Fundación
Alicia Koplowitz

2016 Annual Report
Devoted to childhood

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Letter from the Chairwoman

The year 2016 coincides with a period of expansion in the activities undertaken by the foundation I preside over. I would like to share our journey with you and reinforce our commitment to a future filled with hope for one of society's most vulnerable groups: children and adolescents. Their good development is the key to a better future for all.

The scientific area of the foundation has designed a special scheme in advanced training fellowships at each of the institutions we are engaged with, to facilitate the best training of our psychiatrists and psychologists. This means that since 2016 the participants in our two-year training scheme have a roadmap of which activities they are going to undertake and the objectives they can achieve.

As part of the international doctorate programme with European mention, we have furthered the development of research at well-regarded international institutions, signing agreements whereby

our fellows can defend their doctoral theses - the result of the research they have conducted abroad - at Spanish universities. This exchange of knowledge can and should greatly enrich Spanish universities and research.

Neuropaediatrics has been added to the advanced training scheme of short fellowships and assistance to research projects to approach the holistic health of children and adolescents in the mental health and neurological area.

We have completed eleven editions of our scientific conferences, serving as a place for debate and the exchange of ideas between highly-regarded international scientists. This year the theme was "The perinatal period and early childhood. Prevention and early care in child psychiatry".

In the area of social action, we wish to point out how the children growing up in our homes are forging a successful path in life. Children who have developed in a safe environment, who are able to overcome many difficulties, build a new life and, even, enter university education. These "children" automatically become a model to follow for the younger children in the homes. They, we, are actually one big family.

There is still a great deal of work to do; we need to keep working to improve scientific research as well as the comprehensive care of children and adolescents, but I'm absolutely convinced that the effort we put in to these areas will lead to a better society.

Social Activity

Activity framework

All children welcomed into our homes come from the Madrid Institute for the Family and Young People of the Community of Madrid. These minors are protected under guardianship or ward of the state taken in coordination with the social services and the Ward of State Commission for the Minor.

The children are entrusted to our Foundation based on a partnership agreement with the Department of Welfare which has been in force since 1998.

We help children look forward with hope

When children lose hope in their personal, family or social progress, they fall into a negative cycle of discouragement that is very hard to break.

That's why we take a comprehensive approach to every facet of their lives so they can slowly build a solid belief in their own potential and face the future with the best possible guarantees of success.

Imagination sparks dreams

Deprived children develop a strong capacity for imagination which allows them to dream of a better life.

As guardians of their care and assistance we strive to enhance this capacity to make it an ongoing positive strength in their development.

History as an educational value

One of the important tasks our educators face is to develop a very good grasp of the personal and family history of each child and work to analyse it.

Armed with this knowledge, they can go over it with the children to identify the strong and weak points of their processes and draft a personal life project individually tailored to make every possible attempt to change their backstory.

Joy must be part of coexistence

It is fundamental to have warm spaces of joy in a family structure. Children are extremely good at portraying their dreams. It is very important for a person to be able to build their own entertainment and enjoyment in a group.

An awakened curiosity and thirst for knowledge are formidable remedies against ignorance and marginalisation

We consider that bringing culture in all its different forms to children should be an ongoing part of the learning process. In addition to its restorative power, it can awaken interests that will keep hope and motivation alive.

Learning to see with a critical ability

Intellectual development must be matched by a critical and positive approach to life.

Reality may be highly misrepresented and we teach the children to analyse all possibilities before taking a decision.

The driver of change

When we help children explore their abilities and drive personal change, victory becomes a regular part of their lives.

Success as a model

When children who have grown up in a home can overcome difficulties, build a new life for themselves and go on to university they automatically become a benchmark of hope for other young people.

Growing up like siblings

After more than 20 years, many of our homes' former residents continue to enjoy an extremely close-knit support network among themselves.

They spent a lot of time together when they were young and developed relationships that contributed to their development, and when they leave us and go out into the world they uphold the bonds of friendship and help.

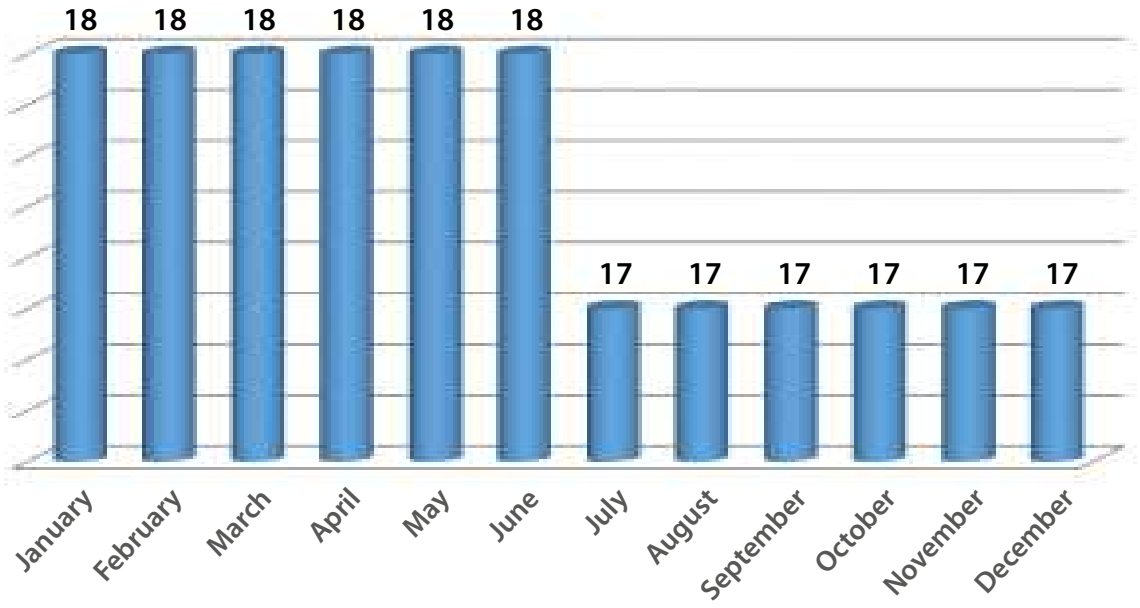
Behind every face is a life to be discovered

The consequences of abandonment can manifest in very different types of pathologies among the children who suffer from them.

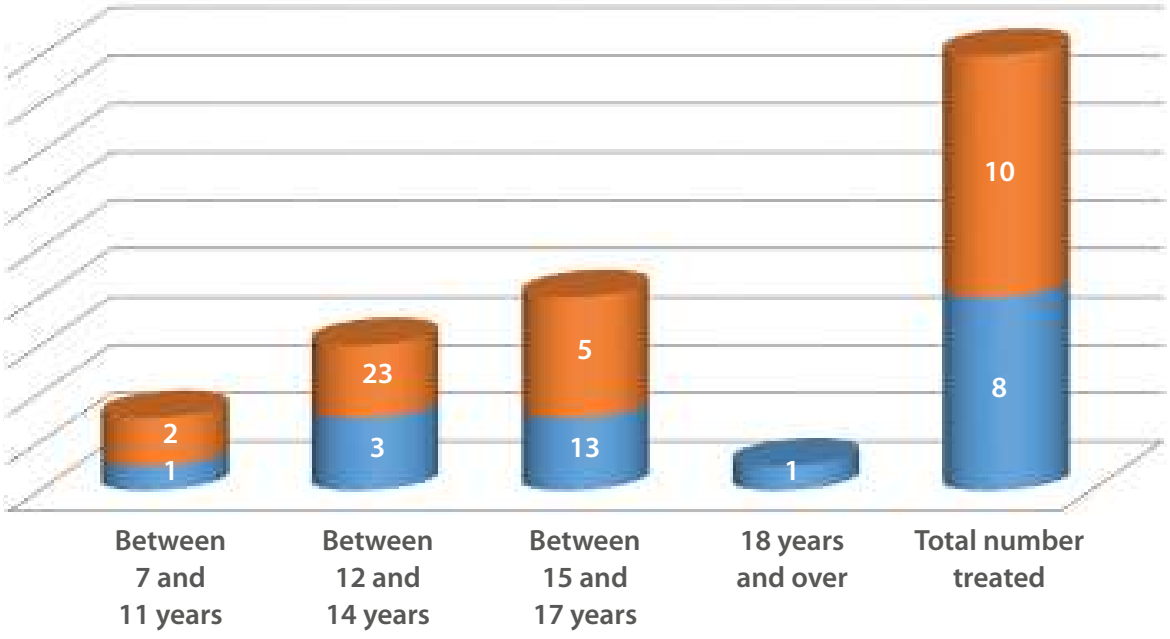
The criteria for the Foundation's intervention and care for children always considers that it is essential to identify damage in order to repair the children and discover their potential so it can be developed.

