



EMMENTAL



a Gouda-pproach of children's mental health

EDITO



The 22nd ENOC annual conference is now coming to an end. While you were working to ensure children's mental health issues are talked about (and maybe even legislated upon?) throughout Europe, we were making sure not to miss any bits of the workshops and the panels discussions. As young

journalists we listened and interviewed, asked and discussed, wrote and translated – so that you could bring back home the most of these 3 days with you. We hope you take as much pleasure reading the exclusive issue of Emmental as we did creating it! Please note that this newspaper was written by French

young journalists for whom English is not their native language: there will be mistakes and typos! We would like to express our gratitude to the ENOC program, the Défenseur des Droits and the EU for making this event so interesting – and for asking us to come! We would like to extend our thanks to the persons we

interviewed during coffee breaks and lunches – we know how hard it can be! Finally and from young people to young people (peer review!) we would like to give a shout-out to the Young Advisers' group: their introduction on Thursday morning was truly amazing. Thank you for this stimulating session!

Munster Munch

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@europeanombudspersons4children

ENOC, what health?

The ENOC annual conference might be happening in France, but the organization has mobilized several countries across Europe: the subject of those three days had been chosen in Helsinki last year. Later in Spring, Ireland and Spain were mobilized to help building the agenda.

Just one year before the Council of Europe, this event gathering 34 countries members of ENOC should give inspiring directions to improve children's rights on mental health all over Europe. Now the tricky part will be to help national and European politicians to act, which is never easy, quite the opposite.

For this opening

conference we have successively listened to four interesting persons: Mrs. Avenard introduced the day - and her colleagues - by bringing up a survey to which 25 members of ENOC have answered. This survey set the basis of the recommendations

“The stronger members we are, the stronger the network is”

ENOC presented just this morning.

Mr. Thomas, the actual chairman of ENOC, insistently talked about the strength and the composition of ENOC's network. He also pointed the close work undertaken with the European Parliament,

and thus the proximity between ENOC and this institution.

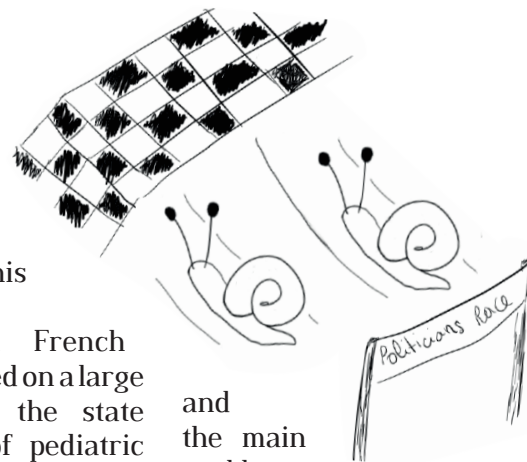
M^r Amiel, a French Senator, worked on a large diagnostic of the state of the field of pediatric psychiatry which is very very alarming. The next

and the main problem

young people can face. D^r Marcelli's speech tackled the broad and flexible definition to understand the way we work, and the emotions that take - or took - place during childhood, or even after.

On those wise words, the first day of conferences and workshops could now start.

Reblochon



With or without the means to do so, with or without help, but with passion, determination and the joy of self-expression, young people take initiative and write newspapers from within their own environments. This is why the association Jets d'encre dedicates itself to the recognition and protection of newspapers run by young people between the ages of 11 to 25.

Emmental, a Goud-approach to mental health, is a unique issue of association Jets d'encre, produced by young journalists during the 22nd Annual Conference “Children's rights and well-being, promoting mental health”, organized by the European Network of Ombudspersons for Children, from the 19th of September until the 21st of September, in Paris.

Directrice de publication (Publishing manager):

Léa HAURIE-HONTAS

Rédacteur-en-chef (Editor in chief):

Amine TILIKETE

Rédaction (Editorial committee): Amélie COISPEL,

Romane EMAER, Julia HERNANDEZ et Elouen

LEGALLO

Illustration (Illustrator): Julia HERNANDEZ

Maquette (Newspaper design): Léa HAURIE-HONTAS

Photographie (Photographer): Olivier LÖSER

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“There isn’t enough cooperation” between States and civil society

Q: You’re the French ombudsperson since 2014 and the president of ENOC since September 2017. What’s your priority for this year?

