




# MEETING THE MENTAL HEALTH NEEDS OF CHILDREN AND ADOLESCENTS IN THE OUTLINING AEGEAN ISLANDS IN GREECE

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## Intervention for the upgrade of primary healthcare in the outlining Aegean islands of Greece

- This intervention is applied in 33 islands and it addresses 55,000 residents, including 4,760 children and adolescents.
  - There is no concern on a psychological, social and child psychiatric level of care.
  - Children and their families are forced to travel to greater islands or to the capital city to receive a diagnosis and treatment.
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# Mobile Medical Units

- This intervention is running with the endorsement of Stavros Niarchos Foundation.
  - It started in January 2014, with all the medical specialties.
  - There have been 33 missions in 23 islands.
  - In an active period of 4 years, there has been a double amount of mission in 10 islands.
  - The Mental health Service for the Child and the Adolescent was integrated with the Mobile Medical Unit in January 2016.
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# Programme Targets

- The target is to contribute in the Prevention and Promotion of Mental Health in the youth population of the outlining islands.
  - Our main focus is in the detection and confrontation of learning disturbances and the emotional issues that follow, in children and adolescents.
  - This intervention is carried out through talks to teachers and parents with experiential teams to parents and adolescents, clinical interviews, by granting psychometric and reflective tests, and finally with a short advisory support for those interested.
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# Our Participation

- Our team is composed by a child psychiatrist/ psychologist/ psycho-pedagogue/ speech therapist/occupational therapist.
  - We take part in 11 missions in 11 different islands and we have examined 130 children aged from 2-18 years old.
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# Characteristics of the outlining islands

- They are small distanced islands with a few residents roughly ranging from 120 – 1,000.
  - They are hardly accessible, especially during winter.
  - Due to only a few routes connecting them with port of Athens, Piraeus, residents are complaining that they have been forgotten by God.
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# Our Presence

- The frequency of our missions is once a month, Thursday to Sunday.
  - Our presence in the island brings great joy and we are greeted specially from the islands' authorities, which include the Mayor, the Doctor of the Healthcare Centre, the church's priest and the school's teachers.
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# The Residents

- They are usually middle to low socioeconomic class.
  - The greater percentage of the population is consisted by the elderly people.
  - However, in the last years of the Greek Crisis, there's been a noticeable return of young people to their places of origin.
  - The majority of them indulge in the sectors of livestock farming, agriculture and tourism.
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# Residents

- There are also Public Servants, such as Teachers/ Policemen/ Coast Guards/ Firemen/ Military and Bankers.
  - Immigrants, mostly coming from Albania.
  - The ensemble of these people from a different socioeconomic and educational level, forms the mosaic of the islands.
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# SCHOOL STUDENTS

- The island's schools are consisted of children from such families. Due to the small amount of students, these schools are two-spaced or three-spaced.
  - In the evaluation of the children and adolescents, we take into account these characteristics of the environment they grow up in as well as, individual elements of each child, in order to draw a safe conclusion.
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# Results

- 130 children and adolescents were examined during 2 years of action, 84 boys and 46 girls.

diagnosis	number of children	percentage
Learning difficulties	56	43%
without Psychopathology	30	23%
Psycho-Emotional disorder	20	15%
Specific developmental disorder	10	7.6%
Autistic spectrum disorder	3	2.3%
Night Enuresis	3	2.3%



# Results

Identity disorder	2	1.5%
Hyperactivity	2	1.5%
Bulling	2	1.5%
Asperger	2	1.5%
Eating disorder	1	0.8%
Tics	1	0.8%



# Kastelorizo 200 residents



# Agathonisi 120 residents



# Psara 400 residents



# Halki



# Koufonisia 300 residents



# Kassos 900 résidents



# Agios Efstatios 170 residents



# Amorgos 1500 residents



the Mobile Medical Unit reaches the island!!!



# The beginning of the work with sanctification!



# Completion of the mission and departure!!!



The map of Greece with the islands of the Aegean Sea!!!