Residence occupancy and care for minors

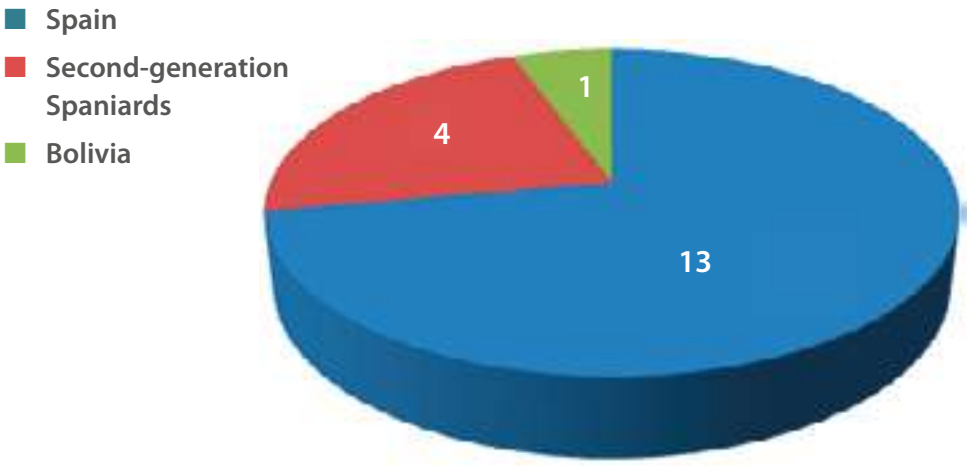
Places occupied by month



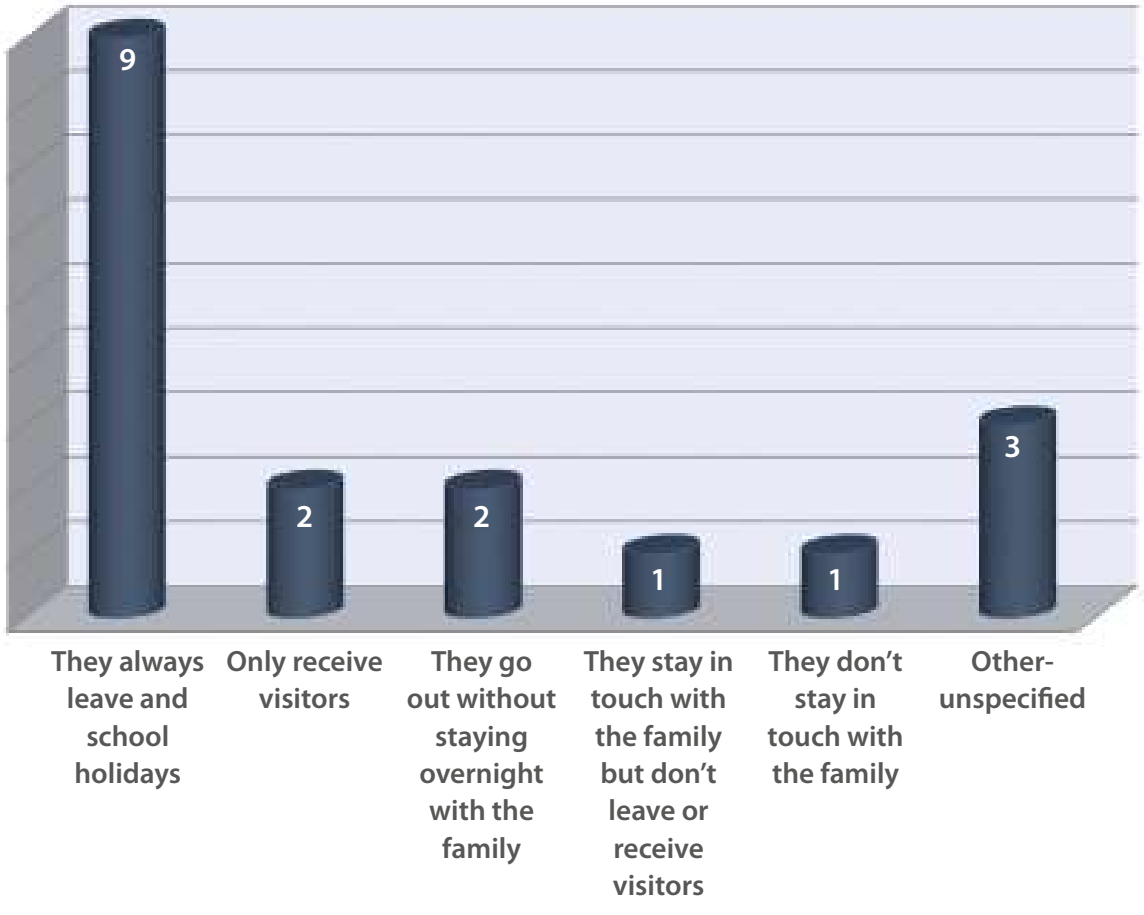
Minors assisted by age and sex



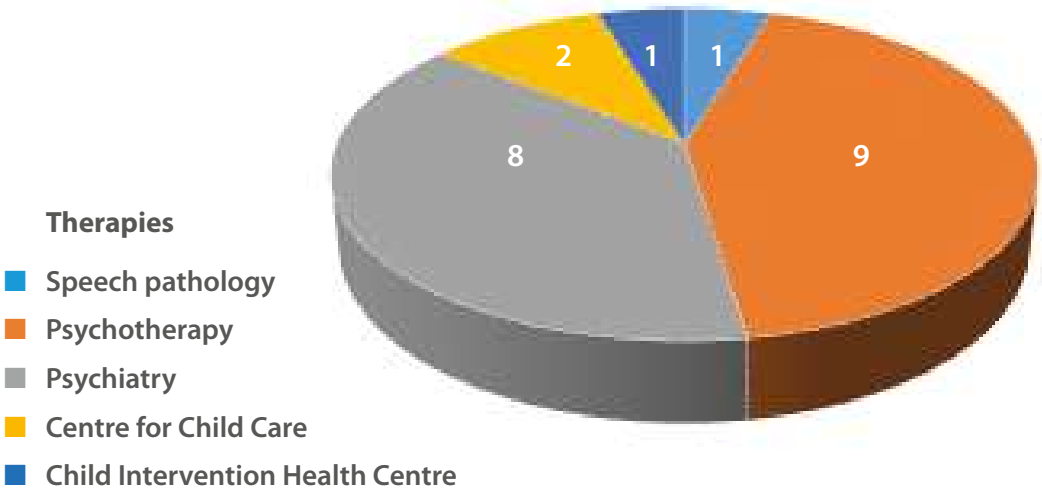
Country of origin



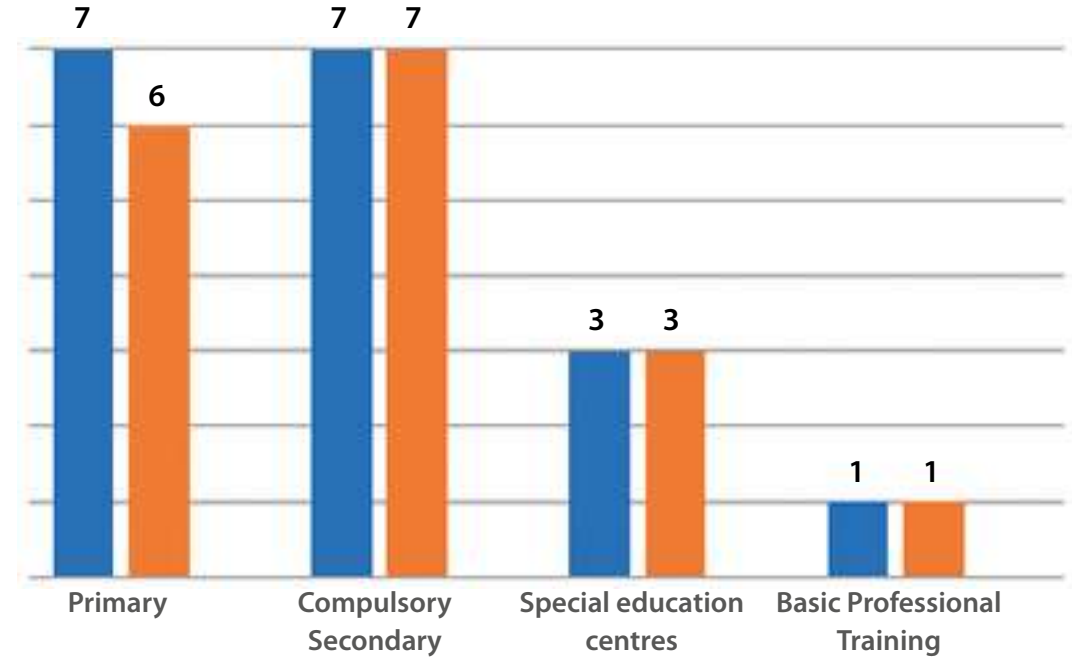
Excursions and visits with family



Minors with specific therapies

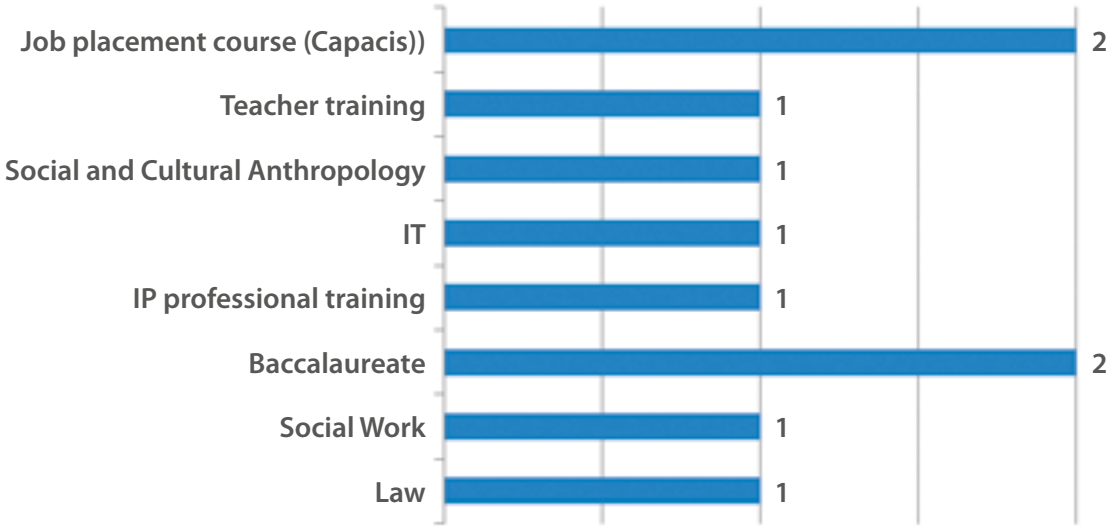


Forms of education

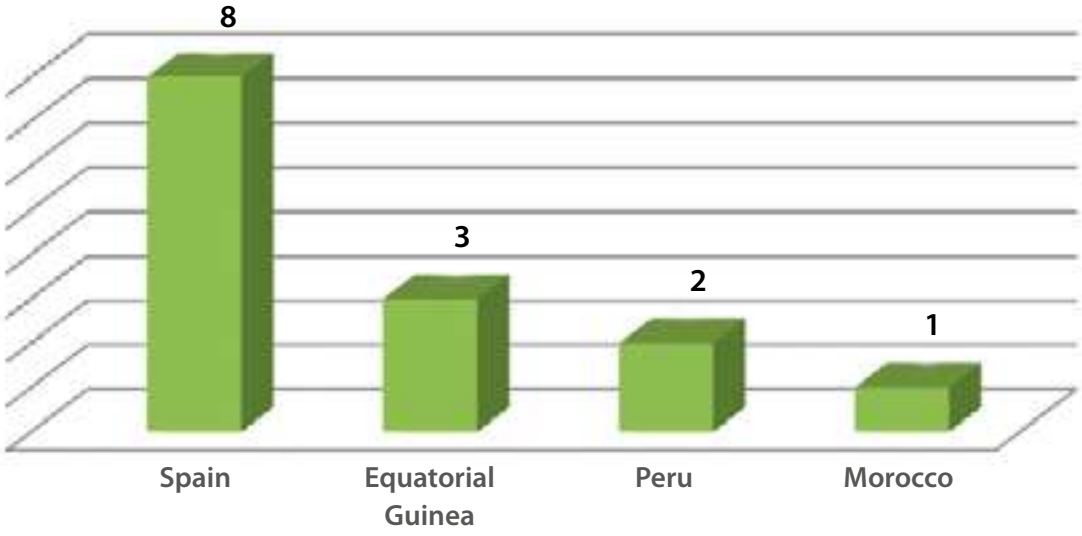


Occupation of flats and care for young adults

Young adults´ training



Country of origin of young adults cared for



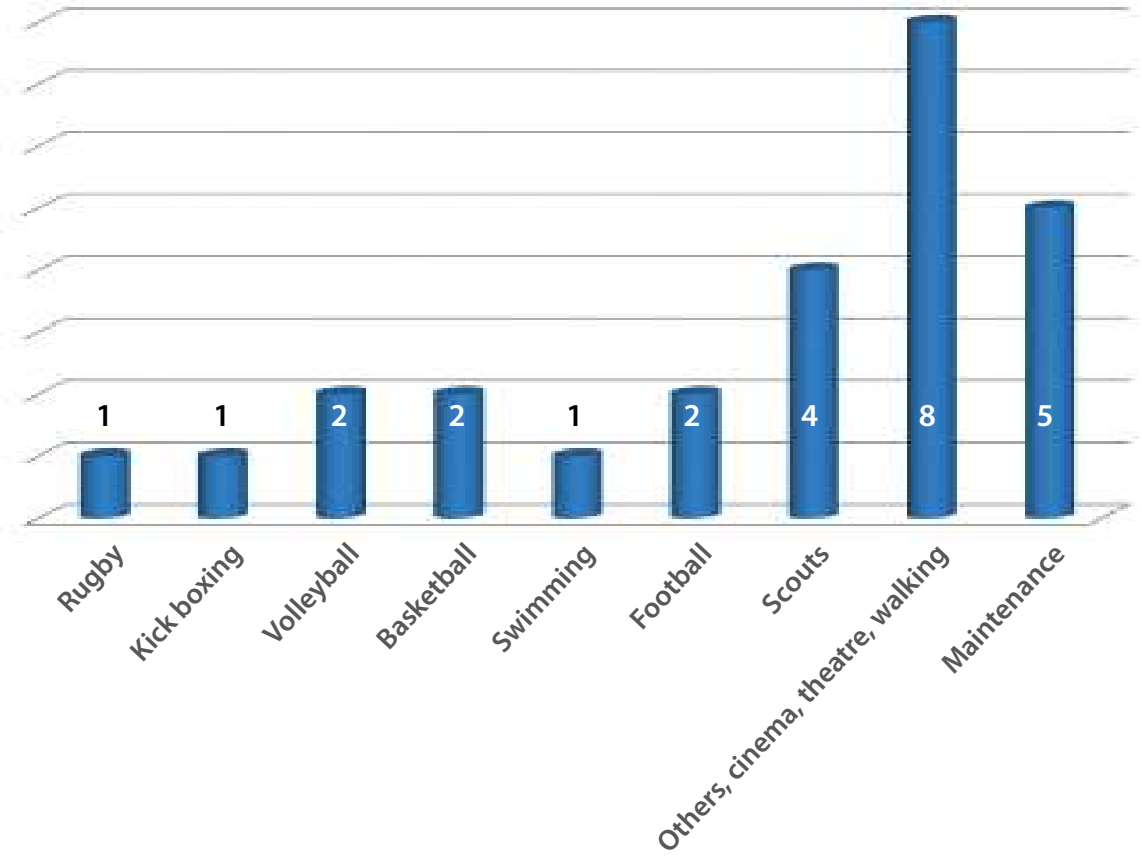
Training workshops

Art workshop with Alejandra Corral, an artist who addresses diverse artistic techniques.

Basic cooking course in young adult homes.

Domestic violence course.

Personal and sexual hygiene course.



Educational support in compulsory schooling

	No. of minors	🎓
Education and performance improvement programmes	1	0
Assistance measures for special educational needs	3	3
Educational support classes	1	1
Total	5	4

🎓: Satisfactory performance is understood to be when the minor passes the most recent school year ended.

16-18 Personal autonomy plan

	No. of minors
Minors aged 16 to 18 included in the Personal Autonomy Plan	3
Favourable evolution	3

Educating in values

Providing an understanding of values is fundamental to educating our children, the citizens of the future, and one where our work as educators plays an important role.

We devote a great deal of time to building up self-esteem and social skills, because these are two basic tools for their personal and professional development.

In the day-to-day activity of our residences, we reflect on the values we wish to reinforce by assessing behaviour and the goals we wish to reach.

With this learning strategy, we attempt to implant ethical conduct on children, which at all times considers empathy and dialogue.

Nerea - How to tell good from bad:

Sofía asks her mother.

Look, it's really easy, you just have to ask one question: would Mum do it?

And if she would, well that means it's fine, and if not then it probably isn't fine and, if you aren't sure, then just ask me. Ok, darling?

Said her mother, stroking her daughter's face.

OK, Mum.

This scene was witnessed by Gabriela, when she was invited over to Sofía's for dinner.

Gabriela thought she would always be friends with Sofía, because she never had any loving words of advice from her own mother.

Her mother left when she was still very young, and she misses her with every day that passes.

She took everything that Sofía's mother said as if they were her own mother's words.

"What children expect from their parents"

Thoughts from Nerea (11 years old)

Ivan - Entering the Alicia Koplowitz Foundation

Entering the Alicia Koplowitz Foundation let me to fulfil my dream of studying at university. Ever since I was young I had admired my cousins for going to college. I admired them because they studied what they were interested in - they wanted to improve in the subjects they were keen to learn about. Now I know what it feels like to have a dream come true after nearly 18 years of wanting it and aiming for it with each step you take and every pass grade you get.

When I was a ward of the Madrid Institute of the Family and the Minor (IMFM) and had a year to go before I left, I was weighing up possibilities and thought it was highly unlikely I would be able to go to university with the few economic resources I had. I was a disappointed because I felt that all my hard work would go to waste if I couldn't get into uni. Even still, I hoped that in a not-too-distant future I would have the chance to do something like get a job so I could spend my spare time working towards my dream.

Then I got the chance I had been hoping for when the Alicia

Koplowitz Foundation interviewed me and decided to home me, and I am eternally grateful to them. It meant I could study what I wanted -computer engineering- and dedicate all my time to it as I had longed to when I was young. I could get an education and become a better person, evolve and move forward. Procuring the support of the Foundation was a huge opportunity I couldn't let go to waste because I had another dream to conquer - to finish university.

Thank you,

Ivan Ceballos Vega.
19 years old
Year One of Computer Science
Complutense University of Madrid

Testimony - Jhonny Joel

Getting into the Alicia Koplowitz Foundation has been a huge step forward in my life, it's helped me be able to work towards my academic and personal goals.

As well as helping me with my studies and the great many concerns I used to have about what to do with my future when I turned 18 and left my old centre, they vanished when I found this help, which served as moral support and it has lifted an enormous weight off my shoulders.

The Foundation has given me a place to live and spend time while I do my degree, a safe place where I want for nothing. As well as supporting me in everything, knowing that if I pass I'll have this great chance until the end.

That's why I'd like to end by saying that the Foundation has been a massive advance in my life trajectory. I will come out better prepared and I know that if anything serious should happen or I have any problem they will be here to help me.

I'm studying Social Work and I hope that my career will help improve the lives of other.

Thank you.

Jhonny Joel, 19 years old

Second year - Social Work

Multiple Sclerosis Award

The Foundation's commitment to this disease has been a mainstay since the Madrid Regional Multiple Sclerosis Centre was established and donated in 2005.

The 2nd Madrid Multiple Sclerosis Foundation Award was given to Prof. Alan J. Thompson for the intensive research he has conducted into the disease in recent years. His work is based on conducting various clinical trials to detect possible treatments and to research the best way to halt the progressive form of MS which currently has no treatment, as Prof. Thompson said during his thank-you speech. Awarding of the sculpture symbolising the 2nd Madrid Multiple Sclerosis Foundation Award by Ms. Alicia Koplowitz and Mr. Xavier Montalban.

Acceptance by Prof. Thompson of the sculpture symbolising the 2nd FEMM Award from Mrs Alicia Koplowitz and Dr. Xavier Montalbán.


Centro de Esclerosis Múltiple de la
Comunidad de Madrid - Alicia Koplowitz

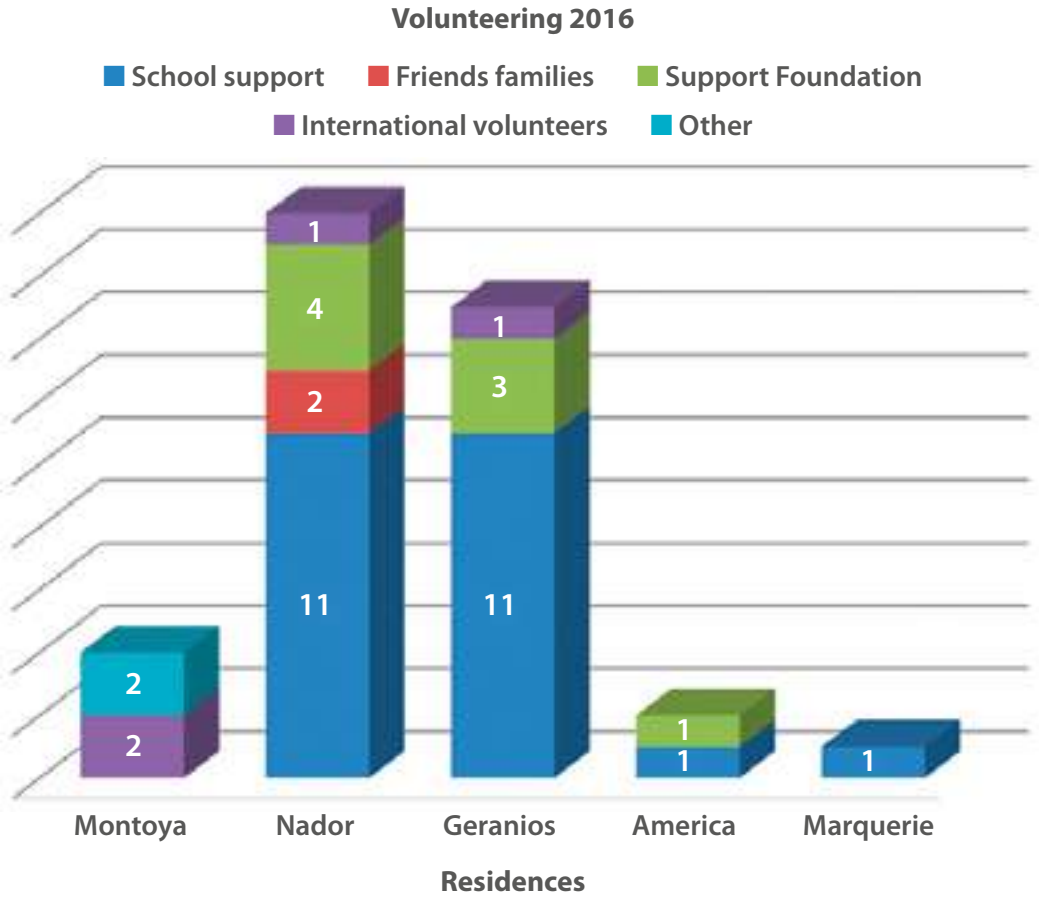
Volunteering

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 significantly boosted their skills and self-esteem.

Supportive talent: One bedrock of the Alicia Koplowitz Foundation is its volunteers - people of all ages who share their talent and, more importantly, their time with the children.

They provide school support to those who need it by aiding them in their studies and answering their questions, helping them pass their subjects.

Friends families take the children for weekends, offering them benchmarks of normality and accompanying them to the doctor's or a sports or cultural activity.



Institutional Relations

Agreements

- International volunteer partnership agreement with AFAIJ (Association for Cross Cultural Activities and Training for Young People)
- Partnership agreement with the Centre for Financial Studies
- Partnership agreement with Professor Uria Foundation
- Partnership agreement with Francisco Vitoria University
- Agreement with the Madrid Institute for Families and Children

Institutional activity

Spanish Association of Foundations Sectoral Taskforce, "*Sinergias de las fundaciones de la salud, investigación y bienestar*"(Synergies between health, research and welfare foundations")

This group seeks to find crosscutting areas that make it possible to deliver on health improvements and extend research progress to all social groups as quickly as possible. The weakest sectors of society, children, the disabled, the elderly, etc. are prioritised.

The Spanish Association of Foundations (AEF) together with the Spanish Foundation for Science and Technology (FECYT) and the Foundations Council for Science have established a taskforce to study ways to improve the impact and outreach to end users of the work being done in the fields of health, science and social affairs. The idea of these works is to find ways that combine the efforts of these three areas in order to comprehensively improve the quality of life of users.

The taskforce is coordinated by Dr. Honorio Bando and comprises the following institutions:

- Spanish Association of Foundations
- Complutense University of Madrid
- Lilly Foundation
- Lopez-Ibor Foundation
- Mapfre Foundation

- Autonomous University of Madrid
- Once Foundation
- Salud Madrid Foundation
- FECYT (Spanish Foundation for Science and Technology)
- Mutua Madrileña Foundation
- Alicia Koplowitz Foundation

2nd International Meeting of the Foundations Council for Science

Attendees:

- Mr. Raimundo Perez Hernandez, Director, Ramon Areces Foundation
- Mr. Jose Ignacio Fernandez Vera, Director General, FECYT
- Dr. Görang Sandberg, Executive Director, The Knut and Alice Wallenberg Foundation
- Dr. Lars Heikensten, Executive Director, Nobel Foundation

Held in Madrid on the premises of the Professor Uria Foundation. Dr. Cesar Soutullo, Director of the Unit of Child and Adolescent Psychiatry of Clinica Universitaria de Navarra, gave a talk on the early detection of bullying.

Conference by Dr. Cesar Soutullo in the closing ceremony of the course "Training in law" of Professor Rodrigo Uria Foundation.

Medical-Scientific Activity

Advanced Training Fellowships in Child and Adolescent Psychiatry and Psychology

Four Advanced Training Fellowships in Child and Adolescent Psychiatry and Psychology were offered at the 13th Call 2016-2018, of which two remained vacant after the beneficiaries waived them for personal reasons.

The two Fellows who were awarded the places were:

Ainoa Mateu Munor	St Mary's Hospital, Imperial College London, UK
Juan Paris Perez	Institute of Psychiatry, Psychology and Neurosciences. King's College London London, UK

Ainoa Mateu Munor

With a degree in psychology from the Autonomous University of Barcelona (2010) and winner of the Extraordinary Prize, Ainoa Mateu Munor obtained first place in the Resident Intern, Psychology, call and undertook her residency at Hospital Clinic in Barcelona. She worked in different sections of the hospital's Child and Adolescent Psychiatry and Psychology Service and at Hospital Universitario 12 de Octubre (Madrid) and the University of Washington (Seattle, USA). She later worked as a specialist in clinical psychology at the Child and Adolescent Mental Health Centre of the Consorcio Hospitalario in Vic. She has engaged in different communications, book chapters and articles. Her training has been in cognitive/behavioural and contextual psychotherapy and she has undertaken various specific evaluation and treatment courses on childhood conditions. She is currently studying for a PhD at the University of Barcelona.

As an Alicia Koplowitz Foundation Fellow at Imperial College, London, at the clinical level she developed her activity at the Westminster Child and Adolescent Mental Health Service, where she treated patients with eating disorders, ASDs and somatic symptom disorders in particular.

In the academic sphere, every week she attends the Child and Adolescent Psychiatry resident training programme at St. Mary's Hospital, Imperial College, which in 2016 featured cognitive/behavioural therapy as a specialist topic. She also enrolled on the courses Family Based Treatment for Adolescent Anorexia Nervosa, taught by Prof. James Lock at Great Ormond Street Hospital (Feeding and Eating Disorders Service) and the Video-feedback Intervention to Promote Positive Parenting and Sensitivity Discipline (ViPP-SD) training course at Imperial College London, run by Jane Iles and Paul Ramchandani.

With regards research activity, she was part of the 'Healthy Start, Happy Start' project led by Dr. Ramchandani, aimed at analysing the effectiveness and cost of a video-feedback intervention to promote positive parenting and sensitive discipline (VIPP-SD) in children aged 1 to 3 with behavioural difficulties. She trained as a therapist in VIPP-SD and is presently taking part in the study as such. She has also performed a subanalysis of the collected data focusing on coparenting.

Juan Paris Perez

With a degree in medicine and surgery from the University of Zulia and a degree in philosophy from the Cecilio Acosta Catholic University, both in Venezuela, Juan Paris Perez specialised in psychiatry at Hospital Universitario Vall d'Hebron in Barcelona, where he leads two research projects into Suicidal Behaviour and High Risk Mental States in an adolescent population. During his residency he spent time at different child and adolescent psychiatry units in leading Spanish hospitals such as Hospital Clinic and Hospital Sant Joan de Dèu in Barcelona, and Hospital General Universitario "Gregorio Marañon" in Madrid, while studying for a master's in child and adolescent psychiatry and psychology through the Autonomous University of Barcelona.

