



2017 Annual Report



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Alicia Koplowitz Foundation

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Ms. Alicia Koplowitz
Chairwoman

Letter from the Chairwoman

The Alicia Koplowitz Foundation completed 23 years of activity in 2017. During this time we have become a reference point for researchers in the mental health of children and adolescents and have helped minors in a situation of vulnerability for various reasons to move forward and aspire to a better future in which they can participate in the progress of society.

Our interest in developing the education of the professionals who will attend to the mental health of the most vulnerable part of the population led us to expand our programme with the creation of Predoctoral Fellowships in Child and Adolescent Mental Health for two-year stays in international benchmark centres. The first round of fellowships was announced in 2017 and one recipient is already benefiting from it at the Karolinska Institute in Stockholm.

We also continued with the Advanced Training Fellowships in Psychiatry and Psychology and this year expanded the reach to include neuropaediatrics at the 14th call for proposals. With these fellowships we will continue to train three psychiatrists and psychologists for two years at universities and hospitals in the United States, United Kingdom and Sweden. The fellowships are developed with programmes designed individually for the beneficiaries. Once the training abroad has ended, the Foundation facilitates the fellows' job placement in Spain, providing them with the possibility of joining child and adolescent psychiatry departments or research centres for 12 months.

We also awarded eight short-term fellowships for periods abroad of up to 12 months at universities

and research centres in the areas of psychiatry, psychology and neuroscience that the fellows can choose for themselves. We are particularly concerned with research into early-onset neurodegenerative diseases.

For the 12th year in a row, we organised the Scientific Sessions in October, which this time focused on psychological conditions that can affect children between 6 and 12 years of age, assembling in Madrid the most experienced and knowledgeable mental-health professionals in this area. As a finale to the Sessions, we awarded grants to seven research projects: three in neuroscience, three in psychiatry and one in neuropaediatrics. In this case, the grants were given to teams conducting projects in Spanish hospitals, universities or research centres. One demonstration of the impact this programme is having is the fact 113 research projects applied for a grant in 2017.

And as we are part of a fully interrelated world, we partnered with other organisations and institutions that address child mental health. We sponsored the University of Granada in the organisation of the international symposium entitled *“Active Brains for All: Exercise, Cognition and Mental Health”*. We also sponsored the 61st Congress of the Spanish Association of Child and Adolescent Psychiatry (AEPNYA) at Jaume I University in Castellon and the 11th Seminar on Updates in Child and Adolescent Psychiatry: *“Etiological Factors and New Options for the Management of ADHD and Other Neurodevelopmental Disorders”*, organised by the Caja Navarra Foundation. We furthermore

participated with a round table on psychosis at the 17th National Congress of the Spanish Society of Neuroscience, held at the Alicante Provincial Government auditorium. Both the round-table coordinator and the four speakers were members of the Alicia Koplowitz Foundation Association of Child and Adolescent Mental Health Scientists and therefore former Foundation fellows or researchers.

As a patron member of the Spanish Association of Scientists, the Foundation continued to support the Association and back the activities it developed.

With regards the social area, our actions were aimed at powering the future of vulnerable children. We worked to offer the children not just company and love but also the possibility of developing their talent, a basic requirement for making headway in a competitive world. All of our work entailed the invaluable collaboration of the families who voluntarily and altruistically collaborate with us.

I cannot finish without sincerely thanking the Centro Hospitalario Padre Menni Hermanas Hospitalarias, which awarded us its 4th Mental Health Award in Santander in April. We are very proud of this recognition for the Foundation's work in the area of child and adolescent psychiatry, psychology, neuropaediatrics and neuroscience. Obviously there is still a long way to go but awards such as this motivate us and give us renewed strength to move forward, supporting research and endeavouring to improve the lives of the children who will be tomorrow's adults.

Medical/Scientific Activity

Ceiling paintings in the Great Hall of the Madrid Medical Association, the venue of the 12th Scientific Sessions. The paintings represent different moments of Medical history. Photos property of ICOMEM. Permission for their use given to Alicia Koplowitz Foundation

Advanced Training Fellowships

Preparing future leaders in their specialty

To enhance the academic and clinical training of professionals and contribute to the advancement of research in the field of child and adolescent psychiatry and neurosciences and neuropaediatrics, the Foundation awards Advanced Training Fellowships, with 60 specialists benefitting from them in the past 14 years.

They are as follows:

- Two-year **Advanced Training Fellowships** at the centres in the United States, United Kingdom and Sweden with which the Foundation has signed collaboration agreements and where the fellows follow a customised program, supervised by a tutor at the receiving centre and a Spanish tutor who is a former fellow of the same centre.
- Two-year **Advanced Training Fellowships in Neuropaediatrics** at international accredited centres.

- Two-year **pre-doctoral fellowships** to develop a research project that allows the fellows to defend their thesis in these areas on their return, according to the international doctorate programme.

The fellowships are offered for:

- Psychiatric medical residents and resident clinical psychologists to do a two-year training period after finishing their residency in Spain.
- Psychiatric medical residents and resident clinical psychologists to do a doctoral thesis after finishing their residency in Spain.
- Paediatricians and neurologists to do a two-year training period in neuropaediatrics.

The centres with which collaboration agreements have been signed are:

- *Columbia University Medical Center, Department of Psychiatry. New York, USA. Tutors: Drs Ian A. Canino and Moira Rynn.*
- *University of Pittsburgh Medical Center, Western Psychiatric Institute & Clinic. Pittsburgh, USA. Tutor: Dr. Boris Birmaher*
- *Bellevue Hospital Center, New York University. New York, USA. Tutor: Dr. Francisco Xavier Castellanos.*
- *Imperial College London, Centre for Psychiatry. London, United Kingdom. Tutor: Prof Paul Ramchandani.*
- *Institute of Psychiatry, Psychology & Neuroscience (IoPPN) at the Maudsley, King's College. London, United Kingdom. Tutor: Prof Emily Simonoff.*
- *Karolinska Institutet, Department of Clinical Neuroscience. Child and Adolescent Psychiatry Research Center. Stockholm, Sweden. Tutor: Prof David Mataix-Cols.*

The research projects proposed by the destination centres for the 2017-2019 call for doctoral theses were:

- *Educational and Occupational Outcomes in Anxiety, Trauma and Stressor-related Disorders. Directors: profs David Mataix-Cols and Lorena Fernández de la Cruz.*
- *Perinatal and Other Environment Risk Factors for Anxiety, Trauma and Stressor-related Disorders. Directors: profs David Mataix-Cols and Lorena Fernández de la Cruz.*
- *Early Intervention Randomized Controlled Trial to Prevent Behavioural Problems. Directors: Prof Paul Ramchandani and Dr. Jane Iles.*
- *Study of Psychosis and Affective Liability in Children, Adolescents and Transition Psychiatry Populations (age 12-25 years). Director: Prof Jim van Os. Maastricht University Medical Centre, Department of Psychiatry and Psychology, Maastricht (The Netherlands).*



After evaluating the applications received and the candidates' CVs, an interview was arranged with them in Spanish and English

and the evaluation tribunals decided to award the fellowships to:

Advanced Training Fellowships



Alba Ancochea Vilaplana

CENTRE: *St. Mary's Hospital, Imperial College*
(London, UK)

María Andreu Pascual

CENTRE: *University of Pittsburgh Medical Center (UPMC) Western Psychiatric Institute & Clinic*
(Pittsburgh, USA)



Laura Sevilla Cermeño

CENTRE: *Karolinska Institutet, Child and Adolescent Psychiatry Research Center*
(Stockholm, Sweden)



Pre-doctoral Fellowship

Alba Vilaplana Pérez

CENTRE: *Karolinska Institutet, Child and Adolescent Psychiatry Research Center*
(Stockholm, Sweden)





Alba Ancochea Vilaplana

Graduate of Medicine and Surgery, University of Barcelona. She completed the specialty of psychiatry at Hospital de la Santa Cruz y San Pablo, in Barcelona, while rotating in different units of the Child and Adolescent Psychiatry Service at the Mutua de Terrassa. She also carried out a three-month external rotation related to the child and adolescent psychiatry area at the Westminster Child and Adolescents Mental Health Service, London.

During her residency years, she trained in systemic family therapy and cognitive-behavioural psychotherapy and engaged in the research work of the Borderline Personality Disorders team at Hospital de San Pablo, which allowed her to participate in the publication of an article, a book chapter and several papers.

ACTIVITY DURING THE FELLOWSHIP

Collaboration in the project "Psychological Needs of Parents/Carers of Adolescents and Young Adults with a First Psychotic Episode", a cross-sectional study based on data obtained from the Harrow and Hillingdon Early Intervention Service, London.

Participation in the "Healthy Start, Happy Start" study, a randomized clinical trial to verify the effects of a video feedback intervention on maternal sensitivity and behavioural problems in children under three years of age.

She is rotating at the Westminster Child and Adolescent Mental Health Service (CAMHS) outpatient centre, where she conducts initial and follow-up visits, as well as cognitive behavioural therapy for

children and adolescents with different disorders.

She is part of the psychiatry liaison team with St. Mary's Hospital, where she performs evaluations and follow-up of hospitalized patients with psychiatric comorbidities in systemic family therapy sessions and autism assessments.

Since October 2017, she has also attended the weekly sessions of the Child and Adolescent Psychiatry training programme for St. Mary's Hospital, Imperial College residents which includes a therapeutic workshop (focused on family therapy this year) and a critical reading seminar on scientific articles, as well as case reports on a monthly basis.

María Andreu Pascual

Specialist in Psychiatry. Graduate of Medicine and Surgery, University of Valencia. She completed her residency at Hospital Lluís Alcanyís de Xàtiva, in Valencia. She rotated in different Child and Adolescent Psychiatry and Psychology Service units at that centre and at the Hospital Universitario y Politécnico de La Fe in Valencia and the Mental Health Center of Sueca (Valencia). Her external rotations were related to the Child Mental Health area of Women's College Hospital in Toronto and Westminster CAMHS in London.

