

20 aniversario

Fundación
Alicia Koplowitz

Promoting hope annual report 2014



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FOUNDATION'S MISSION

Promoting hope



The Foundation's mission is the assistance, protection and defence of children and adolescents, particularly those deprived of basic care, whether personal, educational, health, cultural or material, in order to deliver on their development and full education in search of enhanced social inclusion.

A further goal is training and medical and scientific research in general, with a special focus on child and adolescent psychiatric illnesses and neurogenerative diseases.

Fundación Alicia Koplowitz provides socially excluded children and adolescents with a home, an education and the personal tools to face the future. It also promotes child and adolescent psychiatry in Spain through a Grants Programme and funding for research projects.

The Foundation was established in 1994 to provide care for children from highly dysfunctional family backgrounds. The medical and scientific side began in 2004, which, focusing on the Child and Adolescent Mental Health Support Programme, bases on its work on driving research, fostering the specialisation of Spanish psychiatrists and promoting talent.

The Foundation's two roles merge into a single mission: to improve the quality of life of children and young people.

This is at the heart of all of the Foundation's activities: science, medicine, education, social work, patronage and professional creativity are developed in harmony for a single purpose.

+ 350 children and adolescents cared for
4 foster residences and 2 social intervention centres
+ 150 doctors trained
+ 60 research projects funded

RECOGNITIONS



The best recognition is that which we get from the children and young people. However, recognition of a social nature is appreciated and helps consolidate our Mission. That is why Fundación Alicia Koplowitz is sincerely grateful for all of the awards received in 2014 and particularly thanks the promoters of these scientific and social initiatives.

Council of Foundations for Science Up and Running

The Council of Foundations for Science was created on 17 March 2014 and includes **Fundación Alicia Koplowitz**. The Council comprises 10 private foundations which support and fund science in different ways. The collaboration agreement, signed by Spain's Secretary of State for R&D, aims to ensure the promotion of good practices to foster and boost investment in science. The initiative is part of the "Foundations for Science" framework programme, fostered by the Spanish Foundation for Science and Technology (FECYT).

Agreement with CSIC

Fundación Alicia Koplowitz and the Centro Superior de Investigaciones Científicas (CSIC) have signed a collaboration agreement to promote scientific research and technological development. Thus, both entities collaborate in the execution of research projects and training programs. The agreement allows the Foundation to build on the know-how, experience and prestige of the CSIC, the largest public institution dedicated to research in Spain.

Judge at the Rey Jaime I Awards

The Rey Jaime I Awards, which this year, the 26th in the Awards' history, included Foundation president Alicia Koplowitz on the panel of jurists, was held on 3 June. The Awards promote scientific research and development via collaboration with science and business organisations.



FOSTER RESIDENCES

Care for children

Fundación Alicia Koplowitz provides care for children through four foster residences for minors up to the age of 18 removed from their families and referred by the Region of Madrid's Ministry of Social Services. The four homes are located in the Spanish capital, where the children live together like a family.

In the 20 years they have been going, the homes have taken in more than 300 children and young people and given them somewhere to live, an education and specialised medical care to foster their social integration. With this formula over 98% of the children and young people have been integrated as productive citizens. However, the work has two sides, as parallel to this the **Fundación Alicia Koplowitz** endeavours to rehabilitate the different families in order for the children to be able to return to their own homes.

2014 saw two girls join the homes, which attended a total of 23 children and adolescents

The Foundation allocated €700,000 to social work last year

"Citizens" Awards



The 16th "Citizens" Awards were held on 4 July 2014 at Cibeles Palace in Madrid. **Fundación Alicia Koplowitz** was awarded in the Health and Social Welfare category for the celebration of its twentieth anniversary and in recognition of its commitment and support to training and research into psychiatric diseases in childhood and adolescence.



CENTRE FOR INDIVIDUALS OVER 18 YEARS OF AGE

Commitment to the future

Fundación Alicia Koplowitz has found the answer to the problem that coming of age represents for adolescents who have spent their lives in the care system and must now relinquish institutional protection and face a future with no means - the Social Intervention Centre.

These are homes for people aged over 18 who live together for an unlimited period of time until they gain work and personal independence.

Four young men were living together in the Avenida de América Centre in Madrid in 2014

Meeting with the Ombudsman



Ombudsman Ms Soledad Becerril and her team visited the Avenida de América home. During the visit they heard the testimony of the young adult residents regarding the centre's operation, day to day life there and their future plans.

VOLUNTEERING

The most valuable contribution: Time

Our foster residences and intervention centres have the support and commitment of three types of volunteers: academic volunteers, whose work, focused on school assistance, meant that all of the children passed their courses in June; Friend Families, who share their time and open their homes to the children on weekends.

“Health Public Figure Award”



The 13th Fundamed & Wecare-u awards were held at the Rafael del Pino Auditorium in Madrid on 4 June. The Alicia Koplowitz Foundation won the “Health Public Figure Award” for its sensitivity in child and youth psychiatry matters via its Child and Adolescent Mental Health Support Programme.



SCIENTIFIC SESSIONS

Forum for debate and meeting point

Each year **Fundación Alicia Koplowitz** organises the Scientific Sessions. 2014 was the ninth time the Sessions had been held. Around 700 specialists discussed the challenges and advances in child and youth psychiatry in the past ten years.

At the round tables, 21 experts shared experiences and knowledge on autism spectrum disorders, the prevention of suicidal behaviours among adolescents, risk factors in bipolar disorder and schizophrenia, early onset psychosis, attention deficit hyperactivity disorder, obsessive-compulsive spectrum disorders and the influence that modern life habits have on psychiatric diseases.

**The debate turned on the topic 2004 to 2014:
Challenges and advances in Child and Adolescent
Psychiatry in the past ten years**

Madrid Association of Neurology Award



On December 10, 2014, Fundación Alicia Koplowitz was awarded the "Social Award 2014". This award, granted by the Madrid Association of Neurology, recognizes the work of the Foundation in the training and research of psychiatric diseases of childhood and adolescence and support the study and treatment of neurological diseases through "Multiple Sclerosis Center of the Community of Madrid Alicia Koplowitz". Alicia Koplowitz, President of the Foundation, received the award from Dr. Antonio Gil-Núñez, president of the Madrid Association of Neurology at the annual meeting of this body.





**ALICIA KOPLOWITZ FOUNDATION-UCM PROFESSORSHIP
IN CHILD AND ADOLESCENT PSYCHIATRY**

Connection with the University

The Alicia Koplowitz-Complutense University Professorship in Child and Adolescent Psychiatry endeavours to be a meeting point for research and knowledge transfers to make progress in the fight against mental illnesses. Collaboration with the academic world is necessary to deliver on this goal.

Presentation of the White Paper on Child and Adolescent Psychiatry



On the occasion of its 20th anniversary, **Fundación Alicia Koplowitz** sponsored, through the Professorship, the drafting and publication of the “White Paper on Child and Adolescent Psychiatry” with the goal of learning more about the state of these pathologies in Spain.

The paper, drafted in collaboration with PricewaterhouseCoopers and with the participation of Spain’s regional health authorities, responds to the need to promote the level of development of child and adolescent psychiatry in our country today and the challenges and areas of improvement we must face in coming years.

The White Paper provides a snapshot of this hugely important matter in today’s society, which affects an increasingly greater number of children and adolescents and hits their families hard. It is a valuable tool for making headway in the fight against mental illnesses.

Letter from the President

2014 coincided with a transcendental moment in the history of Fundación Alicia Koplowitz, i.e., the celebration of our 20th anniversary, and it invites us to reflect on the long, sometimes difficult, but always encouraging road travelled so far.

I would like to start by thanking all the people and institutions who have accompanied us and supported us over this time and made it possible for the Foundation to become the benchmark organisation in child and adolescent psychiatry that it is today. More than 350 children and adolescents have now been cared for in one of our five Foster residences or the Social Intervention Centre; more than 150 doctors have specialised in child and adolescent psychiatry within the framework of the Grants Programme, and 60 research projects have been funded by the Foundation to make headway in the fight against mental illnesses amongst children

2014 was also particularly important for the Foundation for the recognition from the Ministry of Health, Social Services and Equality in making Child and Adolescent Psychiatry a medical specialty in Spain. Ten years ago, in 2004, faced with the evidence of significant emotional, adaptive and behavioural disorders that the children in our foster residences presented and the serious psychiatric pathologies the harsh conditions in which they had been raised had caused, the Foundation decided to strike out alone in training and research in child and adolescent psychiatry diseases in response to the vacuum that



existed in this area. Today's figures are therefore a source of great satisfaction to us.

In this scenario of commitment to child and adolescent psychiatry, the Alicia Koplowitz Foundation has sponsored the drafting and publication of the "White Paper on Child and Adolescent Psychiatry", an initiative which aims to deliver a snapshot that can serve as a starting point for more in-depth work in this field.

The 9th Scientific Sessions brought together academics, scientists, doctors and professionals in child and adolescent psychiatry to approach the challenges and advances of the past 10 years, all with talent and innovation as the common denominator.

In the past year, the Foundation consolidated its scientific role with initiatives such as the signing of the cooperation agreement with Spain's National Research Council (CSIC), the collaboration agreement with the *Child and Adolescent Psychiatry Research Center of the Karolinska Institutet*, and our participation in the Council of Foundations for Science.

We have learnt a lot over these 20 years and reached important conclusions which we incorporate in our day-to-day work. It is children and adolescents who are the focus of our attention. Young people face difficult situations when they come of age and the protection barriers disappear. They find themselves without resources or professional possibilities, which speaks to a discouraging present. These young adults are referred to the Social Intervention Centre where they receive not just a home

but also the tools they need to face the future. This is a pioneering model which the Foundation is keen to foster.

Our sincere thanks to the Foundation team, without whose effort and commitment none of this would have been possible. We want to celebrate our 20 years of daily labour with them. Together we will continue to strive to improve the quality of life of children and adolescents and to bring a message of hope to them and their families.

Alicia Koplowitz

President

Scientific Advisory Committee

Today, and in the framework of its Support Program for Child and Adolescent Psychiatry, the Fundación is counseled by a Scientific Advisory Committee, made up of a outstanding group of Psychiatrists and Researchers, whose objective is to evaluate the initiatives of the Fundación and to establish priorities at the highest medical-scientific level. The Scientific Advisory Committee also helps to better define the focus and potential of the future programs with international excellence criteria.

The members and their titles are as follows:

President

Ms. ALICIA KOPLOWITZ ROMERO DE JUSEU

Secretary

DR. JOSEFINA CASTRO I FORNIELES

DIRECTOR OF INSTITUTO CLINIC DE NEUROCIENCIAS.
HOSPITAL CLÍNIC DE BARCELONA, SPAIN.

Members

DR. CELSO ARANGO LÓPEZ

HEAD OF THE CHILD AND ADOLESCENT PSYCHIATRY SERVICE
OF HOSPITAL GENERAL UNIVERSITARIO GREGORIO MARAÑÓN,
MADRID, SPAIN.

DR. BORIS BIRMAHER

PROFESSOR OF THE DEPARTMENT OF PSYCHIATRY, WPIC,
PITTSBURGH, USA

DR. VALENTÍN FUSTER CARULLA

DIRECTOR OF THE CARDIOVASCULAR INSTITUTE OF MOUNT SINAI
HOSPITAL IN NEW YORK AND CHAIRMAN OF THE CCAEE OF THE
CNIC, MADRID, SPAIN.

DR. JOAQUÍN FUSTER CARULLA

PROFESSOR OF PSYCHIATRY AND BEHAVIORAL SCIENCES, UCLA
NEUROPSYCHIATRIC INSTITUTE, LOS ANGELES, USA.





Social Work

More than 350 children and youths attended in Homes in 20 years

Fundación Alicia Koplowitz provides care to children through four foster homes for children up to 18 deprived of their family environment derived from the Social Services of the Community of Madrid. There are four homes, located in the capital of Spain, where the children live with the same parameters of a family.



Recognition of Federación Autismo de Madrid

On April 2, **Fundación Alicia Koplowitz** received the recognition of the Federación Autismo de Madrid. The award recognizes the work that the Foundation carried out through the "Sclerosis Center of the Community of Madrid Alicia Koplowitz" with the aim of improving the quality of life of people with autism and their families.





More than 350 children and adolescents
cared for in the last 20 years

Social Work

The Foundation was established in 1994 with the goal of improving the quality of life of children and adolescents.



Philanthropic actions had formerly been channelled through economic support for specific projects promoted by other organisations which worked in aid of vulnerable groups such as children, the elderly, the handicapped, persons deprived of their liberty or people with special needs.

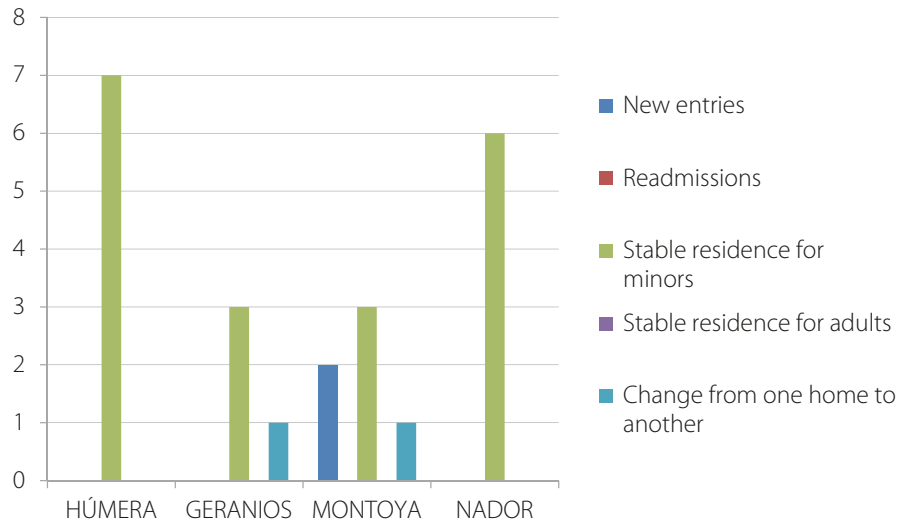
Following a long journey, the time came to create our own infrastructure from where our commitment to solidarity could be focused in a more coherent and organised fashion.

Why children?

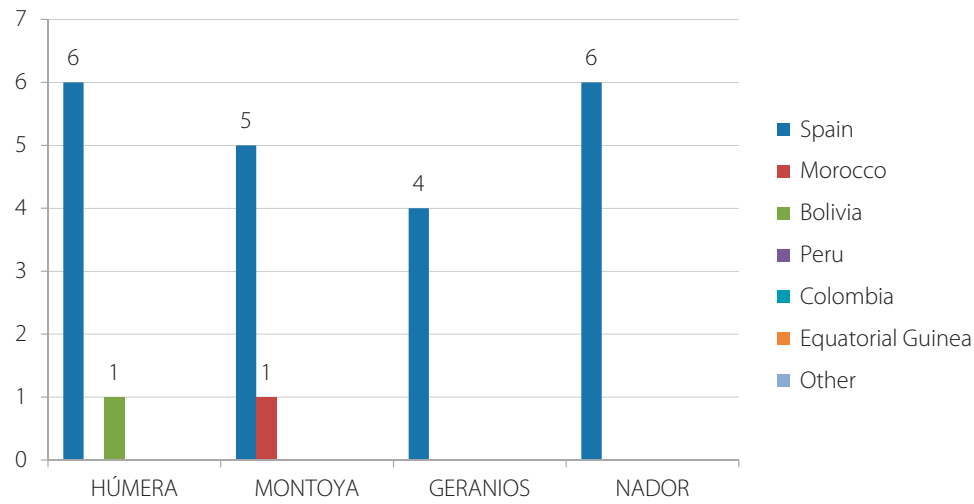
Among social groups in a situation of need, children and the handicapped are the most vulnerable of all. Children are not just dependent for their basic needs, but their lives can potentially be vastly improved if the elements they lack are detected in time and adequately addressed. In terms of children's needs, prevention can go a long way towards guaranteeing the integration into society of positive individuals.

Starting from the principle that a home is more than just a roof over one's head, the first foster residence was opened with the intention of making it a place to repair the damaged lives of children and from where they could be offered hope for the future. Our aspiration: To give LIFE and to offer HOPE. The union of these two concepts gave rise to our original name: LIFE AND HOPE FOUNDATION.

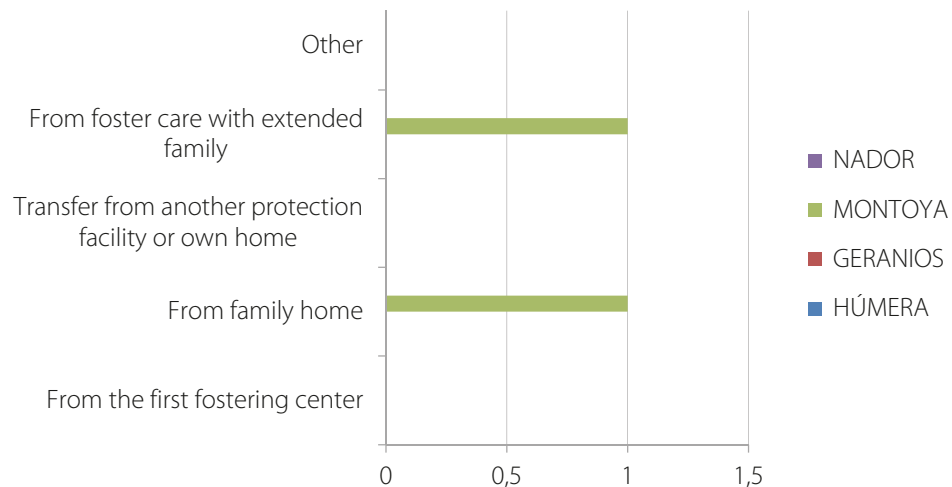
Child movement in 2014



Children by nationality attended in 2014



Origin of the children





*“I want to thank them
for the unconditional
support they give me”*

Rubén

For me, moving into this new flat brought greater responsibility because even though it is the same Foundation, the situation is different between this place and the former one because this flat is for responsible, independent adults. I am grateful to be with nice people who support me, even with the occasional disagreement, in completing my period of growing up and becoming an adult with more good sense and responsibility and knowing what life without any “parallel” worlds, where everybody helps you out without really receiving anything other than your thanks, is all about. In the world we live in, most people aren’t willing to help a stranger further their education or even improve their life.

Another of the consequences that the new flat has had on my life, whether for good or for ill, is that I have started to appreciate what I have; something that in the not-too-distant past I might not have

really appreciated for what it is worth.

The people I live with have opened their arms to me to make it as pleasant a living environment as possible. They all have their own problems but they focus on the good relationship that has grown up between the other boy I share my room with and the oldest person in the house.

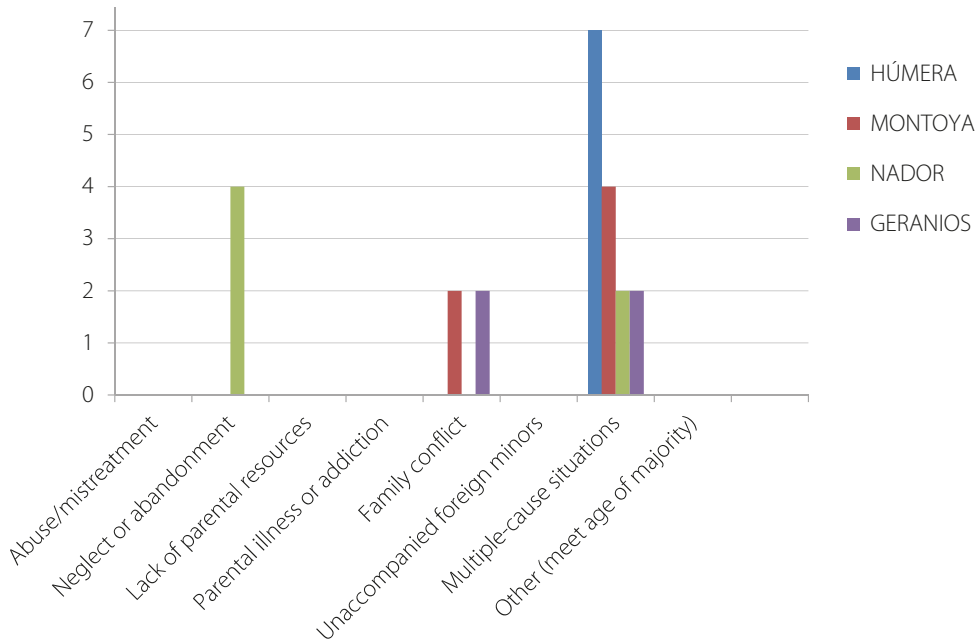
Moving into the new flat is also a vote of confidence in me, something I have been struggling to get for years, and shows that I can become a responsible person who is aware of what he is doing at all times. Plus, this vote of confidence wasn’t only about whether or not I should move into the flat, it was also about my education, which the Foundation has put a great deal of effort into. That’s why I want to thank them for the unconditional support they give me, both academically and

psychologically.