His clinical work at the IoPPN, King's College (october 2016-may 2017) focuses on devices for children and adolescents in community care (Lambeth CAMHS) in south London, where he is responsible for outpatient psychiatric assessment and treatment. He has also supported the Neurodevelopmental Disorders Team in ASD assessment, diagnosis and treatment, and the Family Therapy team as a therapist and part of the "reflection team". He will shortly collaborate with the General Liaison Psychiatry Team at St. Thomas' Hospital.

In terms of research, he has been a collaborating researcher in the Improving Autism Mental Health project, especially Work Package 4 and the ASTAR trial (principal investigators Tony Charman, Emily Simonoff and Stephen Scott), a randomised clinical trial of parenting training for altered behaviour in autism. In addition to performing activities such as recruitment and pre/post assessment, he has led the use and analysis of physiological measures of arousal as a response indicator. Parallel to that, he conducted an audit of ADHD cases with the Lambeth CAMHS team and finalised a systematic review of catatonia in autism. With the support of the Basel Winter School and Prof. Sartorius, he has initiated a partnership for research projects among young psychiatrists from various centres in different countries.

As training activities, he has shared the ongoing residential training (SpR) at King's College, undertaken training in the application of ADI-R and attended training courses on British medical and legal issues relevant to practice such as Safeguarding Level 3 (protection of minors), Section 12 (approval for the application of involuntary measures), training to teach Incredible Years (toddlers/ pre-school) groups, training in research tools (SPSS Intermediate, Review workshops) and other refresher courses at the IoPPN and ACAMH.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Return Agreements

In 2016, four fellows decided to take advantage of the Foundation's work placement offer following completion of their advanced training. They completed their return of service in the following child and adolescent psychiatry departments:

Itziar Baltasar Tello	Return Agreement in Fundacion Jimenez Diaz, Madrid
Caridad Benavides Martinez	Return Agreement in Hospital General Universitario "Gregorio Marañon", Madrid
Lourdes Rocio Garcia Murillo	Return Agreement in Hospital General Universitario "Gregorio Marañon", Madrid
Laia Villalta Macia	Return Agreement in Hospital Sant Joan de Deu, Barcelona

Itziar Baltasar Tello

Itziar Baltasar joined the Fundacion Jimenez Diaz's Quintana Specialist Centre in Madrid. During her 6-month placement she provided full-time clinical care to children and adolescents in the centre's outpatient clinic, carrying out assessment, diagnosis, treatment and patient follow-up. She also took part in two research projects: Kinect (patients aged 8-12 years with ADHD); and EMA - Ecological Momentary Assessment (patients aged 13-17 years). She started her doctoral thesis at the Autonomous University of Madrid under the direction of Dr. Enrique Baca-Garcia, with Dr. Juan Jose Carballo as co-director. She contributed to a published scientific article for the Kinect project and helped draft various communications about the Memind/EMA projects for national conferences. She was also on the teaching staff of the educational programmes for medicine and nursing students and for psychiatry and psychology residents.

Caridad Benavides Martinez

During her return of service as a child and adolescent psychiatrist at Hospital General Universitario Gregorio Marañon (HGUGM) in Madrid - working at both the Gregorio Marañon Health Research Institute (IiSGM) and at CIBERSAM. She participated in all research activities for the project 'Neurobiological and psychological mechanisms involved in the physiopathology of neurodevelopmental disorders', led by Dr. Celso Arango. This included taking part in clinical interviews of patients - adolescents at high risk of psychosis and other serious mental illness - and healthy controls in the group's various studies, as well as diagnosis and clinical assessment using approved scales and instruments (SIPS- SOPS, K-SADS, SCID-I, PANSS, HDRS, YMRS, CAARMS). She also participated in longitudinal studies on the neurobiological mechanisms implicated in the development of early onset psychotic disorders and schizophrenia ('PSYSCAN: Translating neuroimaging findings from research into clinical practice', and 'Neurobiology of the loss of grey matter in first-episode early onset psychosis'), and in particular carried out the study on the 'hormonal effects in changes to grey matter in woman with psychosis'. She has worked at related outpatient clinics (early onset psychosis, psychiatric genetics, complex diagnosis) and in outpatient child psychiatry services and AMITEA (Integrated Health Care for Autism Spectrum Disorders). She was also involved in all teaching activities in HGUGM's Child and Adolescent Psychiatry Service, including clinical sessions on general psychiatry and child and adolescent psychiatry, diagnostic consensus seminars and research seminars on child and adolescent psychiatry and neuroscience.

Lourdes Garcia Murillo

For her return of service, she joined Hospital General Universitario Gregorio Marañon in Madrid (HGUGM) as a specialist working as an attending psychiatrist in the Adolescent Intensive Care Unit, where she provided integrated treatment - behavioural management, psychotherapy, systemic management and pharmacological interventions - to patients admitted with all types of mental illness. She set up groups for inpatients, carried out interviews with families and established coordination with social services, schools and therapy centres, and she also worked in the Medium-Stay Unit and helped train resident medical interns and students.

She joined the Programme for Integrated Health Care for Autism Spectrum Disorders (AMITEA), where she carried out assessments on potential new cases as well as differential diagnosis, medical assessments and/or coordinated with other centres.

Regarding neonatology consultation, she provided psychotherapy and pharmacological support in the hospital's Neonatology Unit and was also the duty psychiatrist at HGUGM, which receives around 300,000 emergencies every year.

Laia Villalta Macia

Following her time as a fellow at St. Mary's Hospital, Imperial College London from 2013-2015, for her return of service she joined the Psychiatry and Psychology Service of Barcelona's Hospital Sant Joan de Déu.

During her placement, she worked in the Inpatient Unit for children and adolescents with acute pathology, and carried out hospital psychiatric consultations with patients admitted by the different paediatric specialities.

She took on a focussed role in clinical care, and in the management and development of protocols in the Pre-school Unit (0-5 years), the Perinatal Mental Health Unit and the unit handling cases of sexual abuse of minors. She participated in neonatology consultations, the monitoring programme for extremely premature neonates, specialist outpatient consultations for early assessment and the psychopathology of child development, and in the diagnosis and care of children younger than 5 who have suffered sexual abuse.

In parallel, she continued to work with Imperial College London, University College London and King's College London on research publications on emotional dysregulation in children exposed to traumatic events.


KAROLINSKA
INSTITUTET

Short-Term Fellowships for Specialisation and Research into Child and Adolescent Psychiatry, Psychology and Neurosciences

The Selection Committee of the 10th Call for Short-Term Fellowships 2016 decided that the recipients were the following applicants:

Name	Hospital/ Institution	Destination hospital	Subject	Period
Marta Carulla Roig	Hospital Sant Joan de Deu. Barcelona.	Karolinska Institutet. Dept. of Clinical Neuroscience. Child and Adolescent Psychiatry Research Center. Stockholm, Sweden.	Evaluation and treatment of Obsessive Compulsive Disorder (OCD) and Related Conditions (OCD spectrum disorders). Prevalence of the use and dose of antipsychotics in OCD and anxiety patients.	5 months
Marta Casanovas Espinar	Imperial College London. London, UK.	Imperial College London. London, UK.	Determine the mental health consequences of sexual abuse on adolescents 12 months after suffering it and identify the mechanisms involved in their progression.	6 months
Raquel Cecilia Costa	Hospital Sant Joan de Deu. Barcelona.	Joslin Diabetes Center. Boston, USA.	Study of the relationship between the shared management of Type 1 Diabetes (DMT1) between parents and children and risk of developing an Eating Disorder (ED) among adolescents with DMT1.	6 months

Lorena Chanes Puiggros	Northeastern University (Dept. of Psychology)-Massachusetts General Hospital. Boston, USA.	Dept. of Brain and Cognitive Sciences. Division of Health Sciences and Technology, Harvard-Massachusetts Institute of Technology. Cambridge, Massachusetts (USA).	Study featuring (f)MRI data, in particular in a resting state; theory of segregation and integration graphs and metrics to explain cerebral cortex organisation in children and adolescents with ASD. The purpose is to be able to offer earlier and more individualised diagnoses and new treatments.	6 months
Irene Esteban Cornejo	University of Granada. Granada.	Institute of Cognitive and Clinical Neurosciences, Monash University. Melbourne, Australia.	ActiveBrains Study: a randomised trial examining the effects of a physical exercise programme on cognitive function and the brain in overweight/obese children aged 8-10 using EEG and NMR tests.	3 months
Blanca Garcia Delgar	Hospital Clinic, Barcelona.	Mount Sinai Hospital. New York, USA.	Study of sensory symptoms and social cognition in children with Tourette syndrome.	6 months
Marta Jauregui Gonzalez-Guija	Hospital San Pedro. Logroño.	Consultation pour Enfants de Paquis, Office médico-pédagogique. Geneva, Switzerland.	Attendance and research at a day centre and outpatient unit by a third-year medical resident.	3 months
Sara Marco Sanchez	Hospital General Universitario Gregorio Marañon". Madrid.	Roberto Clemente Family Guidance Center. New York, USA.	Training in systemic family therapy, combining clinical practice and theoretical studies with specialisation in an urban Latino population with few economic resources.	3,5 months
Marina Romero Gonzalez	King's College London. London, UK.	King's College London. London, UK.	Sub-study of the QUEST study, focusing on the concept of expressed emotions (EE) as a risk or protection factor in the development of internalising and externalising disorders in adolescents with an ASD diagnosis.	5 months
Clara Maria Sanahuja Muñoz	Hospital Universitario de Fuenlabrada. Madrid.	Division of Child and Adolescent Psychiatry, Columbia University. New York, USA.	Analysis of the way that cultural factors impact the mental health of immigrant and minority populations (Boricua Youth Study), such as young Puerto Ricans living in the South Bronx, New York City, USA.	6 months

Marta Carulla Roig

Dr. Marta Carulla Roig is a graduate of medicine and surgery from the Autonomous University of Barcelona who specialised in psychiatry at Hospital Universitario de Bellvitge, Hospitalet de Llobregat, Barcelona. In her last year of residency she took up an observership position at the New York State Psychiatric Institute, Columbia University, to further her education in affective disorders at the Molecular Imaging and Neuropathology Division under the supervision of Dr. Michael Grunebaum. Since 2011 she has been a junior assistant psychiatrist at Sant Joan de Déu paediatric hospital. Her clinical activity is at the eating disorders outpatient unit, where she also runs the parents' psychoeducational group, and the specialist outpatient unit, working with patients with eating disorders and, recently, Tourette syndrome and OCD. She is currently starting her doctoral thesis with the University of Barcelona, which will consist of a two-year prospective study in children on comorbidity of eating disorders and the obsessive spectrum. During her time at the Child and Adolescent Psychiatry Research Centre / Karolinska Institutet, Stockholm, Sweden, she will receive extensive education in the area of OCD and related disorders under the direction of Dr. David Mataix-Cols.

Marta Casanovas Espinar

Dr. Marta Casanovas Espinar is a graduate of medicine and surgery from the Autonomous University of Barcelona (2003-2009) who specialised in psychiatry at Hospital Universitario Vall d'Hebron, Barcelona (2010-2014). She was the beneficiary of a Psychiatry Residents' Training Abroad Fellowship from the Spanish Psychiatry and Mental Health Foundation, which she undertook at the Prodrome Assessment Research and Treatment Program for Adolescents and Early Psychosis Clinic at UCSF, San Francisco, USA (june-september 2013).

She was also awarded an Advanced Training Fellowship from the Alicia Koplowitz Foundation (2014-2016) to train at St. Mary's Hospital-Imperial College (2014-2016).

During her time at Imperial College, she joined the research team of the "Somatic Symptoms in a Sample of Sexually Assaulted Adolescents" project and finalised the preparation of a second article on the mental health consequences of sexual abuse in adolescents 12 months after suffering it, in order to defend her doctoral thesis in Spain as part of the International Doctoral programme.

Raquel Cecilia Costa

Dr. Raquel Cecilia Costa is a graduate of medicine and surgery from the Autonomous University of Barcelona (2001-2007) who specialised in psychiatry at Hospital Universitario de Vic, Barcelona (2007-2012). In her final year of residency she undertook external rotations in the Acute Care Unit and Referral Service at Sant Joan de Déu paediatric hospital (Esplugues de Llobregat) and the Sub-Acute Care Unit at Hospital Bentio Menni (Sant Boi de Llobregat).

She currently works as an assistant psychiatrist at Sant Joan de Déu paediatric hospital in the eating disorders unit and the endocrinology referral service. She has participated in the drafting of a manual for parents of children with diabetes and given speeches to professionals and parents in relation to psychological techniques for children and adolescents with Chronic Endocrine Disorder. She is a member of the CIDI Centre for Paediatric Diabetes Innovation.

She applied for a short-term fellowship (six months) from the Alicia Koplowitz Foundation to train as part of a sub-specialist team and develop a project related to the risk of eating disorders among adolescents with type 1 diabetes at the Joslin Diabetes Center of Boston (Harvard University), USA.

Lorena Chanes Puiggros

Dr. Lorena Chanes Puiggros has a degree in physics from the University of Barcelona and a doctorate in neuroscience from the Pierre et Marie Curie University (Paris 6, France). Her research work has focused on studying the neural bases of attention, perception and conscience. The short-term fellowship will be an extension of her post-doctoral period in Boston (Massachusetts, USA), where she has explored the role of limbic brain areas in the cortical processing of information. She wishes to expand on this work to include possible impacts on autism-spectrum disorders.

Irene Esteban Cornejo

Dr. Irene Esteban Cornejo (Segovia, 1988) has a degree in physical activity and sports science from the Autonomous University of Madrid (2010). Her predoctoral research work focused on examining the influence of lifestyles and health-related markers in the academic and cognitive performance of children and adolescents, and she went on to do a doctorate in physical activity and sports science at the Autonomous University of Madrid (2014). She has undertaken pre- and post-doctoral stays in the USA, Brazil and Portugal. She is the author of more than 20 articles indexed in the JCR and has participated as a speaker and communicator in over 16 national and international congresses, symposia and scientific meetings.

She began to work in the neuroscience area as a Juan de la Cierva researcher at the University of Granada. Her main study focus is developed within the ActiveBrains project, a randomised trial in overweight/obese children with the principal objective of examining the effects of an exercise programme on cognitive and brain function, evaluating changes in brain structure and functioning via EEG and structural and functional MRI tests.

Blanca Garcia Delgar

Dr. Blanca Garcia Delgar specialised in psychiatry at the Parc de Salut Mar, Barcelona. During her residency, she furthered her education in child and adolescent psychiatry by taking a master's in child-youth clinical psychopathology at the Autonomous University of Barcelona and undertook multiple rotations in specialist units, including a period at the Bethlem Royal Hospital in London.

In recent years she has worked as an investigator on international projects on tics in children. As a result of this work, in 2014 she designed a study to examine the causes and treatment of behavioural problems in children with tics which won the Spanish Child and Adolescent Psychiatry Association's prize for the best research project submitted by a junior psychiatrist.

In order to further her education in tic disorders, in 2015 she applied for and was awarded a short-term fellowship from the Alicia Koplowitz Foundation to join the Tics and Tourette's Clinical and Research Program at New York's Mount Sinai Hospital and will expand on this work over the coming months through her collaboration in shared projects with the Seaver Autism Center program and Obsessive-Compulsive and Related Disorders program at the same hospital.

Marta Jauregui Gonzalez-Guija

Dr. Marta Jauregui Gonzalez-Guija is a graduate of medicine and surgery from the University of Zaragoza in 2012 and is a fourth-year resident at Hospital San Pedro in Logroño. During her residency she has been undertaking various rotations in the Neuropaediatrics, Psychiatry and Child-Youth Psychology units of this hospital, and did a three-month stay at the Child-Youth Mental Health Service at Uribe Kosta, in Getxo (Biscay). She is simultaneously studying for a master's in child and adolescent psychopathology and psychotherapy at the Altxa association of Bilbao (2014-2017) and engaged in an ADHT research project in La Rioja (2015-2016).

She applied for a short-term fellowship for a three-month period at Consultation pour Enfants de Paquis, Office médico-pédagogique in Geneva, Switzerland, to further her education in child and adolescent psychiatry.

Sara Marco Sanchez

Dr. Sara Marco Sanchez has a degree in psychology from the University of Zaragoza, where she was won the End of Degree Extraordinary Prize (2012). She is currently a fourth-year psychology resident at Hospital General Universitario Gregorio Marañon in Madrid. She has a health master's in clinical practice from the Spanish Association of Cognitive-Behavioural Psychology and is presently studying for her doctorate in psychology at the Complutense University of Madrid.

She sought a three-and-a-half month stay at the Roberto Clemente Family Guidance Center to train in systemic family therapy, a technique which considers the whole of the family in conceptualising treatment and which is hugely important in child and adolescent psychopathology. This will allow her to further her doctoral thesis, which involves evaluating the efficacy of family intervention in emotionally unstable adolescents.

Marina Romero Gonzalez

Dr. Marina Romero Gonzalez is a graduate of medicine and surgery from the University of Granada (2002-2008) and undertook a doctorate in medicine with the International Doctoral programme of the University of Malaga with a thesis titled "Health implications of the new DSM 5 classification in Autism Spectrum Disorder" (2014). She specialised in psychiatry at Hospital Regional Universitario Carlos Haya de Malaga. (2009-2013). She was awarded an Alicia Koplowitz Foundation Advanced Training Fellowship in 2014 to further her education in child and adolescent psychiatry at the Institute of Psychiatry, Psychology & Neuroscience (IoPPN), King's College London (UK). During her time there she was involved with the research project "The follow-up study to the Quest Cohort at 10-14 years of individuals with Autism at IoPP" and took a master's in child and adolescent mental health (180 ECTS) at the same centre. In september 2016 she was awarded a fellowship from the International Association for Child and Adolescent Psychiatry (IACAPAP)

She applied for a short-term fellowship to extend her time at IoPP, King's College, in order to finish analysing the database of the abovementioned research project and to write two original articles and translate into Spanish and validate the Autism-Specific Five Minute Sample Speech manual.

Clara Maria Sanahuja Muñoz

Dr. Clara Sanahuja Muñoz is a graduate of medicine and surgery from the Autonomous University of Barcelona who specialised in psychiatry at Hospital Universitario de Fuenlabrada, where she undertook the sub-speciality of child and adolescent psychiatry. She has carried out clinical stays at the Child and Youth Mental Health Services at Hospital de Fuenlabrada, Hospital de Día Infanto-Juvenil de Leganés and Escuela de Padres Multifamiliar, Buenos Aires. She completed her education with various post-graduate courses and university qualifications and has more than 1,000 hours of accredited courses. In recent years she has taught psychiatry theory classes at King Juan Carlos University, demonstrating a great deal of interest in teaching and research. She is the author of clinical cases in various books and has accumulated more than 30 presentations at congresses, covering both papers and speeches.