During her residency years she got involved in the research area of psychiatry, engaging in various papers, book chapters and journal articles, both at home and abroad. She trained in child psychoanalysis, where she was supervised weekly, and did a master's in Mental Health at the University of Elche, with a subspecialty in child and adolescent psychiatry.



ACTIVITY DURING THE FELLOWSHIP

Since joining the Western Psychiatric Institute and Clinic in University of Pittsburgh Medical Center in September 2017, she has been a clinical observer and has carried out the necessary procedures for obtaining her medical license compatible with clinical activity in the United States, which will enable her to attend patients on an individual basis as part of her training.

Her research project, "Traumatic and Life events in the Course and Outcome of

Pediatric Bipolar Illness: A Longitudinal Study", is being closely supervised by Dr. Birmaher and Dr. Mary Kay Gillman, in collaboration with the statistics they work with at the centre. When the data has been adequately analyzed, she will perform the role of the main project manager and will therefore be responsible for its drafting and publication.



Laura Sevilla Cermeño

Graduate of Medicine and Surgery, Complutense University of Madrid. Dr. Sevilla continued her studies at the Karolinska Institutet with the Erasmus programme in 2008. She specialised in psychiatry at the Hospital Universitario de Getafe, undertaking specific training in child and adolescent psychiatry through various rotations (Getafe Centre for Child and Adolescent Mental Health, Hospital General Universitario Gregorio Marañón Adolescents Unit) and multiple postgraduate courses.

She did a university course specialising in clinical and psychoanalytic psychotherapy at the Pontificia de Comillas University of Madrid.

ACTIVITY DURING THE FELLOWSHIP

She has participated in numerous courses and seminars, and at the 12th Scientific Sessions of the Alicia Koplowitz Foundation, devoted to development and mental health in children aged 6 to 12 years (October 2017). She is currently

in the phase of analysing the data from a study on sleep in paediatric patients with OCD and associated disorders, which will probably be the first of the studies to form her doctoral thesis.

Alba Vilaplana Pérez

Specialist in Clinical Psychology. Dr. Vilaplana Pérez graduated from the University of Valencia in 2007. That same year she undertook a master's in psychotherapy and began her professional career in child psychology. She spent time working at a Grenoble municipal care facility (France) with a Eurodyssée grant. After returning to Spain, she accepted a position with the children's section of the Valencia Ministry of Social Wellbeing. She began working at a family meeting point facility of the Valencia Justice Ministry while studying for two master's: as a high school teacher and in advances in clinical psychology.

She took up a residency as an internal psychologist at the Lluís Alcanyís de Xàtiva hospital in Valencia in 2013. She rotated in different sections of the Child and Adolescent Psychology Service and spent time at Hospital de la Ribera, the Child-Adolescent Day Hospital of Castellon, at INTRA-TP (Trauma and Personality Disorder Treatment Institute) centres in Galicia and at the Roberto Clemente Center in New York, USA.

She has taken part in various research projects that have been published in papers, articles and book chapters. She has been trained in family and systemic therapy and Eye Movement Desensitization and Reprocessing (EMDR) and has done several specific courses on the evaluation and treatment of childhood disorders.



ACTIVITY DURING THE FELLOWSHIP

In addition to participating in various courses and seminars, she is involved with two research projects: "Validation of Diagnostic Codes in Children's Mental

Health Taken From National Registers of the Swedish Population" and "Risk Factors and Consequences of Social Phobia".



Return Agreements

Leveraging what was learnt overseas back in Spain

The Koplowitz Foundation Return Agreements are an opportunity extended to Advanced Training fellows who complete their specialist education abroad to work at different Spanish hospitals for six months after finishing their fellowship. It is a way for them to apply in

Spain the knowledge they gained in some of the most prestigious international training and research centres. The fellows who decided to take up this possibility in 2017 and join Spanish Child and Adolescent Psychiatry departments were the following:



Sonia Álvarez Fernández

CENTRE: Hospital Universitario Infantil Niño Jesús, Madrid

Marta Casanovas Espinar

CENTRE: Hospital Sant Joan de Déu, Barcelona



Marina Fábrega Ribera

CENTRE: Hospital Sant Joan de Déu, Barcelona



Marina Romero González

CENTRE: Hospital Materno-Infantil, Málaga





Sonia Álvarez Fernández

Doctorate in Health Sciences, University of Alcalá de Henares, and specialist in Child and Adolescent Mental Health, New York University. Dr. Álvarez undertook a Psychology residency at Hospital Universitario Príncipe de Asturias and later worked as a Specialist Psychologist in Clinical Psychology at Hospital Universitario Infantil del Niño Jesús.

She also qualified as a Family Therapy Specialist from the Ackerman Institute for the Family, New York (USA), and as a Psychotherapy Expert with Children and Adolescents from the Spanish Association of Psychoanalytic Psychotherapy (AEPP). She has published numerous studies on her specialty and was the winner of the 9th Young Researchers in Clinical Psychology Award in 2014.

ACTIVITY DURING THE AGREEMENT

During her time at Hospital Universitario Infantil del Niño Jesús, Dr. Álvarez combined clinical and academic training with research work. With regards clinical work, she engaged in early childhood psychopathological evaluations and diagnoses (standardised tests and en vivo clinical diagnostic observation), and in free play and guided activity contexts. She also developed psychological treatments and interventions in diverse neurodevelopmental and socioemotional conditions in early

childhood and took part in the study of the functioning of an outpatient intensive treatment unit and various outpatient individual and multidisciplinary units such as the Early Care Unit and the Early Childhood Eating Disorders Unit.

Her research activity focused on a social skills project in early childhood serious mental disorders and included the presentation of works at clinical sessions and congresses. She also engaged in different child and adolescent psychiatry sessions, courses and seminars.

Marta Casanovas Espinar

Degree in Medicine and Surgery, Autonomous University of Barcelona; specialisation in Psychiatry, Hospital Vall d'Hebron, Barcelona. During her residency, Dr. Casanovas did various rotations in the child and adolescent psychiatry area at Hospital Clínic de Barcelona and the University of California, San Francisco.

She was the beneficiary of two Alicia Koplowitz Foundation fellowships, one Advanced Training and one Short Term, both of which she did at St. Mary's Hospital-Imperial College London. Through her ties to Imperial College, Dr. Casanovas is involved with a research project on psychosomatic and traumatic symptoms among adolescents.



ACTIVITY DURING THE AGREEMENT

During the return agreement period she worked as a child and adolescent psychiatrist at the Crisis Unit and Suicide Team at Hospital Sant Joan de Déu in Barcelona, engaging in different clinical rotations in her areas of interest or where she wanted to reinforce her training. She did rotations in the acute crisis

area and the eating disorders, autism spectrum disorders and ADHD units. At the research level, Dr. Casanovas was involved with the first-episode psychosis team, attending weekly meetings, and developed a sub-analysis focused on neurological soft signs in first-episode psychosis patients.



Marina Fábrega Ribera

Degree in Medicine and Surgery, University of Barcelona and Degree in Psychology, Open University of Catalonia. Dr. Fábrega did her residency at the Psychiatry and Clinical Psychology Teaching Unit at Hospital Clínic, Barcelona.

She undertook an Alicia Koplowitz Advanced Training Fellowship in Child and Adolescent Psychiatry and Psychology at the Centre for Psychiatry, Imperial College London. During her time at Imperial College she took part in a research project to help parents with the behaviour and development of their children. She has collaborated with numerous specialist publications and taken part in different congresses, seminars and meetings.

ACTIVITY DURING THE AGREEMENT

At the Child-Youth Mental Health Service at Hospital Sant Joan de Déu in Barcelona she formed part of different multidisciplinary care teams such as the hospitalisation room for children and adolescents with diverse psychiatric symptoms and the Psychiatric Crisis Unit. She also worked in the Eating Disorders Unit and on the monitoring

and treatment of patients with tics, OCD and Tourette's, as well as in coordination with Neuropaediatrics. She participated as a co-therapist in different social skills group sessions for adolescents with ASD and was involved in research projects with eating-disorder and hospital-introduction teams.

Marina Romero González

International Doctorate in Medicine, Cum Laude, University of Malaga. Master's in Early Care Paediatrics, University of Alcalá de Henares.

Alicia Koplowitz Advanced Training Fellowship in Child and Adolescent Psychiatry and Psychology, Maudsley Hospital, King's College London. Dr. Romero was a partner in a worldwide research project on early risk factors in autism spectrum disorders at King's College London and the National Institute of Health Research (UK). She has a master's in Child and Adolescent Investigation and Clinical Neuroscience from King's College London.



ACTIVITY DURING THE AGREEMENT

During her six months at the Child-Youth Mental Health Unit at Hospital Materno-Infantil in Malaga she worked as a paediatric psychiatry consultant in the Autism Spectrum and Other Neurodevelopmental Disorders programme, performing diagnostic evaluations and therapeutic interventions. She also initiated a group psychoeducation programme for parents

of children with ASD. At the research level she continued as the coordinator of a project on clinical, cognitive and neurophysiological aspects of ASD which she had started during a fellowship from the University of Malaga. She was also actively engaged in the recruitment of patients aged two to six to perform a detailed clinical characterisation.



Short Term Visiting Fellowships

Top-tier research in centres of
world excellence

The Short Term Fellowships that 104 specialists have enjoyed over the programme's 10 years underwent some changes in scale in 2017.

When the fellowships began in 2007, as part of the Child and Adolescent Mental Health Support Programme implemented by the Foundation, they had a number of very specific recipients. They were open to child and adolescent psychiatrists or psychologists and researchers in the neuroscience area, and were for between one and six months.

However, since last year the call has been open to neuropaediatricians and the fellowships are

for up to 12 months, providing beneficiaries with greater training and research prospects.