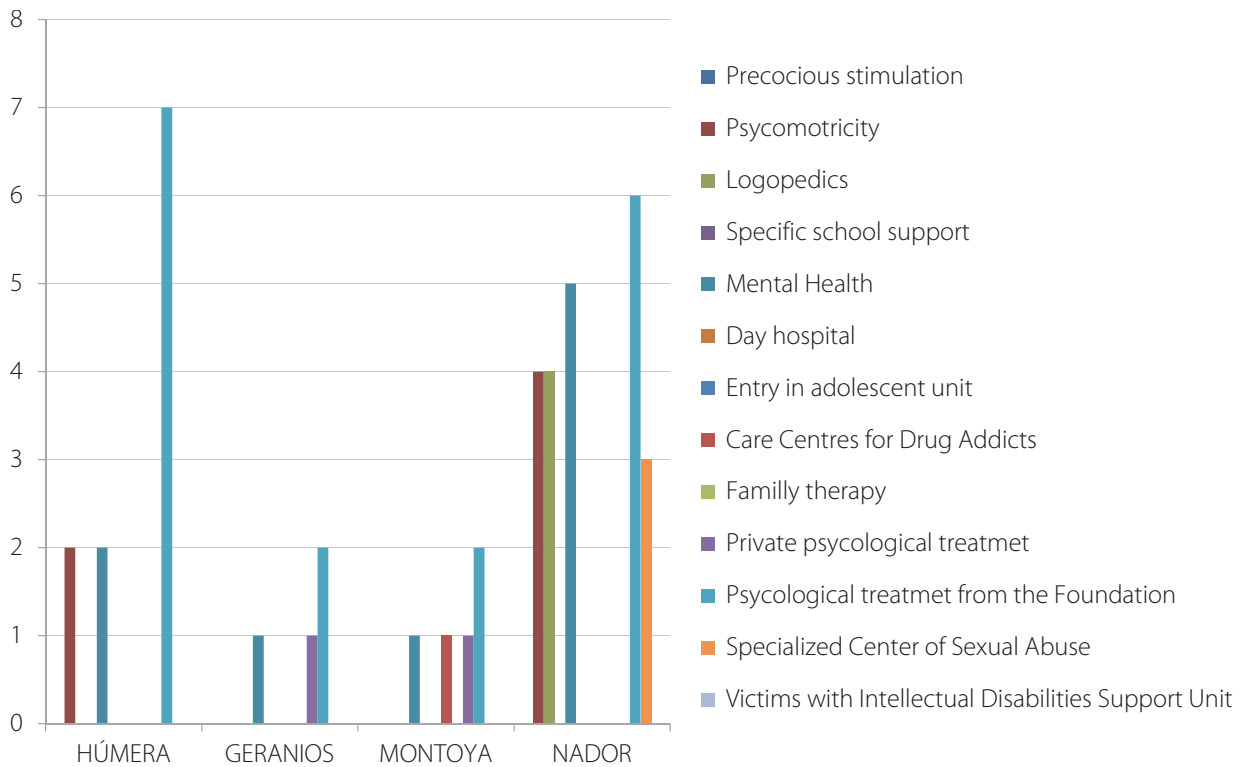
In conclusion, I could sum up my satisfaction with the support that the Foundation has provided to me by thanking it for making it possible for me to continue with my education. My dream of studying law would not have been possible with my mother because she doesn’t have enough money to fund my course and neither would I have acquired the maturity to start to look for a job or learn how to run a home, something that I continue to learn more about every day and in which I am making progress. Also I would mention what it’s like to move into a flat with people you don’t know and who support you to move forward in your life in the best way possible.

For all of that, I thank you.

Reasons for child entries



Children attended with specific treatments





The school has a integrating role where values such as behavior, character and culture are put into practice

Guided by this philosophy, the Foundation started down the road of caring for children. 10 boys and girls who were wards of the Region of Madrid were the first to benefit from this recently created resource.

Working with wards of the state involves having a clear course of action in coordination with public and private institutions dedicated to caring for minors and families.



Rebuilding a life plan for children with poor affective bonds, physical and psychological problems, educational and social disadvantages and who have, above all, been separated from their families, requires work and dedication.

Deprived children

The child is main person responsible for determining his or her own path. From the start we encouraged children to be their own drivers of change. To make this possible, the first task of the work teams consisted of identifying the reality of each child's problems, diagnosing their particular needs and attempting to draw them on their maximum goals and aspirations.

The one big aspiration of a child who has lost his family is, above all, to get it back. For a child, the loss of bonds can have the same effect as taking a bird that doesn't know how to fly and releasing it from a great height.

The children taught us that if we really wanted to help them, the first thing we needed to do was recover and restore their families so they could be reunited with them.

The big challenge

With this mandate from our children the work teams began to draft projects to achieve it. This involved coordinating with the public and private services all of the existing resources that could impact the recovery of the family disaster that was each child's back-story.

With this exercise we learnt that the lives of many families can be rescued and they can once again find their ability to raise children. In these early years we were able to achieve the reconciliation of many children with their nuclear families. In other cases, it was too late and proved impossible.



*“Thanks to this opportunity
I will be able to achieve
my goals and become the
person I want to be”*

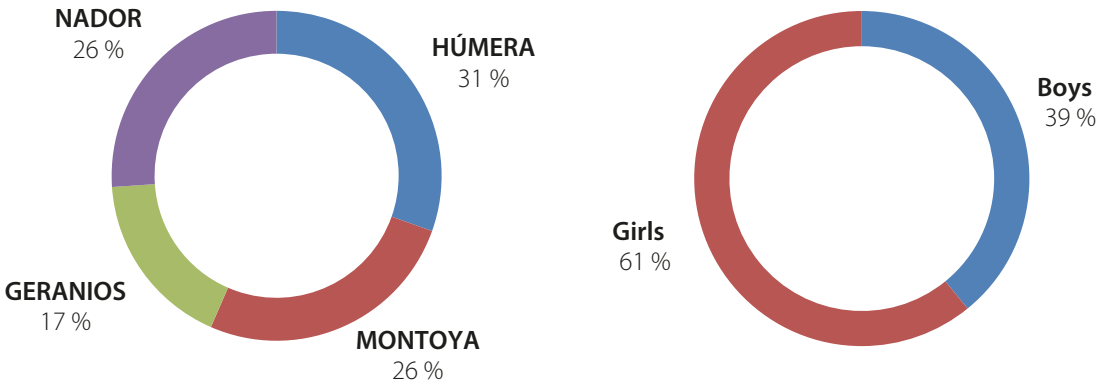
Joony

I'm at the best place in my life that I've ever been. I have begun this piece by saying that because it was the first thing that came to mind when I took a good look at my present situation. I remember that before entering the Home I was at a crossroads in my life: I could have either dropped out of school and worked to make money without a very promising future, or study but without having the money to do it, with a noose around my neck. Then the Foundation appeared. They proposed a project that could change the way my life was going, that marked a before and after and which has helped me to continue with my education.

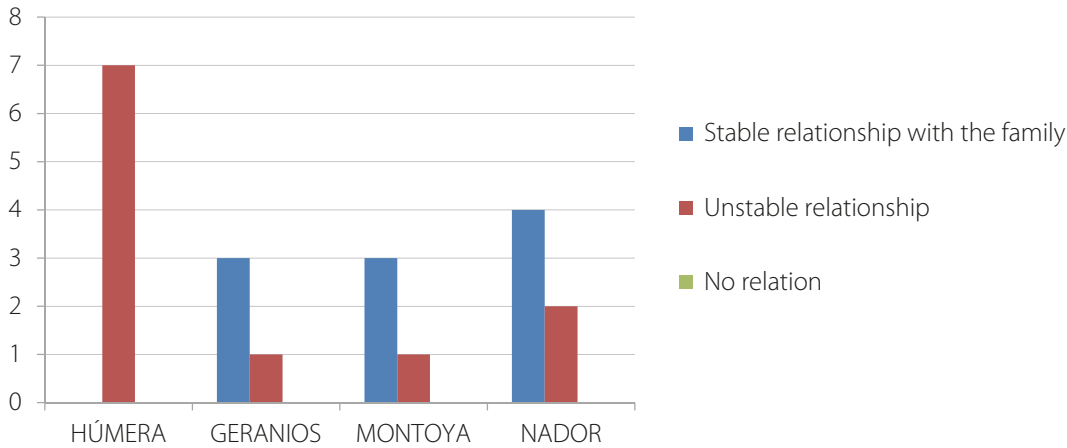
Every morning when I get up I am thankful for having a house, a good breakfast and the chance to study the profession that excites me the most.

So the only thing that remains to be said is 'thank you'.

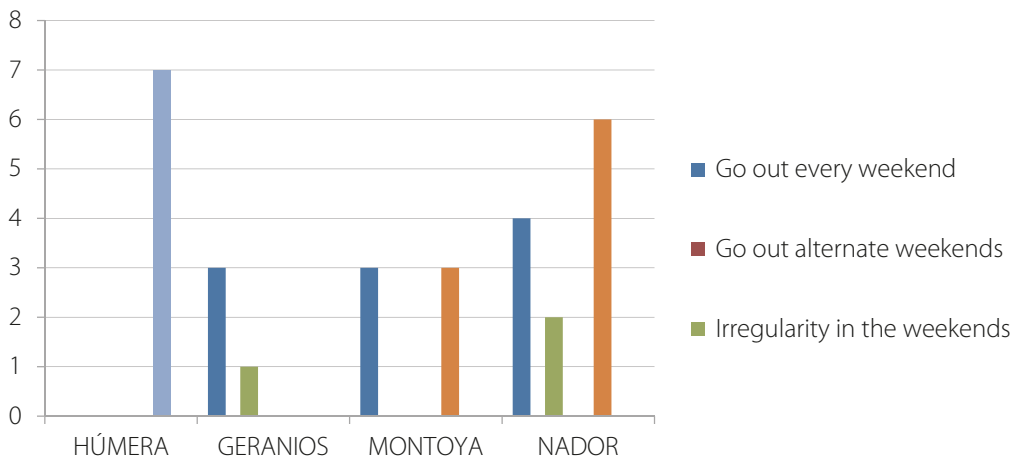
Boys and girls by Homes in 2014



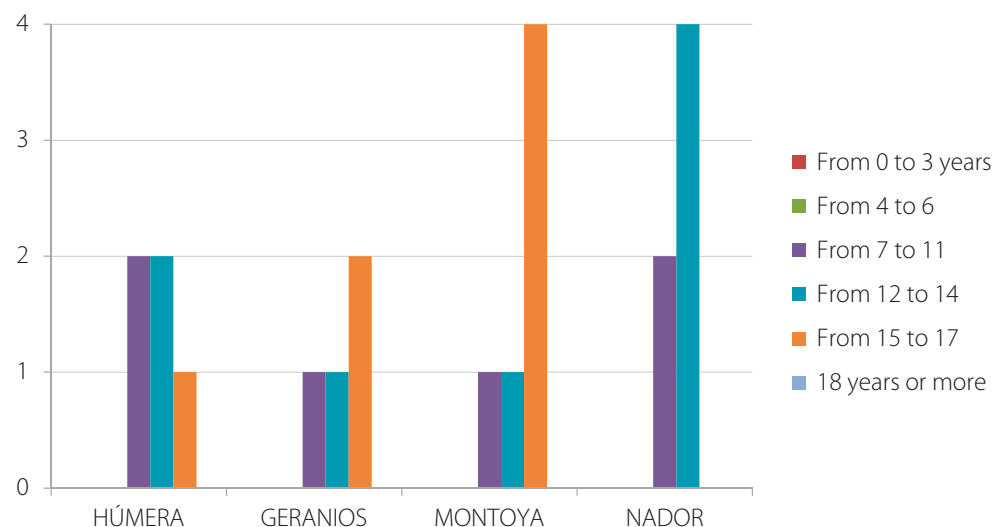
Relationship of children with their families by Homes in 2014



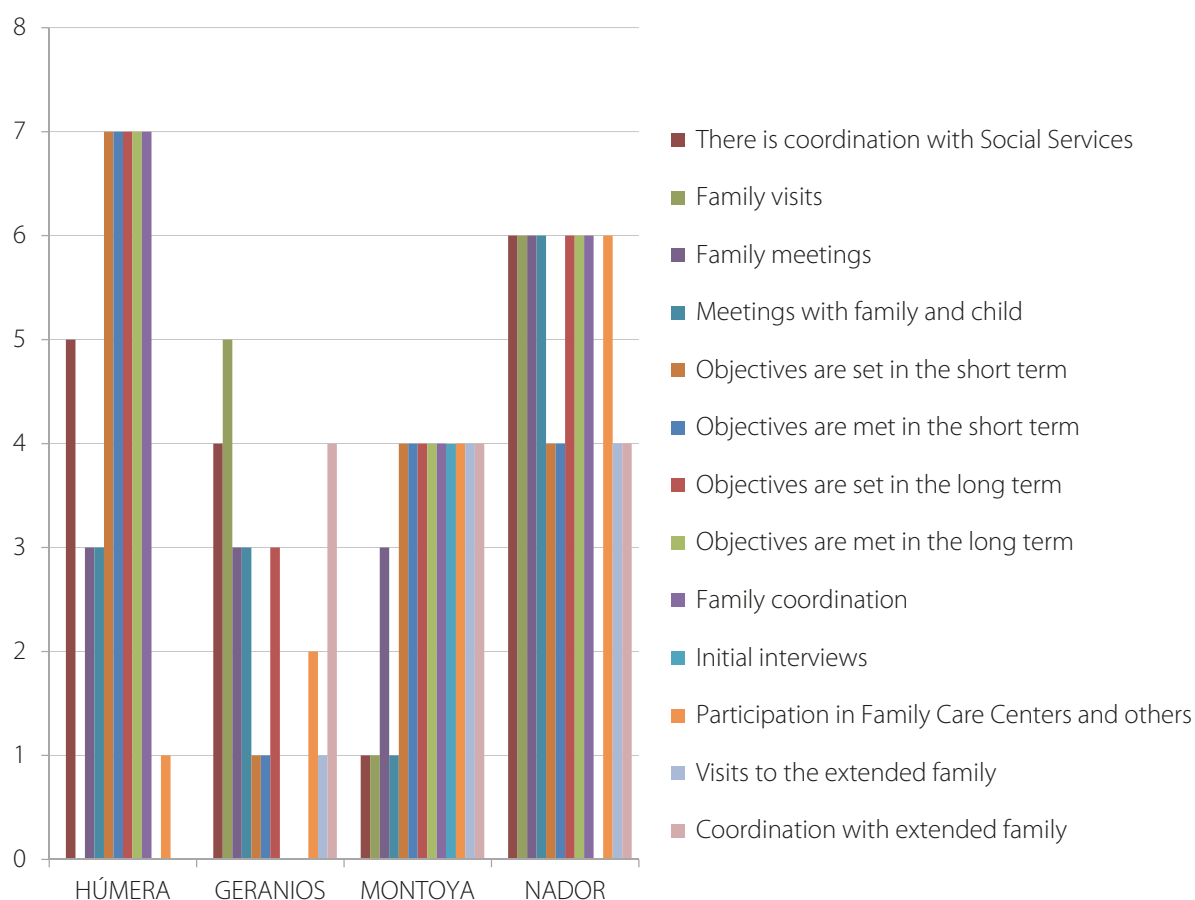
State of relationship of children with their families by Homes in 2014



Age of children attended by Homes



Work with families by Homes in 2014





“For me, the home is a big help: food, clothes... but most important is that this situation has made me grow up”

Bladi

What is the home for me?

It was difficult at first but finally I did it.

For me, the home is a big help: food, clothes... but most important is that this situation has made me grow up and prepared me for the difficulties. Getting what I could not imagine: having a job and completing my studies.



Children's tastes and preferences are often determining factors in the development of their personality and future work life

Our objectives have, to some extent, been guided by the children's demands. We developed the philosophy of aligning needs and possibilities as much as possible.

Every child is a world in itself

Every child is different. Each has a particular life plan that requires a certain course of action. The goal is always to discover the child's potential and boost it to the maximum: his



or her tastes and preferences are often determining factors in the development of their personality and work life.

This abstract idea of a life plan is complemented with concrete phases in its process of evolution, with special attention on health, the recovery of self-esteem and education.

We therefore take a holistic approach to developing the child's physical, psychological and intellectual health.

These three pillars are fundamental to the making of a person and in the time they spend with the Foundation these traits must be developed and shored up to the hilt.

Eliminating stigmas

The stigma of marginalisation not only impacts the person who suffers from it on the inside, it is also socially visible and can make the child a chronic bearer of marginalisation.

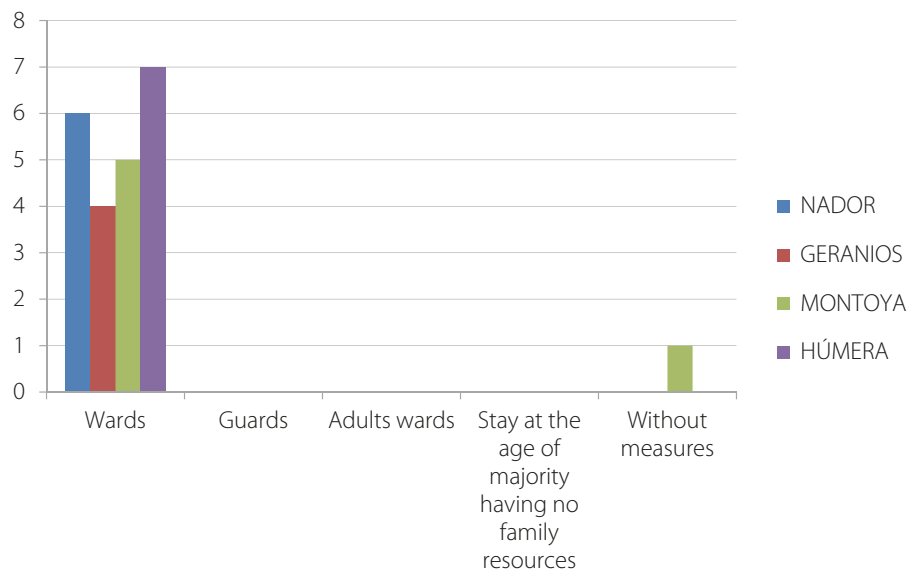
Experience has shown that the best way to eliminate the signs of a lack of protection consists of boosting the child's intellectual and cultural abilities to the utmost. Graduating from school is one of the best ways to break down marginalisation.