As it is the case each year and since ENOC exists, the priority is to spread messages to public authorities and to keep a coherence. Our first mission, should we accept it, is to coordinate the work around issues raised in the network like they did in Helsinki in 2017. One of my main more personal issues is to stop using the word “minor” because it’s the best way not to feel involved.

I also want to collect propositions which are unifying: no country should stand out, every country should appropriate those. We also want to keep and develop the partnerships with the European Parliament and

the European commission: we are a mine of information because we’re an institution on the field. Moreover, it’s important to stay wide aware of how we collect the children’s words and show that we can and we have to consult them, for example with the ENYA program.

“Adults’ reasoning always prevails over children’s and it’s something ENOC wants to fight”

Q: You consider words have to be chosen carefully. How would you best define “children”?

Words have meanings. So there is, apparently, a double standard: “children” who can be protected and “minors” who are considered criminals. But if we remove their child status from them, we also remove their right to progress et express

themselves differently. And we end up removing their right to be children and to make mistakes.

Q: How do you see the partnerships ENOC has developed and maintained? I want for ENOC to stimulate the emergence of

institutions where there is none. But it has to answer to two requirements: the particularity of children and the independence of the organisation. As a matter of fact, adults’ reasoning always prevails over children’s and it’s something ENOC wants to fight by taking into account their interests. And to succeed, we should have a European approach and not

just a French-centered one. In order to do that we work with the French-speaking Ombudspersons’ Association (AOMF) and with children from Africa and America. We have to consider them as children before considering them as foreigners. This question affects every institution: associations and departments but also the States. And there isn’t enough cooperation.

Q: Do you think the French State is taking responsibility?

Its implication is insufficient for children; it seems like it’s not a priority.

Q: If you had to choose a cheese to represent you, what would it be?

A young cantal, it tastes so good... Oh no: now I want to eat some!

*Munster Munch
& Comté*



Cantal(1) presentations be as stimulating as ENYA's?

Thursday morning was truly the highlight of the conference as the European Network of Young Advisors was (literally) taking the floor to introduce their recommendations. In front of a small audience (where was the rest of you?!) they introduced themselves and their work in Barcelona back in June. Dividing the room into 9 rows/groups, the 9 Young Advisors used a "broken telephone line"

game and whispered the recommendations to the first person in the row and waited for them to be passed down the line "to see how you guys can communicate and listen to us [the YA]". The updated versions of the recommendations were... quite different than what is originally the work of 20 Young Advisors coming from 10 different countries (from Northern Ireland to Azerbaijan). So maybe you

can listen but we need to talk about your communication skills: none of the teams were perfect since blatant cheating and blaming others were common...It was nevertheless a very stimulating morning: at first discovering the recommendations the group's focus then shifted to concrete actions to undertake in the Ombudspersons' own countries. Many ideas revolved around the health and the education

sectors: introducing mental health talks into Personal and social education (PSE) lessons, train professionals who see children on a daily basis to know how to guide them... The recurring theme is also the lack of awareness campaigns both in numbers and in depth: the need to create systematic awareness campaigns and to "normalise mental health" was raised during the talks.

Munster Munch

Interview of ENYA

We sat down with Rosie, Clara, Kyle, Simone, Tornike, Nikoletta, Victor, Nahia and Aykhan to talk about their year as Young Advisors and their work in the ENYA project.

Q: If there was one thing to remember about this year, what would it be?

- The song we made back in Barcelona! [if you have missed it, it should be available online in a couple of

weeks on the ENOC website]

- Also: Bruce [Anderson] dancing on the boat.

Q: Now that your work as an Adviser is almost done, what are you going to do?

- We are going home and we won't forget it.

- And we will think differently because of the project!

- Everyone goes through mental issues: it's the most important subject. So we

will keep working in our countries.

Q: How was it to be with adults and to get the work done while they were doing nothing?

- Really it was a team-effort: we weren't children and they weren't the adults.

- We were friends and we worked really well together.

Q: How is it to explain an involvement of this kind to your friends and families?

- It's really difficult: they

don't really understand what we do and ask "wait you're going there for free?"

- They thought I was being a little weird and maybe even ridiculous.

Q: If the group was a cheese, what would it be?

- Goat cheese: unorthodox but still really nice.

- Feta cheese because we're all salty (yes Rosie, we really did wrote that down).

Munster Munch & Comté

Could you dance the *roquefort* me?

