



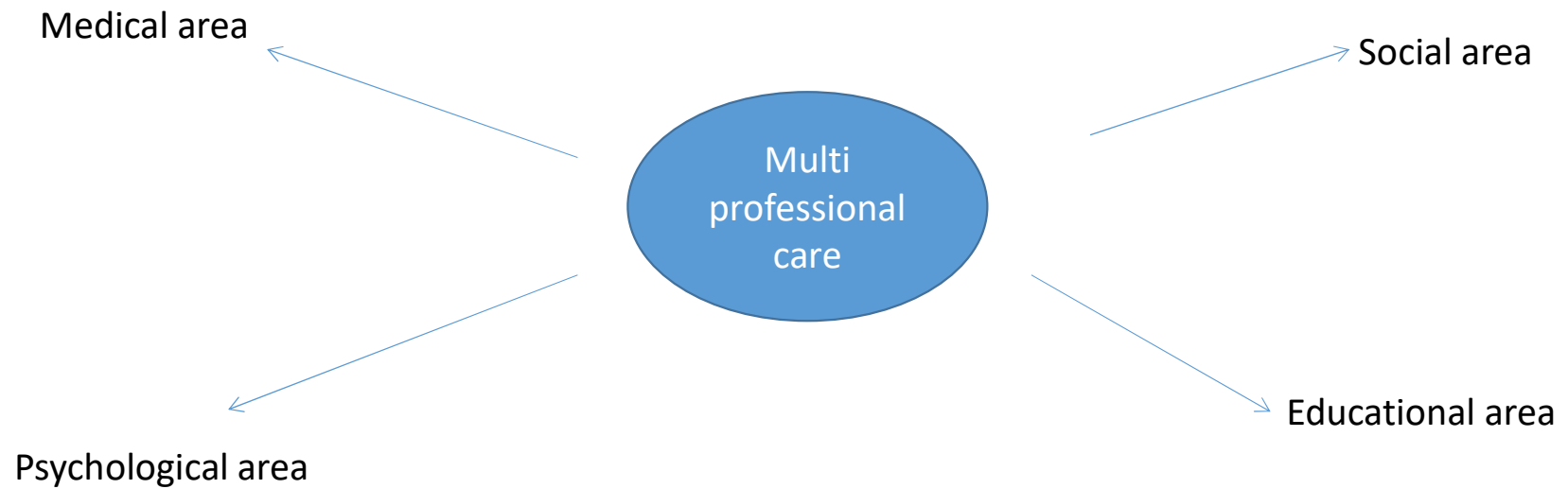
Transnational Project Meeting

24-28 June 2022, Syros

UFDA – «Teenage District Functional Units»
Good practice proposal to support young people in situation of
psychological discomfort



Complexity



Taking charge

The taking charge is based on individual projects which require a strong investment on **team work**

A multidisciplinary group able to build an accurate comprehension of the situation, to incorporate the observation data and to develop a coherently articulated therapeutic and care planning.



The Covid-19 pandemic – first results

According to a recent research by the Giannina Gaslini Institute in Genoa, the most frequent disorders in children and adolescents between 6 and 18 years involved:

- emotional instability
- irritability
- mood changes
- sleep disorders
- anxiety disorders
- increase in self-injurious behavior (and suicidal risk)
- increase in hospitalizations
- increase in cases of Eating Disorder (ED)



“Teenage District Functional Units” – UFDA

A team, or multi-disciplinary working group (psychologist, social worker, professional educator, child neuropsychiatrist and psychiatrist) available to offer advice and taking care of adolescents and their families with regard to the various discomforts and / or mental disorders related to the pandemic in progress.

This proposal pursues an approach to the person and not only to symptoms and allow the early interception of discomfort and a case by case taking charge.

Structural activation (District Director or his delegate)

Activation of a specific Commission for the UFDA Adolescent District Functional Unit service

Activation of a specific territorial CUP dedicated to the emergency

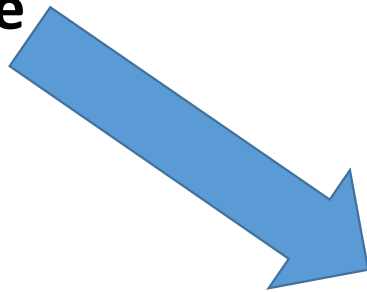
Activation of a specific UVMD for adolescents with high and medium complexity

Activation of the specific multi-professional team



Functional activation

- **First filter and reception**
- **Assessment**
- **Multidimensional analysis**
- **Advice**



- 1) discharge with scheduled remote follow-up;
- 2) taking charge directly by the team in all situations of no particular gravity/complexity;
- 3) where necessary, taking charge of a second level service



Collaboration with the school

Two objectives:

- Raising awareness and sharing information about the activities of the UFDA;
- Spreading collaboration between school psychologists and the UFDA team.



Connection between hospital and territory

The hospitalization for mental disorders in childhood should last the strictly necessary time to facilitate the exit from the emergency condition and support the return at home.

Three outcomes:

- reduction of hospitalization times
- protected discharge
- reduction of hospitalization relapses

Good practice proposal:

- The UFDA experience develops primary and secondary prevention interventions to favour psycho-behavioural and relational well being of minors and young people in the family, school and social context.
- A multidisciplinary model of care of young people and their families in situation of psychological distress is carried out.
- Teams of experts promote individual and collective psychological well-being of the target group suffering from the consequences of the Covid-19 containment measures.
- UFDA would be a good practice for The Living Art - The Art of Living project as it works for personal growth aiming to create the conditions for young people to rediscover the value, the purpose and the beauty of life.
- UFDA expert groups would join in the creation of opportunities for young people personal development by providing counselling to teens and their families stimulating the building and nurturing of interpersonal relationships where empowerment and creativity are key elements.

Thank you for your attention!

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