Learning with a commitment

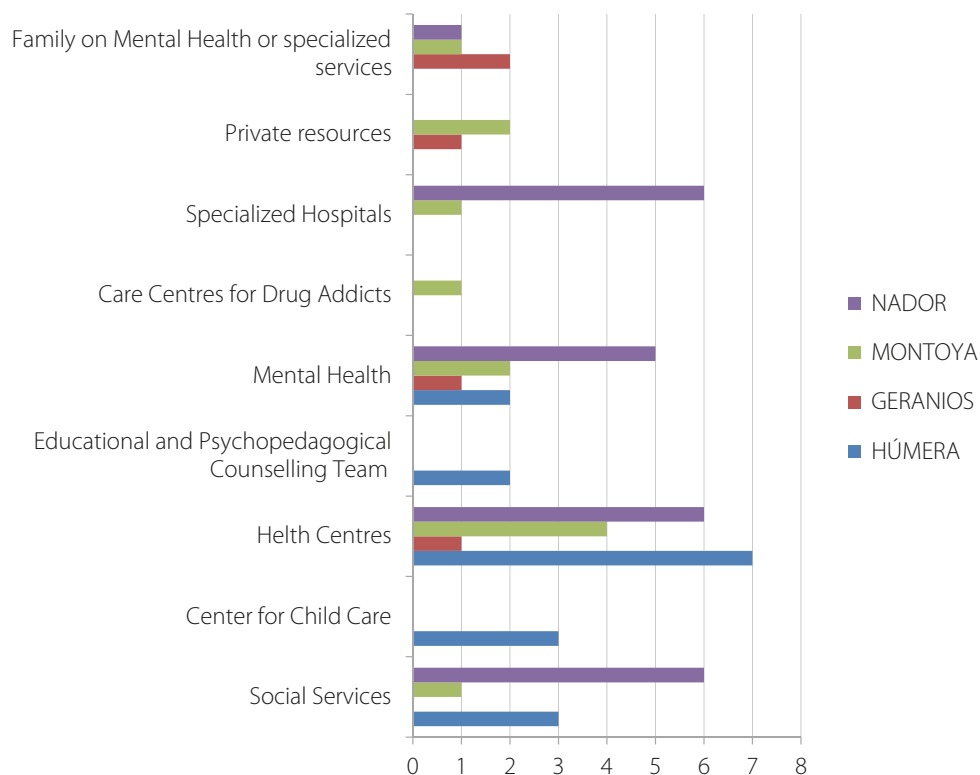
During the first ten years the Foundation successfully reconciled more than 200 boys and girls with their families. However, its centres were overwhelmed with children unable to be returned to their families and for whom adoption had come too late.

Once again, the needs of the children forced us to change tack. If until then we had endeavoured to return children to their families as quickly as possible, now their needs made it necessary for us to commit to long-term care.

Legal measures assumed in 2014



Joint intervention with other Institutions in 2014





“I began the project along with my siblings, all of us together, studying and fighting for a common goal”

Elisabeth

Joining the new project of flats for adults who were wards of the Region of Madrid has involved a radical change in my life.

I went from thinking every day about things like how to find a home and a job and whether, after all that, I would have time to study, because my education was my primary goal and duty.

To be honest, it was tough at first, because when you come of age you become 100% responsible for everything and you can never let your guard down.

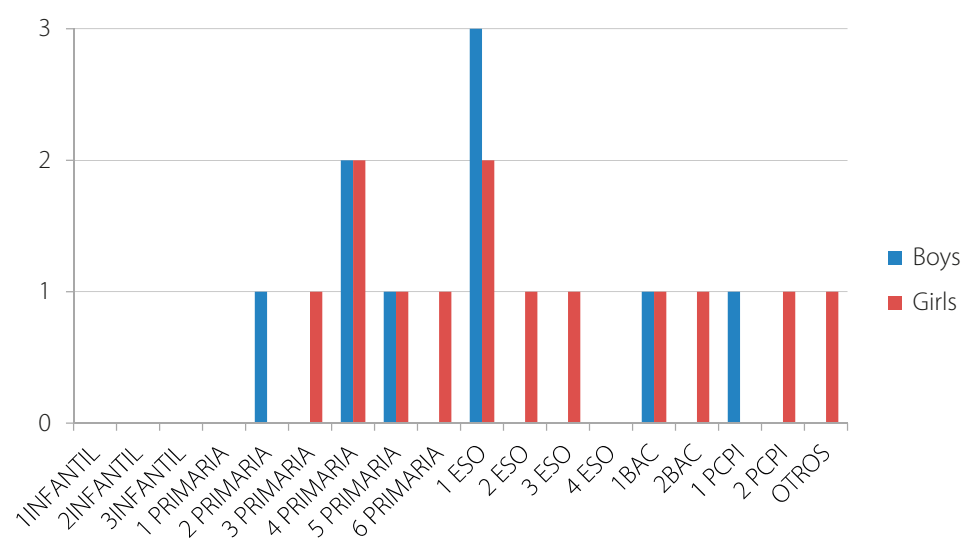
Then one day you get up without knowing that this is going to be the last day you'll spend worrying about where to live and what to eat. You get given an opportunity to continue with your education, and suddenly achieving everything

you've always dreamt of in your life becomes much easier. That's when you think it can't be real. You ask yourself whether there aren't any strings attached and if it could really be happening to you.

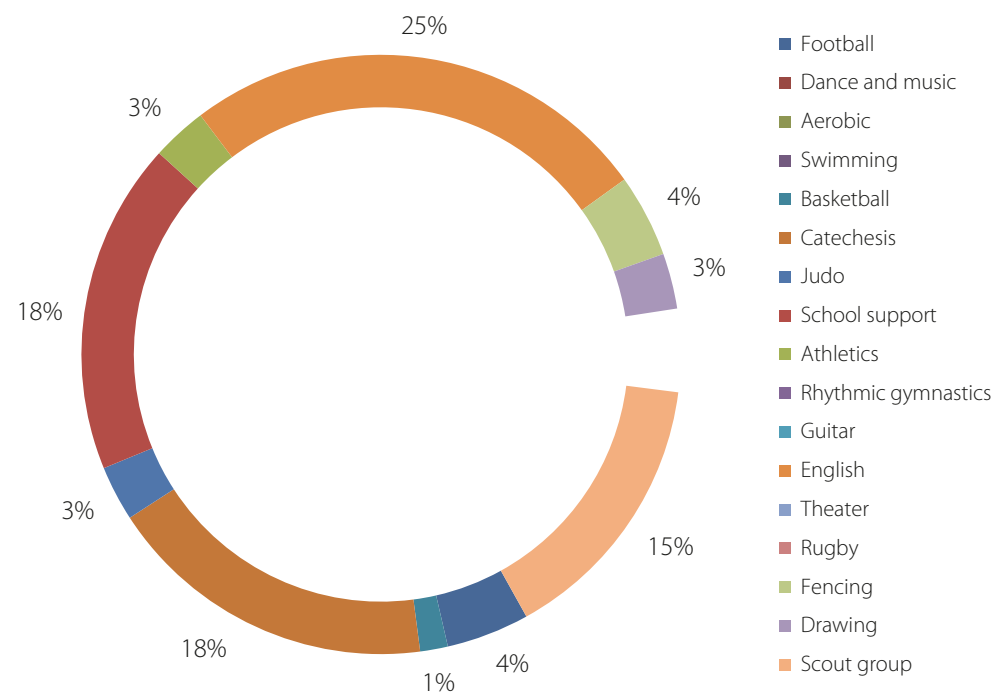
The day they interviewed my brother Joony and me was the day my life changed for the better. They told us they were starting up this project for young adults who wanted to continue to with their education and after the interview I began to cry. I cried my heart out because I had been hoping for a break like this for a long, long time and finally I got it.

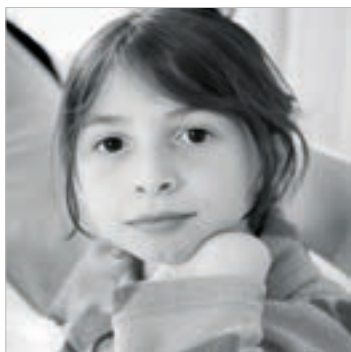
I want to thank the Alicia Koplowitz Foundation for the opportunity to be able to start this project and I hope it will be a bridge for future generations of young people.

Boys and girls by grade



Complementary activities in which children participated in 2104





For a child, the loss of bonds can have the same effect as taking a bird that doesn't know how to fly and releasing it from a great height

At the same time, the Foundation's teams had found that mental illnesses and psychological disorders were the most frequent causes of family conflict.

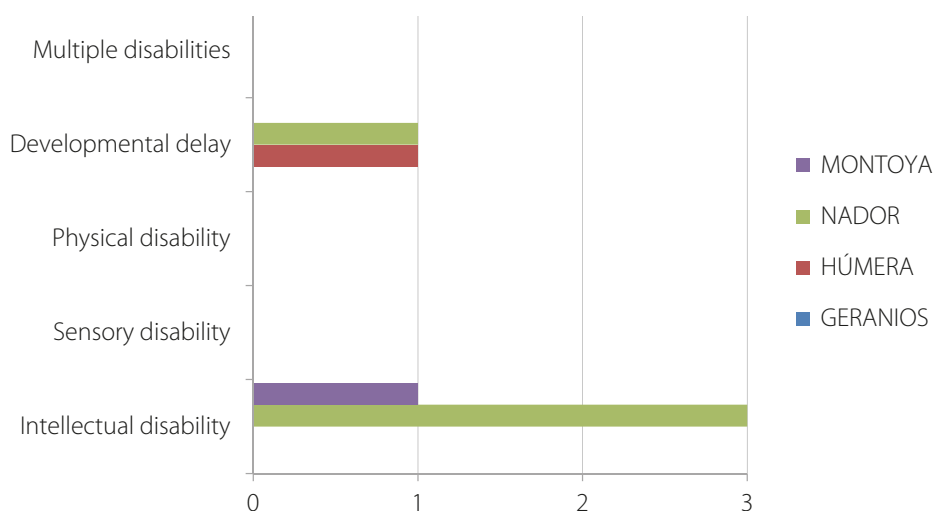
When the search for solutions was circumscribed to mental health, the difficulties were complete. There were gaping holes in psychiatric care for children and young people in Spain.

A lack of specialists and centres, as well as difficulties in making a correct preventive diagnosis, made the situation of children one of major concern for families, educators and society at large.

For ten years the Foundation had been privy to the system's shortfalls. The time had come to redefine our commitment to children and adolescents. This led to the Grants Programme for doctors to specialise in child and adolescent psychiatry.

The change of strategy was matched with a change of name, and we became **Fundación Alicia Koplowitz**.

Children treated with functional diversity





“We will never be grateful enough for this opportunity; it is such a big, big thing”

Kim

Personally, I think it's really hard to get across to you just what this experience has meant to me. I am unable to explain very well what I felt and what I feel today. But I could tell you some things.

I had been living in a children's home since the age of nine and at the start I always wanted to grow up as quickly as possible so I could go home and live with my parents. But as I got older and began to become aware of my family's real situation, I started to look forward to turning 18 less and less as the time to leave the children's home approached increasingly quickly.

The real reason for my change of heart was that my parents didn't have anywhere to live or any economic resources to keep us fed and clothed, or a stable job or any mindset about family progression.

So I set myself the goal of doing something with my life and the first thing that involved was my education. However, when I joined the nuns' residence after turning 18, I stopped prioritising

my education and began to think about looking for a job to save money for when I would have to leave, as I could only stay there for two years.

They were without a doubt the worst two years of my life, because I had to look for a job, finish high school and I had lots of stuff going on inside. It was the first time I felt like giving up and abandoning my dreams and goals. But thanks to the nuns I was able to keep on moving forwards, even though I no longer expected anything from anyone. I had about five months to go before I had to leave the residence and would find myself at a loss once more, as I didn't have either a home or enough money to keep me going. Also I didn't know whether I would be able to continue on at university when I left there.

Then one day, out of the blue, this opportunity came up for my siblings and myself and in exchange we didn't have to do anything more than promise to go on with our education and

keep to a steady path. Honestly, at first I couldn't believe it; but later I thought they had saved my life - my biggest worries had disappeared overnight and, above all, we would finally have the chance to be normal.

I know that no matter how often I say what this has meant to me, I will never be able to put into words what I feel, because there are no words to define the way that for my siblings and myself this project has changed our lives. It has allowed us to dream again, the fact that we know we do have a chance to make something of ourselves, have a profession, just have a house...our own house... you can say all of that but I will never be able to convey it properly because it is a very strong feeling and something I think you have to go through in order to appreciate.

In short, I know we will never be able to thank the Foundation enough for this opportunity; it is such a big, big thing; too big to take in and thank them for properly.



Worthy of special mention are all the volunteers who have shared their talent and their time with the children to help them develop their education

Volunteering

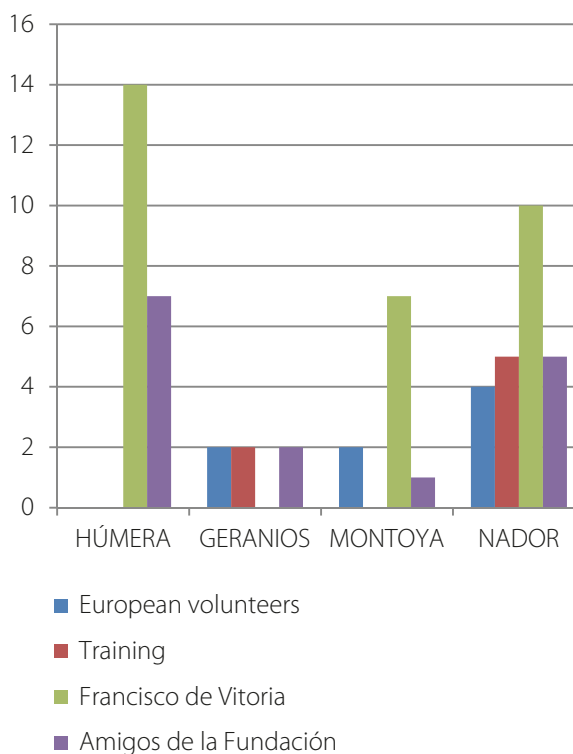
The school support provided has made an extremely important contribution to the process of changing lives marked by marginalisation. Thanks to this ongoing effort, the children's skills-sets underwent a notable rise. Today, the children pass their basic schooling and aspire to go on to vocational and university education.

Solidarity Talent

One of the cornerstones of **Fundación Alicia Koplowitz** is its volunteers - the people of all ages who share their talent and, even more importantly, their time with the children. There are different forms of collaboration. One way is to provide school support to children who need it by engaging with them in their studies and settling their questions. This led to all of our children and adolescents passing their courses in June. Then there are the "friend families" who spend their weekends with the children, offering them reference points for regular family life. Finally, companion volunteers help out by taking children to specialist medical appointments or sports or cultural activities.

Whether it is going over the children's maths homework, taking them to the dentist or a film on the weekend, the work of our volunteers enables the children to move forwards and is based on solidarity talent.

Collaborations with Homes in 2014





1st Prize of Madrid Multiple Sclerosis Foundation

Fundación Alicia Koplowitz received the “1st Prize of Madrid Multiple Sclerosis Foundation” for its active involvement in improving the quality of life of people with this disease, reflected in the “Multiple Sclerosis Center Alicia Koplowitz”.

Multiple sclerosis center

The Fundación also has the “Alicia Koplowitz Multiple Sclerosis Center of the Community of Madrid”, the first Spanish center specializing in the care for this type of disease. The center is an 11,400 square meter space located in Valdebernardo



The Center was designed, constructed and donated by the **Fundación Alicia Koplowitz** in response to the needs of the group of patients suffering from this disease. The Center is managed by the Ministry of Family and Social Issues of the Community of Madrid.

The Center treats a total of 92 residents, 32 users of the day center and 30 users in the ambulatory care center; all who are adults with a disability due to multiple sclerosis or other degenerative diseases involving a high level of dependence. In addition to treating the disease, the Center has been able to improve the patients' quality of life through collaboration agreements with specialized professionals and centers, for the care of their dental and gynecological health, for example.



Medical-Scientific Action

IX SCIENTIFIC SESSIONS “Fundación Alicia Koplowitz”

IX Scientific Sessions of **Fundación Alicia Koplowitz** were held on 9 and 10 October in the Grand Amphitheatre of the College of Physicians of Madrid.



FELLOWSHIPS FOR RESEARCH PROJECTS

At the 10th invitation for fellowships for research projects, seven fellowships for research projects in Child and Adolescent Psychiatry and Neurosciences were granted



Advanced Training Fellowships

In the Tenth Call for proposals for 2014-2016 Advanced Training Fellowships, the Review Board awarded fellowships to:

Sonia Álvarez Fernández

BELLEVUE HOSPITAL CENTER
NEW YORK, USA

Marta Casanovas Espinar

IMPERIAL COLLEGE, ST MARY'S HOSPITAL
LONDON, UNITED KINGDOM

Ariana Quintana Perez

UNIVERSITY OF PITTSBURGH MEDICAL CENTER (UPMC)
WESTERN PSYCHIATRIC INSTITUTE & CLINIC (WPIC)
PITTSBURGH, USA

Marina Romero Gonzalez

KING'S COLLEGE LONDON, UNIVERSITY OF LONDON
INSTITUTE OF PSYCHIATRY AT THE MAUDSLEY
LONDON, UNITED KINGDOM

Fátima Valencia Agudo

IMPERIAL COLLEGE, ST MARY'S HOSPITAL
LONDON, UNITED KINGDOM



Sonia Álvarez Fernández

Clinical psychologist via competitive examination, coming third in the examination of 2009, at Hospital Universitario Príncipe de Asturias, Alcalá de Henares (Madrid). During the residence she undertook various rotations in the field of Child and Adolescent Mental Health: Eating Disorder Unit at Hospital Universitario Santa Cristina in Madrid, the Childhood and Family Department of Fundación Aiglé in Buenos Aires, Argentina, Multi-Family Psychoanalysis Groups of Fundación María Elisa Mitre, also in Buenos Aires, and Centro de Salud Mental Infanto-Juvenil Francisco Díaz, Alcalá de Henares (Madrid). She also undertook additional training in Childhood and Adolescence, completing a variety of specific training courses in this area, in addition to the "Expert Course on Brief Psychotherapy in Children and Adolescents" held by the Spanish Society of Psychosomatic Medicine and Psychology.

To deepen her knowledge and carry out research in the field of Social Cognition, she applied for and was awarded a six-month fellowship at the NYU Child Study Center, New York, under the direction of Dr. X. Castellanos. This centre has been providing a clinical and research programme on neurobiology and etiology of the Autism Spectrum Disorders. In her participation in the Autism Spectrum Disorders Clinical and Research Program at this centre, she has worked under the mentorship of Dr. Adriana Di Martino and Dr. Francisco Xavier Castellanos, who put her in the lead of the research project Perceived Social Support in Autism Spectrum Disorders, which studies the correlation between the social support perceived by this population and different psychopathology measures, adaptive and empathetic behaviour, by comparing the results of a normal population and a clinical

population (subjects diagnosed with Attention Deficit Hyperactivity Disorder).

The outcome of this research was the oral presentation of the paper entitled "Social support perceived in autistic spectrum disorders" at the 14th Conference of the National Association of Clinical Psychologists and Residents (ANPIR), held on 5-7 June 2014 in Seville, and she was awarded the 9th Prize to Young Investigators in Clinical Psychology.

As a fellow in Advanced Training of the Alicia Koplowitz Foundation, throughout 2014 she has continued to be part of this research group and has participated in teaching psychiatry residents at Bellevue Hospital, which involves training in play therapy with children and adolescents, psychopharmacology, psychopathology, research, leadership, parental management training, neuropsychology, neurodevelopment, family therapy and cognitive behavioural therapy. Similarly, she has continued to attend family therapy sessions, forming part of the observer team behind the mirror and participating in the weekly Ground-Round sessions, where non-NYU experts come to present recent studies in various subjects related to the mental health of children and young people.

Sonia Álvarez is also using her time in New York to complete training in family therapy at the Ackerman Institute for the Family, which consists of a 2-year training programme, the first of which is theory "Foundations in Family Therapy", and the second practice "Live Clinical Supervision", where she will participate in teams of six people taking it in turns to carry out family interventions in front of and behind the mirror.



Marta Casanovas Espinar

Medicine and Surgery graduate of Barcelona Autonomous University and specialisation in Psychiatry from Hospital Universitario Vall d'Hebron in Barcelona. Her inclination towards Child and Adolescent Psychiatry, particularly in Early Onset Psychosis (EOP) and patients at high risk of psychosis, led her to complete an external rotation in the PART Program (Prodrome Assessment Research and Treatment Program) at the University of California (San Francisco).

She has been a co-investigator in a research project associated with the schizophrenia programme at Hospital Clínic in Barcelona entitled "Increased white blood cell count in first episode non smoking psychosis patients" and in another associated with PAIME Barcelona "Programme of Holistic Care for the Unwell Physician" focussing on the suicide of healthcare professionals. Using the data collected and analysed, she has produced several oral presentations, workshops and posters for national and international congresses, as well as one international publication.

A fellow of the Foundation at Imperial College, she is undertaking her clinical activity at a child and adolescent mental health centre that places special emphasis on patients with Autism Spectrum Disorders and learning difficulties, as well as patients with Eating Disorders. As part of the specialisation programme, she has joined the same training project followed by residents in child and adolescent psychiatry at St. Mary's Hospital. Throughout 2014, the monographic subject dealt with was Family Therapy, and every week different specialists in the field held sessions on the subject. At the same time as these

theory "classes", residents had to present book review sessions every two weeks. From the point of view of research, Dr. Casanovas is part of a project focussing on the clinical repercussions of rape and sexual abuse in children and adolescents on their mental health. Her tasks are to collaborate on compiling the database, performing a systematic book review of the subject and performing a subanalysis of the data gathered.