Recipients can choose any university or research centre in the world with a programme of excellence in the subject concerned in each case. The Foundation covers travel and accommodation costs, medical insurance and other miscellaneous expenses.

The following candidates were chosen in the 2017 call. Some did their fellowships in 2017 and others will do them in 2018:

Short Term Visiting Fellowships



Raquel Cecilia Costa

CENTRE: *Joslin Diabetes Center. Harvard Medical School. Boston, Massachusetts, USA..*



Xavier Estrada Prat

CENTRE: *Western Psychiatric Institute and Clinic. University of Pittsburgh Medical Center. Pittsburgh, USA.*



Irene Esteban Cornejo

CENTRE: *Center for Cognitive and Brain Health at Northeastern University. Boston, MA, USA.*



Gonzalo Salazar de Pablo

CENTRE: *Zucker Hillside Hospital. New York, USA.*



Daniel Bergé Baquero

CENTRE: *Center for Neuroimage Analysis. University of California. Sacramento, California, USA.*



Ana Pérez Vigil

CENTRE: *Child and Adolescent Psychiatry Research Center. Karolinska Institutet. Stockholm, Sweden..*



Eva Gutiérrez Delicado

CENTRE: *CENTRE: Great Ormond Street Hospital for Children. London, UK.*

Ángeles García Cazorla

CENTRE: *University of California. San Francisco, USA.*

(This last recipient turned down the fellowship for personal rea-sons and the evaluation committee decided to leave it vacant.)

Raquel Cecilia Costa

Degree in Medicine and Surgery, Autonomous University of Barcelona. Dr. Cecilia completed her residency in psychiatry at Hospital de Vic (Barcelona). In the final year of her 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 Benvolent Menni (Sant Boi de Llobregat).

She currently works as a consultant psychiatrist in the Eating Disorders Unit of the Psychiatry Department and also collaborates with the Endocrinology Department at Hospital Sant Joan de Déu. She is studying for a doctorate in medicine at the University of Barcelona.



CENTRE

The Joslin Diabetes Center is the world's largest diabetes research centre and the only one of this specialty attached to Harvard Medical School. Sited in the medical and academic area of Longwood, Boston, it regularly has over 300 researchers working there. It is responsible for historic discoveries such as the strict control of glucose levels in the blood to reduce or prevent diabetes complications, the treatment to enable diabetic women to have healthy babies, the identification of prediabetes markers and the use of laser surgery in the treatment of diabetic retinopathy.

ACTIVITY

During two six-month stays (one in 2016 and the other in 2017) at the Joslin Diabetes Center, Dr. Cecilia developed a research project related to the risk of eating disorders in adolescents with type 1 diabetes.



Xavier Estrada Prat

Degree in Medicine and Surgery, Autonomous University of Barcelona. Specialist in Psychiatry, Hospital Clínic Universitari de València. Dr. Estrada was a consultant psychiatrist at the Granollers Adult Mental Health Center (Barcelona) and the Acute Psychiatric Unit at Granollers Hospital.

Since 2009, he has been an associate psychiatrist at the Institut de Neuropsiquiatria i Addiccions (INAD, Barcelona), carrying out research and care activity related to paediatric bipolar disorder. His research line focuses on poly-somnographic variables in bipolar children.

CENTRE

The Western Psychiatric Institute and Clinic is one of the most important centres in the US in behavioural health for children, adolescents, adults and the elderly in each stage of their recovery. It has 400 psychiatric beds and around 50 outpatient programmes. It is part of the University of Pittsburgh Medical Center, a non-profit covering 30 hospitals, and has over 80,000 people on staff.

ACTIVITY

Dr. Estrada engaged in his department's regular activities (clinical sessions, research monitoring meetings) at the Western Psychiatric Institute and Clinic under the supervision of Dr. Boris Birmaher. He also had a weekly tutorial with this prestigious faculty member. Dr. Estrada attended multiple congresses, courses and talks; presented a paper at the Center for Sleep and Circadian Science and continued to work on his doctoral thesis.

Irene Esteban Cornejo

Doctoral degree in Physical Activity and Sport, Autonomous University of Madrid with a thesis on the influence of lifestyle behaviours and health-related markers on academic and cognitive performance in children and adolescents.

Dr. Esteban began in the neuroscience area as a Juan de la Cierva Postdoctoral Research Fellow at the University of Granada, ActiveBrains Project, a randomized control trial in overweight/obese children which aims to examine the effect of an exercise program on cognition and functional and structural brain changes. She has had pre- and post-doctoral periods working in the US, Brazil, Portugal and Australia.



CENTRE

The Center for Cognitive and Brain Health at Northeastern University in Boston specialises in the effects of lifestyle choices (physical activity, diet) and their physiological repercussions (physical form, adiposity) on brain and cognition. To do so it uses neuroimaging, computational and behavioural tools across broad groups of patients. It boasts a comprehensive biological samples facility to collect and process blood, saliva and other biomarkers that aid in the understanding of the brain consequences of health behaviours.

ACTIVITY

Irene Esteban's goal at the Center for Cognitive and Brain Health, led by Dr. Charles Hillman, is to advance in child and adolescent neuroscience knowledge from a comprehensive approach. Of special interest for her training are two research projects being conducted there: one called Fitness Improves Thinking in Kids, (FITKids), which analyses the effect of six months' physical exercise on brain structure and function in children, and another examining the effect of a single period of exercise on brain and cognitive function (attention and working memory) among nine and 10 year old children.



Gonzalo Salazar de Pablo

Degree in Bilingual Medicine, University of Navarre. Dr. Salazar did his residency in Psychiatry at Hospital General Universitario Gregorio Marañón, Madrid. He is a therapist in the Adolescent Psychosis Intervention Program at HGU Gregorio Marañón. Research member of the Spanish Association of Psychiatry Residents.

Dr. Salazar has completed his master's studies in Initiation to Mental Health Research at the University of Cantabria and is doing a master's degree in Integrative Psychotherapy Perspective at the University of Alcalá, Psychoanalytic Psychotherapy at the University of Comillas and Legal Psychiatry at the Complutense University of Madrid. His doctoral thesis concerns early-onset bipolar disorder. He is a research partner at the Child and Adolescent Psychiatry Service of HGU Gregorio Marañón.

CENTRE

Located in Queens, New York, the Zucker Hillside Hospital runs pioneering mental-health research and teaching programmes. One of its most recent advances has been the use of virtual reality software to treat different phobic disorders, such as fear of flying. It has 236 beds and provides outpatient services for patients of all ages. It is one of four centres designated by the US National Institute of Health for the clinical study of schizophrenia.

ACTIVITY

Dr. Salazar engaged in the recruitment of under-age patients admitted to the Zucker Hillside Hospital Adolescent Inpatient Unit, in diagnostic conferences and the review of articles, and in the administration of questionnaires concerning syndromal, subsyndromal and prodromal psychopathology, as well as temperament, personality, functioning, lifestyle and adverse reactions among inpatients and outpatients and their legal custodians. He continues to engage in systematic and meta-analysis reviews on first-episode psychosis along with Dr. Christoph Correll, responsible for his rotation and co-supervisor of his doctoral thesis on early-onset bipolar disorder.

Daniel Bergé Baquero

Degree in Medicine and Surgery, Autonomous University of Barcelona. Specialist in Psychiatry. Dr. Bergé works at Hospital del Mar in Barcelona as a consultant psychiatrist in the Acute Psychiatric Unit and on the First Episode Psychosis Programme which he coordinates.

He conducted his research work with the neuroimaging group at Instituto Hospital del Mar de Investigaciones Médicas and at the Autonomous University of Barcelona. His thesis on functional and structural brain abnormalities related to emotion processing in first-episode psychosis won the extraordinary doctoral prize of the Autonomous University of Barcelona, where he is an associate professor.



CENTRE

The Imaging Research Center in Sacramento is part of the University of California, Davis, an institution with nearly 150 years of history, during which over 1.7 million students have passed through its halls. The university has five academic medical centres, largely funded by state public health funds. Nearly half the physicians working in California were educated there.

ACTIVITY

His fellowship at the Imaging Research Center of the University of California, Davis, is allowing Dr. Bergé to learn neuroimaging and cognition analysis techniques in the initial phases of psychosis and in multidisciplinary approaches during these phases. He attends professional coordination meetings where clinical cases are discussed and coordination meetings with the research team.



Ana Pérez Vigil

Degree in Medicine and Surgery, University of Barcelona; specialisation in psychiatry at Hospital Clínic, Barcelona. Between 2015 and 2017 Dr. Pérez was the beneficiary of an Alicia Koplowitz Foundation Advanced Training Fellowship which she undertook at the Child and Adolescent Psychiatry Research Centre, Department of Clinical Neuroscience, Karolinska Institutet in Stockholm, Sweden. She is doing her doctoral thesis, based on various studies on the functional impact of OCD, tics and anxiety disorders in schools (infant-school children) and in social/work areas subsequently in adulthood.

CENTRE

The Psychiatry Research Centre of the Karolinska Institutet conducts research in fields such as depression, anxiety, personality disorders, abuse and suicide. Its Child and Adolescent Psychiatry programme is focused on autism, ADHD, abnormal gender development, OCD, self-injurious behaviour and functional abdominal pain in children, among other conditions. One of its most innovative areas of development is internet-based cognitive behavioural therapy.

ACTIVITY

During her time at the Karolinska Institutet and under the direction of Prof. Mataix-Cols, Dr. Pérez engaged in multiple research projects: systematic reviews related to OCD and its etiology; validation of a screening scale to diagnose body dysmorphic disorder; an epidemiological study with Swedish population records to test the hypothesis of whether OCD/chronic tics and autoimmune diseases occur together more in families, and a study on pharmacoepidemiology in patients with chronic tics or Tourette's. As an observer she has visited various complex patients with OCD and other comorbidities at the clinic associated with the Child and Adolescent Psychiatry Research Centre, along with patients with chronic tics disorder and body dysmorphic disorder. She completed her training with courses on statistics, how to perform systematic reviews and meta-analyses, neuropsychopharmacology and epidemiology.

