



## **Report of the Annual UEMS-CAP meeting. October 2024, Bergen, Norway**

The UEMS section of child and adolescent psychiatry works around international collaboration in quality of service-provision and strongly believes that high quality training in CAP helps improve care for families with mental health problems. Every member country is allowed to send a representative / delegate to the annual meetings. Trainees are represented through the European Federation of Psychiatric Trainees and the European Junior Doctors.



The 2024 annual meeting in Bergen Norway allowed for a brief introduction in local CAP practices, bringing a number of our projects an essential step further the section:

- Took a speed-course of current Norwegian CAP practice in the Bergen area
- Exchanged challenges and hopes in current CAP care and teaching
- Approved the new European CAP training requirements
- Set a plan to build a question bank as a basis for examination
- Made a draft of an educational-research agenda for CAP for the next years
- Developed a program for the upcoming Trainers Seminar
- Decided to organize a session to help trainees become better supervisors
- Set a procedure for policy statements regarding training in CAP

To help the delegates balance the cognitive load, relax and reflect they also:

- Sang Norwegian folk-songs
- Listened to Edward Grieg and poetry
- Took a guided tour of the wonderful city of Bergen surrounded by water and its 7 mountains
- Shared a potluck-dinner with food from all over Europe

For those who are intrigued and interested, for some of these we provide a more in-depth description below.



### ***CAP services in Norway-Bergen***

The local chair of department, Dr. Liv Kleve, was so kind to present an overview of how over the past 25 years, since mental health became a national health priority and almost all of it was funded by the national health system, the region of Bergen, being one of the four health regions in Norway, managed to increase their quality of care. They attempted to increase operational efficiency, better organization of care pathways and more equity in care in all different areas. Care and training were increasingly based on evidence after a program that summarized guidelines to 2-page documents for daily practice and more generic interventions. Some specialized programs were set up around DBT, early-psychosis and a jealousy-inducing Energy Center was set up where children with combined physical and mental health problems can come in for a 2-day complete assessment or a 7-week day-treatment program to help them exercise with more pleasure and a better fit with their abilities. The current challenges they face in Bergen were highly recognizable for other countries and included an increase in demand of care in CAP and an increase in complex cases of eating disorders and neurodevelopmental disorders.

### ***European Training Requirements***

As a major milestone, the section adopted the new version of the European Training Requirements. They had been under co-construction for almost 5 years and after several consultation rounds, the document was officially adopted by the section. The next and final phase for these ETR will be a ratification process including consultation of other medical specialist sections of the UEMS followed by ratification by UEMS Central (expected in the spring of 2025). The result is almost 50 pages of condensed text including a reader's guide-introduction, training requirements containing recommendations about the content and organization of post-graduate CAP training and a few interesting addenda. New among other things in this version is that competencies have been structured following the CanMEDs.

### ***Challenges in and hopes for CAP care and teaching***

An interactive session covered the most relevant hopes and worries in European CAMHS. Some countries managed to be successful by increasing teaching medical students or general psychiatry trainees about CAP, initiatives for cooperation in recruitment, some private investments. Investments seem to pay off, as they see an increase in CAP capacity and cooperation with services. Worries and concerns were about the increase in demand, climate anxiety, administrative load, decrease in public funding, waiting lists and an overwhelmed youth welfare system. Hopes were reduced stigma, better perception of CAP in public and medical profession, more cooperation for the good of child and adolescent mental health.



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### ***Future projects***

Looking at the (near future) the section will be increasing its collaboration with the adult psychiatry section and pediatrics section of the UEMS. We are delighted to meet their enthusiasm to learn about the early development of child mental health and the systemic aspects. Upcoming are a few new research projects to better understand teaching and education in CAP and they will be merged into a first version of a research agenda. The section will work on improving its communication by updating the website, a podcast series and a newsletter to send out to the national associations after every meeting to update twice a year.

### ***At the end***

If you got to the end of this particular newsletter, and you feel intrigued or interested by any of our projects, please contact us, the UEMS-section can always use help from critical friends.



*UEMS - CAP section national delegates visit the Energy Center at Haukeland Hospital, Bergen, Norway.*