Ariana Quintana Pérez

She is a graduate in Medicine and Surgery from the University of Las Palmas, Gran Canaria, and completed her specialisation in Psychiatry at Hospital Universitario 12 de Octubre in Madrid, in 2010, completing this period of training in various fields of Child and Adolescent Psychiatry, such as dynamic psychotherapy, systematic approaches and group therapy. She subsequently undertook her professional activity in various areas in the field of Adult and Adolescent Psychiatry. She qualified as a Doctor in Medicine and Surgery from the Complutense University of Madrid (July 2013), with the Doctoral Thesis "Study of the relationship of clinical complexity with psychosocial factors and morbidity", supervised by Doctors Tomás Palomo Álvarez, Mercedes Navío Acosta and María Dolores Martín Ríos.

After arriving in Pittsburgh, she has been scheduling the activities to be undertaken during this new two-year training period at Western Psychiatric Institute and Clinic (WPIC) with the team of Dr. Boris Birmaher (Child and Adolescent Bipolar Spectrum Services). She has joined in with the various activities of the programme for residents of Child and Adolescent Psychiatry of the WPIC, attending conferences, classes and seminars in order to deepen her knowledge of various subjects related to recent breakthroughs in the research and practice of psychiatry. She has also been involved in a training course on Dialectic Behavioural Therapy (DBT), given on a weekly basis, and has learnt the most relevant theoretic and practical aspects of this kind of treatment. Lastly, she has been involved as a clinical observer in the approach of clinical, individual and family cases in various care settings and

at different times of the treatment process, as well as in group therapy for patients with a range of disorders.



Marina Romero González

Graduate in Medicine and Surgery from the University of Granada and Doctor from the University of Málaga, Neuroscience Department with the Doctoral Thesis entitled "Clinical and Care Implications of the New DSM-5 Classification for Autism Spectrum Disorder" in September 2014.

Specialist in Psychiatry from Hospital Carlos Haya in Malaga, completing elective rotations at the Adolescent Unit (UADO) of Hospital General Universitario "Gregorio Marañón", at the Neuropaediatrics Unit of Hospital Virgen del Rocío in Sevilla, and at the Roberto Clemente Family Guidance Center attached to Bellevue Hospital, New York completing a total of 14 months. After the training period, she was appointed Attending Physician at the Unit of Child and Adolescent Mental Health of Hospital Materno-Infantil in Malaga. At the same time, in 2014, she completed her Masters "Expert in lifelong Hyperactive and Attention Deficit Disorder" given by the University of Alcalá de Henares, Madrid, leading to 25 ECTS.

Since joining the Institute of Psychiatry, Psychology and Neuroscience of the Maudsley Hospital, King's College, London, she has focussed on the Masters in Child and Adolescent Psychiatry; the main objectives of which are to:

- I) Broaden knowledge of psychological and physical development during childhood, including recent research.
- II) Acquire knowledge of the effect that various psychological and pharmacological treatments have on the various mental disorders in childhood and adolescence.

III) Acquire the knowledge required for research in terms of methodology and statistics.

IV) Develop the skills required for the diagnosis, formulation and therapeutic intervention in the sphere of mental illness in childhood and adolescence.

Some of the experts giving the classes include Dr. Michael Rutter, Dr. Goodman and Dr. Emily Simonoff. During this time Marina has also joined the autism research group run by Dr. Emily Simonoff to undertake, under her supervision, a systematic review on "Emotional Disorders in Autism Spectrum Disorder".



Fátima Valencia Agudo

A graduate in Psychology from the University of Oviedo, she completed her resident training (coming second in the competitive examination of 2010) at Hospital Universitario Central de Asturias. During this time she acquired special training in the area of childhood and adolescence with rotations lasting up to 26 months across a range of departments and units. She also completed the optional external rotation at the Unit of Eating Disorders of Hospital Universitario Santa Cristina in Madrid.

At the same time she has added to her training by completing various courses and a Masters, including that of "University Specialist in Brief Psychotherapy with Children and Adolescents" by the Spanish Society of Psychosomatic Medicine and Psychotherapy, the "Course on Education of the Adolescent on Anorexia and Bulimia" by the University of Montemorelos (Mexico) the "Course on Disorders in School Learning", the "Course Childhood-Abuse-Prevention, Clinical Cases and Psychotherapy: the child and their family", and several others all of which focus on the psychopathology of children and adolescents.

She has been a Research Fellow of the University of Oviedo and Principal Investigator of three projects approved by the Regional Research Committee of the Principality of Asturias, also in this field.

Her End of Residence Research Project dealt with "Psychopathological manifestations in the abuse of children and adolescents and their evolution in adulthood" that was awarded the prize from the Teaching Unit for the best research project in the category of the psychiatry residence examination. She has also given multiple presentations at congresses, in poster form and as oral

presentations. She has been published as lead author for two articles in national journals.

As a Fellow of Fundación Alicia Koplowitz, she has gone to Imperial College in London to take part in the institution's research lines, which include prevention and intervention in anxiety-depression conditions in the prenatal and postnatal period, and the study of psychopathology observed following sexual assault. She is simultaneously gaining clinical experience in several NHS child and adolescent mental health care departments and attends the teaching sessions of the specialisation programme in child and adolescent psychiatry, as well as various conferences and refresher courses.

Return agreements

During 2014 two Advanced Training grant holders asked to select the option that provides the Foundation of joining for six months Departments of Psychiatry of Child and Adolescent or renowned Spanish research centers in Psychiatry Child and Adolescent, with which the Foundation has signed agreements.



Azul Fortí Buratti

Grant holder from the 2011 promotion in St. Mary's Hospital, Imperial College (UK) joined the Child Psychiatry Unit of the Hospital Puerta de Hierro Majadahonda (Madrid), under the supervision of Dr. Immaculate Palanca. During her stay she developed assistance activities as inter-consultations with Pediatrics (hospitalization, external consultations and neonatology) and assessment, diagnosis and monitoring of patients with Autism Spectrum Disorders. Her investigation tasks included the incorporation to the SENTIA project, "Record of adverse reactions of antipsychotics in children and adolescents" whose PI is the Dr. Immaculada Palanca Manresa (<https://sentia.es/gvpp/html/inicio.html>). It was also approved by the Ethics Committee for Clinical Research of the center the project entitled "Differences in the development of mother-child bond in cesarean delivery versus cesarean with previous birth work", in which she is the Principal Investigator and Dr. I. Palanca and Dr. M.A. Marín Gabriel are co-investigators. This project is the basis of her doctoral thesis.

Amparo Maeso Carbayo

Grant holder from the 2011 promotion at the Institute of Psychiatry at Maudsley Hospital, London King's College (UK), applied for return for six months to Mataro Hospital (Barcelona).

Grants for short-term fellowships in specialisation and research in child and Adolescent Psychiatry, Psychology or Neurosciences

At the 8th invitation to apply for short-term fellowships, the Selection Committee decided to award the following applicants:

NAME	HOSPITAL/ INSTITUTION	DESTINATION HOSPITAL	TOPIC	FELLOW-SHIP PERIOD
Celso Arango López	Hospital General Universitario "Gregorio Marañón", Madrid	University of California San Francisco, (UCSF), USA	Collaboration with UCSF in the research project on early detection of young people at risk of psychosis	6 months
Begoña Arenas Tuzón	Hospital Clínico Universitario de Valencia	Roberto Clemente Center, New York, USA	Training and research in family therapy	4 months
Esther Gangoso Rodríguez	Collège de France. INSERM. Paris	MRC Centre for Regenerative Medicine. University of Edinburgh. UK	Application of peptides in brain tumour therapy.	2 months
Cristina García Frigola	Hospital Universitario de Gran Canaria Dr. Negrín. Las Palmas de Gran Canarias	Department of Psychiatry and Behavioral Sciences. Stanford University. USA	Investigation of the role of neuromodulators in alter- ations in transitions states of consciousness.	2 months
Ana M^a García Sánchez	Hospital Universitario de Gran Canaria Dr. Negrín. Las Palmas de Gran Canarias	Orygen Youth Health Research Centre. Melbourne. Australia.	Training in detection and treatment of first psychotic episodes and childhood trauma.	6 months

NAME	HOSPITAL/ INSTITUTION	DESTINATION HOSPITAL	TOPIC	FELLOW-SHIP PERIOD
Rosario Melero Cañadas	Hospital Santa Bárbara, Servicio de Salud de Castilla La Mancha (SESCAM)	Mood Disorders Centre. University of Exeter. UK	Training in “rumination focused cognitive behavioural therapy” for its application to the prevention of depression relapses in adolescents.	6 months
Esther Montero Manzano	Hospital Nuestra Señora de la Montaña. Complejo Hospitalario de Cáceres.	Child & Adolescent Mental Health Services. Michel Rutter Centre at South London and Maudsley NHS Foundation Trust. UK	Elective rotation to deepen knowledge of developmental neuropsychiatry, adoption and fostering and eating disorders.	3 months
Maria José Parellada Redondo	Hospital General Universitario Gregorio Marañón, Madrid	University of California. San Francisco. USA	Research of the MET gene involved in autism spectrum disorders and in inflammatory and gastrointestinal diseases	6 months
Iris Pérez Buenaventura	Hospital Corporació Sanitaria i Universitaria Parc Taulí	Yale Child Study Center. Yale University School of Medicine. Connecticut. USA	Training and research in anxiety disorders in children and young people	5 months
Carlos Jesús Rodríguez Rodríguez-Caro	Servicio de Psiquiatría. Complejo Hospitalario Universitario Insular. Las Palmas de Gran Canaria	Western Psychiatric Institute and Clinic of University of Pittsburgh School of Medicine. Pittsburgh. USA	Elective rotation to acquire knowledge and experience in bipolar disorder in children and adolescents	3 months

Celso Arango López

Dr Celso Arango is Head of the department of Child and Adolescent Psychiatry at Hospital General Universitario Gregorio Marañón in Madrid, doctor of medicine and specialist in forensic psychiatry from the Complutense University of Madrid.

Accredited as a professor by the Agency of Evaluation of Quality and Accreditation (ANECA), he is a tenured professor of psychiatry at the Complutense University of Madrid and a professor of Psychiatry at the University of Maryland (USA). Scientific director at the Centre for Biomedical Research in the Mental Health Network (CIBERSAM) since 2008 and president-elect of the European College of Neuropsychopharmacology. He has held the *Cruz de la Orden Civil de Sanidad con Encomienda* since February 2008.

The adolescent unit he oversees in the department of Psychiatry of Hospital General Universitario Gregorio Marañón has been awarded numerous prizes such as the Prize for Clinical Excellence, the 2009 Childhood Prize, the Prize for the initiative "Virtual simulation in mental health" and the Lundbeck Spain Prize for Excellence in Quality. He has participated in 40 research projects in the last five years, and was principal investigator in 33 of them; nine are European projects financed by the 7th Framework Programme, and he has published 100 articles since 2010.

Dr. Arango is an internationally renowned investigator in monitoring programmes for early identification and therapeutic intervention in young people with a psychosis risk syndrome. His group has recruited 180 cases of first psychotic episodes in children and adolescents aged 7 to 17 years; the University of California San Francisco (UCSF) is another of the few groups conducting similar studies.

The interest of both groups is complementary and the majority of variables collected are similar (clinical, pre-morbid adjustment, environmental, genetic, family risk factors, drug-taking, cognition), with Dr. Arango's group placing greater emphasis on neuroimaging variables and that of the UCSF on neurophysiological variables. The UCSF is currently undertaking an ambitious project (NAPLS: North American Prodrome Longitudinal

Study: a collaborative multisite approach to prodromal schizophrenia research) with adolescents with psychotic prodromes. The goals of this study are supplementary to those of Dr. Arango's research group, so the purpose of the fellowship is to establish collaboration between both institutions by integrating the results of both samples.

Begoña Arenas Tuzón

She has a degree in medicine and surgery from the University of Valencia and is qualified as a specialist in psychiatry from Hospital Clínico Universitario de Valencia. As a Psychiatry resident she was particularly interested in Child and Adolescent Psychiatry, so she decided to devote her free rotations to this field. In addition to the training stipulated in the training plan of her speciality, she completed a two-month placement at an educational-therapeutic centre in Ortuella and at a children's mental health centre in Algorta (Mental Health Network of Vizcaya).

During this time she observed that the enormous influence that changes in family make-up and relationships between its members have on the development of childhood pathologies, so she decided to continue her training in this area by completing a Masters in Integrative Perspective Psychotherapy at the University of Alcalá, Madrid, which lasted three years (480 hours). She then decided to complete a four-month placement at the Roberto Clemente Center in New York (USA) a globally renowned centre in family therapy and in the integration of the cultural component in family therapy.

For this reason she applied for the short-term fellowship, during which she has performed healthcare, teaching and research activities such as didactic seminars on family therapy, supervision of in vivo family therapy, individual and group clinical supervision, observation of therapy in individual, couple and family formats and participation as a member of the family therapy reflecting team under the supervision of Dr. Jaime Inclán. During her placement in New York she also enrolled in courses at the "Ackerman Institute for the Family" and attended the "Psychotherapy Networker Symposium" which gave her the chance to listen to extraordinary speakers.



Bellevue Hospital Center - NYU (New York)

Esther Gangoso Rodríguez

She has a degree in biochemistry, master's and international doctorate in Neuroscience from the University of Salamanca. Before finalising her degree in 2008, she began studying the post-natal development of the brain and her doctoral thesis was about brain tumours, the second cause of death in children. Her research culminated in four publications in highly-regarded journals as well as the presentation of her work at various national and international congresses. The most relevant finding of her research is the design of peptides that could be used in future as therapy in gliomas, the national patent for which has been registered and secured.

She applied for a two-month fellowship at the Centre for Regenerative Medicine in Edinburgh in order to join Dr. Pollar's team and apply these peptides to the Dr. Pollard's

stem cell reprogramming system, in order that they help prevent epigenetic changes and do not lead to the inactivation of important tumour suppressor genes.

Having been offered the short-term fellowship grant, Esther Gangoso turned it down in favour of a two-year grant for the same centre and group as the short-term fellowship of Fundación Alicia Koplowitz.



Columbia University Medical Center (New York)

Cristina García Frígola

She has a degree in Biochemistry from the University of Barcelona and a doctorate with the doctoral thesis titled “Cloning and characterising of genes expressed during development of the cerebral cortex”, supervised by Dr. Eduardo Soriano.

Most of her academic career has focused on the study of various aspects that coincide in the development of the central nervous system, having completed a two-year post-doctoral placement at the University of California, San Diego (USA) and another of 18 months at “The Salk Institute for Biological Studies”, La Jolla, California (USA) subsequently joining Instituto de Neurociencias de Alicante, first in the laboratory of Dr. Herrera and then in the laboratories of Dr. Oscar Marin and Dra. Beatriz Rico. There she learned about in vivo electrophysiological

registration techniques in the brains of anaesthetised mice, which show how the brain works in normal and pathological situations. Her research activity culminated in the publication of five original articles with a total IF of 64.43 points.

Dr García Frígola applied for a two-month fellowship to learn methods of electrophysiological registration in animals in motion, applied to chemo and optogenetic techniques in the de Lecea Lab, at the department of Psychiatry and Behavioral Sciences of Stanford University (USA). Her research focuses on the role of neuromodulators in the behaviour of mammals, particularly in behaviour related to sleep, reward, stress and learning/memory. Using chemo and optogenetic techniques a group of neurones has been identified in the hypothalamus responsible for the stabilisation and maintenance of

the state of wakefulness and transitions between states of consciousness. Alterations in the transitions in states of consciousness, sleep-wakefulness-hypervigilance are also characteristics of paediatric psychiatric diseases that have their origin in alterations of neurodevelopment such as ADHD, bipolar disorder, anxiety disorders, etc.

Ana María García Sánchez

She has degree in Psychology from the Autonomos University of Madrid and has qualified as a clinical psychologist from Hospital Universitario Virgen Macarena (Seville), she holds the qualification as university expert from the University of Seville and a master's in family therapy and systems from the same university.

She undertakes her professional activity as adjunct clinical psychologist at Hospital Dr. Negrín of the Canary Island health service, where she has developed a local working network in coordination with paediatricians, school counsellors, social services, juvenile prosecution service, etc.

In 2013 she was awarded a six-month fellowship by the Alicia Koplowitz Foundation for a placement at the Michael Rutter Centre for Children and Young People, Institute of Psychiatry at the Maudsley Hospital, London (UK). Thanks to this fellowship she was appointed Visiting Researcher at the Institute of Psychiatry, King's College through which she collaborates in the "TS2000" project led by Prof. Bolton that investigates the relationship between tuberous sclerosis and features of the autism spectrum. Her scientific output from this placement consists of two articles in collaboration with the NHS and King's College itself, which are in the write-up phase.

In the invitation for applications of 2014 she applied for a 6-month fellowship at Orygen Youth Health Research Centre, Melbourne (Australia) in order to broaden her training in detection, assessment and treatment of first-episode psychosis (FEP) and childhood trauma. She joined the TRIPP (Trauma-informed Psychotherapy for Psychosis) team led by Dr. Bendall, which conducts a random controlled study to ascertain the efficacy of PTSD-CM (Post-traumatic

Stress Disorder Focussed Case Management) therapy in symptoms of trauma in young people with FEP. Her second goal was to deepen her knowledge of the organisation and functioning of EPPIC (Early Psychosis Prevention and Intervention Centre) in order to apply her knowledge to paediatric patients of the mental health network of the Canary Islands in the near future.

Rosario Melero Cañadas

Qualified in as a clinical psychologist by Hospital General Universitario de Ciudad Real, Castile –La Mancha health service (SESCAM), during her residency she completed a 3-month rotation at New York-Presbyterian Hospital where she took part in a research project on therapies in adolescents with identity issues. During her residency she also completed courses on child psychology with a duration of over 100 hours and holds qualifications as university specialist in clinical hypnosis with focalisation by selective dissociation, expert in intervention with time limited psychotherapy and expert in supervision of clinical cases; she also holds various qualifications in general psychology and has completed other courses and workshops with a duration of more than 1000 hours.

She applied for a six-month fellowship at the Mood Disorders Centre of Exeter University (UK) in order to join the research project "Preventing depression in young people by targeting rumination" by learning the RFCBT, ("rumination-focused cognitive-behavioural therapy") model, specifically designed by Professor Watkins to be applied in the treatment of young people or in late adolescence for the purpose of preventing a depressive disorder in adulthood. What is new about the method is that, besides taking rumination as the main approach, it is a therapy that can be provided online; this has the advantages of reaching a large number of people at a reduced cost, the unlimited number of people able to access the therapy simultaneously and the greater autonomy of users in their therapy.

As a consequence of this training, Rosario Melero is going to be able to put in practice in SESCAM patients the techniques learnt in the approach of depressive disorders

in patients in late adolescence who are at risk of suffering from a depressive disorder in the future. In terms of research benefits, her doctoral thesis based on rumination (analytical processing of information vs experiential) has been consolidated.

Esther Montero Manzano

With a degree in Medicine and Surgery from the University of Extremadura, Esther was in her third year residency in Psychiatry at Hospital Nuestra Señora de la Montaña attached to Complejo Hospitalario de Cáceres when she applied for a short-term fellowship. During her residency she has completed a university master's in Health Science Research, 9 courses and workshops in child and adolescent psychiatry, 30 in general psychiatry and 13 in subjects related to research tasks. She has also taken part in three accredited research projects on general psychiatry at her hospital. She undertook a 4-month rotation in the paediatric mental health team attached to the psychiatry department of Complejo Hospitalario de Cáceres, with a further three months scheduled at the adolescent hospitalisation unit of the Child and Adolescent Psychiatry department of Hospital General Universitario Gregorio Marañón in Madrid.

The fellowship consisted of a three-month placement at the Michael Rutter Centre at South London and Maudsley NHS Foundation Trust, an internationally-renowned centre for the study and research of child and adolescent psychiatry. She was assigned to Dra. Iris Rathwell's group and joined the developmental Neuropsychiatry team, the adoption and fostering service and the eating disorders team. She also attended the liaison psychiatry unit of King's College Hospital and the child and adolescent hospitalisation units at Bethlem Royal Hospital. During this time she was involved in the research project: "Second Generation Antipsychotic Use in Children and Young People: How do we monitor safety?"