Rumour has it that the boat party on Wednesday night was recorded and published: Young Advisors were more than interested to watch you Ombudspersons on the

dancefloor! Don't worry, the videos were only used for bartering: on Thursday morning the room had to sing alongside the Advisers!

Munster Munch



Draw me like one of your young advisors

We talked to Mr Lefort, the graphic recorder who was drawing on Thursday.

Stake of the graphic facilitation:

- Visual synthesis of what happened, of what said a group of people

- Make a group think of the same idea

- Communication post-events, in complimentary of a text

- Animation for work group, etc.

Is it easy to draw something as abstract as mental health?

"No ! It's complicated

and I've been looking for reference document on mental health to give me an idea on how could I draw without being in caricature."

Career of Mr Lefort: Historian by his studies, Geoffroy Lefort also worked on finance or NGO but always in the communication part because he wanted to explain complicated subject in an easier way to make people understand.

Roquefort

Big data, big problems?

“No data no problem, but big data is a big problem”: Genevieve Avenard just said so on Wednesday morning. It's always hard to know what we are talking about and more than that, who we are talking about. As Pr. Dainius Puras added: “it's difficult to have data because it means that we have to diagnose, for example, if it's a depression or if it's not”. But as Pr. Daniel Marcelli affirmed: “there's a difference between mental health and mental illness because it's a continuum, there's a lot of scales: you can be a little bit sad, morose, then pessimistic then depressed. It's not like the flu, we can't categorize it”.

Talk to them at their level
And as hard as it can be

for professionals, it's even harder for young people. Indeed: seeing a therapist, a counselor, etc. can be difficult for some children because of the confidence it requires. This can be hard to find if you have low self-esteem (like teenagers) and if you might prefer to

“A child in danger can be dangerous, but a dangerous child is always in danger”

auto-medicate yourself with drugs or alcohol (for a short minority). It's interesting to add that around half of mental diseases appears before 14: how can you expect to be correctly taken care of when you can't identify what you are going through? As Marta Santos Pais said, professionals should “talk to [children]

at their level without judgement”. But judgement is part of society as violence can be.

Michel Amiel, a French Parliament member, said during the opening of the conference: “a child in danger can be dangerous, but a dangerous child is

always in danger”. Marta Santos Pais also thinks that aggressive behaviors or criminal activities can be easily linked to violence in inner circles: when this violence is perpetrated by people you love and trust, and feel very attached to, it leads you to confidence issues and then low self-esteem. Sleeping and eating



disorders, depression and anxiety are next in line and then the words “I need help” are just unspeakable. “Stigmatization, social perception and what it means to be ill cause shame” and people, in particular children and teenagers, don't open up about it. And it's legitimate when in some countries, patients are considered witches and then are tortured.

Comté & Roquefort

interview

The Interpreter: dive into the voice that guides you throughout the day

The Hidden Figures, one might say. Interpreters have a key-role in events such as today. Meet Gracia Namou, language gymnast. - Interviewed by Raclette.

Q: Can you introduce yourself? How did you start as an interpreter?

I'm Gracia Namou, I first passed a competitive examination before being admitted in an Interpreter School. For this you need to know not only English but other languages as well. My particularity is that I know Arabic, which is not common. I adore this field because we can work with every topic there is : today I'm working on children's health but who knows where I'll be next !

Q: We are talking today about mental health, so I have got to ask: how does your brain work? How do you manage not to speak “franglish” all the time?

The standard is high, of course. There is a lot of people who can speak both languages very fluently but

do not have the mental flexibility or speed you need to become a good interpreter.

Q: What is the most difficult language to translate to?
I'll have to say Arabic, for me, because the basic

structure of the idiom is very different from French or even English. A lot of technical terms simply doesn't exist. This language is also deeply rooted in its historical and territorial culture, so a lot of idioms do not make much sense to translate.

“Who knows where I'll be next!”

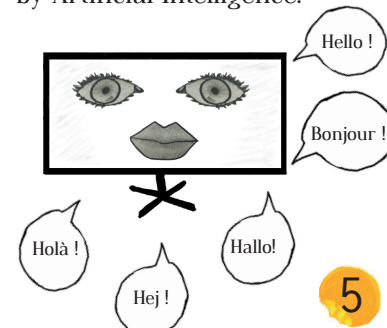
Q: Tell us a confusing anecdote about being an interpreter.