She was awarded a short-term fellowship for a six-month period at the Division of Child and Adolescent Psychiatry of Columbia University, New York (USA). During her time there she focused on child and adolescent cross-cultural psychiatry under the supervision of Dr. Duarte, particularly the understanding of the way that cultural factors can impact the mental health of immigrant and minority populations.

2016 List of Projects

Psychiatry

Physical Exercise and N-Acetyl Cysteine as Preventive Therapies in the Appearance of Schizophrenia During Adolescence: Preclinical Molecular Imaging and Behavioural Studies.

Main Investigator:	**Dr. Mª Luisa Soto Montenegro**
Team:	Dr. Juan Salvador Nacher Rosello Dr. Esther Berrocoso Dominguez Dr. Alejandro Higuera Matas
Center:	Hospital General Universitario Gregorio Marañon, Madrid

Synaptic Plasticity and Age of Onset of Psychotic Disorders: a Molecular Analysis of Neuritin.

Main Investigator:	**Dr. Mar Fatjo-Vilas Mestre**
Team:	Dr. Carme Gallego Dr. Edith Pomarol Clotet Dr. Peter J. McKenna
Center:	Hospital Benito Menni Complejo Asistencial en Salud Mental, Barcelona

Interaction of Metabolism and Environment in Appearance and Severity of Autism Spectrum Disorders.

Main Investigator:	**Dr. Mª Yolanda de Diego Otero**
Team:	Dr. Rafaela Caballero Andaluz Dr. Lucia Perez Costillas Dr. Guadalupe Guzman Alvarez
Center:	Hospital Regional Universitario, Malaga

Cognitive-behavioural Training Programme in Social Skills in Early Onset Psychotic Disorders: Efficacy in Improvement of Psychotic Symptoms, Psychosocial Functioning and Neurobiological Markers of Stress.

Main Investigator:	**Dr. Olga Puig Navarro**
Team:	Dr. Anabel Martinez Aran Dr. Eva Varela Bodenlle Dr. Eric L. Granholm
Center:	Hospital Clinic, Barcelona

Neurosciences

Pharmacological Characterisation and Prevention of Cognitive and Psychiatric Changes in Niemann Pick Disease Type C.

Main Investigator:	**Dr. Maria Dolores Ledesma Muñoz**
Team:	Dr. Adrian Bartoll Andres Dr. Irene Palomares Perez Dr. Fernando Senovilla Sanz
Center:	Centro Biologia Molecular Severo Ochoa, Madrid (CBMSO- CSIC)

Cognitive Changes in Adolescent Patients with Anti-NMDA Receptor Encephalitis: Possible Dysfunction in Time Continuity Perception and its Mechanisms.

Main Investigator:	**Dr. Albert Compte Braquets**
Team:	Dr. Josep Dalmau Dr. Daniel Linares Herreros
Center:	Institut d'investigacions Biomediques August Pi i Sunyer (IDIBAPS), Barcelona

Pathogenic Mechanisms of Intellectual Disability Syndrome due to Mutations in the DYRK1A Gene.

Main Investigator:	**Dr. Maria Lourdes Arbones de Rafael**
Team:	Dr. Susana de la Luna Gargantilla Dr. Maria Jose Barallobre Filgueira Dr. Sonia Najas Sales
Center:	Instituto de Biologia Molecular, Barcelona (IBMB-CSIC)

Research Grants in the Area of Child and Adolescent Psychiatry and Neurosciences

The 2016 Call for Research Grants received a total of 90 applications, of which 61 were for psychiatry projects and 29 for neuroscience projects. The corresponding Evaluation Committees were established, made up of neuroscientists from the Spanish National Research Council (CSIC) and psychiatrists specialising in child and adolescent psychiatry.

The Research Grants in the Area of Child and Adolescent Psychiatry were awarded to:

- **Dr. Yolanda de Diego Otero**
- **Dr. Mar Fatjo-Vilas Mestre**
- **Dr. Olga Puig Navarro**
- **Dr. Mª Luisa Soto Montenegro**

The Research Grants in the Area of Child and Adolescent Neurosciences were awarded to:

- **Dr. Maria Lourdes Arbones de Rafael**
- **Dr. Albert Compte Braquets**
- **Dr. Maria Dolores Ledesma Muñoz**

Dr. Yolanda de Diego Otero, Main Investigator of the project "Interaction of Metabolism and Environment in Appearance and Severity of Autism Spectrum Disorders". Her team comprises Dr. Rafaela Caballero Andaluz, Dr. Lucía Perez Costillas and Dr. Guadalupe Guzman Alvarez. The project is conducted at the Hospital Regional Universitario, Malaga.

Dr. Maria Yolanda de Diego Otero is a Senior Researcher with the Nicolas Monardes Programme at the Andalusian Health Service. She has a doctorate in molecular and cellular biology and is a coordinator of the INTRAM group of the Andalusian Research, Development and Innovation Plan. CTS546. ORGANISATION: Mental Health Clinical Management Unit, Hospital Regional Universitario. Institute of Biomedical Research in Malaga (IBIMA). Malaga.

The research conducted to date has focused principally on two work areas:

1. Genetic mental disability and paediatric neurodevelopmental disorders with a special dedication to Fragile X syndrome and autism.
2. Research into genetic and environmental factors involved in psychiatric diseases such as schizophrenia and depression.

She licenced a patent for the treatment of FXS which the European Medicines Agency designated as an Orphan Drug in January 2017.

"Interaction of metabolism and environment in appearance and severity of Autism Spectrum Disorders"

Autism Spectrum Disorders are neuropsychiatric conditions that begin in childhood and which present a high degree of familial aggregation. They are characterised by alterations in social interaction and communication problems, persistent inattention and/or hyperactive/impulsive behaviour. However, there is comorbidity and overlapping of a number of dysfunctions in the different disorders, more frequent in men than women. Except for a very few cases of autism where cytogenetic anomalies have been described (mainly maternal duplications of 15q11-q13) or mutations in specific genes (NLGN3 and NLGN4), the aetiology of the disorders is unknown, which is why there is a lot of interest in researching them today.

It is commonly accepted that they are multifactorial diseases, with multiple genes of a lesser effect and a contribution of environmental factors. Genetic linkage studies have indicated some 20 chromosomal regions that may contain genes which confer susceptibility to autism. Some studies with candidate genes have identified associated variants. In this project, coordinated by the Mental Health Service of Hospital Regional Universitario, Malaga, the team will continue with the clinical characterisation and patient recruitment already under way, as well as the collection of biological samples from patients with autism spectrum disorders. Real-time PCR, methylation and comparative metabolomic studies will be conducted to identify chromosomal rearrangements in patients aged 18 to 36 months with a suspected autism spectrum disorder according to quantitative MCHAT to find cases that present an endophenotype with acute gastrointestinal disorders, which is expected to be able to help predict the severity of the disorder; one of the goals is to be able to find early biomarkers of autism which can be used in the early prognosis of severity and to describe new mechanisms that could be used as a therapeutic target.

Team led by **Dr. Mar Fatjo-Vilas Mestre** from the Hospital Benito Menni Mental Health Care Complex, Barcelona. The co-investigators are Dr. Carme Gallego, Dr. Edith Pomarol Clotet and Dr. Peter J. McKenna.

Dr. Mar Fatjo-Vilas is a postdoctoral researcher at the FIDMAG Research Foundation, a member of the Biomedical Research Networking Centres (Mental Health) CIBERSAM group and an associate professor at the University of Barcelona's School of Biology. Her research is focused on the identification of genetic factors involved in psychotic disorders. More specifically, the studies she develops are aimed at understanding the genotype-phenotype correlation in some neurobiological and neuroimaging features related with these disorders and evaluating the role of the age of onset and familial/genetic load of said correlations. She is the author of more than 30 research articles published in indexed journals.

"Synaptic Plasticity and Age of Onset of Psychotic Disorders: a Molecular Analysis of Neuritin"

In relation to the funded research project, recent studies suggest that the understanding of the role that Neuritin plays in brain development and synaptic plasticity is an important challenge for understanding and managing psychotic disorders. This project proposes integrating genetic, epigenetic and molecular information on Neuritin with brain aspects (neuroimaging) and clinical aspects to study Neuritin's involvement in the aetiology of psychotic disorders and in the mechanisms related to the age of their onset. Better knowledge about these mechanisms is essential for prevention and for improving the quality of life of people with psychotic disorders, as well as for the identification of new therapeutic targets that make it possible to develop new drugs.

"Cognitive behavioural Training Programme in Social Skills in Early Onset Psychotic Disorders"

Team led by **Dr. Olga Puig Navarro** and comprising the researchers Anabel Martinez Arán and Eva Varela Bodenlle (both from Hospital Clinic, Barcelona), and Dr. Eric Granholm (University of California San Diego, UCSD).

Dr. Olga Puig is a consultant psychologist at the Paediatric and Adolescent Psychiatry and Psychology Service at Hospital Clinic, Barcelona. She has a degree in psychology from the University of Barcelona, specialised in clinical psychology at Hospital Clinic, Barcelona and has a doctorate in psychology from the University of Barcelona's School of Medicine. She is a member of CIBERSAM and the paediatric psychiatry consolidated research group (2014SGR489). Her core research work has centred on early-onset schizophrenia spectrum disorders and autism. She has given many talks and written for national and international publications.

The submitted work follows up on the lack of controlled studies about psychological treatment in adolescents with a psychotic disorder, despite national and international guides recommending their application in early onset psychosis.

The goal of this study is to adapt and validate a cognitive/behavioural psychological treatment programme in patients with early onset psychosis and social skills training developed by the UCSD team. It will examine treatment efficacy in symptom improvement and the psychosocial functioning of patients. It will also analyse its impact on improving neurobiological markers of stress associated with psychotic symptoms.

"Physical Exercise and N-Acetyl Cysteine as Preventive Therapies in the Appearance of Schizophrenia During Adolescence"

Dr. Mª Luisa Soto Montenegro is the Main Investigator of the project and her team comprises Dr. Juan Salvador Nacher Rosello, Dr. Esther Berrocoso Dominguez and Dr. Alejandro Higuera Matas.

Dr. Soto has extensive experience in preclinical neuroimaging with PET/CT and MRI. She is part of the Medical Imaging Laboratory (LIM) research group included in the Gregorio Marañon Health Research Institute (IiSGM) and is also a member of ISCIII CIBERSAM. She is the head of Nuclear Medicine at the Preclinical Service of the Medical Imagining Laboratory in the Medicine and Experimental Surgery Unit.

The awarded project is aimed at using an animal model of schizophrenia to assess the effects of two prevention strategies during adolescence in the development of this disease. The first involves the use of an antioxidant agent (N-Acetyl Cysteine) (NAC), while the second entails the inclusion of regular physical exercise due to its anti-inflammatory properties, among others. The study hypothesis of this project is that there is a causal link between immune prenatal infection, brain volumetric changes and glucose cerebral metabolism, of neuroplasticity, volumetric changes in the brain and behaviour and in the chromosomes which can be prevented or improved through the incorporation of regular physical exercise and/or administration of NAC during adolescence. The study is completed by conducting behavioural studies and finalises with the determination of markers of oxidative stress and inflammatory/anti-inflammatory function in brain tissue and plasma, neuroplasticity and telomere length studies.

"Pathogenic Mechanisms of Intellectual Disability Syndrome due to Mutations in the DYRK1A Gene"

Project led by **Dr. Maria Lourdes Arbones de Rafael**, of the Molecular Biology Institute of Barcelona/Spanish National Research Council (IBMB-CSIC). The project co-investigators are Dr. Susana de la Luna Gargantilla, Dr. Maria Jose Barallobre Filgueira and Dr. Sonia Najas Sales.

Dr. Arbones has a degree and a doctorate in Biology from the Autonomous University of Barcelona. She took up a Fulbright postdoctoral scholarship in California to conduct research in a biotech firm. Following a brief period with the Biotechnology and Biomedicine Institute at the Autonomous University of Barcelona (UAB), in 1996 she was taken on as an associate researcher with the Department of Medical and Molecular Genetics at Hospital Oncológico, Barcelona. In 2002 she moved to the Centre for Genomic Regulation in Barcelona to form her own research group into neurodevelopmental diseases. She has been a head scientist at the CSIC since 2011 and is a researcher with the Molecular Biology Institute of Barcelona.

The project could be summarised by saying that syndromic intellectual disability is a frequent neurodevelopmental alteration with a high genetic component. In this project the aim is to provide evidence on the aetiology of neurological alterations associated with a new intellectual disability caused by de novo mutations in the DYRK1A gene. To that end it proposes: 1) studying the development of the cerebral cortex of a mouse modelling the syndrome and 2) conducting proteomic studies to define the protein kinase interactome encoded by the DYRK1A gene.

"Cognitive Changes in Adolescent Patients with Anti-NMDA Receptor Encephalitis: Possible Dysfunction in Time Continuity Perception and its Mechanisms"

Team led by **Dr. Albert Compte Braquets** from the August Pi i Sunyer Biomedical Research Institute (IDIBAPS) in Barcelona, comprising the researchers Dr. Josep Dalmau and Dr. Daniel Linares Herreros.

Dr. Compte completed a doctorate in Statistical Physics from the Autonomous University of Barcelona in 1998 and undertook his postdoctoral training as a neuroscientist at Brandeis University (Massachusetts, USA). He has led a research group on brain mechanisms of cognitive function since 2002, firstly at the Alicante Institute for Neuroscience and then at the IDIBAPS in Barcelona. Dr. Compte combines computer simulations of biological neural networks with neurophysiological register data and behavioural experiments and neuroimaging in humans to decode the neural bases of elemental cognitive abilities such as working memory and its dysfunctions in neurological and mental illnesses.

In short, the research project refers to the fact that anti-NMDA receptor encephalitis is characterised by the internalisation of NMDA receptors in brain neurons due to the attack of antibodies. It particularly affects children and adolescents and presents with a change in personality, hallucinations and psychosis. Following a coma or catatonic state, from which they emerge with immunotherapy, there remains a milder phenotype which can last many months. This slow clinical progression is used to test the hypothesis that the cognitive symptoms they experience during the recovery phase are due to the loss of time continuity mechanisms, particularly working memory. The results can guide future treatments in these patients and make it possible to understand the role of NMDARs in the cognitive maturation process of adolescents.

"Pharmacological Characterisation and Prevention of Cognitive and Psychiatric Changes in Niemann Pick Disease Type C"

Project led by **Dr. Maria Dolores Ledesma Muñoz**, of the Severo Ochoa Molecular Biology Centre of Madrid / Spanish National Research Council (CBMSO-CSIC). Other members of the research team are: Dr. Adrian Bartoll Andres, Dr. Irene Palomares Perez and Dr. Fernando Senovilla Sanz.

Dr. Ledesma has a doctorate in Science from the Autonomous University of Madrid (1995). Following a postdoctoral period at the European Molecular Biology Laboratory (Germany, 1996-2000) she led an independent research group at the University of Turin (Italy, 2001-2005) and the University of Leuvan (Belgium, 2006-2007) and has been with the Severo Ochoa Molecular Biology Centre since 2008. Her group researches the role of lipids in neuron physiology and pathology with a special interest in understanding and treating fatal genetic diseases that change the metabolism of lipids causing cognitive and psychiatric disorders in childhood and adolescence.

The project submitted to the Alicia Koplowitz Foundation proposes that an imbalance in lipid content such as cholesterol and sphingomyelin makes synaptic anomalies a key pathological factor in Niemann Pick Disease Type C. This disease has no cure and is characterised by neurological symptoms that start in childhood or adolescence and which include motor, cognitive and psychiatric alterations. The group aims to analyse the causes and consequences of the synaptic anomalies in a mouse model for the disease and to prevent and/or reverse them using drug therapies that may be applied to patients going forward.

XI Jornadas Científicas

Fundación Alicia Koplowitz

Jueves 27 y viernes 28 de octubre 2016

Ilustre Colegio Oficial de Médicos de Madrid

GRAN ANFITEATRO

Etapa perinatal y primera infancia: Prevención y atención temprana en psiquiatría infantil

Fundación Alicia Koplowitz

11th Scientific Sessions "Alicia Koplowitz Foundation"

The 11th Scientific Sessions "Alicia Koplowitz Foundation" were held once again at the Hall of the Madrid College of Physicians on 27 and 28 october, with the topic "Perinatal stage and early childhood: Prevention and early care in child psychiatry."

Organising Committee

Dr. Rafaela Caballero

Tenured Professor of Psychiatry of the University of Sevilla. Director of Master's Degree in Early Care of the University of Sevilla. Head of Andalusian Group for Research in Child and Adolescent Psychiatry (GAEPIJ).

Dr. Maria de Gracia Dominguez

Child and Adolescent Psychiatrist (Alicia Koplowitz fellow), Imperial College London, St. Mary's Hospital. London, UK. Clinical Lecturer, Academic Unit of Child and Adolescent Psychiatry. Imperial College. London, UK.

Dr. Maria Concepcion Guisasola

Doctor in Medicine and Surgery. Scientific Coordinator. Alicia Koplowitz Foundation.

Dr. Luisa Lazaro

Chief of the Department of Child and Adolescent Psychiatry and Psychology. Institute for Neurosciences, Hospital Clinic. Barcelona. IDIBAPS. Centre for Biomedical Research Network-Mental Health (CIBERSAM). University of Barcelona.

Dr. Carmen Rosa Pallas Alonso

Chief of Department of Neonatology. Hospital Universitario 12 de Octubre. Madrid.

Dr. Mª Concepcion Guisasola.

"The first years of life are a critical period of transformations and a Key period for development of the brain"

As noted by Chairwoman of the Foundation in the Letter from the Chairwoman included in the Sessions Program, this year the Foundation proposes to address an often forgotten topic that is little known even by professionals in our country: mental health in children under 5 years of age. Indeed, she remarked, too many children don't have the start they need in life, a fact that determines many lives and represents a high cost for society. Experts state that the first years of life are a critical period of transformations and, together with adolescence, are a key period for development of the brain. It is increasingly clear that the events occurring to babies and children lead to structural changes in the brain that have lifelong consequences. Attachment is the bond between the child and caregiver. There is well established evidence that the baby's social and emotional development is affected by the quality of love from his or her parents. Furthermore, if action in not taken soon, the consequences will extend not only to this generation of children but also to future generations. Individuals who have an unfavourable childhood have a lower educational level, worse salaries and worse health, leading to perpetuation of the cycle of damage in the next generation.

Based on all the above, the Foundation chose the topic of Perinatal Psychiatry (first year of life) and Early Childhood (up to 5 years) to examine these topics in depth together with professionals who are in contact with children and babies: gynaecologists, neonatologists, paediatricians, psychologists and child psychiatrists.