María José Parellada Redondo

With a degree in Medicine and Surgery from the Autonomous University of Madrid, doctor of medicine and surgery from the University of Alcalá (Madrid), with European Doctorate Mention, she received first prize for best doctoral thesis from the Spanish Society of Biological Psychiatry in 2006. She qualified as a psychiatrist from Hospital Doce de Octubre in Madrid and as a university specialist in child and adolescent psychiatry from King's College in London. She has taken numerous training courses in child psychiatry at the Psychiatry Kennedy Kieger Institute, IoP at Maudsley Hospital, King's College, and at the universities of Cornell, Oxford, Miami and Spain with a duration of more than 1000 h. In the last 3 years she has given 12 national presentations and 5 international presentations in child psychiatry and in the last 5 years has been involved in 16 research projects, 8 as PI, and published 39 indexed articles and 2 books.

Dr. Parellada is the director of the AMITEA (integral medical attention for autism spectrum disorders) programme at the child and adolescent psychiatry department of Hospital General Universitario Gregorio Marañón in Madrid. She applied for a six-month fellowship to work alongside Dr. Matthew State in the study of the MET gene involved in the etiopathogeny of autism, but also in inflammatory and gastrointestinal diseases related in recent years with the physiopathology of autism.

The research seeks to undertake the genotyping of MET in samples of autistic patients grouped under the Autism Sequencing Consortium (ASC) of which Dr. Parellada is part of with the inclusion of her samples of trios (ASD patients and their parents) and of which Dr State is one of the Principal Investigators.

Dr. State is the head of the Child Psychiatry Department, professor of Psychiatry and Geneticist of the University of California, San Francisco, that studies childhood neuropsychiatric syndromes, particularly ASD, focusing on the discovery of genes as a starting point in efforts aimed at illustrating the biology of these diseases to therefore develop new, more effective, therapies. He is a worldwide



Bellevue Hospital Center - NYU (New York)

reference in autism, with 138 publications on this subject on the Web of Science.

Iris Pérez Buenaventura

A graduate in Psychology from the Autonomous University of Barcelona, Iris is in her third year residency in psychiatry at Hospital Corporació Sanitària Universitaria Parc Taulí de Sabadell, Barcelona. During her residency she has undertaken rotations for a total of 11 months in 2013, 7 months in 2012 and 2 months in 2011 at child and adolescent psychiatry units. Before this she was working as an educational psychologist in an ADHD group and undertaking various voluntary activities in child psychology for children's charities.

From an academic point of view she holds a master's in clinical psychology and child and adolescent health from

the Autonomous University of Barcelona and is completing her doctoral thesis on child psychology. Furthermore, she holds the European Certificate in Psychology (EuroPsy).

She has taken part in 5 research projects, three on child and adolescent psychiatry. Her scientific activity has culminated in several presentations at national and international congresses for which she has been awarded numerous prizes; she has published 1 article in an indexed journal and has a further 2 being reviewed.

She applied for a five-month fellowship in the child and adolescent anxiety disorders unit of the Yale Child Study Center, Connecticut, USA. The Yale Child Study Center is a centre of reference in the study of child development and the training of professionals in child and adolescent psychiatry overseen by Dr. Volkmar, with over 200 publications on ASD. She joined the unit led by Dr Silverman,

who has published more than 100 on anxiety disorders. Her objectives were the specialisation in the assessment and intervention of anxiety disorders in childhood and adolescence through:

- I) Joining a research project on the relationship between obesity and psychiatric disorders in childhood, in collaboration with the Autonomous University of Barcelona.
- II) The participation in the assessment and diagnosis process of children and adolescents with anxiety disorders as well as training in the semi-structured ADIS-IV.
- III) Interview, joining prevention and intervention programmes, namely Individual Cognitive Behavioural Treatment (ICBT) and Group Cognitive Behavioural Treatment (GCBT).
- IV) The collaboration in the research of change dynamics in children with psychiatric disorders and the influence of parental variables. On her return, all of her objectives had been fully reached and during her placement she also had the chance to volunteer as a psychologist in the programme Exploring Artism at the Yale Center for British Art, aimed at families with ASD children aged 5 to 12 years old.

psychiatry congresses and published an article in an indexed journal with a high impact factor.

He applied for a three-month fellowship at this institution partly because of its prestige -it has the only bipolar disorder hospitalisation unit for children and young people in the USA- and that of its director, with more than 200 articles on bipolar disorder in children and young people, and partly because of his intention to work in child and adolescent psychiatry and to acquire knowledge and experience in bipolar disorder, and underdiagnosed disorder in children in our setting.

Dr. Birmaher designed a special programme for him which ensured his maximum performance, which has been the case as is shown in the final report compiled on his return.

Carlos Jesús Rodríguez Rodríguez-Caro

With a degree in Medicine from the University of Castile-La Mancha, he was in his fourth year residency in psychiatry at Complejo Universitario Insular Materno-Infantil in Las Palmas de Gran Canaria when the invitation for applications was announced in 2014.

During his training period he has completed a nine-month rotation in the Child and Adolescent Psychiatry Service of Gran Canaria and he was undertaking his three-month elective rotation at the Western Psychiatric Institute and Clinic (WPIC) of the University of Pittsburgh (USA). He has attended various training courses in child psychiatry, participated in two research projects, given several presentations at national and international child



Fellowships for research projects in Child and Adolescent Psychiatry and Neurosciences

At the 10th invitation for fellowships for research projects, 79 applications were submitted and evaluated by the expert committees of each field.

Seven fellowships for research projects in Child and Adolescent Psychiatry and Neurosciences were granted.



The fellowships for research projects in child and adolescent **Psychiatry** were awarded to:

- Dr. Ferrán Catalá-López
- Dr. Astrid Morer Liñan
- Dr. María Carmen Orellana Alonso
- Dr. Ana María Peiró Peiró
- Ms. Pilar Santamarina Pérez

The fellowships for research projects in child and adolescent **Neurosciences** were awarded to:

- Dr. Pere Berbel Navarro
- Dr. M^a Julia García Fuster



Ferrán Catalá-López

Dr. Catalá-López read medicine at the Autonomous University of Madrid and is an investigator at the Health Services Research Institute Foundation of Valencia. He has been involved in multiple research projects funded publicly, including the Institute for Health Metrics and Evaluation and privately such as The Bill and Melinda Gates Foundation. In the last 5 years he has published 57 indexed articles, 44 as lead author and 5 as last author. In 2013 he was awarded the prize from the Royal Academy of Medicine and Medical Sciences of the autonomous community of Valencia for the best scientific investigation.

The project involved the completion of a network meta-analysis enabling comparisons to be made of the effects of multiple treatments for attention deficit and hyperactivity disorder (ADHD) available in healthcare centres, with the effects of alternatives that have not been compared in a single randomised and controlled clinical trial. The results of the project will assist in the selection of interventions that have a better benefit-risk balance for children with ADHD, making it possible to design clinical practice guidance to guide the clinical decisions of professionals, patients and relatives.

Research project

Attention deficit and hyperactivity disorder in children and adolescents: Assessment of the efficacy and safety compared to treatments via meta-analysis in a network of controlled clinical trials

Principal Investigator

Dr. Ferrán Catalá-López

Team

Dr. Rafael Tabarés-Seisdedos

Prof. Dr. David Moher

Dr. Brian Hutton

Institution

Fundación Instituto de Investigación en Servicios de Salud, Valencia.



Astrid Morer Liñan

Dr. Morer qualified as a child psychiatrist at Hospital Clinic and as a physician at the University of Barcelona, undertaking her professional activity as (acting) head of section at the department of child and adolescent psychiatry and psychology at Hospital Clinic, Institut de Neurociències, in Barcelona. She has taken part in numerous research projects funded on a competitive basis by national bodies, the European Union and the National Institute of Mental Health (NIMH). In the last 5 years she has published 12 indexed articles in specialist journals with the highest impact factor.

The project seeks to explore new pathogenic routes of childhood-onset obsessive compulsive disorder, related to the activation of the immune system and its repercussion at microglia level through the study of peripheral blood monocytes. The results may serve as a basis for new therapeutic options in this disorder.

Research project

Deregulation of the microglia through the study of monocytes in obsessive compulsive disorder starting in childhood

Principal Investigator

Dr. Astrid Morer Liñan

Team

Dr. Carles Serra Pagès

Dr. Patricia Gassó

Institution

Institut d'Investigacions Biomèdiques August Pi i Sunyer (IDIBAPS), Barcelona.



María del Carmen Orellana Alonso

Research project

The oxytocin route in autism spectrum disorders: importance of genetic variants with functional relevance

Principal Investigator

Dr. María Carmen Orellana Alonso

Team

Dr. Francisco Martínez Castellano

Dr. Mónica Pilar Roselló Piera

Dr. María Francisca Moreno Macián

Institution

Hospital Universitari i Politècnic La Fe, Valencia

Carmen Orellana qualified as a doctor in biological sciences from the University of Valencia and is an attending biologist at the unit of genetics and prenatal diagnosis at Hospital Universitario La Fe, in Valencia, she is also a lecturer of the master's in perinatal and child psychology and psychopathology at the University of Valencia. As a member of the translational research group in genetics of the Healthcare Research Institute La Fe, she has published 38 articles in indexed international journals in the last five years, with a cumulative impact factor of 138.66, she has also been involved in seven research projects, three of which as the principal investigator.

The project seeks to contribute to knowledge of the etiopathogenesis of autism spectrum disorders (ASD), identifying genetic markers that may contribute to early diagnosis and an improvement in treatment. To this end, the investigators propose studying the presence of sequence variants in a range of genes that are involved in the oxytocin route and to determine which variants may have a functional relevance. In this way groups would be established of patients who could benefit in the near future from treatments designed to mitigate the functional deficits of this neuroendocrine route. This project will serve as a basis for screening ASD patients who could be recruited to a clinical trial on treatment with intranasal oxytocin.



Ana María Peiró Peiró

Dr. Peiró qualified as a physician from the Autonomous University of Madrid, she is also a clinical pharmacologist, a graduate in social and cultural anthropology from Spain's distance-learning university (UNED) and holds a master's in health science research methodology from the Autonomous University of Barcelona. She has been involved in 21 research projects and published nine indexed articles in the last five years.

Currently there are no objective diagnostic or evolution tools to assess sleep disorders adapted to the population with autism spectrum disorder (ASD) which often means patients are subjected to empirical treatments and, at times, unsafe pharmacological combinations. This project is designed as a pilot clinical trial that seeks to design and implement an objective system for acquisition and analysis of the ASD sleep pattern through the FITBIT Flex synchronised activity tracker (a wireless activity and sleep wristband). This allows for real time monitoring of ASD sleep disorders and would help in the design of new interventions for these patients.

Research project

FITBIT Flex synchronised activity tracker: assessment of sleep disorders measured by the activity tracker and its application to autism spectrum disorder

Principal Investigator

Dr. Ana María Peiró Peiró

Team

Dr. María Auxiliadora Javaloyes Sanchís

Dr. Rocío Jadraque Rodríguez

Dr. Eduardo Fernández Jover

Institution

Hospital General Universitario de Alicante



Pilar Santamarina Pérez

Research project

Clinical and cerebral changes associated to dialectical behaviour therapy applied to adolescents with suicidal behaviour

Principal Investigator

Ms. Pilar Santamarina Pérez

Team

Dr. Soledad Romero Cela

Dr. Iria Méndez Blanco

Dñ. Elena Font Martínez

Institution

Fundació Clínic per a la Recerca Biomèdica (FRCB).
Hospital Clínic de Barcelona

Pilar Santamarina qualified as a clinical psychologist through the psychology resident intern system at department of psychiatry and mental health of Complejo Hospitalario Universitario de Santiago de Compostela and currently undertakes her professional activity as a clinical psychologist at the department of child and adolescent psychiatry of Hospital Clínic in Barcelona. She has taken part in 5 articles as lead author, 23 presentations to congresses and 3 research projects, two of which as the principal investigator.

The project presented seeks to verify the beneficial effect of dialectical behaviour therapy (DBT) in the emotional regulation involved in the suicidal behaviour of adolescents, investigating clinical changes and changes in functional and structural cerebral connection by way of clinical assessment, neuropsychology and neuroimaging. This study will enable advances to be made in the knowledge of the etiopathogenesis of the suicidal behaviour in adolescents and, therefore, improve its predictability.



Pere Berbel Navarro

Dr. Berbel holds a doctorate in biological sciences from the Autonomous University of Barcelona and is a university professor (Cellular Biology) of the faculty of medicine of Miguel Hernández University in Alicante. He has held posts as vice-chancellor of staff, vice-dean of the faculty of medicine and external assessor for a variety of national and European agencies and committees. He is an international reference in the study of thyroid hormone activity as shown in his research projects and numerous publications. He won the Max Pierre König Prize of the European Thyroid Association in 2012, for the best poster presented on basic thyroidology.

The research presented is based on the thyroid deficit being able to produce alterations in the neuroembriological development in the foetal period and during lactation; during postpartum a maternal thyroid disorder may occur if the role of the maternal thyroid hormonal deficit in the development of the infant's brain is not fully understood. The purpose of the study is to determine I) whether during lactation maternal hypothyroidism alters certain structures of the central nervous system in groups of rats that are differentiated in the duration of maternal hypothyroidism by way of magnetic resonance imaging and II) whether hormone treatment of the mother reverses such alterations. If these hypotheses were to be confirmed, they would provide evidence to establish postnatal screening for mothers starting lactation, treating them with thyroid hormones to prevent a delay in the development of certain structures in the child's brain and the risk of suffering from neurological diseases, which would help enhance the quality of life of these children.

Research project

Role of maternal thyroid hormones during lactation in the development of telencephalic commissures of the infant. Correlation between magnetic resonance imaging and axonal development; possible clinical application

Principal Investigator

Dr. Pere Berbel Navarro

Team

Dr. Santiago Canal Gamoneda

Dr. Daniela Navarro

Dr. Jesús Pacheco Torres

Institution

Universidad Miguel Hernández, Sant Joan d'Alacant



Mª Julia García Fuster

Research project

Neuroadaptations induced by the consumption of the psychostimulant drugs d-amphetamine, metamphetamine and MDMA during adolescence: Implications for addiction

Principal Investigator

Dr. M. Julia García Fuster

Team

Dr. Jesús A. García Sevilla

Dr. Benjamin Keller

Institution

Instituto Universitario de Investigación en Ciencias de la Salud (IUNICS), Universidad de las Islas Baleares (UIB), Palma de Mallorca

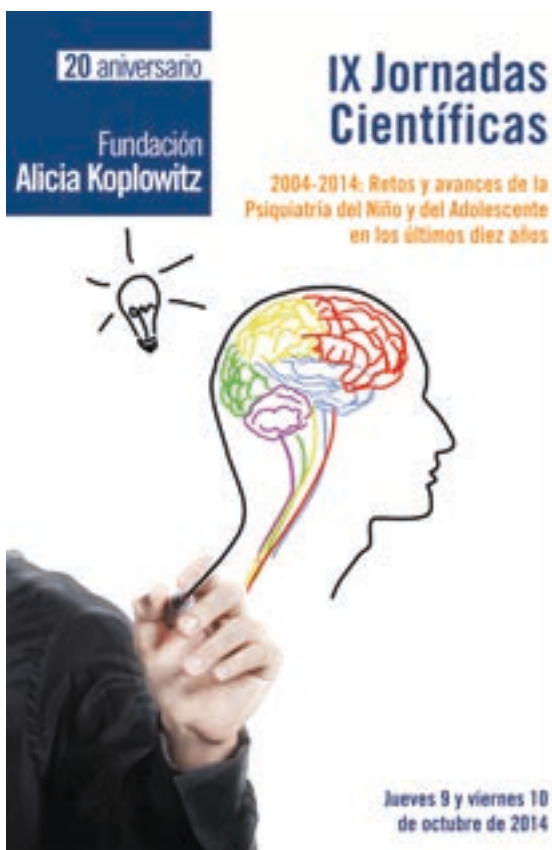
Dr. García-Fuster holds a doctorate in biochemistry (biomedicine programme) from the University of Barcelona and is currently engaged as a Ramón y Cajal investigator at the University Institute of Health Science Research (IUNICS), University of the Balearic Islands. She has participated in ten research projects in the last five years, in four of them as principal investigator, and in eleven indexed articles, six as lead author.

The project is based on the proven fact that the earlier drugs begin to be consumed, the more likely the slide into abuse and addiction and that the development of addictive behaviour is a consequence of an interaction between genetics, environment and each individual's psychopathology. The investigators seek to explore and compare, using an adolescent rat model, the neuronal adaptations derived from starting to consume a variety of psychostimulant drugs early on, as well as to evaluate possible rates of addiction in adult rats. The data collected from this research will provide new information on the consequences derived from starting to consume a variety of stimulants early on during the vulnerable stage of adolescence, as well as possible implications for developing subsequent addiction in adulthood.

IX SCIENTIFIC SESSIONS

“Fundación Alicia Koplowitz”

The IX Scientific Sessions of Fundación Alicia Koplowitz were held on 9th and 10th October at the Grand Amphitheatre of the Official Association of Physicians of Madrid.



Organisational Committee

Dr. Celso Arango

Professorship Director for the Alicia Koplowitz Foundation-UCM Professorship in Child Psychiatry. Head of the Child and Adolescent Psychiatry Unit at Hospital Universitario Gregorio Marañón in Madrid. CIBERSAM. Complutense University of Madrid. Fellowship Tutor of Fundación Alicia Koplowitz.

Dr. Josefina Castro

Director of the Neuroscience Institute at Hospital Clínic Universitari in Barcelona. CIBERSAM. Chairperson of the Spanish Society of Child and Adolescent Psychiatry (AEPNYA). Fellowship Tutor of Fundación Alicia Koplowitz.

Dr. María Concepción Guisasola

Scientific Coordinator. Fundación Alicia Koplowitz.

Dr. David Mataix-Cols

Professor of Child and Adolescent Psychiatry at the Karolinska Institutet in Stockholm, Sweden.

Dr. María Jesús Mardomingo

Honorary Chairperson of the Spanish Society of Child and Adolescent Psychiatry (AEPNYA).

Dr. Juan Manuel Pascual

Director of the Department of Rare Diseases and Professor and Researcher at the University of Texas Southwestern Medical Center. United States. Professor.



The conference was presented by **Dr. Guisasola**, Scientific Coordinator of the Foundation, who noted that this celebration had a special meaning in the course of the Foundation because 2014 was the year of the 20th anniversary of its creation and the 10th anniversary of the moment in which, facing the evidence of significant emotional, adaptive and behavioral disorders, and the serious psychiatric diseases due to the difficult conditions in which they had grown, that had many children and adolescents hosted in Homes and the gap in Child and Adolescent Mental Health in Spain, the Foundation decided to go it alone with the formation and investigation in Psychiatric Disease of Children and Adolescents at the express wish of the President.

It was the 10th anniversary of the Medical-Scientific Area, and to commemorate it the Foundation raised the challenge of holding itself this annual forum with the most relevant experts in the field of Mental Health of the national and international context. For doing it the Foundation spared no work, sacrifices or dreams so that all participants were part of the advances that have occurred in the last 10 years in diseases such as Autism Spectrum Disorders, suicidal behavior, neuropsychiatry, psychiatric diseases in result of modern life, bipolar disorder and schizophrenia, psychosis of early appearance, ADHD or Obsessive Compulsive Disorder. This way, under the general title **"2004- 2014: Challenges and progress of Psychiatry of Children and Adolescents in the last ten years,"** the IX Scientific Conference began.



The first round table of the morning was **“Challenges and advances in Child and Adolescent Psychiatry in Autistic Spectrum Disorders”**.

It began with the speech **“Exploring the genetic bases of autism: mass genome sequencing”** by **Dr. Bru Cormand**.

Dr. Bru Cormand, Full Professor of Genetics since 2001, heads the Neurogenetics group at the University of Barcelona focusing on the study of the genetic basis of monogenic and multifactorial neurological disorders such as autism, ADHD or migraines, combining genetic, genomic, transcriptomic and functional experimental approaches into cells, animals and humans. He is a member of the Centre for Biomedical Network Research on Rare Diseases (CIBERER) and of the University of Barcelona Institute of Biomedicine (IBUB). He also plays an active role in several international science consortiums, such as the Psychiatric Genomics Consortium (PGC), the International Multicentric Persistent ADHD Collaboration (IMpACT) and the International Headache Genetics Consortium (IHGC). He has published over 100 articles in international journals such as Nature Genetics, Molecular Psychiatry and Biological Psychiatry, among others.