For my very first mission, as I was still a student, I was asked to be the interpreter for the President. At the time, I was one of the

very few people who could translate to Arabic and all the professionals were not available. I wasn't nervous at all about anything, my mind went straight to “What to do with my hair, and what should I wear?”

Q: Any last words?

Literally, because I truly believe this profession is doomed to be soon replaced by Artificial Intelligence!



99 problems and a million solutions

Going back to the roots

According to Dr Marcelli, we could identify mental health issues among very young children, even babies. A statement strongly shared by Dr Rosa Masquaro, who goes even further: signs of pain are basically the child's response to the neglect of fundamentals needs, and babies are in constant construction with adults who provide for their basics needs (food, warmth, rest, etc.) along with their psychic and mental needs. This relationship is dynamic and starts in the womb! The younger the child is, the more dependent they are to adults. Therefore, a lack of smiles, a lack of cries, no desire for entertainment or

games should be seen as a defense mechanism for the young patients. Still, it is very difficult to detect those crucial signs for a professional. Dr Masquaro's approach tackles the problem at the source by talking to parents living with in unhealthy environments, or who suffered from abuse as a child themselves. Parents can progress and become better caregivers, with the right

"Marketing towards parenting programs are not efficient enough"

amount and the right type of support. That is why Dr Rosa Masquaro believes in a professional goodwill with both children and parents, during the evaluation of the mental state of the child.

No dark sarcasm in the classroom

What about all the time during the day where the child is not with the parents? As stated by Dr Conor Owens, "school gives broader perspectives, [they] transform communities". The top priorities in school are building a caring and inclusive space, integrating child participation

So you think you can be a good parent?

As of right now, in Ireland, parenting programs are targeted toward parents in need. Mr. Paul Gilligan is advocating for a shift in the public service offer: parenting programs have to be included so as many children as possible can benefit from them. Those programs have to be valued by parents and need to take the shape and format that fit best for the family. "Proper marketing" towards those programs is simply not efficient enough. "But do these initiatives even work?" "Only with government funds", jokingly responds Mr. Gilligan. In all seriousness, evidences prove that children who benefit from these programs show a increase in happiness, but more importantly, a decrease in stress, anxiety and depression.

What's the solution ? A simple app, for instance, could not act as a silver bullet. We need to form a global national strategy towards children mental health!

through school councils, training the education staff to provide appropriate help to children in need. Following with Dr. Sevan Minassian's experience at the *Maison des adolescents* (Adolescence's Home), "self-governance and individuality" are key-elements to understand the social construct of young adults. Protect the social fabric but break free from it. There is an undeniable need of a supporting framework around the young patients, while putting them in the center of every aspect of the treatment.



Raclette

Cheese-chat

You thought no one heard. You were wrong.



« - Your face looks familiar, but I don't remember where we met! »

- I am a journalist...

- Ah, then it must have been at that thing, over there, I don't know when!

« [overly excited] »

- You heard what Dr Marcelli said? You can tell your children that you hate them!

« [rushing out of the lady's bathroom] »

- ... Where am I?

Street-poll

by Reblochon

Among the hundred of participant, nearly half of you have answered one of the most important debates of all times: what is the best cheese type ever? We've selected among your answers the three favourite cheese of ENOC members. We must send our most sincere excuses to the people who voted for goat cheese and idiazabal who could have been on the podium if there was enough room. Yet, the supreme winner makes no doubt.



Preventive measures for the improvement of child and adolescent mental health



Combating child mental health stigma

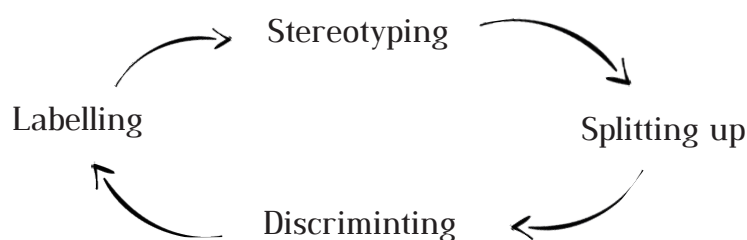
Labelling: it's something that can be seen by anybody. Medical staff could work on reducing the visible signs of illness like side effects.

Stereotyping: words matters so we have to change the way we talk about mental health issues.

Splitting up: In our mind, it's important to avoid splitting "normal" and "pathological".