Eva Gutiérrez Delicado

Degree in Medicine and Surgery, Autonomous University of Madrid. Specialist in Neurology from the Hospital Universitario Clínico San Carlos, Madrid. Dr. Gutiérrez has conducted research projects on epilepsy at the Neurology Laboratory and Epilepsy Unit at the Jiménez Díaz Foundation, Madrid.

She trained in Neuropaediatrics and Paediatric Epileptology at Necker Enfants Malades Hospital and the Adolphe de Rothschild Foundation in Paris. She obtained the Interuniversity Diploma in Childhood Neurology (DIU) from the University Jules Verne in Amiens (France). Her doctoral thesis, presented at the Autonomous University of Madrid, was titled "Clinical and Molecular Genetics of Familial Epilepsies". She works at Fuenlabrada Hospital, Madrid, where she is dedicated especially to epilepsy consultations and the interpretation of paediatric and adult video-ECG studies.



CENTRE

Founded in 1852 as the first children's hospital in England, Great Ormond Street is the largest postgraduate paediatric health research and teaching centre in Europe. Its facilities in northwest London have an extensive range of children's specialists and it is at the UK cutting-edge in paediatric heart and brain surgery and cancer treatment. Its association with University College London has made it an important international training centre for doctors and nurses.

ACTIVITY

The objective of this short-term fellowship was for Dr. Gutiérrez to expand on her neurology studies at Great Ormond Street, particularly in paediatric epilepsy, and to establish partnerships with groups of international experts in the field. She has already had the opportunity to attend the general consultation of Neuropaediatrics and its specialised Epilepsy counterpart, to attend inpatients in performing video-EEG monitoring and to attend neuroradiology, neurophysiology and epilepsy surgery sessions where patient status is discussed and treatment decisions are made. She is currently defining a research topic, probably focused on electroencephalography in tuberous sclerosis patients and pharmacoresistant epilepsy.

Research Project Funding Call 2017

Psiquiatry

Characterisation of metabolic profile (bacterial and non-bacterial) in children and adolescents with ADHD and assessment of its value as a diagnostic marker.

Principal Investigator: **Dr. José Ángel Alda Díez**

Team: Dr. Josefa Canals Sans
Dr. Mónica Tous Márquez
Dr. María Izquierdo Pulido

Centre: Fundación Sant Joan de Déu, Hospital Sant Joan de Déu, Barcelona

Prevention of cellular ageing in adolescents with first-episode psychosis treated with N-acetylcysteine.

Principal Investigator: **Dr. David Fraguas Herráez**

Team: Dr. Elisa Rodríguez Toscano
Dr. Pamela Rodríguez Latorre
Dr. Gonzalo López Montoya

Centre: Hospital General Universitario Gregorio Marañón, Madrid

Neurosciences

Identification of new neural tic control mechanisms in Tourette Syndrome

Principal Investigator: **Dr. Pablo Mir Rivera**

Team: Dr. Juan Francisco Martín Rodríguez
Dr. Marcos Madruga Garrido
Dr. Miguel Ruíz Veguilla

Centre: Hospital Universitario Virgen del Rocío, Sevilla

Neurosciences

CPEB4 polyadenylation of genes causing autism spectrum disorders in the maternal immune activation model.

Principal Investigator: **Dr. José Javier Lucas Lozano**

Team: Dr. Ainara Elorza Peregrina
Dr. María Santos Galindo
Dr. Sara Picó del Pino

Centre: Centro de Biología Molecular "Severo Ochoa". CSIC/FSO, Madrid

Rescue of mitochondrial function in human neurons derived from patients with Friedreich's ataxia.

Principal Investigator: **Dr. Alfredo Giménez-Cassina Sendón**

Team: Dr. Javier Díaz Nido
Dr. Sara Pérez-Luz

Centre: Centro de Biología Molecular "Severo Ochoa". UAM-CSIC. Universidad Autónoma, Madrid

Neuropediatrics

Relationship between prenatal exposure to endocrine disruptors, placental microbiota and child and adolescent neurodevelopment. The INMA Project.

Principal Investigator: **Dr. M^a José López Espinosa**

Team: Dr. Carmen Iñiguez Hernández
Dr. Nerea Lertxundi Iribar
Dr. Maria Pilar Francino Puget

Centre: Fundación para el Fomento de la Investigación Sanitaria y Biomédica de la Comunidad Valenciana, FISABIO-Salud Pública, Valencia

Research Project Funding

Boosting knowledge around child and adolescent mental health

The Child and Adolescent Mental Health Support Programme comprises grants for research projects led by Spanish investigators undertaking their work in hospitals, universities or research centres located anywhere in the country.

Set up in 2005, the original objective of these grants was to promote research into child and adolescent psychiatry and neuroscience. Their scope was extended in 2017 to neuropsychiatry with the announcement of seven grants, increasing those already

awarded by the Alicia Koplowitz Foundation to 88.

Some 114 projects were submitted in 2017: 49 on child and adolescent psychiatry, 43 on neuroscience and 22 on neuropsychiatry. The applications were assessed by three commissions comprising child and adolescent specialist psychiatrists, neuroscientists from the CSIC (Spanish National Research Council) and neuropsychiatrists.

The following projects were awarded grant funding:





Characterisation of metabolic profile (bacterial and non-bacterial) in children and adolescents with ADHD and assessment of its value as a diagnostic marker.

PRINCIPAL INVESTIGATOR

Dr. José Angel Alda

Undergraduate and doctoral degrees in medicine from the University of Zaragoza. Completed a specialist residency in psychiatry. Head of Child and Adolescent Psychiatry at the Hospital San Juan de Dios in Barcelona, where he coordinates the ADHD Unit (Attention Deficit Hyperactivity Disorder). Collaborates with the research group for Etiopathogenesis and treatment of serious mental disorders, a research group established by the Regional Government of Catalonia. Member and Vice-Chairman of the Spanish Association of Child and Adolescent Psychiatry (AEPNYA), and member of the Academy of Medical Sciences of Catalonia. In 2010 he coordinated the ADHD Clinical Practice Guide issued by the Ministry of Health, participating again in its production in 2016. Has extensive teaching experience.

PROJECT SUMMARY

ADHD is a neurodevelopmental disorder with a high prevalence in children. It has serious consequences if not properly treated. The microbiota in the gastrointestinal (GI) tract affects the health of the host, and when impaired influences the development of certain diseases.

The objective of the study is to assess the role of metabolites present in faeces and urine as a diagnostic marker for ADHD in children and adolescents.

This is an observational case-control study with a total sample of 240 subjects aged 6-14 years, distributed into four groups: treatment-naïve ADHD patients; ADHD patients on drug therapy; neurotypical non-neuropsychiatric subjects who are siblings of the first two groups, and; neurotypical non-neuropsychiatric subjects with no relation to the other groups.



Prevention of cellular ageing in adolescents with first-episode psychosis treated with N-acetylcysteine.

PRINCIPAL INVESTIGATOR

Dr. David Fraguas Herráez

Degree in Medicine and Surgery from the Autonomous University of Madrid and a Doctor of History of Medicine from the Complutense University of Madrid, where he is an Associate Lecturer. Attached to the Child and Adolescent Psychiatry Unit at the Hospital General Universitario Gregorio Marañón in Madrid.

PROJECT SUMMARY

Individuals with psychosis, including early first-episode psychosis, have a premature and accelerated cellular ageing rate compared to that expected for their age, as measured by telomere length loss.

N-acetylcysteine (NAC) acts as a limiting step in glutathione (GSH) production, one of the body's main antioxidant agents. Its use could therefore decrease

rates of premature and accelerated cellular ageing.

This study evaluated the change in leukocyte telomere length over a 48-week monitoring study of 40 people with early first-episode psychosis treated with NAC, 40 people with early first-episode psychosis treated with placebo, and 40 healthy controls without treatment.



Identification of new neural tic control mechanisms in Tourette Syndrome.

PRINCIPAL INVESTIGATOR

Dr. Pablo Mir

Undergraduate and doctoral degrees in medicine from the University of Seville. Has completed long-term placements in leading global experimental neurology institutes such as the Institute of Neurology, Queen Square, and Hammersmith Hospital, Imperial College (both in London), as well as Columbia University in New York. Completed a specialist healthcare training program through the Carlos III Health Institute (post-residency/'Río Hortega' contract) at the Biomedical Research Laboratory of the Hospital Universitario Virgen del Rocío, Seville. Is a specialist physician and coordinator in this hospital's Movement Disorders Unit (part of the Neurology Department). Is also Principal Investigator (Head of Group) at the Biomedical Institute of Seville (IBiS), and Associate Lecturer in the Department of Medicine at the Hispalense University.

PROJECT SUMMARY

Tourette syndrome (TS) is a neurodevelopmental disorder characterized by the presence of tics and associated psychiatric comorbidities. Symptoms improve or diminish spontaneously in an estimated 40%-50% of patients, possibly due to the development of neuronal compensatory mechanisms for tic control. However, a significant percentage of patients do not develop such mechanisms and still suffer TS in adulthood.

Recent studies in adults have detected changes in neural plasticity of the cortico-striato-thalamo-cortical (CSTC) circuit—thought to originate tics—which could explain the lack of compensatory mechanisms.

This study aims to find alternative cortical pathways to the CSTC which may be enhanced to achieve tic control. The information extracted will be used to better understand tic control in TS and to facilitate the study of new therapies.



CPEB4 polyadenylation of genes causing autism spectrum disorders in the maternal immune activation model.