In his talk, Dr. Cormand explained that autism is a several neurological development disorder that is characterised by alterations in communication, limited reciprocal interaction, restricted interests and repetitive behaviour. Although it is one of the neuropsychiatric pathologies with greatest genetic load, the underlying genetic factors remain unknown to a great extent. Over recent years, research into genetics has directed its efforts towards

identifying rare and common variants of the genome that contribute towards the genetic landscape of the disease and that can most likely be counted in their tens or their hundreds.

The work of the group he heads focuses on the rare variants, particularly on genes that may have an impact on functions related to the central nervous system, such



as the formation of neurites in neurons, synaptogenesis, neuronal migration or myelinisation. Its methodological approach had consisted of whole exome sequencing (WES) or the sequencing of the RNA protein and molecule-coding fraction of the genome, and had meant that various susceptibility genes could be identified, which were given in detail in his speech.

Dr. Amaia Hervás then presented the speech titled "**From the genotype to phenotypic variability of ASDs**". Dr. Hervás is Director of the Specialist Neurodevelopmental Disorder Unit (UETD) at the Hospital Sant Joan de Deu de Barcelona and Director of Child and Adolescent Psychiatry at Hospital Mutua in Terrasa, both in Barcelona.



unit for children and adolescents with autistic spectrum disorders (ASD) since 2008, her main lines of research relate to ASDs and Obsessive Compulsive Disorders (OCDs) and she is the principal investigator in several active Research Projects on ASD. After the questions from the audience and the group discussion with both speakers, it was concluded that the most significant advances in the knowledge of ASDs over the past ten years had been determined by the introduction of techniques to identify their genetic bases. Despite this, both speakers underlined a failure to put these advances into normal clinical practice and the maintaining of out-of-date practices of screening and information for families. The diversity in the clinical presentation of ASDs is one of the keys to the complex nature of the disorder's etiopathogenesis. The contribution of hormone regulation in ASD development also aroused interest among those present. The clinical profile according to the sex of ASD sufferers was another of the issues covered in the discussion that followed the presentation of the speeches.

This then led to the question and answer session, which was moderated by **Dr. Rosa Calvo**, Section Head at the El Eixample Child-Adolescent Mental Health Centre belonging to the Child-Adolescent Psychiatry and Clinical Psychology Department of Hospital Clínic in Barcelona. Responsible for the specialist detection and treatment



The second table referred to the **“Challenges and advances of Child and Adolescent Psychiatry. Detection and prevention of suicidal behaviour in adolescents”**.

In the first speech, **Dr. Rebeca García Nieto** talked about **“Abuse in childhood as a risk factor in self-harming behaviour in adolescence”**.

Dr. García Nieto is a Doctor of Psychology and qualified as a Clinical Psychologist following her residency. She qualified as a Child and Adolescent Psychologist as a fellow of Fundación Alicia Koplowitz at New York University (NYU)-Child Study Center in New York. She also completed a 6-month placement at the Center for Psychological Trauma, Academic Center of the University of Amsterdam.

She started her speech by providing a series of demographic data: 20% of women and 5-10% of men worldwide claim to have suffered sexual abuse during childhood (WHO, 2014) and 23% of the adult population reports having suffered physical abuse during childhood. The report from the Centro Reina Sofía on child abuse in the family in Spain shows that 6.36% of educational psychologists responsible for crèches and schools detected some case of abuse in minors aged between 0 and 7 in their charge: 59.68% physical abuse, 17.74% psychological abuse, 4.84% sexual aggression and 37.10% neglect. 4.25% of minors aged between 8 and 17 have been abused in the home and, of this percentage, 70.27% have been victims of some kind of abuse, 18.92% of two and 10.81% of the four types. The most frequent consequence of family abuse is sadness and depression (57.58%), followed by anxiety, violent behaviour in other

contexts, attention disorders, etc. 9.09% showed signs of self-harming. Most self-harming adolescents sought to do away with negative elements and the triggering effects arising in the family environment.

In a meta-analysis on the relationship between abuse in childhood and self-harm without suicidal behaviour among adolescents and young adults, she concluded



that the relationship between both variables is relatively small yet significant and that the impact of physical or sexual abuse in self-harming behaviour is similar, although other factors may be involved in this association. She concluded that future actions should be aimed at the early identification of adolescents at risk, at treating mood control and at individualised family interventions.

The second speech of the table was titled **"Effective treatments for suicidal and self-harming behaviour in adolescents"** and was given by **Dr. Natalia Weber**.

Dr. Weber is a specialist in Child and Adolescent Psychiatry from the Child Study Center at New York University and is a certified Adult Psychiatrist and Child and Adolescent Psychiatrist of the American Board of Psychiatry and Neurology. She has received many awards, including the Pilot Research Award and the Robinson Cunningham Award from the American Association of Child and Adolescent Psychiatry, the Peter Henderson Award from the American Association of Directors of Psychiatric Residency Training (AADPRT) and the Laughlin Research Fellowship granted every year by the American College of Psychiatrists to resident doctors in the United States and Canada who are most likely to make a significant contribution to the field. She has taken part in several research projects as principal investigator or co-investiga-



tor and has been published in the most highly respected science journals such as *Biological Psychiatry* and *Journal of the American Academy of Child and Adolescent Psychiatry*, where she is also a contributing editor. She has also co-published two books: *Comprehensive Review for Psychiatry* and *Clinical Assessments in Psychiatry*. She currently works as a paediatric psychopharmacologist at New York University Child Mind Institute.

She began her speech by defining self-harming behaviour as the "deliberate destruction of body tissue without an attempt at suicide" and, according to the proposal for the DMS-V, it is associated to at least one of the following criteria: i) interpersonal difficulties or negative feelings or thoughts, ii) premeditation before the act, and iii) recurrent thoughts on self-harming behaviours. According to this proposal, at least one of the following expectations must be present when involved in self-harming behaviour: seeking relief from a negative feeling or state of mind, solving an interpersonal problem or inducing a positive state. Self-harming behaviour typically begins during adolescence and most adolescents in community samples did not recount a history of suicide attempts.

Included among the proposed treatments for self-harming behaviour is Dialectical Behaviour Therapy. This is a 16-week, hands-on behavioural treatment that includes individual and family therapy and multi-family group therapy. Evidence of Dialectical Behaviour Therapy suggests an increase in the use of average skills, the relationship between the time in treatment and the changes in depression and the control of anger and suicidal behaviour. Other treatments include Transference-Focused Psychotherapy (TFP-A), Interpersonal Therapy Adapted for Self-Injury (IPT-ASI) and mentalisation-based treatment. Insofar as drug treatments, Dr. Weber explained that there is little information on the matter and that meta-analysis studies conclude that anti-depressants such as SSRIs or neuroleptic drugs cannot be recommended and that the most positive effects are gained from mood stabilisers and antipsychotics.

Following these two speeches, which resulted in a round of applause from the audience, the group discussion began, with a great many statements and moderated by **Dr. Juanjo Carballo**, a Doctor of Medicine with European Mention from the Autonomous University of Madrid, Child and Adolescent Psychiatrist from Hospital Universitario Clínica Puerta de Hierro in Madrid and the New York State Psychiatric Institute at the University of Columbia, New York, as a fellow of Fundación Alicia Koplowitz.



The morning ended with a keynote lecture by **Professor Juan M. Pascual** entitled **“What Does It Mean to Orient Oneself in Thinking? Psychiatry and Neurology Since 1786”**.

Juan Manuel Pascual (Malaga, 1967) is a professor at the neurology and neurotherapeutics, physiology and paediatrics departments of the Center for Human Genetics, as well as a physician specialising in neurology and paediatric neurology and director of the Rare Brain Disorders Program at the University of Texas Southwestern Medical Center. In 2013 the University created an Honorary Chair in his name dedicated to neurological diseases amongst children. He is also a member of the North American Academy of the Spanish Language, a correspondent member of the Royal Academy of Spain, a correspondent member of the Royal Academy of Fine Arts of San Telmo, a member of the European Academy of Science, Arts and Letters, has a PhD in Molecular Physiology and Biophysics from the Baylor College of Medicine (Houston, Texas) and specialised in neurology and paediatric neurology at Columbia University and the Neurological Institute of New York, where he was a professor before accepting his current position. He is the co-author of numerous scientific publications and 19 core treatises on neurology and neurobiology of international reference, and is also the principal investigator responsible for developing new research drugs, appointed by the Food and Drug Administration (FDA). His most extensive current works include the publication of the treaty Rosenberg's Molecular and Genetic Basis of Neurological and Psychiatric Disease (Academic Press, 5th edition, 2015) and the drafting of his book Progressive and Degenerative Brain Disorders in Children (Cambridge University Press, 1st edition, 2017).

Dr. Pascual said that it is beneficial to pause every now and then to reflect on what you are doing and how, in case mistakes or misunderstandings may have been surreptitiously included in your daily activity and the general course of science. Today it is the turn of neurology and psychiatry seen from one perspective (a personal one) over a decade. My point of view owes a lot to Immanuel Kant (1724-1804), who built a protective and therapeutic



history of reason as a supreme court of problems like the one that concerns us today. Kant said in 1786: “Freedom in thinking signifies the subjection of reason to no laws except those which it gives itself. The natural consequence is that if reason will not subject itself to the laws it gives itself, it has to bow under the yoke of laws given by another; for without any law, nothing - not even nonsense - can play its game for long”. With this preamble,

the recourse to authority is shown to be especially poor in this task of reflection: The dictionary compiled by the Royal Academy of Spain (DRAE, 2001) defines neurology as the study of the nervous system and its diseases, and psychiatry as the science which treats mental illnesses. This is also what is generally transmitted at all public and professional levels. But something is missing or falls short with these definitions: Do both disciplines not involve the same organ? Can they be reduced to a single one? Is that not what the development of brain sciences suggests? The mere consideration of these questions and their ultimate consequences leads to insoluble paradoxes. However, frequently what is scientifically insoluble is not resolved but rather is dissolved or becomes irrelevant. As a response to these questions, an analysis of the common meaning of the expressions 'neurology' and 'psychiatry' reveals that the apparent difference between these two sciences lies in our purpose. In other words, in the reason of being primary in each discipline, which



is not found in what is universally written and published today. Instead of disassociating scientific activity from its purpose and subordinating it to the apparatus of its methods, the true purpose of these tasks is to restore the autonomy of the human being: autonomy of the diseases which limit a person's physical performance (neurology) and autonomy with respect to the conditioning factors imposed on his or her freedom of thought and voluntary

action (psychiatry). It is worth noting that, in the case of childhood, no explanation of their physical or mental abilities has yet been given, as children are considered miniature adults or some biological variant of grown men. By becoming aware of the direction of our scientific activities we will avoid serious obstacles - both historical and current - which should not distract us.

The conference was greeted with warm applause by the public and **Dr. Juan Carlos Leza** commented on the figure of Dr. Pascual and led the discussion, moderating the turns of the numerous questions and speeches. Dr. Leza is a doctor of medicine and surgery and a professor in pharmacology at the faculty of medicine of the Complutense University of Madrid. He is the principal investigator of the "Molecular Neuropsychopharmacology of Stress-Related Pathologies" research group whose principal scientific objectives are basic and translational research of neuropsychiatric pathologies with the goal of finding new therapeutic goals or their biological markers and the identification and development of pharmacological tools to improve the treatment quality of stress-related pathologies. He is also a correspondent member of the Royal National Academy of Medicine.



After lunch, **Dr. María Jesús Mardomingo** opened the afternoon session with the keynote conference entitled **"Psychiatric Diseases and Modern Life"**.

Dr. María Jesús Mardomingo graduated as a doctor of medicine and surgery and a specialist in paediatrics and psychiatry from Complutense University of Madrid. She specialised in paediatric psychiatry at the University of California, Los Angeles (USA). She is the honorary president of the Spanish Association of Child and Adolescent Psychiatry (AEPNYA), a former board member of the European Society for Child and Adolescent Psychiatry (ESCAP) (2007-2011), a member of the advisory board of the European Academy for Child and Adolescent Psychiatry (EACAP) and an honorary member of the American Academy of Child and Adolescent Psychiatry. She has published more than 400 articles in national and international scientific journals and more than 160 chapters in collaboration in books. She has edited various books on paediatric psychiatry, paediatrics and education, the latest being *Tratado de Psiquiatría del Niño y del Adolescente* ("Treatise on Child and Adolescent Psychiatry") (2014). She has undertaken numerous basic and clinical research projects in her preferred topics: early experiences and psychopathology, depression and suicide, behavioural disorders, ADHD, obsessive-compulsive disorder and psychopharmacology.

Dr. Mardomingo began her conference by stating that the profound changes experienced in the way of life of developed countries has contributed to the appearance of new diseases and the rise in prevalence rates of others which already existed although to a lesser degree. Modern life, which began with farming around 30,000 years ago,

has involved extremely intensive changes to the natural environment of homo sapiens which have required a great capacity for adaptation on their part. These changes were especially intense throughout the second-half of the 20th century, when the major cities emerged, there was rapid technological development, information and communication became globalised, there was progressive secularisation, consumerism became the driving force of the



economy, there was a change in the role of women and the concept of the family, and new values emerged. All of this has led to a progressive distancing from the natural environment which tests the species' and the individual's ability to adapt to this process of evolution.

One of the major challenges of medicine and psychiatry is to investigate which of these changes and transformations

have a greater ability for being harmful, which translates into diseases such as cardiovascular, metabolic and autoimmune ones, diabetes, obesity, hypertension, cancer, depression and anxiety.

With regard to depression, the risk of young people being afflicted by this disorder rose 6.8 times between 1938 and 2007 and annual prevalence grew from 3.33% in 1992 to 7.06% in 2002. This makes us think that new lifestyles are contributing to this rise, particularly diet and how we eat, physical activity, exposure to sunlight and number of hours of sleep. Modern man eats more and worse, leads a sedentary life, spends a lot of time indoors without contact with the sunlight, sleeps less and has less personal contact with others. Other economic and social circumstances such as the inequality of income in developed countries; loneliness and lack of friendships; inappropriate use of the internet and the replacement of personal communication with its digital counterpart, and the substitution of intrinsic



values for extrinsic ones, can contribute to an increased risk of depression.

The huge progress made in genetic research in recent years paradoxically highlights the importance of the environmental conditions in which individuals move. These environmental conditions are the outcome of individual, family, social and political decisions. Child psychiatry is

facing the major challenge of better understanding these phenomena, which makes for a complex and exciting specialty that can make a decisive impact on improving people's lives.

This process of understanding the causes and mechanisms of psychiatric disorders starts with genes and their immense power in the design of personal reality and vulnerability to diseases, but along with them, or rather with them, are environmental life circumstances, fortune and misfortune, particularly in the early years of life.

Dr. Mardomingo tackled these topics at the conference and proposed a number of answers. She also raised new questions, indicating the challenges that child psychiatry must take on over the next few years.

The floor was then opened and numerous questions were put to Dr. Mardomingo. The discussion was led by **Dr. Montserrat Graell**, child and adolescent psychiatrist at the Child and Juvenile Psychiatry and Psychology Service of the Niño Jesús University Children's Hospital in Madrid and chair of the Spanish Association for the Study of Eating Disorders (AEETCA).



The day ended with the round table entitled

“Challenges and Progress in Child and Adolescent Psychiatry: Bipolar Disorder and Schizophrenia Risk Factors”.

Dr. Gisela Sugranyes Ernest spoke first, delivering a paper entitled **“Neurodevelopmental Changes in Children and Adolescents at a Risk of Bipolar Disorder or Schizophrenia: Early Detection Using Neuroimaging Techniques”**.

Dr. Sugranyes graduated as a doctor of medicine with a “Doctor Europaeus” mention from the University of Barcelona. She specialised in psychiatry at the Santa Creu i Sant Pau Hospital of Barcelona and in child and adolescent psychiatry at the Institute of Psychiatry at the Maudsley, King’s College London (Alicia Koplowitz fellow 2009-2011). She has been a research fellow at the New York State Psychiatric Institute, Columbia University, New York (2008-2009) and a visiting researcher at the Institute of Psychiatry, King’s College London (2011-2013). She currently works as a psychiatrist at the Child and Adolescent Psychiatry Reference Unit at Barcelona’s Clínic Hospital and as a Junior Group Leader, Area 4, in Clinical and Experimental Neurosciences at the August Pi i Sunyer Biomedical Research Institute. She has published 20 articles in indexed journals in the last five years and participated in 11 research projects as principal investigator or co-investigator.

Dr. Sugranyes explained that although schizophrenia (SZ) and bipolar disorder (BD) have historically been considered as two different entities, the idea of them both sharing a number of common neurobiological bases has gained support in recent years, which is why it has been defended that the two disorders should be considered

together, at least in the field of research: common genetic and environmental risk factors have been described, along with similarities in clinical phenotype and correlates in neuroimaging when the disease is already established. Both processes have a familial aggregation and the children of SZ and BD patients are found to be at a higher risk of presenting psychopathological and neurocognitive alterations during childhood and adolescence. That is why studying the children of SZ and BD patients can be useful in helping understand risk factors for the disease which are associated with genetic vulnerability.

The field of neuroimaging is an area with great potential for helping us to understand the neurobiological bases of mental illness, and functional magnetic resonance imaging (fMRI) is the most powerful tool for revealing abnormal connectivity patterns between brain regions, which is particularly important in the period when the brain is maturing.

Dr. Sugranyes presented the results of an fMRI study performed on children of SZ and BD patients of both sexes aged 6 to 17 and a control group. It was found that the brain volume of grey matter was significantly smaller in the children of SZ patients with respect to the control group, and also with respect to the children of BD patients. It also found a reduction in the volume of regional grey matter, upper temporal cortex and left frontal cortex in SZ patients and their adult, adolescent and child relatives, which could be related to attenuated negative symptoms. This, together with targeted subcortical limbic structural changes, could be considered as preclinical markers of risk/resilience to the disease. It concluded that despite clinical and neuropsychological similarities, a different neurostructural footprint is shown between the children of SZ patients and the children of patients with BD and that the identification of biomarkers allows the early detection of subjects at risk, enabling personalised approaches and better prognosis.



In the second talk of the last roundtable of the afternoon, **Dr. Dolores Moreno Pardillo** spoke on **"Neurodevelopmental Disorders in Children and Adolescents at a Risk of Bipolar Disorder or Schizophrenia: Early Detection Using Clinical-Cognitive Data"**.

Dr. Moreno is a psychiatrist and the head of the Adolescents' Unit at the Gregorio Marañón University General Hospital. She has long-standing experience in child and adolescent psychiatry. Dr. Moreno graduated from the Autonomous University of Madrid, is an associate professor at the Complutense University and has a master's degree in forensic psychiatry from the same university. She is an accredited full professor at Spain's National Agency for Quality Assessment and Accreditation (ANECA) and is a collaborating researcher with the CIBERSAM biomedical research centre.

Her dissertation began by affirming that the population of children of schizophrenic and bipolar patients is considered a high risk population for presenting these pathologies. Identifying neurocognitive and clinical alterations in a high-risk population before the onset of the disorder has been the objective of various studies of high risk in schizophrenia and bipolar disorder. The studies have attempted to find a potential indicator of an established deficit (to predict the disorder in a non-affected subject) to be used as a family trait marker that can identify vulnerability for these disorders. Studies to date have suggested different types of markers, such as neuropsychological, neuroimaging and clinical ones.

In the study that we present with the two talks, the rate of diagnosed psychopathology is higher for the high-risk schizophrenia and bipolar group compared to the group

of control children but only the former group is significantly different.

The most prevalent diagnosis, as occurs in the baseline data from the start of the study, is attention deficit and hyperactivity disorder.

The analysis of other clinical variables showed that the group of subjects at a high risk of schizophrenia obtained worse results in the global functioning scale, prodromal symptoms and behavioural problems. In the variables of: the disorganisation subscale of the SOPs, learning problems, impulsiveness and rate of hyperactivity, three severity profiles could be observed, with the worst corresponding to children of schizophrenia patients, the intermediate to children of patients with bipolar disorder and the one that was within the normal range corresponding to the control subjects.