Discriminating: in our acts, we have to stop acting different with people we're seeing as "normal" and "pathological"

Comté



Sex trafficking

Country update on children on the move

One the many workshops of Wednesday afternoon was dedicated to the "children on the move". During what is called a migration crisis, the amount of children arriving with their families – or without them – is high: according to the UNICEF statistics, the number of children on the move was around 300.000 all around the globe.

The identification of children is a hot fuzzi, it is not always done by the rules and can be a humiliating, traumatizing process for them. Meanwhile some of them had to

endure sex trafficking or were forced to prostitute themselves to get into Europe. Some have been highjacked and will never reach their destination. The organized crime thrives on the desperation of people, but more importantly, of children. One of the most important things that was said was that those issues can't be resolved with an urgent perspective of it. They must be resolved through long term thinking because "emergency means temporary solutions" which is far from solving the problem.

Reblochon

Children's rights and healthcare

If we must take a moment to resume how children's rights are affected by mental health issues, we could say that some solutions are actually a problem. Let's take the example of the *Unités d'accueil psychiatriques* (psychiatric residential centres) in France: they are places designed to help children with their mental issues through medical means. There are fundamental rights in those houses: the rights to be treated with dignity, the rights to be considered as a normal human being, to be safe, to be cured. Workers try to keep families connected, because when a child has a mental disease, there is a guilt trip on the parents' side. It does not exclude the fact that some families can be toxic, have a bad influence on their kids, that's why in peculiar cases visits can be cancelled. Those structures have measures to give their patients responsibilities they

would not have if they were "in the real world". They are not locked in their room to protect themselves and the others, but there is a lot of reflexion around human contacts and sexuality.

When programs are made the idea can be well-thought but not the execution... like in Moldavia between 2005 and 2009. There was a house for children with mental issues, but they rarely could get out, even those over 18. Why? Because the more they were, the more money came. Those children were not really accompanied nor helped on social issues; they were dependent while corruption was running on their backs. That's why it is really, really important to listen to these children. We must know their needs in order to help them and make the world see them for who they are beyond their illness.

Bûchette de Banon



Country updates on intercountry adoption

Error 404: Services Not Found

On Tuesday, the French government presented its Health plan to the public. A program which is quite “ambitious” for the French Senator Michel Amiel because “it is a real priority but it also really needs money”. He added

“In France, pediatric psychiatrists are an endangered species”.

that “good intentions are not always translated into actions”. Everyone can agree on that: it’s hard to accept the illness you have, whatever it is. But when you succeed and you are ready to talk about it, there’s no one to hear you. “It’s difficult to promote inventions and develop services for mental health” said Pr. Dainius Puras. Moreover, pediatric psychiatrists are “an

endangered species: more than 80% are aged 60 and older” in France, warned Dr Daniel Marcelli. “And it takes at least 10 years to train new psychiatrists”.

The problem is not only centered around care services but also

education services: experts highlighted that there’s a lack of information about symptoms and problematics. In the workshop about fighting the stigmatisation, they provided some advice: “We have to educate more and enhance the importance of recovery, it’s more optimistic”.

Wait a few seconds... The solution is loading...

And if you cannot find what you are looking for, ENOC as a network improving the field of mental health, can help you find appropriate answers to your needs. And to do that, the first thing is definitely to “change the way we talk about it”, as it was said during the same workshop.

So, part of the solution to raise awareness and knowledge is to involve people with mental disorders in programs and actions and also to create discussions in the very complex medical classification. This should lead to legislation and strategic changes. For Genevieve Avenard, ENOC Chairwoman, these

questions should be raised and shared across European members:

- The consent of minor patients: the legal framework is insufficient because the age of consent fluctuates between different countries. In France, there is no notion of consent for minor patients while in Island the medical staff has to ask patients aged 12 and over

- The necessary improvement in spreading information about health for minors

- Adequately treating children with their specificities: it’s not okay that there are children in adult services

- Introducing mental health classes in students’ curriculum.

Comté



Just in! New Bureau elected!

Just this morning ENOC members elected their new Bureau: congratulations! We’re very excited to see how the ENOC program is going to tackle the issue of digital rights throughout next year.

Elected Chairman: Koulla YIASOUMA (Northern Ireland)
 Secretary: Niall MULDOON (Ireland)
 Treasurer: Edita ŽIOBIENĖ (Lithuania)
 Chairman: Geneviève AVENARD (France)
 Vice-Chairman: Tuomas KURTILLA (Finland)

Roquefort