PRINCIPAL INVESTIGATOR

Dr. José Javier Lucas Lozano

Completed his doctoral thesis on the molecular basis of pain regulation at the Cajal Institute of the CSIC, Madrid. Following post-doctoral studies at Columbia University, New York, he went on to conduct his research at the Severo Ochoa Molecular Biology Centre (CSIC-UAM), where he is a tenured scientist and research lecturer. Is also the Principal Investigator at the Network Centre for Biomedical Research in Neurodegenerative Diseases (CIBERNED), part of the Carlos III Health Institute. He was the first to show that neurodegenerative diseases can be reversed by generating the first conditional animal model for Huntington's disease.

PROJECT SUMMARY

Some autism spectrum disorders (ASDs), such as fragile X syndrome or Rett syndrome, are due to 100% penetrant mutations in a single gene. However, most cases correspond to idiopathic ASD with no known molecular cause. Recent genomic techniques have identified some two hundred genes whose alterations transmit greater susceptibility to ASD, despite not being highly penetrant.

This genetic component accounts for 50% of ASD causality, with the other

50% explained by environmental factors which alter neurodevelopment. The CPEB4 protein could regulate the expression of many of the genes implicated in ASD in response to environmental factors which raise susceptibility to this disorder. To test this, levels of CPEB4 and susceptibility genes are being analysed in the maternal immune activation model in mice treated with polyI:C, an agent that mimics viral infections associated with an increased risk of ASD.



Rescue of mitochondrial function in human neurons derived from patients with Friedreich's ataxia.

PRINCIPAL INVESTIGATOR

Dr. Alfredo Giménez-Cassina

Degree in biology and a science PhD from the Autonomous University of Madrid. Was a post-doctoral researcher in the Dana-Farber Cancer Institute/Harvard Medical School, Boston, and Principal Investigator at the Karolinska Institute, Stockholm. Is the 'Ramón y Cajal' researcher at Autonomous University of Madrid, in the Severo Ochoa Molecular Biology Centre.

PROJECT SUMMARY

Friedreich's ataxia is a neurodegenerative disease with very early onset during childhood or adolescence. It causes a lack of motor coordination and leads to significant disability and dependence. At the molecular level, the disease is caused by a deficiency in the protein frataxin, leading to mitochondrial dysfunction and metabolic deficiencies in the nervous system, although the molecular neurodegeneration mechanisms caused by lack of frataxin are not fully understood.

One of the main challenges to studying the molecular mechanisms

underlying neurodegeneration caused by frataxin deficiency is the absence of physiologically-relevant experimental models of patients, since most studies have been performed with skin fibroblasts from these patients.

The primary objective of this project is to collect patient-derived human neurons using the latest cellular reprogramming techniques in order to study the pathogenesis of Friedreich's ataxia, as well as to assess possible neuroprotective treatments.



Relationship between prenatal exposure to endocrine disruptors, placental microbiota and child and adolescent neurodevelopment. The INMA Project.

PRINCIPAL INVESTIGATOR

Dr. Mª José López-Espinosa

Epidemiologist specialising in the study of the effects of exposure to chemical compounds with hormonal activity (endocrine disruptors) on child health. Was lecturer at the London School of Hygiene and Tropical Medicine for three years. Holds a 'Miguel Servet' contract (a programme of the Carlos III Health Institute) in FISABIO (public health foundation for Valencia). Has participated and continues to participate in numerous Spanish and international projects, in many cases as Principal Investigator. Her research areas include the association between placental and intestinal microbiota and health in the early years.

PROJECT SUMMARY

Evidence suggests that the intrauterine environment plays a critical role in susceptibility to diseases during childhood and adulthood. This is known as the 'foetal programming hypothesis'. Some relevant studies have found an association between prenatal exposure to certain endocrine disruptors (phenols, organochlorine compounds, bromates and perfluorides) and the risk of neuropsychological and neurobehavioural disorders in the early years.

An as-yet unexplored possibility in humans is whether intrauterine exposure to endocrine disruptors can modulate the structure and function

of placental microbiota, and whether such changes in microbiota are linked to neurobehavioural changes during childhood.

This project conducts microbiological analysis on placental samples from 300 participants in the INMA (Children and Environment) cohorts from Gipuzkoa and Valencia. Prenatal levels of endocrine disruptors have been measured and neuropsychological development up to 11 years has been assessed for these participants.

Data available since pregnancy on diet, socio-demographic factors and lifestyle will be used as control variables.

Fundación Alicia Koplowitz

XII Jornadas Científicas

Desarrollo y salud mental en la niñez (6-12 años):
Prevención, detección y atención temprana en psiquiatría infantil

Jueves 26 y viernes 27 de octubre de 2017



The main image shows a large audience seated in a grand hall, facing a stage. A large presentation screen on the left displays a diagram titled 'NECESIDADES específicas' (Specific Needs) with sub-points: 'CAPAS específicas' (Specific Layers), 'FORMACIÓN específica' (Specific Training), 'INVESTIGACIÓN específica' (Specific Research), and 'CONSEJERÍA específica' (Specific Advice). The stage features a long table with microphones and a podium. The hall has ornate architectural details and large windows.



A smaller inset image shows two children, a boy and a girl, looking through a wire mesh structure. The boy is on the left, wearing a dark jacket, and the girl is on the right, wearing a grey sweater and a pink scarf. They are both looking towards the camera.

Ilustre Colegio Oficial de Médicos de Madrid

12th Scientific Sessions “Fundación Alicia Koplowitz”

Organising Committee

Dr. José Angel Alda

Head of Psychiatry Section.

Hospital Sant Joan de Déu. Barcelona.

Dr. Hilario Blasco-Fontecilla

Child and Adolescent Psychiatrist.

Social and Healthcare Consultant.

Centre for Biomedical Research Network-Mental Health (CIBERSAM).

Associate Lecturer UAM.

Head of the Translational Research Group on Mental Health.

IDIPHIM-Hospital Universitario Puerta de Hierro. Madrid.

Dr. María de Gracia Domínguez

Child and Adolescent Consultant Psychiatrist,

West London Mental Health NHS Trust.

Lecturer, New York University in London.

Honorary Clinical Senior Lecturer, Imperial College London, UK.

Chairperson of the Association of Child and Adolescent Mental Health Scientists - Alicia Koplowitz Foundation.

Dr. María Concepción Guisasola

Doctor of Medicine and Surgery.

Scientific Coordinator. Alicia Koplowitz Foundation.

Dr. David Mataix-Cols

Professor of Child and Adolescent Psychiatry.

Department of Clinical Neuroscience.

Child and Adolescent Psychiatry Research Center.

Karolinska Institutet. Stockholm, Sweden.

Dr. Gisela Sugranyes

Reference Unit Specialist in Child and Adolescent Psychiatry and Psychology.

Hospital Clínic de Barcelona.

Junior Group Leader.

Instituto de Investigación Biomédica August Pi i Sunyer. Barcelona.

Centre for Biomedical Research Network-Mental Health (CIBERSAM).

An update on child psychiatry

The Alicia Koplowitz Foundation organised in the second fortnight of October 2017, for the twelfth consecutive year, its now traditional Scientific Sessions, which began to be held in 2006.

The original objective of these Sessions was to raise awareness of the achievements of the recipients of Advanced Training Fellowships and the progress of research projects funded by the Foundation after the corresponding competitive call.

However, five years later, the format of the Sessions underwent a significant change, in line with the objective of the Foundation to encourage the knowledge and dissemination of mental health problems in children and adolescents in Spain.

The Sessions adopted in 2011 the symposium mode, in force today, and since then they serve as a framework for the main national and international experts to deliver presentations and keynote addresses to update different aspects of the specialty.

Another milestone occurred in 2014, when the Foundation decided to continue to organise the Sessions, but on its own, after years of collaboration with different Child Psychiatry departments in Madrid.

The Organizing Committee became members of the Association of Child and Adolescent Mental Health Scientists, created under the Foundation, and a significant redefinition occurred in the objectives of the Sessions.

First, it was intended to serve to help overcome the stigma associated with patients with mental illnesses and to share knowledge about evidence-based therapeutic interventions on child and adolescent mental disorders.

It was later decided to address mental health in the different stages of the life cycle: infancy (0 to 5 years), childhood (6 to 12 years), and adolescence (13 to 18 years).

Thus, the 2016 Scientific Sessions were dedicated to Perinatal and Early Childhood Psychiatry; the 2017 Sessions to Childhood Psychiatry, and the 2018 Session will revolve around Adolescent Psychiatry.

Last year's Sessions covered issues of such interest as attachment and family in adoption, bullying and cyberbullying, speech disorders, obsessive-compulsive disorder, autism spectrum disorders, Tourette's syndrome, anxiety, psychosis, depression, and bipolar disorder.

The content of the Sessions and speakers' profiles are summarized below.



Presentation of the 12th Scientific Sessions by Dr. Guisasola

THURSDAY 26 OCTOBER • Table 1

The world of children

SPEAKERS

Dr. Gemma Ochando



Paediatrician, specialist in Child and Adolescent Psychiatry. Doctor of Medicine, Universidad Católica de Valencia San Vicente Mártir. Master in Child and Adolescent Psychotherapy. University expert in teaching and digital skills in health sciences. Specialist in Adoption Advice. Member of the Board of Directors of the Child Psychiatry Section of the Spanish Society of Paediatrics. Chair of the Commission against Child Abuse of Hospital Universitario y Politécnico La Fe, Valencia. Manager of the Child Mental Health Unit of Hospital Casa de Salud, Valencia.

Dr. Juan Calmaestra



Teaching degree, degree in Psychopedagogy, Master in Intervention and Psychological Research in Justice, Health and Social Welfare and PhD by the Applied Psychology Programme of the University of Cordoba. Contracted part-time lecturer in the area of Developmental Psychology and Educational Psychology of the same university. Member of the Laboratory of Studies on Cohabitation and Violence Prevention. He has over ten years of university experience and has nine working on cyberbullying, bullying and school coexistence.