In the longitudinal study, higher scores were observed in the prodromal symptoms scale among children of schizophrenia patients while children of patients with a bipolar disorder showed more stressful events and more perceived stress than the control group.

Finally, the neuropsychological data showed significant affection in some domains on the part of the children of patients with schizophrenia. More difficulties were found in verbal comprehension, working memory, processing speed, overall intelligence, immediate visual memory and perceptive organisation. In some cognitive variables (immediate and delayed logical memory and perceptive reasoning), three severity profiles were also observed, with the greatest difficulties being among children of schizophrenics and the least among children of the control group. The longitudinal study confirmed the stability of these difficulties over the last two years.

Question time was moderated by **Dr. Hilario Blasco-Fontecilla**, a specialist in Child and Adolescent Psychiatry at Madrid's Puerta de Hierro University Hospital, a researcher with the online biomedical research centre CIBERSAM and Associate Professor of Psychiatry at the Autonomous University of Madrid. The speeches of the first day of the Scientific Sessions were then brought to a close.



Friday 10 October began with the presentations in the round table **“Challenges and Advances in Child and Adolescent Psychiatry in Early Onset Psychosis”**.

Dr. María de Gracia Dominguez gave the first speech, entitled **“Early Onset Psychosis: From Epidemiology to Clinical Practice in Adolescent Psychiatry”**.

Dr. Dominguez graduated in Medicine at the University of Navarra (Pamplona, Spain). She completed her specialist clinical training in psychiatry at the Hospital Santiago Apostol in Vitoria (Spain). In 2006, Dr. Dominguez obtained a Marie Curie Fellowship and moved to the Department of Psychiatry and Neuropsychology, Maastricht University (Maastricht, The Netherlands), where she developed her research interest in psychiatric epidemiology & meta-analytic studies in the field of Adolescent Psychosis. After obtaining her PhD entitled ‘A Dynamic Model of the Onset of Clinical Psychosis from an Epidemiological Perspective’ in 2009, Dr. Dominguez continued to work as a postdoctoral researcher at Maastricht University. In 2010, Dr. Dominguez obtained a 2- years Koplowitz fellowship and moved to the Academic Unit of Child and Adolescent Psychiatry at Imperial College London (UK). Since 2012, Dr. Dominguez continued her research work in adolescent psychosis as Clinical Lecturer at Imperial College London whilst completing higher clinical training towards obtaining the UK Specialist degree in Child and Adolescent Psychiatry.

Dr. Dominguez’s research examines the psychosis phenotype and investigates the dynamic process driving psychosis expression from mental wellness to onset of clinical psychosis. From examining the dimensional

structure of psychosis in the general population, her work has expanded to investigate the developmental expression of psychosis in clinical samples of adolescents, as an age period associated with increased risk for the emergence of psychosis. Dr. Dominguez is currently involved in research projects examining treatment delay, the impact of cannabis use, and family influences on pathways to care in adolescents presenting with first episode psychosis to Early Intervention Services in London (UK).

The significance of Dr. Dominguez’s research work has been recognized by the international research community, as reflected in first author publications in international peer-reviewed journals (including *Psychological Bulletin*, *American Journal of Psychiatry*, *Schizophrenia Bulletin* and *Schizophrenia Research*), as well as in the opportunity to orally present her research work on schizophrenia research conferences. In March 2014, her work on psychosis in adolescents has recently been awarded the 2014 European Psychiatry Association research prize for the best scientific paper in child and adolescent psychiatry (‘Duration of untreated psychosis in adolescents: ethnic differences and clinical profiles’).

Dr. Dominguez began her dissertation by affirming that although psychosis has been commonly considered a rare phenomenon outside the range of normal human experience, the clinical psychosis phenotype has not only been shown to be more prevalent than previously thought, and psychotic experiences have been shown to be expressed at levels well below its clinical manifestation. Systematic reviews of the general population surveys suggest that the experiences associated with psychotic categories (paranoid delusional thinking and auditory hallucinations) are

observed, in an attenuated form, in 5-8% of adults who have never been diagnosed with any psychotic disorder. In children, prevalence of psychotic experiences is higher in younger (9-12 years) compared to older (13-18 years) children: 17% and 7.5% respectively.

These attenuated expressions may be the behavioural expression of an underlying liability for psychotic disorders. This is further supported by longitudinal studies demonstrating a link between psychotic experiences in the general population and increased probability of having a psychotic disorder later in life. In particular, the Dunedin study demonstrated that more than 25% of participants with low grade psychotic experiences at age 11 years developed a clinical psychotic disorder by age 26 years. However, an equally important conclusion was that the great majority of children with expression of psychotic experiences would never develop a psychotic disorder – psychosis was only a transitory developmental state for most.



Transition from transitory to persistent psychotic experiences may be due to exposure of additional environmental risk factors (cannabis use, childhood trauma and urban environment) during significant developmental critical periods. Findings from the EDSP study showed that whereas persistent psychotic-like experiences are a marker of emerging clinically relevant psychopathology, psychometric expression of psychosis risk may be particularly informative if assessed

repeatedly, in interaction with psychopathological dimensions (affective dysregulation versus negative/disorganized presentations) and in the context of environmental risks.

The most recent epidemiological developments in psychosis research in children and adolescents will be presented, including that of the clinicopathological significance of psychotic experiences, their associations with internalising and externalising psychopathology, the role of stressors such as bullying, and their relevance in outcome, including that of suicidal attempts.

The application of epidemiological findings (and their conceptual implications in the deconstruction of psychosis) to clinical practice is a real challenge. On the other end of the continuum, early onset psychosis has shown to be associated with a profile characterized by insidious onset, negative features, cognitive and developmental impairment. Evidence has reported associations between early onset and perinatal risk factors and brain abnormalities. Longitudinal research has shown a link between early onset psychosis and worse prognosis over time, in terms of psychopathology, functional impairment, response to treatment, social and laboral adjustment. In addition, duration of untreated psychosis (DUP) has become established as an indicator of worse prognosis.

The presentation ended showing the data from the first study in the UK which compared DUP between adolescent and adult-onset individuals, and explored whether the adolescent-onset group showed variations in DUP that could be accounted for by sociodemographic and selected risk factors. A naturalistic cohort study included 940 new first-episode psychosis cases aged 14-35 years (136 adolescent-onset versus 804 adult-onset psychotic individuals) referred to nine Early Intervention Services for Psychosis in London. Findings showed that adolescents presented with significantly greater median DUP (179 days) than adults (81 days). Large differences in DUP were found amongst adolescent ethnic groups. In addition, younger age of onset and higher lifetime cannabis use were associated with longer treatment delay amongst adolescents. In conclusion, this study of DUP in adolescent-onset psychosis found it to be approximately twice the length of DUP amongst adults.

Dr. Marta Rapado Castro then spoke on **“Early Detection and Intervention in Adolescent Psychosis: Factors of Transition to Psychosis in a High Risk Population”**.

Dr. Marta Rapado Castro is a Clinical Psychologist and Doctor of Medicine from the University of Pamplona, with specific training in Child and Adolescent Psychiatry after holding various fellowships in specialised centres in England, Belgium, Chile and the United States, where she built up extensive experience in Early Onset Psychosis. Dr. Rapado was a worthy winner of an Alicia Koplowitz Foundation grant in 2012 to carry out a six-month stay at the ORYGEN Youth Research Centre (OYHRC) at the University of Melbourne, Australia, where she trained in the identification of interactive determining factors at the genetic, clinical and environmental level that influence the development, severity and evolution of psychoses for the early detection of individuals at a risk of developing the disease and drafting more accurate and better-tracked diagnoses long before it develops. She later won another fellowship from the Foundation to work as an Honorary Researcher at the Melbourne Neuropsychiatry Centre at the University of Melbourne, where she took part in the study “QA2012146: Sources of Clinical Distress in Young People at Ultra High Risk of Psychosis”. Dr. Rapado received the “Young Investigator Award for Excellence in Research” in 2013 for her work “Effects of N-Acetyl Cysteine on Tobacco Consumption in Bipolar Disorder and Schizophrenia” presented at the Australasian Schizophrenia Conference.

She began her speech by illustrating that the concept of psychotic disorders has expanded over the past 20 years towards characterising prodromal phases of the disease. The clinical construct of “mental state of risk” and the operability of its criteria in the form of a “high risk population” have made it possible to identify the syndrome and to study risk factors associated with the onset of psychosis. Dr. Rapado’s presentation focused on analysing some of the factors which have been associated with the transition to psychosis in the context of the research work carried out at the PACE clinic, Orygen Youth Health in collaboration with the Melbourne Neuropsychiatry Centre in Melbourne, Australia. These research works show 1.) the

existence of brain alterations associated with the development of psychosis, such as loss of volume in grey matter in frontal and temporal regions and 2.) the association between environmental factors such as a history of trauma in childhood (mainly sexual abuse) and the transition to a frank psychosis disorder in a high-risk population. Starting from the model of genetic-environmental interaction in which stressful psychosocial factors such as childhood trauma can have an impact on the trajectory of brain development and contribute to the onset of psychosis, preliminary results were provided of a current study which is exploring the role of risk brain markers and the impact of environmental stress factors on the transition to psychosis.

Question time was moderated by **Dr. Soledad Romero**, a Doctor of Medicine from the University of Barcelona and a Psychiatrist specialising in Child and Adolescent Psychiatry (Alicia Koplowitz Fellow) from the Western Psychiatric Institute and Clinic, University of Pittsburgh



Medical Center, USA. She is currently the Senior Specialist with the Child and Youth Psychiatry and Psychology Service at the Institute of Neurosciences at Barcelona’s Clínic Hospital and a Research Member of the Consolidated Research Group in Psychiatry and Psychology, Agency of University and Research Aid Management, Catalan Ministry of Universities, Research and the Information Society.



The second round table of the day was entitled **“Challenges and Advances in Child and Adolescent Psychiatry in Attention Deficit Hyperactivity Disorder”**.

The round table was opened by **Dr. Katya Rubia** with the presentation **“Effects of Medication on the Brain in ADHD”**.



Dr. Katya Rubia is a Professor of Cognitive Neuroscience at the Department of Child and Adolescent Psychiatry, Institute of Psychiatry, King's College London, where she heads the Developmental Neuroimaging section.

Prof. Rubia's work focuses on functional and structural neuroimaging of normal brain development as well as of child psychiatric disorders, particularly ADHD, but

also related disorders such as autism, conduct disorders, obsessive-compulsive disorder and child abuse. Her key interest is to determine disorder-specific neuroimaging biomarkers by making comparisons between disorders. For this purpose, Prof. Rubia uses both univariate as well as modern multivariate pattern recognition analyses. Another key research topic is pharmacological fMRI where Prof. Rubia uses neurotransmitter and pharmacological manipulations in healthy subjects and in patients with ADHD and related disorders to elucidate the underlying neurotransmitter abnormalities of abnormal cognitive functioning.

Prof. Rubia has published more than 160 papers, the majority in high impact journals such as JAMA Psychiatry, Molecular Psychiatry, American Journal of Psychiatry and Biological Psychiatry as well as high-impact neuroscience journals.

According to Dr. Rubia the first-line treatment for ADHD is stimulant medication followed by atomoxetine (non-stimulant), although serotonin is also involved in the disorder.

There are no image-based prospective longitudinal studies that have valued the long-term effects of stimulant medication. However, her group has used meta-regression analysis to test the potential long-term effects of stimulant medication on brain abnormalities in the group's meta-analysis of structural and functional studies with fMRI and PET (Positron Emission Tomography). Her meta-analysis of 9 PET studies found reduced levels of striatal dopamine transporters in medication-naïve patients. The meta-regression analysis of the effects of

medication, however, found that long-term stimulant medication was associated with abnormally high levels of striatal dopamine transporters, suggesting that the brain can adapt to this drug (Fusar-Poli. et al., 2012). Her meta-regression analysis of the effects of medication on studies in all MRI brain images both structural and functional found that long-term stimulant medication is associated with normal volumes and function of the basal ganglia, with both being reduced in patients without ADHD medication (Nakao et al., 2011; Hart et al., 2012).

The acute effects of stimulants are better studied than long-term effects. Her meta-analysis of 14 fMRI datasets in 212 patients with ADHD regarding acute stimulant effects on brain function found that stimulants increase very consistently with the activation of the right inferior frontal cortex (IFC) and the basal ganglia (Rubia et al., 2014). A controlled direct comparison with a placebo between methylphenidate and atomoxetine in medication-naïve children with ADHD found that both drugs upregulate and bilaterally normalise the activation of the IFC during the estimation of time and inhibition; atomoxetine, however, had a drug-specific effect on the upregulation/normalisation of the dorsolateral prefrontal cortex (DLPFC) which is dopaminergically innervated during working memory, while methylphenidate had a drug-specific effect on the upregulation of dopaminergically innervated basal ganglia and the supplementary motor area during the estimation of time and motor execution.

Serotonin has been relatively ignored despite tests consistent with its involvement with ADHD and impulsivity. Dr. Rubia's group has demonstrated the acute effect of a serotonin agonist (fluoxetine) in relation to a placebo in 20 adolescents with ADHD via fMRI and observed that fluoxetine normalises the reduced activation of the right DLPFC in children with ADHD in relation to controls during working memory, and in right IFC and basal ganglia during inhibition, which suggests that fluoxetine has an upregulation effect of frontal activation and normalisation similar to that of catecholamines.

In conclusion, monoamine agonists appear to have a positive effect on striated and frontal biochemical, structural and functional abnormalities, key in ADHD.

The second speech of the round table was presented by **Dr. Francisco Xavier Castellanos** and entitled "Can ADHD be a Result of Reduced Intervals in Reinforcement Programmes?".

Dr. Castellanos was born in Madrid to Bolivian parents who emigrated to the USA when he was a child. He studied linguistics at Vassar College, New York, and obtained a Master's in Experimental Psychology from the University of New Orleans, and a Doctor of Medicine (MD) degree from Louisiana State University in the city of Shreveport, LA. He undertook a combined residency in Paediatrics, General Psychiatry and Child and Adolescent Psychiatry at the University of Kentucky, USA, and then trained in research as a fellow under the supervision of Judy Rapoport at the National Institute of Mental Health (NIMH). After spending 10 years at the NIMH, he founded the Institute of Paediatric Neuroscience at the Child Study Center at NYU Langone Medical Center, where



he is the Brooke and Daniel Neidich Professor of Child and Adolescent Psychiatry, Radiology and Neuroscience. He leads research into Child and Adolescent Psychiatry at the Nathan Kline Institute for Psychiatric Research, Orangeburg, NY, USA and has formed part of various committees, such as heading up the DSM-5 review and the Board of US National Health Institute Councils. Dr. Castellanos focuses on the neuroscience of ADHD aiming

for the integration of neuroimaging and genetics from the point of view of 'endophenotypes'.

In 2002, Castellanos and Tannock observed that the only constant in both clinical and experimental accounts of Attention-Deficit/Hyperactivity Disorder (ADHD) was inconsistency, and suggested that experimental inconsistency itself should be pursued as a construct of interest.¹ The field began to focus on response time (RT) variability. A recent meta-analysis of 319 studies² conclusively demonstrated that RT variability is substantially elevated in ADHD, in both children and adults, across a wide range of tasks or measures. However, and not surprisingly, increased RT variability is also found in other clinical entities, such as autism spectrum disorder (ASD).

While RT variability is not specific to any single diagnostic category and is almost certainly not a single construct, an overriding question became whether some component of RT variability might correspond to and be driven by the low frequency fluctuations in brain-blood oxygen level dependent (BOLD) signal measured using functional MRI (fMRI). The potential utility of examining such low frequency (e.g., between 0.1 and 0.01 Hz, i.e., each period lasts approximately between 10 and 100 s) fluctuations in BOLD signals was first suggested in 1995 but did not elicit much interest until after the discovery of the brain's default mode network and other intrinsic connectivity networks by Raichle and colleagues. In 2007 Sonuga-Barke and I formulated the default network interference hypothesis of RT variability and inattention⁴. This neurobiological hypothesis has served to organize and motivate much of the recent work in the ADHD neuroimaging field.

Nevertheless, the construct of RT variability only represents a partial improvement over subjective formulations of symptoms of inattention. Effect sizes for differentiating ADHD groups from neurotypical controls range from large in children to medium in adults, but even the large effect sizes are far smaller than what is required to attain clinical utility⁵. The reality is that increased variability in RT is still a global phenomenon which is the end observable result of numerous causal processes. Currently formulated studies are inadequate to

support statistically well powered tests of falsifiability of the hypotheses of interest, so we accumulate results that are “consistent with” the hypothesis. This is interpreted broadly, providing the appearance of replication, termed “approximate replication”⁶ but which does not truly advance knowledge.

In 2002, we also suggested that inconsistency and some of the behavioral impairments encountered in ADHD could be related to abnormalities in temporal processing at any or all of the various time scales supported by various brain systems (roughly, cerebellum for the fastest periods, basal ganglia for intermediate time scales, and prefrontal cortex for longer time intervals). This theme of temporal processing abnormalities has been pursued actively in relation to ADHD. At the longest time scales, work on decision making and differences in reward-related processing become relevant and link ADHD to disorders of impulse control, which also frequently co-occur. Differences in performance have been reported across all time scales, leading to the suggestion that timing function deficits should be considered to form an independent impairment domain⁷. However, the broad generality of the results is unsatisfying. By contrast, recent findings from David Gilden are intriguing and offer the possibility of delineating a fundamental and relatively specific aspect of physiology.

Gilden, an astrophysicist who became an experimental psychologist, has examined RT time series for more than 25 years, producing seminal observations⁸. He and his colleagues have produced the most intriguing perspectives related to understanding the phenomenon of increased RT variability⁹. More recently, their work has suggested that adults with ADHD experience a contraction of temporal integration spans – the duration of the subjective experience of ‘now’ which is the basis for subdividing and experiencing our 4-dimensional world^{10,11}. This work harkens back to gestalt psychology from more than a century ago, and yet may yield our most useful insights into the fundamental nature of physiological differences among us.

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Dr. Cesar Soutullo was responsible for moderating the extensive question time the two talks generated among attendees. Dr. Soutullo is the Director of the Child and Adolescent Psychiatry Unit at the Department of Psychiatry and Medical Psychology, University of Navarre Clinic, a Clinical Consultant and an Associate Professor. He is a Doctor of Medicine (Extraordinary Doctorate Prize, University of Navarre, 2002) and has a degree in

a member of EUNETHYDIS, the European Network for Hyperkinetic Disorders, its European ADHD Guidelines Group (EAGG), and a member of various national and international Advisory Boards on ADHD and Paediatric Psychopharmacology, including having been on the Advisory Committee for Fellowships in Child and Adolescent Psychiatry at Fundación Alicia Koplowitz since its initial design in 2003, and in which he participates as a Fellows'Tutor.



medicine from the Complutense University of Madrid (1989). He trained as a specialist in general psychiatry at the University Hospital of the University of Cincinnati, Ohio, USA (1993-1997), where he also had a Fellowship in Biological Psychiatry (1997). He later specialised in Child and Adolescent Psychiatry at the Children's Hospital Medical Center, University of Cincinnati, Ohio (1997-1999) and worked there as an Associate Professor. He is



Following a brief coffee break, the recently established **“Association of Child and Adolescent Mental Health Scientists, Fundación Alicia Koplowitz”** was presented by the chair of the board of directors, **Dr. María de Gracia Domínguez**. Its establishment, objectives and activities are discussed in another chapter of this Activities Report.

Foundation President **Ms. Alicia Koplowitz** then thanked all of the people who made the achievements over the 10 years of the Medical-Scientific Area possible and particularly the work done to improve the mental health of children and adolescents. The diplomas for selected Research Project Aid were then awarded.

The Scientific Sessions ended with the keynote conference given by **Dr. Mataix-Cols** entitled **“Evaluation and Treatment of Obsessive-Compulsive Spectrum Disorders: Innovation and Consolidation”**.

Dr. Mataix-Cols, a Doctor of Psychology from the University of Barcelona, is currently the Chair of Child and Adolescent Psychiatry at the Department of Clinical Neuroscience, Karolinska Institutet, Stockholm, Sweden, and the Director of the Paediatric Obsessive Compulsive and Related Disorders Clinic. He is also an Official Advisor to the DSM-5 Anxiety, Obsessive-Compulsive Spectrum, Post-Traumatic and Disassociative Disorders Work Group. He was formerly the chair of Clinical Psychobiology at the Departments of Psychology and Psychosis Studies and a Clinical Specialist in Paediatric OCD at IoP, King's College and Maudsley Hospital, London. He is a Doctor of Psychology from the University of Barcelona and has participated in 8 research projects and published around 70 articles in the past three years.