The Scientific Coordinator of the Foundation, Dr. Guisasola, inaugurated the Scientific Sessions by referring to the finding that the first years of life represent a critical period of changes for development of the brain, and that events occurring to babies and small children cause structural changes that have lifelong repercussions. At two years of life, the brain has reached 80% of its adult weight; from birth to 18 months, brain connections are

Dr. Ibone Olza.

"The Key factor for developing the ability to love is the quality of the interaction between the baby and his/her parents"

created at a speed of one million per second, so that the earliest experiences modulate the development of the child's brain and have a lifelong impact on the child's mental and emotional health. A small child subjected to toxic stress because his/her mother suffers from anxiety or depression or because she has a poor relationship with her partner may distort the child's response to stress and alter the child's synthesis of cortisol in adulthood. The baby's social and emotional development is affected by the quality of the bond with his or her parents, and finally, children are especially vulnerable to situations of abuse and abandonment.

She reminded us that the quality and stability of children's human relationships in their first years are the basis on which rests such important aspects as subsequent development of self-confidence, the motivation for learning, success at school and later in life, the ability to control aggressive impulses and resolve conflicts in a nonviolent way, the distinction between good and evil, the ability to develop friendships and close relationships, and finally to become a competent parent themselves. The 11th Scientific Sessions of the Alicia Koplowitz Foundation were then officially inaugurated.

The first round table of the morning dealt with "**Perinatal Psychiatry**" and was carried out in two round tables, the first of which began with the presentation titled "From the neurobiology of bonding to the earliest psychopathology: prevention, detection and treatment in perinatal care", given by Dr. Ibone Olza.

Dr. Ibone Olza has a degree in Medicine and Surgery from the University of Navarra (1994), a degree in Medicine from the University of Zaragoza (1999) and is a Specialist in Psychiatry (Psychiatry residency at Hospital Clínico Universitario Lozano Blesa de Zaragoza, 1995-1998). All her healthcare activity has been conducted in the area of Perinatal and Child Psychiatry. She currently works as Associate

Professor in the School of Medicine of the University of Alcala and as a researcher in various international projects on Perinatal and Child Mental Health. She is also External Technician of the Ombudsman and member of the Technical Committee on the Strategy for Care of Normal Birth (Ministry of Health). She directs the Terra Mater Perinatal Mental Health online training program. In 2003 she cofounded the "Birth is Ours" Association and is a member of the Observatory on Obstetric Violence. She is a mother and activist for the rights of babies, mothers and fathers in early childhood.

In her dissertation, she stated that the first three years of life are a critical period for neurodevelopment and acquisition of core abilities for future emotional wellbeing and social relationships of the new-born. The key factor for developing the ability to love, i.e., aspects such as empathy, altruism and social intelligence, is the quality of the interaction between the baby and his/her parents. The baby's brain is developed by this interaction which Bowlby said should be intimate, warm and long-lasting, and be joyful and satisfactory for both members of the pair. Both underlying and/or predisposing biological factors and social and psychological factors are present in the interaction that may facilitate or hinder it. In other words, early social experience modulates the baby's genetic expression and neurodevelopment. In this transactional model, the baby also has the ability to modulate the parental response, which is in turn affected by intergenerational transmission of attachment style. Acquisition of emotional self-regulation is a key task of neurodevelopment.

She also noted that early disorders in the parent-child bond brought about by alterations in the interaction foster in turn the development of child mental disorders. The most recent studies in this area allow us to make earlier diagnosis of infant and maternal psychopathology and so be able to intervene

Dr. Carmen Rosa Pallas.

and treat early these conditions, almost always with specific psychotherapeutic interventions. The social implications of the most recent findings related to the neurobiology of nurture were also discussed.

The second presentation of the round table was given by Dr. Carmen Rosa Pallas, and dealt with "**The impotence of the first hours of life**".

Dr. Pallas is Chief of the Department of Neonatology of Hospital 12 de Octubre. Associate Professor of Paediatrics of Complutense University. Member of the Working Group on Preventive Activities for Children and Adolescents (PrevInfad). Queen Sofia Research Award 2000 for prevention of work-related deficiencies "Support for the development of children born too small, too soon. Ten years of clinical observation and research in the context of a follow-up program". National Quality Award granted by the Ministry of Health and Consumer Affairs in 2007 for the project of humanization of the Department of Neonatology. Award for the best management practices in 2008 in the Community of Madrid for the project for implementation of a program for development-centered care in a neonatal unit. National Quality Award granted by the Ministry of Health and Consumer Affairs in 2010 for the work done in the Working Group on Preventive Activities for Children and Adolescents (PrevInfad). Director of one of the research groups of the Mother-Child Health and Development Network (SAMID). Principal investigator and collaborator in numerous Spanish health research fund (FIS) projects and also 4 European projects. Author of over 170 communications at national and international congresses and over 140 national and international publications. More than 200 talks given. Director of the NIDCAP Training Centre of Hospital 12 de Octubre and Donated Human Milk Bank of Hospital 12 de Octubre. President of IHAN-UNICEF (Initiative for a more Human Birth and Lactation Care) since 2013. ANECA accreditation for tenured university professor.

Dr. Africa Caño.

Dr. Pallas said that though much still remains to be learned in the field of epigenetics, all aspects related to the changes that may occur in DNA expression depending on the experiences to which an individual is exposed to at an early age are especially attractive. It has been shown in rodents that stress during gestation modifies the behaviour of the mothers with their offspring. They caress them less and engage in less physical contact with them, which in turn causes the processes of the methylation and demethylation in the offspring to be inadequate resulting in poor reading of the DNA. The mechanisms of response to stress in the offspring eventually remain altered forever. However, she noted that has still not been well studied in children how the lack of physical contact with their parents and exposure to inadequate stimuli can affect the expression of their genes and that if we were to transfer the knowledge about animal models if would be quite worrying. Based on current knowledge, it seems that each of the stimuli we provide to children during the first moments of life can modify the quality of the brain connections and even DNA expression. It therefore seems pertinent to pay attention to the way care is provided to all new-borns and especially to ill or very premature new-borns who, due to need for hospitalization, are physically separated from their mothers.

The round table was moderated by Dr. Africa Caño, who directed the many questions and comments from the conference attendees. Dra Caño is a gynaecologist at Complejo Hospitalario of Granada and belongs to Coordination Team of the Andalusia Perinatal Care Humanization Project (PHAPA) and the Training Group of the "Initiative for a more Human Birth and Lactation Care (IHAN).

Dr. Purificacion Sierra.

Dr. Margarita Alcami.

The second round table of the morning called "**Attachment and Bond**" started with the talk by Dr. Purificacion Sierra "**Evaluation of Attachment by the Strange Situation Procedure. A Study with Premature Children"**.

Dr. Sierra has a PhD in Developmental Psychology, she is Tenured Professor of Developmental Psychology in the UNED and Specialist in early development, attachment and parenting, which are her preferred areas of research, teaching and intervention. Certified by the Institute of Child Development (University of Minnesota) for Evaluation of Attachment by the Strange Situation Procedure, she also trained with Dr. Judith Solomon in the Research Unit of the Lausanne University Hospital (Switzerland). Since 2012 she has been collaborating with the Department of Neonatology of Hospital 12 de Octubre in various activities and in the evaluation of development performed at two years of age as part of the protocol for follow-up of premature children.

Dr. Sierra stated that mental health and psychological adjustment are rooted in the establishment of a secure bond of attachment between the child and the main caregiver, whom we will generically refer to as the mother. Early interactions that are sensitive and adjusted to the child's needs will give rise to a secure attachment. The affective interaction style of the pair is influenced by factors related to the mother, the child, or the context of early development.

Prematurity is considered a risk factor for the establishment of sensitive and synchronous early affective interactions, which would represent and obstacle for the establishment of a secure bond of attachment. However, the results of the studies with this population yield controversial results. In their research with Spanish premature children under 1500 grams and/or 32 weeks of gestational age, they found at two years of age a proportion of children with secure attachments similar to the normative population. To evaluate the affective history of the pair, that is, the interiorized feeling of the child that the attachment figure is a secure base from which to explore the world and a safe haven to go to when the child feels threatened, the strange

Dr. Purificacion Sierra, Dr. Adolfo Gomez and Dr. Margarita Alcami.

situation procedure was used (Ainsworth & Witting, 1969), considered the gold standard method for evaluating child attachment at these ages.

Dr. Margarita Alcami then presented **"Early experience of the bond and its role in neurodevelopment"**. She is a doctor in Medicine and Surgery (1991) and a Specialist in Psychiatry. She is the specialist in the area of Psychiatry of Hospital Universitario La Paz of Madrid in the Children and Adolescents Unit.

She explained that the relationship established between the baby and the caregiver not only allows the baby to receive the physical care needed for survival but also to have interpersonal experiences that are essential for optimal development of the baby's potential. The neurobiological systems that are at the base of our social functioning are dependent on experience for adequate development. The new-born is a vulnerable but at the same time competent being. The new-born and caregiver actively participate in the process of relating that occurs between them. The emotional interactions that occur between the child and the caregiver during the first two years of life allow the development of our brain from simple innate behaviours of social coupling to increasingly complex patterns that allow us to share experience and show social reciprocity. She ended by stating that, in view of the importance of interaction as an enhancer of development of these brain functions, in our clinical task we should never forget that establishing a bond between the child and his/her caregivers is one our therapeutic and preventive goals.

Both talks were of great interest for the public judging by the large number of questions from the public which was directly deftly by Dr. Adolfo Gomez, Staff Physician of the Neonatal Unit of Hospital Universitario of Tarragona "Joan XXIII" (Baby-Friendly Hospital since 1997). He is also Associate Professor of Paediatrics, Department of Medicine and Surgery, School of Medicine. Universidad Rovira i Virgili of Tarragona. Spokesperson for the Training Groups and Hospitals of the Initiative for a more Human Birth and Lactation Care, he has written the book "The power of

Prof. Illana Gozes.

caresses. Growing without tears" from the Espasa Publishing House (Madrid, 2010).

The morning ended with the keynote speech given by Professor Illana Gozes.

Professor Illana Gozes, the Lily and Avraham Gildor Chair for the Investigation of Growth factors at Tel Aviv University. At the Sackler Faculty of Medicine, Professor Gozes heads the Elton Laboratory for Molecular Neuroendocrinology (including ~10 staff members), at the Department of Human Molecular Genetics and Biochemistry also affiliated with Sagol School of Neuroscience and the Adams Super Center for Brain Studies. Tel Aviv, Israel.

Professor Gozes, is the Editor-in Chief of the Journal of Molecular Neuroscience. Among others, Prof. Gozes heads the Tel Aviv Chapter of the Society for Neuroscience, is an Associate Editor on the Journal of Alzheimer's Disease and is an Ex-President of the Israel Society for Neuroscience (ISFN) and Past Director of the Adams Super Center for Brain Studies. Professor Gozes was the Founding Scientist and a Director at Allon Therapeutics Inc., Vancouver, Canada and is currently the Chief Scientific Officer of Coronis Neurosciences. Professor Gozes (BSc, Tel Aviv University, PhD, Weizmann Institute of Science, postdoctoral fellow at Massachusetts Institute of Technology (MIT), research associate/visiting scientist, Salk Institute and the Scripps Clinic and Research Foundation) was a Senior Scientist/ Associate Professor at the Weizmann Institute and a Fogarty Scholar – in – Residence at the National Institutes of Health (NIH, USA). Prof. Gozes has published ~300 papers, in the fields of neuroscience and is cited >10000 times.

During her Keynote speech, she stated that more than a decade ago, we discovered a new gene to science and we called it activity-dependent neuroprotective (ADNP) 1,2, coding for a protein that when mutated is now known to cause the ADNP syndrome (also known as the Helsmoortal-Van Der AA syndrome) (e.g.3). ADNP is essential for brain formation during embryonic development4,5. Our most recent work draws attention to ADNP binding to microtubules - tubes within nerve cells that

Prof. Illana Gozes and Dr. Mara Parellada.

maintain cellular shape and serve as "train tracks" for movement of biological material through the brain, essential for development and function6. Based on ADNP, we are currently developing a drug for cognitive impairment (first targeting schizophrenia). This small fragment of ADNP (davunetide) has shown functional activity in the past7, and we are harnessing it for research on a large cohort of patients. Together with Coronis Neurosciences, on term sheet with Ramot at Tel Aviv University, we hope to further davunetide into clinical trials.

Professor Gozes was initially presented by Dr. Mara Parellada, who later made a brief summary of her speech, spoken completely in English, before moving on to the various questions and comments made by the attendees as well as her own questions. Dr. Parellada is Child and Adolescent Psychiatrist at the Hospital General Universitario Gregorio Marañon of Madrid. Director of the program Comprehensive Medical Care of Patients with Autism Spectrum Disorders (AMI-TEA), member of CIBERSAM, and Associate Professor of Psychiatry at the Complutense University of Madrid.

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11th Scientific Sessions

Dr. Fatima Valencia.

"Various studies have looked at behavioural problems between one and three years"

The Scientific Conference resumed in the afternoon with the Alicia Koplowitz Foundation Fellow's Speech, this year given by Dr. Fatima Valencia.

Dr. Valencia holds a degree in Psychology from the University of Oviedo and specialised in clinical psychology at the Hospital Universitario Central in Asturias. She took up an Advanced Training Fellowship in 2014 from the Alicia Koplowitz Foundation in Imperial College London in the UK. She worked in various Child Mental Health services during that time, including the trauma and anxiety department of the National Health Service (NHS) at the Maudsley Hospital. She joined the research team for the project titled *Correlates and predictors of self-harm in a sample of adolescents who have suffered sexual assault,* using this as the basis for her doctorate at the Autonomous University of Barcelona. She has also participated as a therapist in the *Video-feedback Intervention to Promote Positive Parenting and Sensitive Discipline* (VIPP-SD)*, part of the Healthy start, happy start* study which tests the effectiveness of this intervention in two-parent families in the UK. She has also completed post-graduate training in neuropsychology, short-term child psychotherapy and autism spectrum disorders.

Her presentation focussed on video-feedback therapy to promote positive parenting strategies and sensitive discipline (VIPP-SD). She started with a brief overview of the clinical and social significance of behavioural problems in childhood and adolescence before homing in on the difficulties associated with behavioural dysregulation in early childhood (1-3 years). Various studies have looked at behavioural problems in this developmental stage and found that outward problems persist and are envisaged during childhood and adolescence in a significant percentage of cases. Dr. Valencia then described the interventions for behavioural problems in children younger than 3 years before focussing

Dr. Fatima Valencia and Dr. Laia Villalta.

on VIPP-SD. This intervention was developed in the Netherlands and is based on attachment theory (Ainsworth and Bowlby) and coercion theory (Patterson). Some of its characteristics are: video-feedback as the main tool; short duration; provided at home; and a manual yet flexible therapy, etc. The doctor showed videos of the interaction between parents and children, and some examples of the types of messages given to families in these cases. She then took delegates through the *Healthy start, happy start* study being conducted with two-parent families at Imperial College London before rounding up with a discussion of the difficulties and benefits of using VIPP-SD in our country.

The discussion was chaired by Dr. Laia Villalta, Child and Adolescent Psychiatrist at Hospital Sant Joan de Dèu in Barcelona, and former fellow of the Alicia Koplowitz Foundation at Imperial College London (2013-2015).

Dr. Rafaela Caballero.

Dr. Silvia Gutierrez.

The final panel of the session looked at "**Psychopathology in Early Childhood**". Dr. Rafaela Caballero gave the first presentation titled Early detection, diagnostic difficulties and intervention in neurodevelopmental disorders: Autism Spectrum Disorders (ASD) and Specific Language Impairment (SLI).

Dr. Caballero is a Tenured Professor of Psychiatry at the University of Seville. She directs the Master's in Early Intervention at the University of Seville and runs the Andalusian Research Group on Child-Youth Psychiatry (Spanish acronym GAEPIJ), (Autism and Asperger's Syndrome).

The second presentation was given by Dr. Silvia Gutierrez to address "**Evaluation and treatment of emotional disorders at the children's Day Hospital**."

Dr. Gutierrez has a degree in medicine and surgery from the University of Salamanca and specialises in psychiatry. She is currently a child psychiatrist on the inpatient programme for eating disorders in children and adolescents at the Hospital Universitario Infantil Niño Jesus (HNJS) in Madrid. She also coordinates the early childhood day hospital there, and oversees outpatient care on the neurodevelopment programme for 0 to 12-years-old.

Dr. Gutierrez explained that children's day hospital care is a form of part-time institutional treatment. Various times a day/week it offers integrated treatment methods, thus enabling the patient to remain in their normal environment. The fundamental indication for day hospital treatment in early childhood is the need for a more structured, intensive and specialist treatment programme than those offered under outpatient care, without the need for long-term admission, and within a contained and collaborative social and family environment.

The treatment programme combines different therapies and doesn't separate the child from their family. The family can participate in the therapy process, which provides intensive

Dr. Rafaela Caballero, Dr. Antonio Pons and Dr. Silvia Gutierrez.

outpatient treatment and looks at how to support and manage children at high risk of hospitalisation. It also facilitates a level of observation which goes beyond assessment, diagnosis and preparation of a treatment plan: it is a period of adjustment for children to the day hospital space and the professionals working there, in order to facilitate their integration.

Treatment in the day Hospital of the Hospital Universitario Infantil Niño Jesus is aimed at children with serious interaction disorders that hinder proper development. These may be caused by a neurodevelopmental disorder (type ASD), serious emotional disorders (mood disorders) and/or family crises which require emotional reorientation of the child. The main goal of the treatment is to establish a relationship with the other person and create a bond, thus forging a relationship that allows the child to acquire order and identity. Psychotherapy is provided individually and in groups. The overall goal is to attain the maximum possible level of personal development in children suffering from these disorders.

Both presentations were of great interest to delegates, evidenced by the high number of interventions and questions handled by Dr. Antonio Pons, Paediatrician and Coordinator of the Short-term Care Strategy in Andalusia which reports to the Department of Health of the Regional Government of Andalusia.


XI Jornadas Científicas

Dr. Mar Alvarez.

"Post-traumatic stress disorder is a common mental health problem which is nonetheless still under-diagnosed"

Friday, 28th october got under way with the panel on "**Child abuse and trauma"**, with the first presentation given by Dr. Mar Alvarez who discussed "*Differences in mother-baby interactions and in perceptions of vulnerability of babies where the mother has a history of trauma*".

Dr. Alvarez has a degree in Medicine and Surgery from the Central University of Barcelona and completed her residency in psychiatry in the Hospital General Universitario "Gregorio Marañon" in Madrid. In 2009, she began an Advanced Training Fellowship with the Alicia Koplowitz Foundation in Child and Adolescent Mental Health in Bellevue Hospital, New York. During the programme the trained with Marylene Cloitre in the STAIR groups (Skill training for affective and interpersonal regulation) for adolescents with a history of trauma. She also holds a master's in Global Mental Health: Trauma and Recovery, run by The Harvard Program in Refugee Trauma. *Massachusetts General Hospital and the Instituto Superiore di Sanità of the Italian Ministry of Health*.