MODERATOR

Dr. María de Gracia Domínguez



Child and Adolescent Psychiatry Consultant. Chair of the Association of Child and Adolescent Mental Health Scientists "Alicia Koplowitz Foundation".

International Adoption: Attachment and Family

Dr. Gemma Ochando Perales

International adoption has become a significant phenomenon in recent decades. From 1997 to 2015, 53,694 international adoptions were formalised in Spain according to data from the Ministry of Health, Social Services and Equality.

These children and adolescents have the same needs as the rest, but they also have other needs associated with their status as adoptees. These include those derived from situations of adversity experienced from the time of conception: contact with alcohol during pregnancy, diseases (prematurity, congenital infections, genetic disorders), experience of general care, little specific attention or lack of attachment to an attachment figure.

Thus, in their maturation process, adopted children and adolescents will have to perform additional tasks, such as adaptation to a new environment with different conditions and rules, acceptance of their past and of losses, overcoming of abandonment, attachment to the new family and the rest of society, adjusting expectations, and, in short, the construction of their identity.



The importance of the adoptive family is to provide support to the child and the adolescent in the performing these tasks, in order to help them overcome their difficulties. The family will play a key role in the formation and development of affective relationships, so that the child can acquire the skills that will allow him/her to interact adequately with the family and then with his/her peers.

Bonding disorders are a prevalent condition in adopted children, especially those coming from Eastern countries. Their diagnosis is complex and they may go unnoticed in the physician's office. In addition, their symptoms may be confused or masked by other common conditions in this group of children. Early diagnosis improves the course and facilitates treatment. Understanding attachment disorders and their forms of presentation, in order to establish appropriate diagnosis and treatment, can help to integrate and adapt children to the new environment.



Social interaction: relationship with peers; bullying and cyberbullying in childhood

Dr. Juan Calmaestra

Bullying is probably one of the peer violence phenomena in educational settings that is currently of most concern for society. It is sometimes seen as a problem between two minors: victim and aggressor. However, it is a social phenomenon, which can only be explained by understanding the dynamics of the classroom and the configuration of the peer network. The role of the other boys and girls who are witnesses will have significant impact on the development of this perverse dynamics of domination-submission.



According to recent data from the NGO report Save The Children, the incidence of victims of bullying in Spain is 9.3% of secondary school students (about 111,000 minors) and 6.9% (about 82,000) as victims of cyberbullying. Few studies have been conducted in primary

school, but the evolution of the bullying phenomenon shows an increase in cases from the age of six years, reaching a peak incidence at 12-14 years. From these ages, the percentage of involvement decreases, but the severity of the behaviours increases.

It is also important to consider an evolution in the forms of bullying whose presence has been shown in minors aged from ten years: cyberbullying. This new phenomenon, studied in Spain for less than a decade, provides a new dimension of the problem and a new approach in the prevention and intervention of the traditional bullying.

From an ecological and developmental perspective, it is possible to explain how it is shaped from the age of six years, what its characteristics are and what to do to alleviate its consequences and prevent it.



THURSDAY 26 OCTOBER • Table 2

Cognitive development in childhood

**SPEAKERS****Dr. Ángela Vidal**

Doctor of Psychology from the University of Barcelona. Clinical psychologist via Resident Internal Psychologist (PIR) programme, works at the Unit of Autism Spectrum Disorders and at the Day Hospital of the Psychiatry and Psychology Department of Hospital Clínico de Barcelona.

**Dr. Mercedes Serrano**

Neuropaediatrician. Degree in Medicine from the Universidad Miguel Hernández and Doctor of Medicine from the University of Barcelona. Master in Paediatric Neurology, Master in Neuroscience and Behavioural Biology and Diploma in Clinical Genetics. She is an attending physician at Hospital San Juan de Dios, in Barcelona, where she is part of the Paediatric Neurology and Genetic Medicine Departments, as well as the Paediatric Institute of Rare Diseases. She coordinates the Expert Clinical Unit of Cognitive-Behavioural Disorders of Genetic Origin in the same hospital.

**MODERATOR****Dr. Gisela Sugranyes**

Specialist in the Reference Unit in Child and Adolescent Psychiatry and Psychology of Hospital Clínico de Barcelona. Junior Group Leader of the August Pi i Sunyer Biomedical Research Institute, Barcelona.

Language-specific disorder, an invisible condition

Dr. Ángela Vidal

Language-specific disorder (LSD) is a neurodevelopmental disorder (ND) that affects 7% of schoolchildren. Compared with other ND disorders, such as attention deficit hyperactivity disorder (ADHD), learning disorders and autism spectrum disorder (ASD), LSD is little known to mental health professionals. This implies that there is a risk of not being diagnosed, and hence that the child does not benefit from a language-specific intervention, nor is there a possibility that the child's immediate contexts (family and school) deploy the necessary adaptation strategies for a child with a LSD, as occurs with other known ND disorders.

LSD is difficult to diagnose if it is not thought. The reasons for consultation will be social difficulties, problems of self-control, learning, low mood, etc. And it quite likely that we will focus on those symptoms with which mental health professionals are more familiar working, leaving speech difficulties in second place.



The presentation defined the characteristics of LSD, differential diagnosis with ASD and what treatment goals should be considered in a child with LSD. It was emphasized that sessions should be planned with a methodology in which the language is always supported by visual resources.



Intellectual disability, the genomic age and rare diseases in children

Dr. Mercedes Serrano

Neurodevelopmental disorders are very common in diseases of genetic origin, resulting in intellectual disability, behavioural disorders and autism spectrum features.

For interpretation of genetic findings, because of their complexity, we need guiding signs to ensure the relationship between the molecular finding and the clinical signs of the patient. However, as a guiding sign for clinicians, intellectual disability, behavioural disorders, and ASD features are non-specific signs and often involve a catch-all of symptoms.

Advance in genotyping tools allow us to know precisely the genetic and molecular characteristics of an individual, enabling us to reach specific diagnoses as never before. However, in the area of neurodevelopmental disorders, our ability to interpret genetic findings is still limited by imprecise clinical phenotyping. Now more than ever, the capacity of observation, scrutiny, analysis and description of clinical specialists is needed to be able to understand what new technologies show us.

We should also add to this complexity the difficulty of the low prevalence of many genetic conditions which, jointly, lead to a genuine public health problem, but which separately are rare conditions.

Therefore, understanding the genetic and biological bases of neurodevelopmental disorders is a real challenge. However, only by understanding the molecular



bases that cause them can we devise ways to modify them, for the benefit of our young people.



THURSDAY 26 OCTOBER • Keynote address

Advances in Tourette's Syndrome

SPEAKER

Dr. Pablo Mir



Doctor of Medicine by Universidad de Sevilla. He did his residency in Neurology at Hospital Universitario Virgen del Rocío, in the same city. Has did long-term fellowships at worldwide reference centres in Experimental Neurology, such as the Institute of Neurology Queen Square and the Hammersmith Hospital Imperial College, both in London, and Columbia University, in New York. He is a specialist and coordinator of the Unit of Movement Disorders of the Neurology Department of Hospital Virgen del Rocío; responsible investigator, group leader of the Instituto de Biomedicina de Sevilla (IBiS) and associate professor of the Department of Medicine of the School of Medicine of Universidad Hispalense, with ANECA accreditation as Full University Professor.

MODERATOR

Dr. Blanca García Delgar



Child and adolescent psychiatrist at Hospital Clínico de Barcelona. Fellow of the Alicia Koplowitz Foundation in the Tics and Tourette's Clinical and Research Program, of the Icahn School of Medicine at Mount Sinai in New York.

Advances in Tourette's Syndrome

Dr. Pablo Mir

Tourette's syndrome is a neurodevelopmental disorder characterized by tics. It is frequently associated with comorbidities and psychiatric complications that can often persist to adulthood. There is no optimal treatment for a significant number of cases, due mainly to the heterogeneity in manifestation of symptoms, course, and causes.

Doctor Mir discussed the main advances in the pathophysiological mechanisms of the disease, including the alterations described in the cortical-striatal-thalamic-cortical circuits and the dopaminergic system. It also showed a developmental view of the disorder, offering data to help understand the most complex and serious cases, lack of compensatory mechanisms of tic control in some patients, and the importance of premonitory impulses as a central symptom of the severity of the syndrome.

The address reviewed recent studies related to the genetics of Tourette's syndrome, whose findings have shed light on novel mechanisms and molecular pathways, such as the role of neurotrophic factors, histamine production, or proteins related to adhesion, migration and cellular polarity.

Advances in the treatment of this syndrome were also discussed, with special emphasis on deep brain stimulation.



Keynote address **Advances in Tourette's Syndrome**

**THURSDAY 26 OCTOBER • Alicia Koplowitz Foundation
Fellow Address**

Risk factors and adverse consequences in obsessive-compulsive disorder

SPEAKER

Dr. Lorena Fernández de la Cruz



Psychologist and clinical investigator. Doctor of Psychiatry and Clinical Psychology from the Universidad Autónoma de Barcelona. Master in Child and Adolescent Psychiatry and Clinical Psychology. For four years she worked at the Institute of Psychiatry of King's College in London, first as a recipient of an advanced training fellowship and then a short-stay fellowship from the Alicia Koplowitz Foundation and later as a post-doctoral fellow in the Mood & Development Lab of the same institution. She did a second post-doctoral fellowship in the obsessive-compulsive disorders group of the Karolinska Institute of Stockholm, of which she was assistant professor since 2016.

MODERATOR

Dr. Luisa Lázaro



Head of the Child and Adolescent Psychiatry and Psychology Department of the Neuroscience Institute of Hospital Clínico de Barcelona. Associate professor of the Universidad de Barcelona.