Recognition, assessment and treatment of young people with obsessive compulsive disorder (OCD) and related disorders continues to be a big challenge within health care systems. Although childhood OCD is one of the more common serious mental disorders with prevalence rates of 0.25-3%, it may remain undiagnosed for years. The situation is considerably worse for the remaining ‘spectrum’ disorders, which have received very little



attention, particularly in young people. OCD and related disorders impair psychosocial functioning and it may produce substantial disability for young people and their families if left untreated. Therefore, early detection and intervention, followed by effective treatments, is essential for young sufferers to minimize distress and secondary handicap. The current recommended treatments for OCD are cognitive behaviour therapy (CBT) and serotonin



re-uptake inhibitors (SRIs). Both of these treatments have been validated in randomised controlled trials, and although more evidence is needed, the current consensus is that ideally all young people with OCD should be offered CBT including the technique of exposure and response prevention (ERP). Less is known about the long term outcome and unmet needs of these young patients once they become adults. While most patients respond

non-specialist clinics, remote geographical areas and ethnic minorities. Telecare (CBT administered via telephone or the internet) is a promising tool to disseminate these treatments and is currently being evaluated. This lecture will review the current status of research in this area, as well as efforts to disseminating available treatments to reach as many sufferers as possible.



The discussion proved to be of great interest, following on from the questions and comments from the public which were moderated by **Dr. Luisa Lázaró García**. Dr. Lázaró is a Senior Psychiatry Consultant and Head of the Child and Adolescent Psychiatry and Psychology Service at the Clinical Institute of Neuroscience, Clínic Hospital, Barcelona. She is a Doctor of Medicine from the University of Zaragoza and has a Master's in Hospital Management from the University of Barcelona. She is a temporary Associate Professor at the University of Barcelona's Faculty of Medicine. Her research work has focused on Obsessive-Compulsive Disorder and Anorexia Nervosa and she is a research fellow of the IDIBAPS biomedical research institute and CIBERSAM.

The IX Scientific Sessions of Fundación Alicia Koplowitz came to a close at the end of the discussion.

to available treatments, a substantial number remain unwell or only achieve partial remission. New treatments are currently being tried to improve these outcomes, including memory enhancers (D-Cycloserine) and treatment protocols are being adapted for special populations, e.g. those with comorbid Autism Spectrum Disorders and OCD. Other challenges include ensuring that evidence-based treatments are adequately disseminated to

Association of Child and Adolescent Mental Health Scientists

Fundación Alicia Koplowitz

The Association of Child and Adolescent Mental Health Scientists “Fundación Alicia Koplowitz” arose from an initiative to set up a network formed by research fellows, individuals who have benefited from research grants and collaborators from a variety of activities sponsored by the Alicia Koplowitz Foundation in the field of child and adolescent mental health.

It is a not-for-profit association whose primary mission is to further the development of science in the field of child and adolescent mental health and neuroscience, in addition to furthering and developing professional training by collaborating in the comprehensive training of its members. The Association is formed by research fellows and others who have received research grants from the Alicia Koplowitz Foundation. For the past 10 years, since 2004, the Alicia Koplowitz Foundation has been engaged in the development of child and adolescent mental health, enabling the specialisation of psychologists and psychiatrists from the field of child and adolescent psychiatry and psychology, in addition to furthering progress in this science and the professional development of investigators in mental health and neuroscience in Spain.

The Association was officially constituted before a notary public on 10 September 2014 in Madrid with the main

The members of the first Board of Directors are:

- **Dr. María de Gracia Domínguez Barrera**, *Chairperson*.
Child and Adolescent Psychiatrist. Honorary Clinical Lecturer and Specialty Registrar in Child and Adolescent Psychiatry, Centre for Mental Health, Imperial College London. Becaria Alicia Koplowitz en St. Mary's Hospital – Imperial College, London.
- **Dr. María Dolores Picouto**, *Treasurer*
Child and Adolescent Psychiatrist. Department of Psychiatry and Psychology at Hospital Materno-Infantil Sant Joan de Deu, Barcelona. Becaria Alicia Koplowitz en St. Mary's Hospital – Imperial College, London.
- **Ms. Rebeca García Nieto**, *General Secretary*
Child and Adolescent Psychologist. Department of Psychiatry and Psychology, Fundación Jiménez Díaz, Madrid. Alicia Koplowitz fellow at the Child Study Centre, Bellevue Hospital in New York, USA



Public presentation of the Association by its President, Dr. Marta Domínguez de Gracia, in the framework of the IX Scientific Sessions Alicia Koplowitz Foundation. (Madrid, 9 to October 10, 2014).

- **Dr. Dolores María Moreno**, Member
Child and Adolescent Psychiatrist. Acting Head of the Department of Child and Adolescent Psychiatry at Hospital Universitario Gregorio Marañón, Madrid. Alicia Koplowitz Investigator.
- **Dr. Gisela Sugranyes**, Member
Child and Adolescent Psychiatrist. Department of Psychiatry and Psychology at Hospital Clinic, Barcelona. Investigator at Institut d'Investigacions Biomediques August Pi i Sunyer. Alicia Koplowitz fellow at the Institute of Psychiatry, Maudsley Hospital, King's College London, and Alicia Koplowitz Investigator.
- **Dr. María Concepción Guisasola**, Member
MD. Hospital General Universitario Gregorio Marañón, Madrid. Coordinator of medical and scientific programmes of Fundación Alicia Koplowitz.

purpose of becoming a channel for maintaining the relationship between its members and the Alicia Koplowitz Foundation and the institutions the Alicia Koplowitz Foundation collaborates with. The new Association seeks to give members access to “any educational, scientific, clinical, cultural, vocational and occupational activities, and any other aspects that may be necessary for their personal and professional development”.

Public Presentation of the Association of Child and Adolescent Mental Health Scientists “Alicia Koplowitz Foundation” took place during the IX Scientific Sessions Alicia Koplowitz Foundation, held on 9 and October 10, 2014 at the Grand Amphitheatre of the College of Physicians of Madrid. The President, Dr. Maria de Gracia Domínguez, explained the requirements to become a partner of the association, its aims and the first steps towards their achievement.

White Paper on Child and Adolescent Psychiatry

On the occasion of its XX anniversary, Fundación Alicia Koplowitz sponsored, through the Alicia Koplowitz-UCM Professorship in Child Psychiatry, directed por by Dr. Celso Arango, the drafting and publication of the “White Paper on Child and Adolescent Psychiatry” with the goal of learning more about the state of these pathologies in Spain.

On the occasion of its 20th anniversary, the Alicia Koplowitz Foundation, through the Alicia Koplowitz-UCM Professorship in Child Psychiatry, sponsored the drafting and publication of the “White Paper on Child and Adolescent Psychiatry” with the goal of learning more about the state of these pathologies in Spain.

The paper, drafted in collaboration with PricewaterhouseCoopers and with the participation of Spain’s regional health authorities, responds to the need to promote the level of development of child and adolescent psychiatry in our country today and the challenges and areas of improvement we must face in coming years.

The White Paper provides a snapshot of this hugely important matter in today’s society, which affects an increasingly greater number of children and adolescents and hits their families hard. It is a valuable tool for making headway in the fight against mental illnesses.

The White Paper reveals that the principal pathologies affecting Spanish children and adolescents are neurodevelopmental disorders (intellectual disabilities, communication disorders, attention deficit hyperactivity disorder, specific learning disorders and motor disorders, among others), the schizophrenia spectrum and other psychotic disorders, bipolar disorder and those related to depression, anxiety, eating disorders, sleep disorders and stress.

In Spain, mental disorders today affect one out of every eight people under the age of 18, i.e., one million people, and one out of every five children and adolescents (equivalent to 1.6 million) will suffer from at least one mental disorder over the course of their lives.

The importance of child and adolescent psychiatry is reflected in the fact that half of the disorders appear for the first time before the age of 14 and more than 70% begin before 18 years of age.



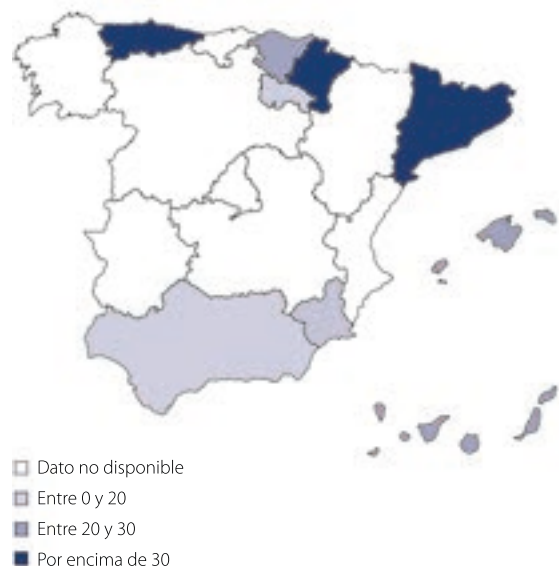
From left to right, Mercedes Molina, Dr. Valentin Fuster, Alicia Koplowitz, Dr. Jose Javier Castrodeza and Dr. Celso Arango, Director of the Alicia Koplowitz – UCM Professorship in Child Psychiatry, in the act of presentation of the White Paper on the Official College of Physicians of Madrid.

Despite the growing importance of mental health, one of the conclusions of the “White Paper on Child and Adolescent Psychiatry” is that there are major differences regarding the distribution of resources (particularly human resources) among the different regions of Spain. The shortage of specific profiles - psychiatrists, psychiatric nurses, psychologists and social workers - represents an important barrier to offering treatment and care. Similarly, the stigma of mental disorders and discrimination towards mental patients leads to patients resisting specialised treatment.

Distribution by Regions

Navarre and Catalonia are the regions with the highest prevalence of child and adolescent psychiatry-related pathologies.

Prevalence of PNA pathologies in Spain



Scientific Production

The Scientific Activity of the Research Projects and the work carried out by both the Advanced Training Fellows and the Short-term Fellows have resulted in 52 articles published in 2014 with the funding of the Alicia Koplowitz Foundation, that can be found on the Web of Science (www.accesowok.fecyt.es) and which produce a total **impact factor** of 264.35.



Articles published in 2014

52 articles published in 2014 mention of the funding from the Fundación Alicia Koplowitz

80.4% of the articles were published in journals classified in the top quartile of their specialty.

The following articles were published in 2014:

- Sala R, Strober MA, Axelson DA, Gill MK, **Castro-Fornieles J**, Goldstein TR, Goldstein BI, Ha W, Liao F, Iyengar S, Yen S, Hower H, Hunt J, Dickstein DP, Ryan ND, Keller MB, **Birmaher B**. *Effects of comorbid anxiety disorders on the longitudinal course of pediatric bipolar disorders*. J Am Acad Child Adolesc Psychiatry 2014; 53(1):72-81
FI: 6.354
- Hoekzema E, Carmona S, **Ramos-Quiroga JA**, Canals C, Moreno A, Richarte Fernández V, Picado M, Bosch R, Duñó L, Soliva JC, Rovira M, Bulbena A, Tobeña A, Casas M, **Vilarroya O**. *Stimulant drugs trigger transient volumetric changes in the human ventral striatum*. Brain Struct Funct. 2014; 219(1):23-34.
FI: 4.567
- Fraguas D, Del Rey-Mejías A, **Moreno C**, **Castro-Fornieles J**, Graell M, Otero S, **Gonzalez-Pinto A**, Moreno D, **Baeza I**, Martínez-Cengotitabengoa M, **Arango C**, **Parellada M**. *Duration of untreated psychosis predicts functional and clinical outcome in children and adolescents with first-episode psychosis: A 2-year longitudinal study*. Schizophr Res. 2014;152(1):130-8.
FI: 4.426
- Pilar-Cuéllar F, Vidal R, Díaz A, Castro E, dos Anjos S, Vargas V, Romero B, Valdizán EM. *Signaling Pathways Involved in Antidepressant-Induced Cell Proliferation and Synaptic Plasticity*. Curr Pharm Des. 2014;20(23):3776-94.
FI: 3.288
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FI: 2.154
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FI: 4.767
- De la Torre R, De Sola S, Pons M, Duchon A, de Lagran MM, Farré M, Fitó M, Benejam B, Langohr K, Rodriguez J, Pujadas M, Bizot JC, Cuenca A, Janel N, Catuara S, Covas MI, Blehaut H, Herault Y, Delabar JM, **Dierssen M**. *Epigallocatechin-3-gallate, a DYRK1A inhibitor, rescues cognitive deficits in Down syndrome mouse models and in humans*. Mol Nutr Food Res. 2014; 58(2):278-88.
FI: 4.909

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FI: 2.602
- Gómez-Garre P, Jesús S, Carrillo F, Cáceres-Redondo MT, Huertas-Fernández I, Bernal-Bernal I, Bonilla-Toribio M, Vargas-González L, Carballo M, **Mir P**. *Systematic mutational analysis of FBXO7 in a Parkinson's disease population from southern Spain*. Neurobiol Aging. 2014 Mar;35(3):727.e5-7
FI: 4.853
- **Arango C**, Fraguas D, **Parellada M**. *Differential Neurodevelopmental Trajectories in Patients With Early-Onset Bipolar and Schizophrenia Disorders*. Schizophr Bull. 2014;40 Suppl 2:S138-46
FI: 8.607
- Cáceres-Redondo MT, Carrillo F, Lama MJ, Huertas-Fernández I, Vargas-González L, Carballo M, **Mir P**. *Long-term levodopa/carbidopa intestinal gel in advanced Parkinson's disease*. J Neurol. 2014;261(3):561-9.
FI: 3.841
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- Perez-Rodriguez MM, **Baca-Garcia E**, Oquendo MA, Wang S, Wall MM, Liu SM, Blanco C. *Relationship Between Acculturation, Discrimination, and Suicidal Ideation and Attempts Among US Hispanics in the National Epidemiologic Survey of Alcohol and Related Conditions* J Clin Psychiatry. 2014;75(4):399-407
FI: 5.139
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FI: 9.472
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FI: 5.669



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FI: 4.426
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FI: 4.426
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FI: 4.567
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FI: 5.432
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FI: 1.955
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FI: 2.262
- Guirado R, Perez-Rando M, Sanchez-Matarredona D, Castillo-Gómez E, Liberia T, Rovira-Esteban L, Varea E, Crespo C, Blasco-Ibáñez JM, **Nacher J**. *The dendritic spines of interneurons are dynamic structures influenced by PSA-NCAM expression*. Cereb Cortex. 2014 Nov;24(11):3014-24.
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FI: 6.354



Sponsoring

As a further effort in the field of education, the Foundation organizes or assists in training sessions, Scientific Conference, workshops and symposia, and conferences for professionals, who are specialists in charge of national and international prestige.

- **59º Congreso de la Asociación Española de Psiquiatría del Niño y el Adolescente (AEPNYA)**
"Evolución de los trastornos mentales infantiles: ¿Cómo influye la prevención y la intervención?"
 Celebrado los días 29 al 31 de mayo de 2014, en el Recinto de las Caballerizas del Palacio de la Magdalena de Santander.
- **VIII Jornada de Actualización en Psiquiatría Infantil y Adolescente:**
"TDAH: Ambiente, Neuropsicología y Mecanismos Cerebrales para Optimizar el Tratamiento"
 Celebrada el 25 de Junio de 2014, en el Auditorio del CIMA (Centro de Investigación Médica Aplicada), Pamplona.
- **Cursos de Verano 2014**
"Trauma y Abuso en la Infancia: Implicaciones para la Salud Mental"
 Celebrado los días 21 y 22 de julio de 2014 en el Escorial, Madrid.
- **Conferencia Internacional sobre Epilepsia**
"Audiogenic Epilepsy: from Animal Models to the Clinic"
 Celebrada los días 9 al 12 de septiembre de 2014, en el Instituto de Neurociencias (INCYL) de Salamanca.
- **IX Jornadas Científicas de la Fundación Alicia Koplowitz**
"2004-2014: Retos y avances de la Psiquiatría del Niño y del Adolescente en los últimos diez años"
 Celebradas en Madrid los días 9 y 10 de octubre de 2014, en el Gran Anfiteatro del Ilustre Colegio de Médicos de Madrid.





Management Team

Economic Data

Auditor's Report

Balance sheet

Profit and loss account

Management team

Director of the Social Work Program**ISIDRO VILLORIA**

Psychologist**PAZ QUIJANO**

Administrative Secretary**CARMEN GARCÍA**

Medical-Scientific Program Collaborator**MARIO FERNÁNDEZ-PEÑA**

Coordinator of Medical-Scientific Programs**DR. M^a CONCEPCIÓN GUIASOLA**

Secretary of Management**MÓNICA G. GARCÍA ZUAZO**

D. JOSE LEONCIO AREAL LÓPEZ, PATRONO-SECRETARIO DE LA FUNDACIÓN ALICIA KOPLOWITZ

CERTIFICA QUE:

La información financiera de los ejercicios 2013 y 2012 que se muestra a continuación forma parte de las cuentas anuales abreviadas de la Fundación Alicia Koplowitz, las cuales han sido auditadas por PricewaterhouseCoopers Auditores, S.L., que han emitido su informe de auditoría de fecha 21 de marzo de 2014, en el que expresan una opinión favorable.

En Madrid, a 21 de marzo de 2014.

A handwritten signature in blue ink, appearing to read "J. Leoncio Areal López", with a horizontal line underneath.



CLASE 8.ª
LEY 34/2002, de 11 de junio



OL5965630

FUNDACIÓN ALICIA KOPLOWITZ

BALANCES DE SITUACIÓN ABREVIADOS CORRESPONDIENTES A LOS EJERCICIOS ANUALES TERMINADOS EL 31 DE DICIEMBRE DE 2013 Y 2012 (Expresados en euros)

	2013	2012
Activo no corriente	48 098	45 591
Inmovilizado material (Nota 5)	46 334	43 827
Inmovilizado intangible (Nota 5)	-	-
Inversiones financieras a largo plazo (Nota 5)	1 764	1 764
Deudores no corrientes (Nota 6)	-	-
Otros	-	-
Activo corriente	410 817	373 746
Usuarios y otros deudores de la actividad propia (Nota 6)	239 867	283 023
Otros	239 867	283 023
Deudores comerciales y otras cuentas a cobrar	81 970	87 733
Inversiones financieras a corto plazo (Nota 6)	-	-
Efectivo y otros activos equivalentes (Nota 7)	88 980	2 990
Total activo	458 915	419 337
Patrimonio neto (Nota 8)	414 293	372 708
Dotación fundacional	60 050	60 050
Dotación fundacional	60 050	60 050
Excedentes de ejercicios anteriores	312 658	220 577
Excedentes del ejercicio	41 585	92 081
Pasivo no corriente	-	-
Deudas a largo plazo (Nota 9)	-	-
Pasivo corriente	44 622	46 629
Acreedores comerciales y otras cuentas a pagar (Nota 9)	44 622	46 629
Deudas a corto plazo (Nota 9)	-	-
Total pasivo	44 622	46 629



CLASE 8.ª
Código: 8.01.01



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FUNDACIÓN ALICIA KOPLOWITZ

CUENTAS DE PÉRDIDAS Y GANANCIAS ABREVIADAS CORRESPONDIENTE A LOS EJERCICIOS ANUALES TERMINADOS EL 31 DE DICIEMBRE DE 2013 Y 2012 (Expresadas en euros)

	2013	2012
Ingresos de la actividad propia (Nota 11.b)	2 106 216	4 754 761
Subvenciones imputadas al excedente del ejercicio	2 106 216	4 754 761
Gastos de personal (Nota 11.c)	(413 835)	(389 418)
Amortización del inmovilizado (Nota 5)	(7 826)	(7 152)
Otros gastos de la actividad (Nota 11.d)	(1 642 970)	(4 333 479)
Excedente de la actividad	41 585	24 714
Ingresos financieros	-	169 986
Gastos financieros	-	(102 619)
Excedente de las operaciones financieras	41 585	67 367
Excedente antes de impuestos	41 585	92 081
Impuesto sobre beneficios (Nota 10)	-	-
Resultado del ejercicio - Beneficio / (Pérdida)	41 585	92 081

Promoting hope

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