Dr. Alvarez stated that post-traumatic stress disorder (PTSD) is a common mental health problem which is nonetheless still under-diagnosed (Seng, 2009), especially amongst immigrants with low socio-economic status (Pole, 2005). As well as being a risk to maternal mental health, it also causes adverse effects in children whose mothers are suffering from PTSD (Leen-Feldner, 2013).

Although much is still unknown about the generational transmission mechanism for post-traumatic stress, there is growing evidence of the role of the baby's post-natal environment in addition to genetic and epigenetic factors in the uterus (Davis, 2011). The quality of maternal care is a key component of a child's postnatal ecology (Feldman, 2011). Studies in older children have shown that mothers with a history of trauma are more inclined towards maladaptive parenting styles that may include increased hostility and dissociation from their

Dr. Lourdes Fañanas.

children (Glenn, 2002). We still know very little about parenting styles during the early years in mothers with PTSD and how this affects child development.

Dr. Alvarez presented the results of a study carried out in the paediatric primary care clinic of Bellevue Hospital in New York with 198 dyads (mother-baby). The families were predominantly from ethnic minorities and had low incomes. Mothers attending routine paediatric assessments were studied using structured interviews (diagnosis of PTSD, major depression, anxiety and history of trauma) and observational methods for assessing the interaction between mother and baby over six months (CIB: coding interaction behaviour), with the aim of assessing the effects of the trauma and/or PTSD in perception of and interaction with the baby.

Dr. Lourdes Fañanas then joined the discussion to address "**Child abuse and mental health risk: sensitisation and epigenetic correlates**".

Dr. Fañanas is a Tenured Professor in the Department of Evolutionary Biology, Ecology and Environmental Science in the Faculty of Biology at the University of Barcelona.

She has been the lead researcher in the IBUB (Institute of Biomedicine at the University of Barcelona) since 2006, and has held the same position at CIBERSAM (Centre for Networked Biomedical Research into Mental Health) and at the Carlos III Health Institute since 2007. Since 2004 she has also been the lead researcher of an SGR research group (part of the research groups supported by the Regional Government of Catalonia).

Lourdes Fañanas gained her degree in biology at the University of Barcelona in 1982 and a degree in medicine and surgery at the Autonomous University of Barcelona in 1994. Her doctoral thesis focussed on genetic and environmental risk factors in schizophrenia (UB, 1988). Between 1994 and 1997 Dr. Fañanas carried out postdoctoral research with various residencies in the *Institute of Psychiatry (IoP)*

Dr. Mar Alvarez, Dr. Hilario Blasco-Fontecilla and Dr. Lourdes Fañanas.

and University College London. As a result of this work she was appointed Honorary Senior Lecturer at the IoP in 1996. She has written more than 150 articles published in indexed journals, and directs twelve doctoral theses. She actively disseminates the science around the causes of mental illness, particularly through family and patient associations.

Dr. Fañanas started her presentation by explaining that the WHO defines child abuse as "any act or series of acts of commission or omission by a parent or other caregiver that results in harm, potential for harm, or threat of harm to a child", including acts of physical and/or sexual abuse and neglectful parenting. Various authors have reported that between 4 and 16% of children from our social environment are exposed to some type of abuse, although these figures are considered an underestimation. She explained that child abuse in the early years causes a two to ten-fold increase in the risk of multiple mental health conditions in childhood, adolescence and adulthood, including anxiety disorders and depression, post-traumatic stress disorder, suicide, psychosis, behavioural disorders, drug use and cognitive dysfunction. The onset of psychiatric symptoms and their severity can vary depending on the ontogenetic window of exposure to abuse and its nature, although in many cases they will already have manifested during infancy and adolescence.

The hypothalamic–pituitary–adrenal axis (HPA) is the main regulator of the stress response and establishes a bidirectional interaction with the immune system from the first stages of development. Altered inflammatory markers are commonly found in patients chronically exposed to this type of psychosocial stress during infancy, which would explain the comorbidity of these patients in adulthood, especially with regard to metabolic and cardiovascular disorders.

How does this stress in childhood manage to impact on health (current and future) and affect all systems in the body? The response

Dr. Mar Alvarez, Dr. Hilario Blasco-Fontecilla and Dr. Lourdes Fañanas.

seems to lie in epigenetic mechanisms. The function of DNA depends not only on variation in its sequence but also how its expression is programmed. Epigenetic mechanisms can modify gene expression, the transcriptome and the proteome in response to different environmental factors without modifying the genome itself. Of all the epigenetic modifications studied, DNA methylation has been looked at most in both clinical and experimental settings, and many studies looking at biological changes in the brain associated with child abuse have focussed on analysing methylation in zones that promote the gene families involved in regulating the HPA axis.

The panel moderator Dr. Hilario Blasco handled many questions from delegates to both speakers. Dr. Hilario Blasco-Fontecilla is a child and adolescent psychiatrist with expertise in psychopharmacology, personality disorders, suicidal behaviour and Attention Deficit Hyperactivity Disorder (ADHD). He has been awarded numerous fellowships and distinctions, including two awards from the *European Psychiatric Association* and the prize for the best new researcher from the Spanish Society for Biological Psychiatry, all in 2013. He is currently a child and adolescent psychiatrist at the Hospital Universitario Puerta de Hierro and in the therapy centres for minors run by Consultor Asistencial Sociosanitario, and is Associate Professor of Psychiatry at the Autonomous University of Madrid.

11th Scientific Sessions

Dr. Luisa Garcia-Esteve.

The final panel of the 11th Scientific Conference looked at "**Development of mental health services**". The first presentation was from Dr. Luisa Garcia Esteve on "**Development of perinatal mental health services: mother and baby units**".

Dr. Garcia Esteve is a psychiatrist in the Psychiatry and Psychology Service of the Neuroscience Institute at the Hospital Clínico in Barcelona, and since the year 2000 has managed and coordinated the first Perinatal Psychiatry and Psychology Unit in Spain, which diagnosis and treats mental illness during pregnancy and postpartum. The Barcelona–CLINIC Perinatal Psychiatry and Psychology Programme has treated more than 2000 pregnant woman and around 400 mothers with postnatal depression, as well as designing clinical practice guides and offering courses and guidance to other professionals.

Dr. Esteve is also a researcher at the August Pi i Sunyer Biomedical Research Institute (IDIBAPS) and oversees research into Maternity and Mental Health. She has run publicly-funded projects into postnatal depression, approval of assessment tools for this specific stage, and the effects of mental illnesses and their treatments on the health and development of children exposed to such factors. These projects have led to several doctoral theses and publications in national and international journals. Dr. Esteve was the first chairwoman of the Spanish Marcé Society for Perinatal Mental Health.

Dr. Esteve explained that mental illness in mothers during the perinatal phase (from conception until 12 months postpartum) is a serious public health issue that has been ignored and played down up to now, and which has far-reaching short and long term consequences for the wellbeing of the baby and the family. International guidelines recommend a systematic evaluation of maternal mental health during pregnancy and at least once at 4-6 weeks postpartum, the creation of a perinatal mental healthcare network within the existing healthcare set-up, and planning new purpose-built facilities which handle complex situations, such as mother and baby units. This will involve the

Dr. Pilar Baos.

preparation of multi-disciplinary protocols and care networks integrated within the healthcare system, training the professionals involved, and creating specialist intervention facilities which cover the needs of mothers and their babies.

Mother and baby units already up and running in countries such as the UK, France and Australia enable psychiatric hospitalisation of mothers with their babies. These units are conceived and designed for the psychiatric admission of mothers along with their babies where the mothers require an intensive or complex intervention due to a serious mental illness. They facilitate integrated pharmacological, psychological and occupational treatment appropriate for the mother, and set out a recovery and care plan that encourages symptom remission, establishment and maintenance of the mother-child bond and gradual reintegration into the community.

The second presentation was given by Dr. Pilar Baos on "**Development of mental health services for children under five years**" (Perinatal Psychiatry Programme).

Dr. Baos holds a degree in medicine and surgery from the University of Navarre and specialised in psychiatry at the Hospital Clínico Universitario in Valladolid. She worked in different hospitals across Spain after completing her speciality, always with a focus on healthcare for minors. She holds a master's in forensic psychiatry and in mental health clinical and care management. Since 2006 she has worked in the Hospital General Universitario in Ciudad Real and formally joined the team there in 2009 when the Child-Youth Mental Health Inpatient Unit was set up. She currently runs the Child-Youth Inpatient Unit and coordinates the Perinatal Psychiatry Programme in the hospital.

Dr. Baos explained that the Inpatient Unit of the Hospital General Universitario in Ciudad Real has always consulted and liaised with other services, mainly paediatrics. One of the main concerns was to be able to run specific prevention programmes which delay, prevent or minimise the possible future development of mental illness, given that some of the conditions seen in the Inpatient Unit manifest

Dr. Luisa Garcia-Esteve, Dr. Alfonso Gil and Dr. Pilar Baos.

in the early years. A few years ago, the Unit outlined a prevention programme in Perinatal Psychiatry, made possible thanks to coordination with and the participation of the hospital's neonatology and obstetrics/gynaecology services. The programme is run within a consulting and liaison system which sees pregnant women without a history of psychiatric pathology who develop some sort of mental illness during pregnancy, or those suffering from mental illness who are assessed in the Mental Health Unit. The women are monitored closely from when the consultation takes place (at any point in the pregnancy) until six months following birth. Psychiatric and psychological monitoring is carried out during that time. If the woman is well following this period they will be discharged, and if not will be referred to the Mental Health Unit for follow-up. The children affected are referred to the Programme, where they and their parents (and sometimes extended family such as grandparents, siblings etc.) are monitored during the entire period of admission to the Neonatal ICU, with subsequent monitoring up to age three to detect possible conditions which may manifest and hinder their normal development. At the end of these three years, if any problem is identified in the children or in the parents' care of their children, they will be referred to the Child-Youth Mental Health Unit.

The Inpatient Unit is developing other programmes, such as early detection of autism, and is planning to take on treatment of children with chronic organic conditions, childhood obesity, etc. Following the launch of these preventive programmes and especially those geared towards early childhood, there will be a need for specific programmes for the early years (0 to 5 years) within existing Child Mental Health services. These are crucial ages for working with children on their difficulties and to facilitate optimum development of their abilities, as well as for working with parents and family members to handle anxiety caused by said problems, which often leaves them feeling overwhelmed and not knowing what to do.

Clinics for working with the child and their parents on a psychoeducational level are

crucial, including crisis intervention when necessary. Throughout their development these children experience different complications. Their parents have to deal with these, and must be freed from blame for what their children are going through. The teams in these clinics must therefore be interdisciplinary and comprise different professionals within the mental health teams, such as psychiatrists, psychologists, social workers, nurses, occupational therapists etc. These programmes should also coordinate with primary care paediatrics, specialist paediatrics, education, healthcare centres, physiotherapy and motivational teams.

The debate that followed was chaired by Dr. Alfonso Gil. He holds a doctor in medicine and surgery and specialised in gynaecology and obstetrics in the Hospital Universitario "Virgen de la Arrixaca" in Murcia, and in psychiatry at the Hospital General Universitario Santa Maria del Rosell in Cartagena. An international spokesperson for the Spanish Marcé Society for Perinatal Mental Health, he works in the "Vicente Campillo" Mental Health Centre in Molina de Segura, part of the healthcare service in Murcia.

Dr. Paul Ramchandani.

"There is a huge potential to intervene early in life to prevent mental health problems"

The closing presentation of the 11th Scientific Conference of the Alicia Koplowitz Foundation was given by Dr. Paul Ramchandani on "**Prevention of mental health problems in early life: promises and pitfalls**".

The debate was chaired by Dr. Marina Fabrega. She specialised in psychiatry at the Hospital Clinic in Barcelona and in child and adolescent psychiatry at Imperial College London (fellowship from the Alicia Koplowitz Foundation).

Dr. Ramchandani leads the Child and Adolescent Mental Health Research Unit at Imperial College in London. He also works clinically as a Consultant Child and Adolescent Psychiatrist in a busy NHS service. He originally qualified in medicine and subsequently worked a doctor in England and New Zealand before completing a degree in Public Health. He then completed training in Child and Adolescent Psychiatry and research in Oxford.

Dr. Ramchandani's research is focused on the prevention of mental health problems in infancy and childhood. His team use a variety of research methodologies to investigate this area including clinical trials, population epidemiology, detailed observational studies of parent-child interaction and the biology of the stress response system. Details of the current work of the team can be found at the pPOD website (www.ppod.org.uk).

Dr. Ramchandani said that there is huge potential to intervene early in life to prevent mental health problems from developing or becoming entrenched. It is in many ways so obvious a thing to do. However, the evidence for effective prevention in mental health is limited, some avenues of research are overlooked, and the potential for any harm is often ignored. I will describe some of these challenges, and outline some of the key early interventions used. I will use as an example an ongoing trial of a video-feedback parenting intervention to prevent enduring behavioural problems in one and two year old children (Healthy Start, Happy Start: ISRCTN no: 58327365) which his team are conducting in the UK.

The Scientific Session was closed by the Chairwoman of the Foundation who, in her

Dr. Paul Ramchandani and Dr. Marina Fabrega.

own words, recalled that we now know that between two months' gestation and two years old the brain makes almost one million new connections a second. She also reminded delegates of the crucial role that a child's environment plays in brain development and in constructing learning in early infancy. We also know, she continued, that the care provided during this phase is decisive in establishing the emotional foundations for adulthood. We have always known this, because you and I, mothers and fathers, have experienced first-hand how lost one feels when they bring a new life into the world. Before, however, we were unaware of how important the early and nurturing mother-child or mother-father-child bond is.

As a society, we've been incredibly effective at ensuring physical care: we have cutting-edge maternity units, excellent gynaecologists and paediatricians, and we can treat a child's illnesses. But how is the bond of love developed? How is a healthy, loving bond established which encourages the child to become an emotionally healthy and balanced adult? The Chairwoman presented the true story of the fears and insecurities experienced by a young mother who gave birth to a 1,700-gram (3.7 lbs) baby at 25 weeks' gestation. She explained the frustration that this mother went through at not being able to be with her child and her feeling of guilt, and her terror at the thought of the phone ringing at night…

This real-life story, she stated, highlights the terrible loneliness and vast emotional emptiness that remains to be supported by the healthcare system, such as that experienced by parents of premature babies.

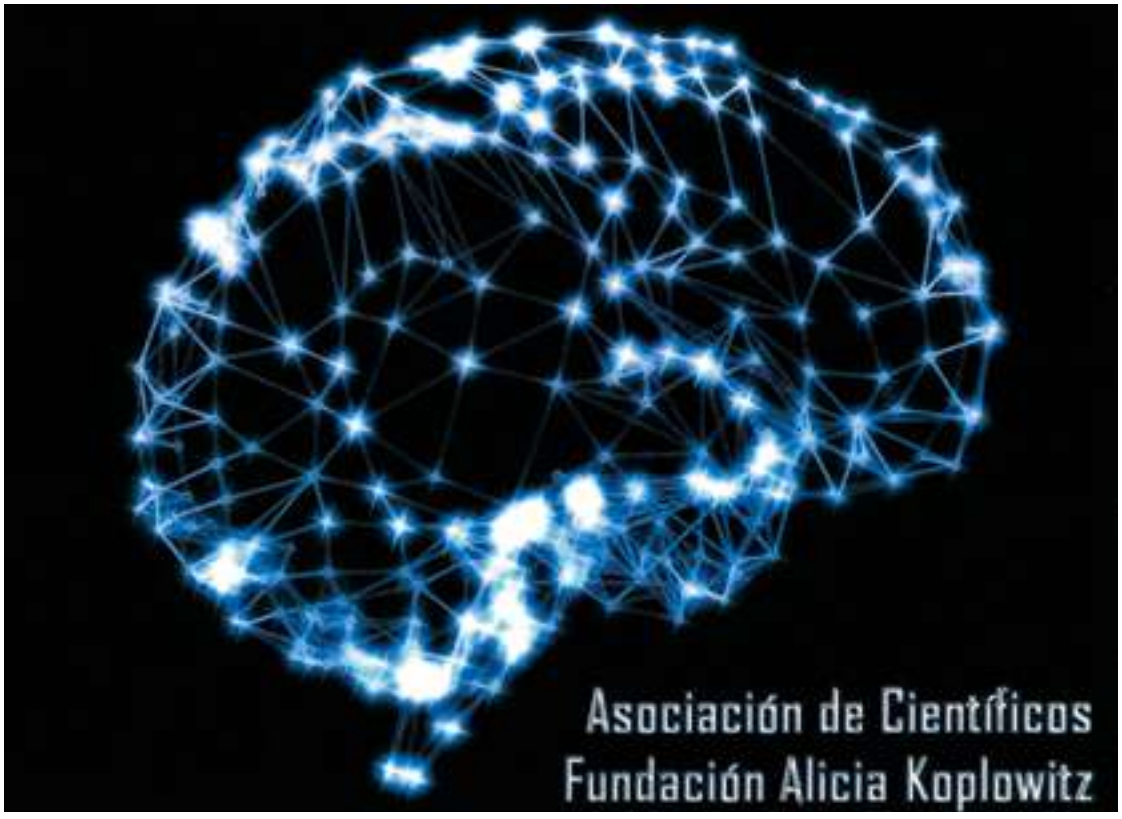
Alicia Koplowitz wanted to end with a message of hope. She urged delegates, as they look to the future, to be aware of the many underlying psychosocial risks to parents and babies around the time of birth and during the early years, and encouraged everyone to channel resources and humanise this delicate and important stage of life.

The Chairwoman then awarded the Diplomas for Grants for Research Projects in Child and Adolescent Psychiatry and Neurosciences which were funded through the 2016 call for grants.


XI Jornadas Científicas
Fundación Alicia Koplowitz
Jueves 27 y viernes 28 de octubre 2016
GRAN ANFITEATRO
Etapa perinatal y primera infancia:
Prevención y atención temprana
en psiquiatría infantil
Fundación
Alicia Koplowitz

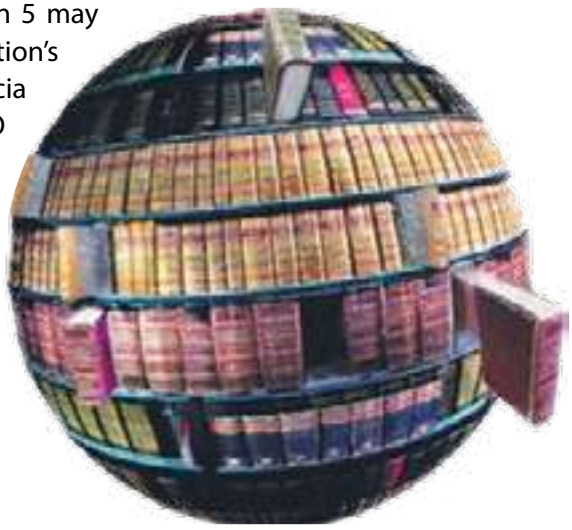
Association of Child and Adolescent Mental Health Scientists "Alicia Koplowitz Foundation"

During 2016, the Association set up Task Forces covering the following areas: Advice for Fellows and Medical/Psychology Residents; Science; Clinical and Service Development; Professional Development; and Communications. The Task Forces comprise voluntary members committed to working together for one year, and each one is taking forward initiatives and proposals that will be implemented during that time.