Risk factors and adverse consequences in obsessive-compulsive disorder

Dr. Lorena Fernández de la Cruz

Obsessive-compulsive disorder (OCD) is one of the most common and disabling mental disorders. It often starts during childhood and adolescence, generally has a chronic course, and is associated with substantial reductions in quality of life. OCD is generally accompanied by other psychiatric disorders, further contributing to the disability associated with the disorder.

At present, knowledge about the etiology of OCD is limited, but recent research has shown that both genetic factors and environmental factors play a significant role in its development, both of which are of similar importance.

Regarding genetics, it is still unknown which genes or gene combinations are related to the development of the disorder. Some environmental risk factors have been identified, such as certain perinatal events or infections during the paediatric age, which would appear to be related to the onset of the disorder.

The adverse consequences related to OCD include the impact on educational and occupational areas, as well as health problems and a higher risk of suicidal behaviour than the general population.

The presentation reviewed the latest studies on the causes and consequences of this debilitating disorder.



THURSDAY 26 OCTOBER • Table 3

Neurodevelopmental disorders

SPEAKERS

Dr. Noemí Balmaña



Associate psychologist at Hospital Universitario Mutua de Terrassa, specialising in Autism Spectrum Disorders (ASD). She is a collaborating lecturer in various master and post-doctoral courses (Universidad Ramón Llull, Universidad de Barcelona, Universidad Autònoma de Barcelona, etc.). She has published articles in scientific journals and participated in book chapters on evaluation and intervention in the autism spectrum. Certified therapist in the Denver Model of the University of California-Davis, she is a member of the Clinical Committee of the Fundació Autismo Mas Casadevall.

Dr. Samuele Cortese



Doctor of Medicine. Associate Professor at the University of Southampton, Honorary Consultant in Child and Adolescent Psychiatry at Solent NHS Trust, Associate Professor at New York University and Honorary Associate Professor at Nottingham University. His main area of specialisation is neurodevelopmental disorders; in particular, attention deficit hyperactivity disorder (ADHD) and sleep disorders in children. He is associate editor of the child psychiatry journal *JAACAP*, considered the leading journal in its field, and belongs to the Editorial Board of four other paediatric psychopathology/psychopharmacology publications.

MODERATOR

Dr. Maite Ferrin



Attending Psychiatrist of the Child and Adolescent Psychiatry Department at Haringey Mental Health NHS Trust, London, and Child-Adolescent Psychiatrist at Re:Cognition Health Ltd Child & Adolescent Psychiatry Department, Institute of Psychiatry of London, London.

Psychosocial interventions in ASDs. Current status of the subject

Dr. Noemí Balmaña

The main alterations shared by people with ASD and which represent a challenge for the scientific community are their primary deficits in the area of understanding, managing and handling relationships, which can affect both their functional adaptation and their ability to enjoy social interactions.

At present, psychosocial interventions in the high-functioning ASD group from six years of age are fundamentally aimed at helping them to better understand the social world, to develop better social relations with peers, to avoid isolation by fostering group membership, and to solve misunderstandings.

Furthermore, the importance of working on their emotional regulation difficulties is increasingly recognized, i.e., their severe difficulties in recognizing, mentalizing and regulating their emotional states, both their own and those of others, which causes them to be misunderstood and, as a result, build-up negative relational experiences (isolation, anxiety and, if prolonged, depression, so common in that population).



Psychosocial interventions are generally performed as a group and led by a therapist in a clinical setting, increasingly using video modelling and feedback as techniques to promote insight. Studies show that they improve their understanding and knowledge, but the data are inconclusive regarding generalization in natural contexts.

In conclusion, new social programs for children and adolescents with ASD continue to appear in recent years, with different intervention models, methodologies and settings, in order to act on target deficits and achieve improvements that may be generalizable to new contexts.

However, this objective has not yet been achieved, and it should be a priority in future directions, together with the need to better delineate the active ingredients of social interventions, which includes both describing the personal variables of participants and examining the potential relationship between neuronal development and behavioural improvement.

Evidence base for the treatment of children and adolescents with attention deficit hyperactivity disorder (ADHD)

Dr. Samuele Cortese

The speaker provided an overview of the empirical basis of pharmacological and non-pharmacological treatments for ADHD, primarily based on the results of the latest pairwise and network meta-analyses of randomized controlled trials (RCTs). He also presented the main conclusions from key population-based studies and discussed how clinical and pragmatic issues can be addressed from an empirical perspective on the ways to provide care for ADHD.

The most recent randomized clinical trials show that pharmacological treatment, particularly with methylphenidate and amphetamine, is very effective at least in the short term. In turn, non-pharmacological treatments (restrictive elimination diets, exclusion of artificial colours in food, supplementation with free fatty acids) and psychological treatments (cognitive training, neurofeedback, behavioural interventions) help to reduce the secondary symptoms.

To better understand the long-term effects of both types of treatments, pharmacological and non-pharmacological treatments, randomized withdrawal studies and epidemiological studies should be performed, as well as meta-analyses of individual participant data, which would allow verifying what works best for who.



FRIDAY 27 OCTOBER • Table 4

The emotional development of childhood

SPEAKERS**Dr. José Antonio Piqueras**

Full Professor of Personality, Evaluation and Psychological Treatments at the Department of Psychology of Universidad Miguel Hernández de Elche. He belongs to the research group of Analysis, Intervention, and Applied Therapy with Children and Adolescents. He has wide teaching, professional and research experience focusing on evaluation (particularly online) and psychological treatment of mental health, including studies of discomfort malaise (suicide, emotional disorders, social anxiety, separation anxiety, obsessive-compulsive disorder and related) and well-being (mental health, well-being, social-emotional skills, emotional intelligence).

Dr. Javier Goti

Degree in Medicine from Universidad del País Vasco. Specialist in Psychiatry by Hospital Clínico de Barcelona, where he was a psychiatrist at the Addictive Behaviour Unit in Adolescents of the Child and Adolescent Psychiatry and Psychology Department. He is a coordinator of the outpatient clinic of the Department of Psychiatry and Psychology of the AMSA-IMQ centre in Bilbao and psychiatrist at the BEINKE centre of the Instituto de Reintegración Social de Euskadi.

MODERATOR**Dr. Victoria del Barrio**

Emeritus professor of UNED. Researcher in child emotions, especially depression, aggression and anxiety. She is a member of Spanish and foreign scientific societies where she has held various posts. She founded and directed the journal *Acción Psicológica*.

Internalized problems: prevention of anxiety and depression disorders in childhood

Dr. José Antonio Piqueras

Mental disorders are one of the greatest public health problems. In children and adolescents, there is a wide range of such disorders, including those of an emotional nature and those related to trauma and stress.

Restrictively speaking, emotional or internalized disorders are those of anxiety and depression, which are the most prevalent in both adults and children and adolescents, affecting 10%-20% of the paediatric population worldwide.

Progress in scientific knowledge, and by extension, in the reduction of the incidence of these emotional problems, would depend on three aspects:

- Having the best measuring tools possible for detection and diagnosis.

- Achieving advances in establishing predictive models that consider the main risk factors and protection for their development.
- Improving the efficacy and efficiency of prevention programmes for these disorders and promotion of mental health and well-being.

The speaker reviewed these three aspects and offered a number of recommendations that could guide other investigators in the study of anxiety and depression disorders. He also provided data from the national context, as well as international studies, highlighting some experiences of skill development interventions to prevent emotional problems, which would contribute to better mental health and better well-being.



Externalized processes - oppositional defiant behaviour and childhood behaviour disorders

Dr. Javier Goti

Whether from a dimensional perspective (defining this area of psychopathology as externalized processes) or from a categorical perspective (where it is mainly included under the diagnostic umbrella of so-called disruptive behaviour disorders), the psychopathology referred to here is defined by certain behavioural patterns considered disruptive, maladaptive, and which are understood as a failure in socialization, based mainly on the difficulty in internalizing norms and limits.

The prevalence of disruptive behaviour disorders is high, regardless of the criteria used when quantifying them. Even more relevant is that identification of these behavioural patterns in childhood and/or adolescence has a considerable predictive value of the presence of psychopathology in adulthood, being in some cases the expression of a continuity in symptoms, while in other cases it reflects or contributes to the appearance of other mental health problems.

In the genesis of these processes, if we consider the development of the child psyche, there is an



underlying failure in learning and internalizing norms, which in turn is intrinsically associated with a problem in regulating emotions, as a necessary element for the exercise of adapted and self-regulated behaviour.

The different classical theoretical models on child and adolescent psychopathology agree on the importance of early experiences in the development of these skills. Developmental psychopathology identifies how the capacity to regulate emotions is consolidated in the first years of life, thereby contributing to the interaction of the individual and its environment in which different variables have a modulating role, which may culminate in the appearance and persistence of disruptive behaviour.

From other theoretical frameworks, the cognitive-analytical model centred on reciprocity, or the various constructs prepared based on studies of Bowlby's attachment theory, or even therapeutic intervention models such as therapy based on mentalization or behavioural dialectics, they also suggest the relevance of early stages.

In addition, although mention is made to the role of the family and social factors (with the



figures of attachment and family initially and the environment subsequently) in normal or pathological development of behaviour and emotions, all models underscore the importance of the constitutional factor of the individual.

It is in the context of the study of the constitutional nature of the disease where more significant discoveries are being made. For example, the mediator role that a particular genotype may have in the development of externalized and psychopathological behaviours, depending on early experiences of abuse (studies on variants of the MAO gene or serotonin transporter gene 5HTTLPR), through the expression of certain temperamental dispositions based on cognitive and emotional regulation paradigms.

The obligation of mental health professionals is not to deny and in part to eschew the determinism associated with schemes centred on the constitutional basis for psychopathology; they affirm and emphasize in society the relevance of early periods of

development as a window of opportunity to identify and prevent patterns of harmful interactions that act as mediators of these problems, and to promote and coordinate implementation of empirically demonstrated intervention models.



