



Co-funded by the European Union

A residential training dedicated to the topic of mental health of young adults (18-30 years old) was held in Bergamo between the 31st of October and the 5th of November 2022. The city hosted 26 participants from 5 different countries (Belgium, France, Greece, Spain - and the lead partner Italy).

The principal aims were:

- create a European network to construct a synergy around this theme that appears to be increasingly relevant
- exchange views on innovative projects,
- share ways of working (which are oriented to inclusion and prevention),
- discuss treatment strategies that could be an alternative to traditional psychiatric and psychopharmacological interventions

The result of this intense week was the construction of a network consisting of people and not just professionals, acquisition of mutual knowledge and appreciation, and of human relationships. This network is destined to evolve in the medium term by promoting research and experimental projects in synergy and coordination.

Some keywords: mental health, prevention, early intervention, inclusion, deinstitutionalization, dialogical practices, human relationship, interdisciplinary work, Balance Homes.

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YAMI participants:

- **Italy:** Cecilia Edelstein, Project Responsible and country Coordinator — Shinui - *Centro di Consulenza sulla Relazione*; CIPRA - *Coordinamento Italiano Professionisti della Relazione d'Aiuto*; Achim Rusu — *Università degli Studi Milano Bicocca - Corso di Laurea Servizio Sociale*; Anna Barracco — *Coop. Limen ONLUS, Società Thesisgroup Srl, CIPRA*; Antonia Restori — *ASL di Parma, CIPRA*; Giuseppe Galdi — *Associazione Michele Baiù, Radicali di Diritti alla follia*; Lorenzo Maini — *Shinui, Studente di Psicologia, Università degli Studi Milano Bicocca*; Martine Bucci — *CIPRA*; Paolo Migone — *Rivista Psicoterapia e Scienze Umane, CIPRA*; Riccardo Zerbetto — *IIPDW Italia – The International Institute for Psychiatric Drug Withdrawal; Centro Studi di Terapia della Gestalt; CIPRA*.
- **Belgium:** Paul du Roy, Country Coordinator, — *Epsilon - Réseau de soins psychiatriques*; Nele De Schryver — *UZ Gent - Universiteit Gent*; Emanuele Ferrigno — *IMAGO, l'Équipe, Ligue Bruxelloise pour la Santé Mentale*; Gilbert Lemmens — *UZ Gent - Universiteit Gent*.
- **France:** Thomas Schwab, Country Coordinator - *IPEC - Institut Pluridisciplinaire d'Études sur la Communication*; Samuel Bouloudnine - *ODIS-C - Organisme pour le Développement des Interventions Systémique et Contextuelles*; Philippe Durand - *Réseau et Famille*; Rémi Peridon - *Réseau et Famille*.
- **Greece:** Valeria Pomini, Country Coordinator— *UMHRI - University Mental Health, Neurosciences, and Precision Medicine Research, Institute "Costas Stefanis", First Dept. of Psychiatry, National & Kapodistrian University of Athens*; Mirjana Selakovic — *General Hospital "Sismanogleio" Marousi, Athens*; Kiryaki Tsikou — *EPAPSY - Association for Regional Development and Mental Health*; Lida Xenaki — *First Dept. of Psychiatry, National & Kapodistrian University of Athens*.
- **Spain:** Adrián José Hinojosa, Country Coordinator — *Escuela de Terapia Familiar Sant Pau*; Claudio Fuenzalida — *CTI - Centre de Terapia Interfamiliar*; Julia Javkin — *CITA - Centro de Adiciones Clínicas*; Ramón José Lema — *Escuela de Terapia Familiar Sant Pau*.