Members' online library

The 'online library' was launched to members on 5 may 2016 through the private area of the Association's website. A formal agreement between the Alicia Koplowitz Foundation and the company EBSCO means that members of the Association of Child and Adolescent Mental Health Scientists – Alicia Koplowitz Foundation have free access to more than 100 scientific journals in the field of Child and Adolescent Mental Health.



Advice for Fellows and Medical/ Psychology Residents

To organise and structure the experiences of clinical psychiatrists and psychologists who have taken part in Advanced Training Fellowships, the Association supported the initiative taken forward by some of its members to prepare an advanced training fellowships feedback questionnaire. It was issued in may 2016 to 21 current and former fellows (84% participation), covering the grant period 2011 to 2015. The initiative was led by members Maria Martinez Hervés and Marta Casanovas (both Child and Adolescent Psychiatrists) and they presented the results at the Second General Members' Meeting on 3 june 2016 in Donostia-San Sebastian. They highlighted members' gratitude to the Alicia Koplowitz Foundation and their appreciation for the opportunity that this grant offers for their professional development, and gave suggestions for optimising the process, summarised in the following images.

Feedback questionnaire

Finally…

1. The fellow's role!!
2. Letter of clinical rotations and research projects available.
3. Cut the time to access a research project….
4. … and clarity expectations beforehand.
5. Frequency of supervisions, the tutor's accessibility matters.
6. Research training of the tutor.
7. Access to statistical support.
8. Clarify budget for training.
9. Structured contacts between the Spanish tutor and the host centre.
10. Interim tutor??
11. Survival guides to facilitate the settling in process.
12. Assigned work space.

Asociación de Científicos en Salud Mental del Niño y Adolescente "Fundación Alicia Koplowitz"

Proposals for improvement

- Clarification and dissemination of the fellow's role at the host centres.
- Clarify and define the Spanish tutor's role, the frequency of contact with the fellow and coordination of coordination of host centre tutors.
- Facilitate settling in process in foreing host centres and return to Spain: Survival guides.
- Clarification of the fellow's training budget.
- Clarify bureaucratic and contractual procedures of the return to Spanish centres: information on centres and contact network with former fellows.
- Improve access to statistics courses at the start of the fellowship and accessibilitiy to statistical support thoughout it.
- Knowledge prior to the fellowship of clinical rotation and research lines of each centre.

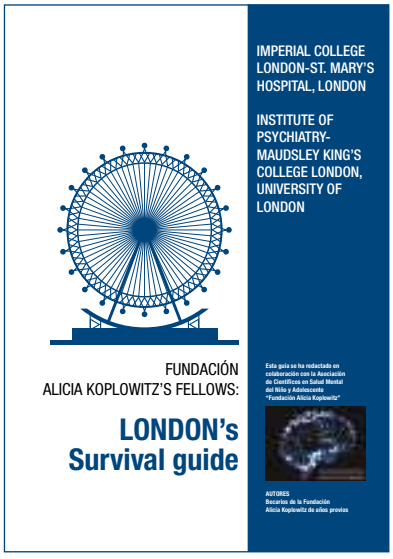
Survival Guides

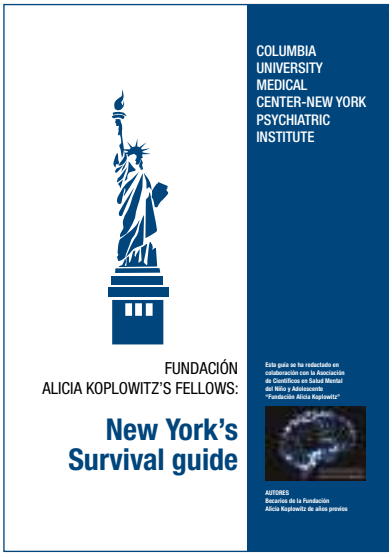
June 2016 saw the publication of 'Survival Guides' for psychiatrists and psychologists conducting fellowships under the Alicia Koplowitz Foundation for Advanced Training in Child and Adolescent Psychiatry/Psychology.

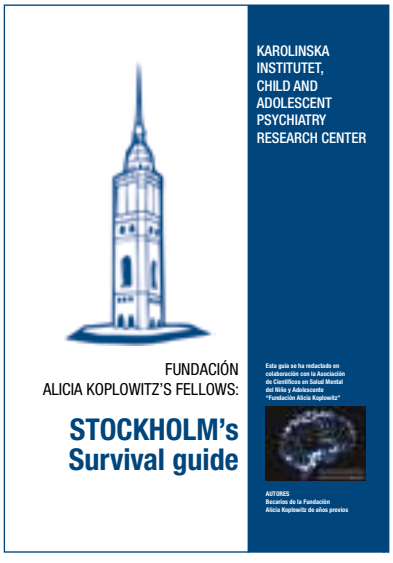
The initiative was the work of two fellows at the London centres, Daniel Ilzarbe and Marina Fabrega. The guides were put together in collaboration with various ex-fellows from the London centres, gathering information and advice based on their own experiences.

The guides were so useful that the initiative was expanded to the remaining centres with which the Alicia Koplowitz Foundation has current agreements for fellowships in Advanced Training in Child and Adolescent Mental Health.

There are five guides in total, offering all the information that fellows need while they settle in and adjust to the programmes in the six corresponding centres:

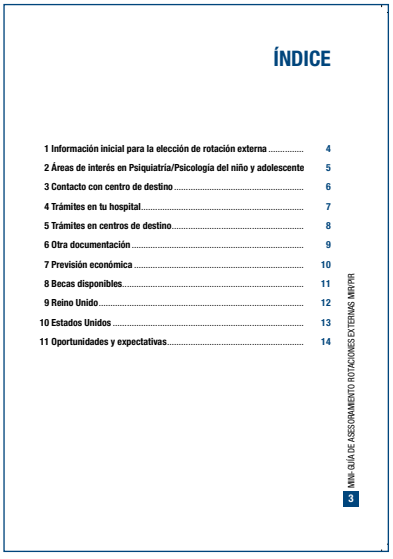






Given the demand for information about possible rotations during medical and psychology residencies in foreign centres for Child and Adolescent Psychiatry/Psychology, the Association decided to put together a Mini-Guide for residents.

Maria de Gracia Dominguez (President, Child and Adolescent Psychiatry) and Dolores Maria Moreno (Board Member, Child and Adolescent Psychiatry) led this initiative in collaboration with psychiatry residents Isabel Alonso Gonzalez and Julia Cambra Almerge. The Mini-Guide for External Medicine/Psychology Rotations in Child and Adolescent Psychiatry/ Psychology was published on 14 march 2016. In september, the Task Force on Advice for Fellows and Medical/Psychology Residents disseminated the Mini-Guide to all teaching units and different entities linked to mental health and training of residents in Spain.



Professional Development

Clinical Training Courses: The Heart of Mindfulness Practices

In 2015, the Association launched an initiative to improve continuous clinical training and professional development amongst its members. The first step was to offer members clinical training courses related to the topics explored at the latest Scientific Conference organised by the Alicia Koplowitz Foundation.

The 10th Scientific Conference of the Alicia Koplowitz Foundation in october 2015 focussed on Updates on evidence-based therapeutic interventions for child and adolescent mental health disorders. In line with this theme, the Association offered places to its members on the intensive course titled The Heart of Mindfulness Practices: integrating the roots of the practice in health programmes, organised in collaboration with Dr. Beatriz Rodríguez Vega and Dr. Carmen Bayón Perez, both of whom trained in the Centre for Mindfulness (CFM) at the University of Massachusetts and teach on the Mindfulness Based Stress Reduction (MBSR) course.

A total of nine members (seven psychiatrists and two clinical psychologists) attended the course from 20 to 22 january 2017 in Madrid.

Communications

Throughout 2016, the Communications Task Force coordinated, prepared, updated and disseminated information on the Association's website, social media (LinkedIn, Twitter and Facebook), Google Groups and online library. Olga Santesteban is the Task Force Coordinator and Social Media Manager, Maria Martinez is the Website Manager, and Maria Guisasola is the Online Library Manager and Member of the Board of Directors. Many activities required that the Task Force collaborate with the Diego Muñoz Association's webmaster, who implemented technical changes to the webpage and the private members' area.

The Association's website facilitates reflection and raising awareness of its work and that of its Task Forces. The private members' area has information about the online library, members' general meetings and conferences, scientific journals, and the survival guides. Members can also access information about all other members and communicate privately with one another using the Google Groups tool.

Members' Annual Meetings

Second General Meeting, Donostia-San Sebastian, june 2016

The Second General Members' Meeting of the Association of Child and Adolescent Mental Health Scientists – Alicia Koplowitz Foundation was held on 3 june 2016 in Donostia-San Sebastian, and was attended by 24 of the 48 members current at that time. The Meeting presented the breakdown of members, the Financial Report, and the results of the feedback questionnaire issued to fellows of Advanced Training in Child and Adolescent Psychiatry/Psychology. The President, Maria de Gracia Dominguez, then went through the various initiatives taken forward by the Association in 2016 – including the Survival Guides and the Mini-Guide for External Medicine/Psychology Rotations – before presenting the Association's strategic lines set out by the Board of Directors. She proposed setting up the first Task Forces based on the strategic lines:

- Science
- Clinical and Service Development
- Advice for Fellows and Residents
- Professional Development
- Communications

2nd Members' Conference, Madrid, october 2016

On 26 october 2016 the 2nd Members' Conference of the Association of Child and Adolescent Mental Health Scientists - Alicia Koplowitz Foundation was held at the Official College of Doctors in Madrid, around the theme Research in Child and Adolescent Mental Health in Spain: challenges and opportunities. The Conference was organised and chaired by the Science Task Force, which is coordinated by Dr. Gisela Sugranyes (Child and Adolescent Psychiatrist). Dr. Carmen Morcillo, Dr. Hilario Blasco-Fontecilla and Dr. Laura Pina – all members of the Task Force – chaired discussions and gave presentations.

The Conference got under way with a presentation from Dr. Josefina Castro-Fornieles, Coordinator of the Child and Adolescent Mental Health Programme at the Centre for Networked Biomedical Research in Mental Health (CIBERSAM), Director of the Neuroscience Institute at the Hospital Clinic de Barcelona, and Professor at the University of Barcelona. Her presentation addressed the current national landscape of Child and Adolescent Mental Health research, from the viewpoint of CIBERSAM's Child and Adolescent Mental Health programme. She highlighted that only 24% of the 25 research groups in CIBERSAM are conducting research into Child and Adolescent Mental Health, and stressed the need for interdisciplinary collaboration as

Members attending the 2nd Members' Meeting of the Association of Scientists - Alicia Koplowitz Foundation.

Dr. Paul Ramchandani during the 'Meet the Expert' session at the 2nd Members' Meeting of the Association of Scientists - Alicia Koplowitz Foundation.

a key part of translational research into Child and Adolescent Mental Health in Spain.

A round table was then held under the title: Scientific Careers of Fellows and Researchers from the Alicia Koplowitz Foundation, participated by:

- **Dr. Juan Jose Carballo**. Child and Adolescent Psychiatrist, Hospital Gregorio Marañon, Madrid. Advanced Training Fellowship from the Alicia Koplowitz Foundation at Columbia University, New York.
- **Dr. Marta Rapado-Castro**. Child and Adolescent Neuropsychologist. Hospital General Universitario Gregorio Marañon. CIBERSAM, Madrid. Short-term fellowship from the Alicia Koplowitz Foundation in the Orygen programme (Melbourne, Australia), and recipient of a research grant from the Foundation.
- **Dr. Ismael Galve-Roperh**. Professor in the Department of Biochemistry and Molecular Biology at the Complutense University of Madrid. CIBERNED, Madrid. Recipient of a research grant from the Alicia Koplowitz Foundation.

The three speakers gave a short presentation about their professional careers and how the fellowships and grants from the Foundation played an undeniable role in their progression.

Lastly, in the 'Meet the Expert' session, (**Dr. Paul Ramchandani**), Professor of Child and Adolescent Psychiatry at Imperial College London, gave a brief presentation about his own research career in perinatal psychiatry and early childhood. He also gave a brief overview of the longitudinal study he led into the quality of the parent-child relationship/interaction during the early stages of development where the parent has a history of depression.

Scientific Production

Throughout 2016 there were 52 original articles published under the aegis of the Foundation:

- Bonnin CM, Reinares M, Martínez-Arán A, **Balanzá-Martínez V**, Sole B, Torrent C, **Tabarés-Seisdedos R**, García-Portilla MP, Ibáñez A, Amann BL, Arango C, Ayuso-Mateos JL, Crespo JM, **González-Pinto A**, Colom F, Vieta E; CIBERSAM Functional Remediation Group. Effects of functional remediation on neurocognitively impaired bipolar patients: enhancement of verbal memory Psychol Med. 2016 Jan;46(2):291-301
  FI: 5.491
  Q1
- Fusar-Poli P, **Díaz-Caneja CM**, Patel R, Valmaggia L, Byrne M, Garety P, Shetty H, Broadbent M, Stewart R, McGuire P. Services for people at high risk improve outcomes in patients with first episode psychosis Acta Psychiatr Scand. 2016 Jan;133(1):76-85
  FI: 6.128
  Q1
- Solé-Padullés C, **Castro-Fornieles J**, de la Serna E, Calvo R, **Baeza I, Moya J**, **Lázaro L**, Rosa M, Bargalló N, **Sugranyes G.** Intrinsic connectivity networks from childhood to late adolescence: Effects of age and sex Dev Cognitive Neuroscience. 2016;17:35-44
  FI: 3.963
  Q1
- Bonnin CM, Torrent C, **Arango C**, Amann BL, Solé B, **González-Pinto A**, Crespo JM, **Tabarés-Seisdedos R**, Reinares M, Ayuso-Mateos JL, García-Portilla MP, Ibañez Á, Salamero M, Vieta E, Martinez-Aran A; CIBERSAM Functional Remediation Group. Functional remediation in bipolar disorder: 1-year follow-up of neurocognitive and functional outcome Br J Psychiatry. 2016 Jan;208(1):87-93
  FI: 7.06
  Q1
- **Serrano-Villar M,** Calzada EJ Ethnic identity: Evidence of protective effects for young, Latino children. J Appl Dev Psychol. 2016 Jan-Feb;42:21-30
  FI: 1.4
  Q3
- Merchán-Naranjo J, Boada L, del Rey-Mejías Á, Mayoral M, Llorente C, Arango C, Parellada M. Executive function is affected in autism spectrum disorder, but does not correlate with intelligence Rev Psiquiatr Salud Ment. 2016 Jan-Mar;9(1):39-50
  FI: 1.65
  Q3

- Castillo-Gómez E, Varea E, Blasco-Ibáñez JM, Crespo C, **Nacher J.** Effects of Chronic Dopamine D2R Agonist Treatment and Polysialic Acid Depletion on Dendritic Spine Density and Excitatory Neurotransmission in the mPFC of Adult Rats Neural Plast. 2016;2016:1615363. doi: 10.1155/2016/1615363
  FI: 3.568
  Q2
- Caso JR, **Balanzá-Martínez V**, **Palomo T**, García-Bueno B. The Microbiota and Gut-Brain Axis: Contributions to the Immunopathogenesis of Schizophrenia Curr Pharm Des. 2016;22(40):6122-6133
  FI: 3.052
  Q2
- Gomez-Sanchez CI, Riveiro-Alvarez R, Soto-Insuga V, Rodrigo M, Tirado-Requero P, Mahillo-Fernandez I, Abad-Santos F, **Carballo JJ**, Dal-Ré R, Ayuso C. Attention deficit hyperactivity disorder: genetic association study in a cohort of Spanish children. Behav Brain Funct. 2016 Jan 8;12(1):2
  FI: 1.72
  Q4
- Ganos C, Erro R, **Mir P**, Lang AE, Bhatia KP, Vidailhet M. The long-term outcome of orthostatic tremor. Parkinsonism Relat Disord. 2016 Feb;21(10):1290-1
  FI: 6.431
  Q1
- **Arango C, Fraguas D** Should psychiatry deal only with mental disorders without an identified medical aetiology? World Psychiatry. 2016 Feb;15(1):22-3
  FI: 20.205
  Q1
- Alvarez-Mora MI, Calvo Escalona R, **Puig Navarro O**, Madrigal I, Quintela I, Amigo J, Martinez-Elurbe D, Linder-Lucht M, Aznar Lain G, **Carracedo A**, Mila M, Rodriguez-Revenga L. Comprehensive molecular testing in patients with high functioning autism spectrum disorder. Mutat Res. 2016 Feb-Mar;784-785:46-52
  FI: 2.581
  Q2
- Curto Y, Garcia-Mompo C, Bueno-Fernandez C, **Nacher J.** Chronic benzodiazepine treatment decreases spine density in cortical pyramidal neurons Neurosci Lett. 2016 Feb 2;613:41-6
  FI: 2.107
  Q3
- Solé-Padullés C, **Castro-Fornieles J**, de la Serna E, **Romero S**, Calvo A, Sánchez-Gistau V, Padrós-Fornieles M, **Baeza I**, Bargalló N, Frangou S, **Sugranyes G.** Altered Cortico-Striatal Connectivity in Offspring of Schizophrenia Patients Relative to Offspring of Bipolar Patients and Controls. PLoS One. 2016 Feb 17;11(2):e0148045
  FI: 3.057
  Q1
- **Fatjó-Vilas M**, Prats C, Pomarol-Clotet E, **Lázaro L, Moreno C**, González-Ortega I, Lera-Miguel S, Miret S, Muñoz MJ, **Ibáñez** I, Campanera S, Giralt-López M, Cuesta MJ, Peralta V, Ortet G, **Parellada M, González-Pinto A**, McKenna PJ, **Fañanás L.** Involvement of NRN1 gene in schizophrenia-spectrum and bipolar disorders and its impact on age at onset and cognitive functioning. World J Biol Psychiatry. 2016;17(2):129-39
  FI: 4.159
  Q1

