd conference, which will take place on November 10, 2023, at the Maison de l'enfance et de l'adolescence (MEA) in Geneva.

This year, the conference will focus on new perspectives in early intervention for youth mental health. The day will be organized into three parts, with presentations in the morning, practical workshops, and early detection training sessions in the afternoon.

The conference aims to provide a platform for interaction between early intervention experts, mental health professionals, patients, and their families. Join us!

The steering committee of the PsyYoung project

#### **PsyYoung Steering Committee**

- Dr. Luis Alameda, CHUV, Lausanne
- Prof. Christina Andreou, CHUV, Lausanne
- Prof. Marco Armando, CHUV, Lausanne
- Dr. Barbara Bailey, Basel
- Dr. Rémy Barbe, OMP, Geneva
- Prof. Stefan Borgwardt, UKSH, Lübeck
- Prof. Philippe Conus, CHUV, Lausanne
- Dr. Logos Curtis, HUG, Geneva
- Dr. Anne Edan, HUG, Geneva
- Davina Genoud, CHUV, Lausanne
- Prof. Evelyn Herbrecht, UPKL, Basel
- Prof. Christian Huber, UPK, Basel
- Dr. Nathalie Nanzer, HUG, Geneva
- Dr. Ana-Liso Navarro, OMP, Geneva
- Prof. Kerstin von Plessen, CHUV, Lausanne
- Prof. Philipp Sterzer, UPK, Basel

## MORNING

**9h00 | Check-in**

**9h30 - 12h30 | Keynote lectures** 

**9h30 - PsyYoung welcome**

**9h40 - Adrien Bron | Direction générale de la santé, Etat de Genève**  
Opening word

**10h00 - Prof. Stefan Borgwardt | University of Lübeck**

Artificial intelligence in early intervention research: the perspectives and challenges [English].

**10h45 - Coffee break**

**11h00 - Dr. Lowri Griffiths, Niyah Campbell & Jamie Morgan | University of Birmingham**

Meaningful involvement of experts by experience in research: Lessons learnt and moving forwards together [English].

**11h45 - Prof. Merete Nordentoft | University of Copenhagen**

Insights about early detection and intervention in young people's mental health - a journey of innovation [English].

**12h30 - 13h30 | Networking lunch**

Upon registration.



Maison de l'enfance et de l'adolescence (HUG)

## AFTERNOON

### 13h30 - 14h30 | Parallel Workshops

#### Workshop 1



##### Mindfulteen

Dr. Camille Piguet  
Dr. Arnaud Merglen  
Prof. Paul Klauser

Interactive presentation of the Mindfulteen project, which assesses the neurobiological impact of mindfulness education tailored to young people.

**In French**

#### Workshop 2



##### Robin Z App

Dr. Maurizia Francini

The Robin therapy program developed in Zurich will be presented, along with the obstacles and specific characteristics of the treatment.

**In German**

#### Workshop 3



##### @ease platform

Dr. Sophie Leijdesdorff

Presentation of the @ease youth walk-in centres, providing active listening by trained volunteers to young people aged 12 to 25.

**In English**

### 14h30 - 15h00 | Conference closing word

### 15h00 - 17h00 | Early detection training

The training program is aimed at mental health professionals in the clinical sector with an interest in early detection. The training will cover:

1. The semi-structured psychometric interview "Structured Interview for Psychosis-Risk Syndromes" (SIPS) - assessing various levels of risk.
2. Evaluating different levels of risk using vignettes.
3. The self-assessment questionnaire "Prodromal Questionnaire 16" (PQ-16) for young individuals.

 **French session** with Prof. Marco Armando (CHUV) and Dr. Logos Curtis (HUG).

 **German session** with Cornelia Meier, Julia Gros and Camille Caron (UPK).

**7 training credits attributed upon participation.**



## **The PsyYoung project**

PsyYoung is a cross-cantonal public health project, funded by Promotion Santé Suisse and conducted by the university psychiatric departments of the Centre Hospitalier Universitaire Vaudois in Lausanne (CHUV), the Universitäre Psychiatrische Kliniken Basel (UPK) in Basel, and the Hôpitaux Universitaires de Genève (HUG). It aims to optimize early detection in young people aged 15 to 35 while minimizing unnecessary psychiatric interventions.

## **Information**

[www.psyyoung.ch](http://www.psyyoung.ch)

## **Contact**

[conference@psyyoung.ch](mailto:conference@psyyoung.ch)

### **Registration**

[www.psyyoung\\_conf\\_2023.eventbrite.ch](http://www.psyyoung_conf_2023.eventbrite.ch)

### **Location**

Maison de l'enfance et de l'adolescence (MEA)  
Hôpital Universitaire de Genève  
Bd de la Cluse 26  
1205 Genève

### **Public transport**

Tram ligne 12 ou 18, arrêt Augustins  
Bus ligne 35, arrêt Maternité Pédiatrie