- García-Cabrerizo R, **García-Fuster MJ**. Opposite regulation of cannabinoid CB1 and CB2 receptors in the prefrontal cortex of rats treated with cocaine during adolescence Neurosci Lett. 2016 Feb 26;615:60-5
  FI: 2.107
  Q3
- Oropesa-Ruiz JM, Huertas-Fernández I, Jesús S, Cáceres-Redondo MT, Vargas-Gonzalez L, Carrillo F, Carballo M, Gómez-Garre P, **Mir P.** Low serum uric acid levels in progressive supranuclear palsy. Mov Disord. 2016 Mar;31(3):402-5
  FI: 6.01
  Q1
- **Pina-Camacho L**, Del Rey-Mejías Á, Janssen J, Bioque M, **González-Pinto A**, **Arango C**, Lobo A, Sarró S, Desco M, Sanjuan J, Lacalle-Aurioles M, Cuesta MJ, Saiz-Ruiz J, Bernardo M, **Parellada M**; PEPs Group. Age at First Episode Modulates Diagnosis-Related Structural Brain Abnormalities in Psychosis. Schizophr Bull. 2016 Mar;42(2):344-57
  FI: 7.757
  Q1
- **Fernández de la Cruz L**, Kolvenbach S, Vidal-Ribas P, Jassi A, Llorens M, Patel N, Weinman J, Hatch SL, Bhugra D, **Mataix-Cols D.** Illness perception, help-seeking attitudes, and knowledge related to obsessive-compulsive disorder across different ethnic groups: a community survey. Soc Psychiatry Psychiatr Epidemiol. 2016 Mar;51(3):455-64
  FI: 2.513
  Q2
- Sáez MA, Fernández-Rodríguez J, Moutinho C, Sanchez-Mut JV, Gomez A, Vidal E, Petazzi P, Szczesna K, Lopez-Serra P, Lucariello M, Lorden P, Delgado-Morales R, de la Caridad OJ, Huertas D, Gelpí JL, Orozco M, López-Doriga A, Milà M, **Perez-Jurado LA**, Pineda M, Armstrong J, Lázaro C, Esteller M. Mutations in JMJD1C are involved in Rett syndrome and intellectual disability. Genet Med. 2016 Apr;18(4):378-85
  FI: 7.71
  Q1
- García Bueno B, Caso JR, Madrigal JL, Leza JC. Innate immune receptor Toll-like receptor 4 signalling in neuropsychiatric diseases. Neurosci Biobehav Rev. 2016 May;64:134-47
  FI: 8.58
  Q1
- Ruiz-Veguilla M, Martín-Rodríguez JF, Palomar FJ, Porcacchia P, Álvarez de Toledo P, Perona-Garcelán S, Rodríguez-Testal JF, Huertas-Fernández I, **Mir P.** Trait- and state-dependent cortical inhibitory deficits in bipolar disorder. Bipolar Disord. 2016 May;18(3):261-71
  FI: 4.882
  Q1
- Muñoz-Ballester C, Berthier A, Viana R, **Sanz P**. Homeostasis of the astrocytic glutamate transporter GLT-1 is altered in mouse models of Lafora disease. Biochim Biophys Acta. 2016 Jun;1862(6):1074-83
  FI: 5.158
  Q1
- Fraguas D, **Díaz-Caneja CM, Pina-Camacho L**, Janssen J, **Arango C.** Progressive brain changes in children and adolescents with early-onset psychosis: A meta-analysis of longitudinal MRI studies. Schizophr Res. 2016 Jun;173(3):132-9
  FI: 4.453
  Q1

- Mollá B, Riveiro F, Bolinches-Amorós A, Muñoz-Lasso DC, Palau F, **González-Cabo P.** Two different pathogenic mechanisms, dying-back axonal neuropathy and pancreatic senescence, are present in the YG8R mouse model of Friedreich's ataxia Dis Model Mech. 2016 Jun 1;9(6):647-57
  FI: 4.316
  Q1
- Alda JA, Muñoz-Samons D, Tor J, Merchán-Naranjo J, Tapia-Casellas C, **Baeza I**, Calvo-Escalona R, **Castro-Fornieles J**, Martínez-Cantarero C, Andrés-Nestares P, Fernández-Avilés F, **Arango C**. Absence of Change in Corrected QT Interval in Children and Adolescents Receiving Antipsychotic Treatment: A 12 Month Study J Child Adolesc Psychopharmacol. 2016 Jun;26(5):449-57
  FI: 2.149
  Q3
- Castillo-Gómez E, Pérez-Rando M, Vidueira S, **Nacher J.** Polysialic Acid Acute Depletion Induces Structural Plasticity in Interneurons and Impairs the Excitation/Inhibition Balance in Medial Prefrontal Cortex Organotypic Cultures Front Cell Neurosci. 2016 Jun 29;10:170
  FI: 4.609
  Q1
- Rubio A, Belles M, Belenguer G, Vidueira S, Fariñas I, **Nacher J**. Characterization and isolation of immature neurons of the adult mouse piriform cortex Dev Neurobiol. 2016 Jul;76(7):748-63
  FI: 2.529
  Q2
- Marti M, Bonillo A, Jane MC, Fisher EM, Duch H Cumulative Risk, the Mother-Child Relationship, and Social-Emotional Competence in Latino Head Start Children Early Education and Development. 2016 Jul 27;5:590-622
  FI: 1.183
  Q3
- Homs A, Codina-Solà M, Rodríguez-Santiago B, Villanueva CM, Monk D, Cuscó I, **Pérez-Jurado LA** Genetic and epigenetic methylation defects and implication of the ERMN gene in autism spectrum disorders Transl Psychiatry. 2016 Jul 12;6(7):e855
  FI: 5.538
  Q1
- **García-Fuster MJ**, García-Sevilla JA. Effects of anti-depressant treatments on FADD and p-FADD protein in rat brain cortex: enhanced anti-apoptotic p-FADD/FADD ratio after chronic desipramine and fluoxetine administration Psychopharmacology (Berl). 2016 Aug;233(15-16):2955-71
  FI: 3.54
  Q2
- **Campistol J**, Díez-Juan M, Callejón L, Fernandez-De Miguel A, Casado M, Garcia Cazorla A, Lozano R, Artuch R. Inborn error metabolic screening in individuals with nonsyndromic autism spectrum disorders Dev Med Child Neurol. 2016 Aug;58(8):842-7
  FI: 3.615
  Q1
- Soria FN, Zabala A, Pampliega O, Palomino A, Miguelez C, Ugedo L, Sato H, Matute C, **Domercq M** Cystine/Glutamate Antiporter Blockage Induces Myelin Degeneration Glia. 2016 Aug;64(8):1381-95.
  FI: 5.997
  Q1

- **González-Pinto A,** González-Ortega I, Alberich S, Ruiz de Azúa S, Bernardo M, Bioque M, Cabrera B, Corripio I, **Arango C**, Lobo A, Sánchez-Torres AM, Cuesta MJ; PEPs Group. Opposite Cannabis-Cognition Associations in Psychotic Patients Depending on Family History PLoS One. 2016 Aug 11;11(8):e0160949
  FI: 3.057
  Q1
- García-Cabrerizo R, **García-Fuster MJ.** Comparative effects of amphetamine-like psychostimulants on rat hippocampal cell genesis at different developmental ages. Neurotoxicology. 2016 Sep;56:29-39
  FI: 2.738
  Q2
- Medrano-Fernández A, **Barco A.** Nuclear organization and 3D chromatin architecture in cognition and neuropsychiatric disorders Mol Brain. 2016 Sep 5;9(1):83
  FI: 3.745
  Q2
- **Forti-Buratti MA**, Saikia R, Wilkinson EL, **Ramchandani PG**. Psychological treatments for depression in pre-adolescent children (12 years and younger): systematic review and meta-analysis of randomised controlled trials. Eur Child Adolesc Psychiatry. 2016 Oct;25(10):1045-54
  FI: 3.339
  Q1
- Abdulkadir M, Tischfield JA, King RA, Fernandez TV, Brown LW, Cheon KA, Coffey BJ, de Bruijn SF, Elzerman L, **Garcia-Delgar B,** Gilbert DL, Grice DE, Hagstrøm J, Hedderly T, Heyman I, Hong HJ, Huyser C, Ibanez-Gomez L, Kim YK, Kim YS, Koh YJ, Kook S, Kuperman S, Lamerz A, Leventhal B, Ludolph AG, Madruga-Garrido M, Maras A, Messchendorp MD, Mir P, Morer A, Münchau A, Murphy TL, Openneer TJ, Plessen KJ, Rath JJ, Roessner V, Fründt O, Shin EY, Sival DA, Song DH, Song J, Stolte AM, Tübing J, van den Ban E, Visscher F, Wanderer S, Woods M, Zinner SH, State MW, Heiman GA, Hoekstra PJ, Dietrich A. Pre- and perinatal complications in relation to Tourette syndrome and co-occurring obsessive-compulsive disorder and attention-deficit/hyperactivity disorder. J Psychiatr Res. 2016 Nov;82:126-35
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  Q1
- Fiorenza A, **Barco A.** Role of Dicer and the miRNA system in neuronal plasticity and brain function. Neurobiol Learn Mem. 2016 Nov;135:3-12
  FI: 3.439
  Q1
- **Santesteban-Echarri O**, Rentero D, Güerre MJ, Espín JC, Jiménez-Arriero MA Tratamiento cognitivo-conductual de fobia específica en la infancia: estudio de caso. Ansiedad y Estrés 2016 Nov;22:80-90
  FI: 0.166
- Mas S, Blázquez A, Rodríguez N, Boloc D, Lafuente A, Arnaiz JA, **Lázaro L**, Gassó P. Pharmacogenetic study focused on fluoxetine pharmacodynamics in children and adolescent patients: impact of the serotonin pathway Pharmacogenet Genomics. 2016 Nov;26(11):487-496
  FI: 2.857
  Q2

- Santesteban-Echarri, O, Eisenberg, RE, Bird HR, Canino GJ, Duarte CS. Family Structure, Transitions and Psychiatric Disorders Among Puerto Rican Children. Journal of Child and Family Studies. 2016 Nov;25(11): 3417-3429
  FI: 1.802
  Q2

- **García Murillo L,** Ramos-Olazagasti MA, Mannuzza S**, Castellanos FX,** Klein RG. Childhood Attention-Deficit/Hyperactivity Disorder and Homelessness: A 33-Year Follow-Up Study J Am Acad Child Adolesc Psychiatry. 2016 Nov;55(11):931-936
  FI: 7.182
  Q1

- **Garcia-Delgar B**, Morer A, Luber MJ, Coffey BJ. Obsessive-Compulsive Disorder, Tics, and Autoinflammatory Diseases: Beyond PANDAS. J Child Adolesc Psychopharmacol. 2016 Nov;26(9):847-850
  FI: 2.149
  Q3

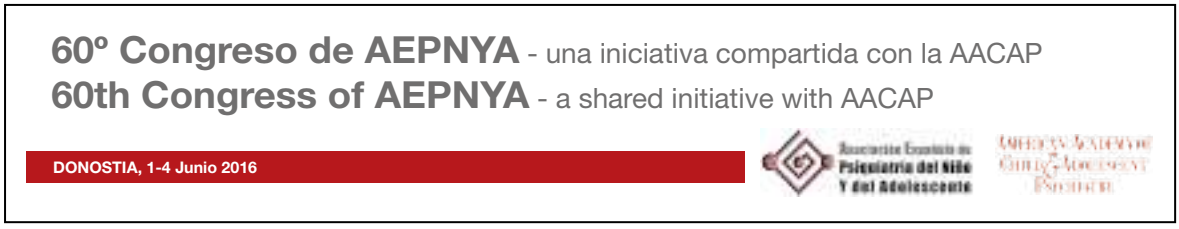
- Blázquez A, Gassó P, Mas S, Plana MT, Lafuente A, **Lázaro L.** One-Year Follow-up of Children and Adolescents with Major Depressive Disorder: Relationship between Clinical Variables and Abcb1 Gene Polymorphisms. Pharmacopsychiatry. 2016 Nov;49(6):248-253
  FI: 1.474
  Q3

- **Puig O**, Thomas KR, Twamley EW. Age and Improved Attention Predict Work Attainment in Combined Compensatory Cognitive Training and Supported Employment for People With Severe Mental Illness J Nerv Ment Dis. 2016 Nov;204(11):869-872
  FI: 1.836
  Q2

- Caro-Llopis A, Rosello M, **Orellana C**, Oltra S, Monfort S, Mayo S, Martinez F. De novo mutations in genes of mediator complex causing syndromic intellectual disability: mediatorpathy or transcriptomopathy? Pediatr Res. 2016 Dec;80(6):809-815
  FI: 2.761
  Q1

- **Pérez-Vigil A, Fernández de la Cruz L**, Brander G, Isomura K, Gromark C, **Mataix-Cols D.** The link between autoimmune diseases and obsessive-compulsive and tic disorders: A systematic review. Neurosci Biobehav Rev. 2016 Dec;71:542-562
  FI: 8.58
  Q1

- Jesús S, Huertas I, Bernal-Bernal I, Bonilla-Toribio M, Cáceres-Redondo MT, Vargas-González L, Gómez-Llamas M, Carrillo F, Calderón E, Carballo M, Gómez-Garre P, **Mir P.** *GBA Variants Influence Motor and Non-Motor Features of Parkinson's Disease*. PLoS One. 2016 Dec 28;11(12):e0167749
  FI: 3.057
  Q1



Sponsorships

In 2016 the Alicia Koplowitz Foundation helped organise the following scientific events:

3rd Symposium on Biomedical Research: "Advances and Perspectives in Neuroscience", 22 april 2016, in the main lecture hall (Aula Magna) of the School of Medicine at the Autonomous University of Madrid. Places were allocated on a first come, first served basis until the venue's capacity was reached.

10th Update Seminar on Child and Adolescent Psychiatry: "Intervention in Children with ADHD: optimising efforts between school, family and health professionals", 6 may 2016, in the auditorium at CIMA (Centre for Applied Medical Research) in Pamplona.

60th Congress of the Spanish Association for Child and Adolescent Psychiatry (AEPNYA), 1 to 4 june 2016, at the Kursaal Conference Centre in San Sebastian.

11th Scientific Conference of the Alicia Koplowitz Foundation, 27 and 28 october 2016, in the Grand Amphitheatre of the Official College of Physicians of Madrid.

Special Doctoral Prize

On 26 may 2016, the Committee of Official Post-doctoral and Doctoral Studies of the University of Alcala, Madrid, awarded the 2013-2014 special doctoral prize to Dr. Maria Dolores Picouto Gonzalez. Dr. Picouto was an advanced training fellow in child and adolescent psychiatry and psychology of the Alicia Koplowitz Foundation (2008-2010) at Imperial College London.

Dr. Picouto earned her degree in medicine from the Autonomous University of Madrid in 2001, and from 2002 to 2006 completed her psychiatry residency at the city's Hospital Ramon y Cajal. From 2008 to 2010 she trained in child and adolescent psychiatry at St. Mary's Hospital, London, thanks to a fellowship from the Alicia Koplowitz Foundation. During this period, she also worked as a researcher with the Academic Unit for Child and Adolescent Psychiatry at Imperial College London, undertaking a project on psychological effects and biological markers of stress in children admitted to intensive care units. She wrote her doctoral thesis on this project, which she defended at the University of Alcala on 14 october 2014.

From 2010 to 2015 she was attending psychiatrist at the Department of Child Psychiatry of Hospital Materno-Infantil Sant Joan de Déu in Barcelona, where she was responsible for the Mood Disorders and Suicidal Behaviour Programme and for patients with serious mental illness admitted under partial hospitalisation. She was also a member of Parc Sanitari Sant Joan de Déu's Child-Adolescent Healthcare Ethics Committee. Since 2016 she has been an attending psychiatrist for Child and Adolescent Psychiatry at Hospital Infantil Universitario Niño Jesus in Madrid, carrying out her clinical work in the Inpatient Unit.

Dr. Picouto (third from the right) with two of her thesis directors: Prof. Jeronimo Saiz Ruiz (Head of Psychiatric Department at Hospital University Ramon y Cajal, Madrid) and Prof. Elena Garralda (Emeritus Professor, Faculty of Medicine, Department of Medicine, Imperial College London, UK).

Management Team and Economic Data

Director of the Social Activity Program	Isidro Villoria
Psychologist	Paz Quijano
Administrative Secretary	Carmen Garcia
Medical-Scientific Programs Collaborator	Mario Fernández-Peña
Coordinator of Medical-Scientific Programs	Dr. Mª Concepcion Guisasola
Secretary of Management	Mónica G. Garcia Zuazo

Fundación Alicia Koplowitz

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

CERTIFICA QUE:

La información financiera de los ejercicios 2016 y 2015 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 31 de mayo de 2017, en el que se expresa una opinión favorable.

En Madrid, a 31 de mayo de 2017.

TIMBRE DEL ESTADO

CLASE 8.ª

0,03 EUROS

TRES CENTIMOS DE EURO

0N0408187

FUNDACIÓN ALICIA KOPLOWITZ

BALANCE DE SITUACIÓN ABREVIADO CORRESPONDIENTE AL EJERCICIO ANUAL TERMINADO EL 31 DE DICIEMBRE DE 2016
(Expresado en euros)

	2016	2015
Activo no corriente	**72 118**	**66 516**
Inmovilizado material (Nota 5.a)	71 485	65 884
Inmovilizado intangible (Nota 5.b)	-	-
Inversiones financieras a largo plazo (Nota 5.c)	633	632
Activo corriente	**515 624**	**539 069**
Usuarios y otros deudores de la actividad propia (Nota 6)	500 000	400 000
Otros	500 000	400 000
Deudores comerciales y otras cuentas a cobrar	1 287	1 255
Efectivo y otros activos equivalentes (Nota 7)	14 337	137 814
Total activo	**587 742**	**605 585**
Patrimonio neto (Nota 8)	**456 283**	**443 262**
Dotación fundacional	60 050	60 050
Excedentes de ejercicios anteriores	383 213	354 890
Excedentes del ejercicio	13 020	28 322
Pasivo corriente	**131 459**	**162 323**
Acreedores comerciales y otras cuentas a pagar (Nota 9)	131 459	162 323
Total pasivo	**587 742**	**605 585**

TIMBRE DEL ESTADO

ON0408188

CLASE 8.ª

FUNDACIÓN ALICIA KOPLOWITZ

CUENTA DE PÉRDIDAS Y GANANCIAS ABREVIADA CORRESPONDIENTE AL EJERCICIO ANUAL TERMINADO EL 31 DE DICIEMBRE DE 2016
(Expresada en euros)

	2016	2015
Ingresos de la actividad propia (Nota 11.b)	2 046 666	2 521 376
Subvenciones imputadas al excedente del ejercicio	2 046 666	2 521 376
Gastos de personal (Nota 11.c)	(309 218)	(512 158)
Amortización del inmovilizado (Nota 5)	(9 545)	(9 737)
Otros gastos de la actividad (Nota 11.d)	(1 714 903)	(1 970 080)
Excedente de la actividad	**13 020**	**29 401**
Ingresos financieros	-	-
Gastos financieros	-	(1 079)
Excedente de las operaciones financieras	**-**	**(1 079)**
Excedente antes de impuestos	**13 020**	**28 322**
Impuesto sobre beneficios (Nota 10)	-	-
Resultado del ejercicio - Beneficio / (Pérdida)	**13 020**	**28 322**