FRIDAY 27 OCTOBER • Table 5

Very early onset severe mental disorders

SPEAKERS**Dr. Itziar Baltasar**

Child and Adolescent Psychiatrist at Hospital Universitario Infanta Elena, Madrid. Former fellow of the Alicia Koplowitz Foundation at University of Pittsburgh Medical Center, Pennsylvania, where she was part of the clinical and research team of Dr. Boris Birmaher in the Child and Adolescent Bipolar Services Clinic. She is coordinator of the working group of the Counselling Area for Fellows of the Association of Scientists-Alicia Koplowitz Foundation and tutor of fellows in Pittsburgh of the Alicia Koplowitz Foundation.

Dr. Beatriz Payá

Degree of Medicine from Universidad de Zaragoza and Doctor of Medicine from Universidad de Cantabria. Specialised in Psychiatry via Internal Medical Residency programme (MIR) at Hospital Clínico Universitario San Carlos, Madrid. She later completed a PhD in Child Psychiatry at the University of Iowa. She is the Coordinator of the Child Psychiatry Area of Hospital Universitario Marqués de Valdecilla, Santander. Her main line of research focuses on early-onset psychosis, an area in which she has various international publications.

MODERATOR**Dr. Maite Garaigordobil**

Senior Lecturer of Psychological Evaluation and Diagnosis in the Department of Personality, Evaluation and Psychological Treatments, Faculty of Psychology of Universidad del País Vasco. Director of the Official Master in General Psychology of the same university.

Very early onset mood disorders: depression and bipolar disorder

Dr. Itziar Baltasar

Mood disorders are one of the most common mental disorders in childhood and adolescence, affecting up to 3.7% of this population according to some studies. Unipolar depression and bipolar disorder are both one of the main causes of disability in the population aged 10 to 24 years. Although multiple research studies warn about the onset at early ages of depressive and bipolar disorders, early diagnosis and management of these conditions are insufficient.

Among mood disorders, early-onset bipolar disorder shows the largest discrepancies both in prevalence rates in the US and European countries and in the diagnostic criteria established by the different working groups.

The presentation was mainly devoted to childhood bipolar disorder, addressing aspects such as prevalence, clinical presentation, differential diagnosis with unipolar depression,

early detection, and prognosis. It showed the importance of diagnosing mood disorders very early; the existence of very early onset bipolar disorder and the need for early detection; the differences in the clinical presentation of bipolar disorder in children, adolescents and adults; differential diagnosis between very early onset bipolar disorder and other mental disorders such as ADHD and unipolar depression, and intervention programs in mood disorders.



Very early onset psychosis

Dr. Beatriz Payá

Very early onset psychosis is defined as onset before age 13. At these ages, isolated psychotic symptoms commonly occur; however, the most severe psychotic disorders, such as those in the schizophrenia spectrum, are very rare.

The appearance of psychotic symptoms at such an early age has an uncertain course, with a predominance of psychotic symptoms with non-specific symptomatic expression.

Considering that this time of development is one of the windows for intervention, we face the challenge of improving early identification of individuals at risk of developing a manifest psychotic disorder. Identification of factors and risk profiles and the interrelationship between them throughout the different development periods may help identify and design preventive interventions.



Table 5 Very early onset severe mental disorders

FRIDAY 27 OCTOBER • Keynote address

When my child is ill and the doctor does not know why. Somatization in childhood: one of the remaining frontiers in child and adolescent psychiatry



SPEAKER

Dr. Charlotte Ulrikka

Doctor of Medicine from the University of Aarhus, Denmark. Specialist in Child and Adolescent Psychiatry and in cognitive treatment methods. She is the principal investigator at the Research Clinic of Functional and Psychosomatic Disorders of the University Hospital of Aarhus and associate professor at the Child and Adolescent Psychiatry Center of Risskov, of the same hospital.



MODERATOR

Dr. Mar Vila

Child psychiatrist at the Child and Adolescent Psychiatry and Psychology Service of Hospital Sant Joan de Déu, Esplugues (Barcelona). Foundation Alicia Koplowitz ex-fellow at St. Mary's Hospital, Imperial College, London.

When my child is ill and the doctor does not know why. Somatization in childhood: one of the remaining frontiers in child and adolescent psychiatry

Dr. Charlotte Ulrikka

Somatization in children is dominated by functional somatic symptoms (FSS), i.e. physical symptoms without medical



explanation. Functional somatic symptoms are common in the paediatric healthcare system. In severe cases, symptoms are troubling and lead to repeated medical visits and numerous negative diagnostic tests with a risk of iatrogenic damage. Without treatment, these disabling symptoms can severely interfere with healthy physical, psychological, and social development of a young person.

The presentation summarised current knowledge about risk factors and protection, as well as functional somatic symptoms and the

main clinical presentations in young people. Its primary objective was the psychiatric conceptualization of somatization and functional somatic symptoms, i.e., conversion or dissociative disorders and the former somatoform disorders, which psychiatric classification systems have now replaced mainly by somatic symptoms and related disorders, and body dysmorphic disorder.

The speaker offered a generic explanatory model for the development of symptoms that may be useful for both evaluation and treatment of these diseases in children.





Ceiling paintings in the Great Hall of the Madrid Medical Association, the venue of the 12th Scientific Sessions. The paintings represent different moments of Medical history. Photos property of ICOMEM. Permission for their use given to Alicia Koplowitz Foundation

An impressive and evocative setting

The Scientific Sessions of the Alicia Koplowitz Foundation have been held since 2014 in a space of great historical-artistic value: the Aula Magna of the Medical School of San Carlos, the Official College of Physicians of Madrid, at number 51 of calle Santa Isabel.

Inaugurated in 1834, when queen María Cristina, the widow of Fernando VII, was regent, it is semicircular in shape, with staggered rows of seats, as in the amphitheatres of antiquity. It has a capacity of 600 people.

On the walls hang the portraits of twenty eminent figures of medicine, very closely linked to the School, and whose prestige was recognised by the Madrid City Council, which gave their names to some nearby streets: Gimbertnat, Argumosa, Fourquet, Drumen, Mata...

Beneath these portraits, there are allegories about a good doctor's knowledge (chemistry,

zoology, therapy, philosophy, physiology or botany) and the names in columns of some of the most distinguished representatives of the profession, such as Hippocrates, Galen or Avicenna.

The most spectacular of all is the ceiling, with frescoes on curing the sick, painted between 1870 and 1874 by Ramón Padró y Pedret, according to the drawings of José Letamendi. These include the image of the Belgian physician Andreas Vesalius, one of the most relevant figures in medical research of all time, who holds a cadaver as a symbol of the unequal fight of medicine against death.

The wide stage of the amphitheatre is presided by a large memorial plaque in memory of Pedro Castelló Ginesta, a court surgeon of Fernando VII, flanked by the two polychrome medallions with effigies of Carlos III and Juan Carlos I.



Sponsorships

The Foundation engaged with the following scientific events in 2017:

- **“Active Brains for All: Exercise, Cognition and Mental Health” international symposium**, 12 June, University of Granada.
- **61st Congress of the Spanish Association of Child and Adolescent Psychiatry (AEPNYA)**, 15 to 17 June, Jaume I University, Castellon.
- **11th Seminar on Updates in Child and Adolescent Psychiatry: “Etiological Factors and New Options for the Management of ADHD and Other Neurodevelopmental Disorders”**, 23 June, Caja Navarra Foundation, Pamplona.
- **17th National Congress of the Spanish Society of Neuroscience**, 27 to 30 September, Alicante Provincial Government.
- **12th Scientific Sessions of the Alicia Koplowitz Foundation**, 26 and 27 October, Official Association of Physicians of Madrid.



Recognition of the Foundation's work



The *Centro Hospitalario Padre Menni*, Santander, awarded the Alicia Koplowitz Foundation the IV Mental Health Prize in 2017 for its outstanding work in this area. The award was presented during a ceremony attended by local and regional authorities as well as a large audience.

Alicia Koplowitz collected the prize from María del Carmen Martín, head of the *Centro Hospitalario*. The Chairwoman of the Foundation was "immensely honoured and grateful" and said the award is a stimulus to continue work on child and adolescent mental health. "On the long path that lies ahead, science will continue to have our support," she said.

The manager of the *Centro Hospitalario Padre Menni*, Carlos Pajares, highlighted the Foundation's contributions to research in the field of child and adolescent psychiatry and neuroscience, its fellowships abroad to

advance professional training, sponsorship and collaborative projects, and its intensive care provision in private supportive residences for children and adolescents as among the merits which led to the award.

The *Centro Hospitalario Padre Menni* is a non-profit institution dedicated to providing care and healing to those who need it, particularly in the field of mental health, including psychiatry, psychogeriatrics, geriatrics, intellectual disability and brain damage.

The Mental Health Award was set up in 2014 to coincide with the centenary celebrations for San Benito Menni, founder of the Congregation of the Hospital Sisters, and was awarded to Dr. Juan Francisco Díaz Manrique, Head of the Psychiatry Department of the *Hospital Universitario Marqués de Valdecilla* from 1974 to 2002 as well as Lecturer of Psychiatry at the University of Cantabria, Head of Service at the *Centro Padre Menni* and Vice-President of the Academy of Medicine.

In 2015 it was awarded to the team behind the Care Program for the Early Phases of Psychosis (PAFI in Spanish) led by psychiatrist Benedicto Crespo, also Lecturer of Psychiatry at the University of Cantabria and member of the Royal Academy of Medicine of Cantabria.

The 3rd Padre Menni Mental Health Award went to Vicente del Bosque, former national football manager, in recognition of his contribution to "highlighting and supporting disability".



Asociación de Científicos
Fundación Alicia Koplowitz

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

A career development and continuous training network

The Association of Child and Adolescent Mental Health Scientists is a network comprising the fellows, research grant beneficiaries and partners of the various activities performed by the Alicia Koplowitz Foundation in this area.

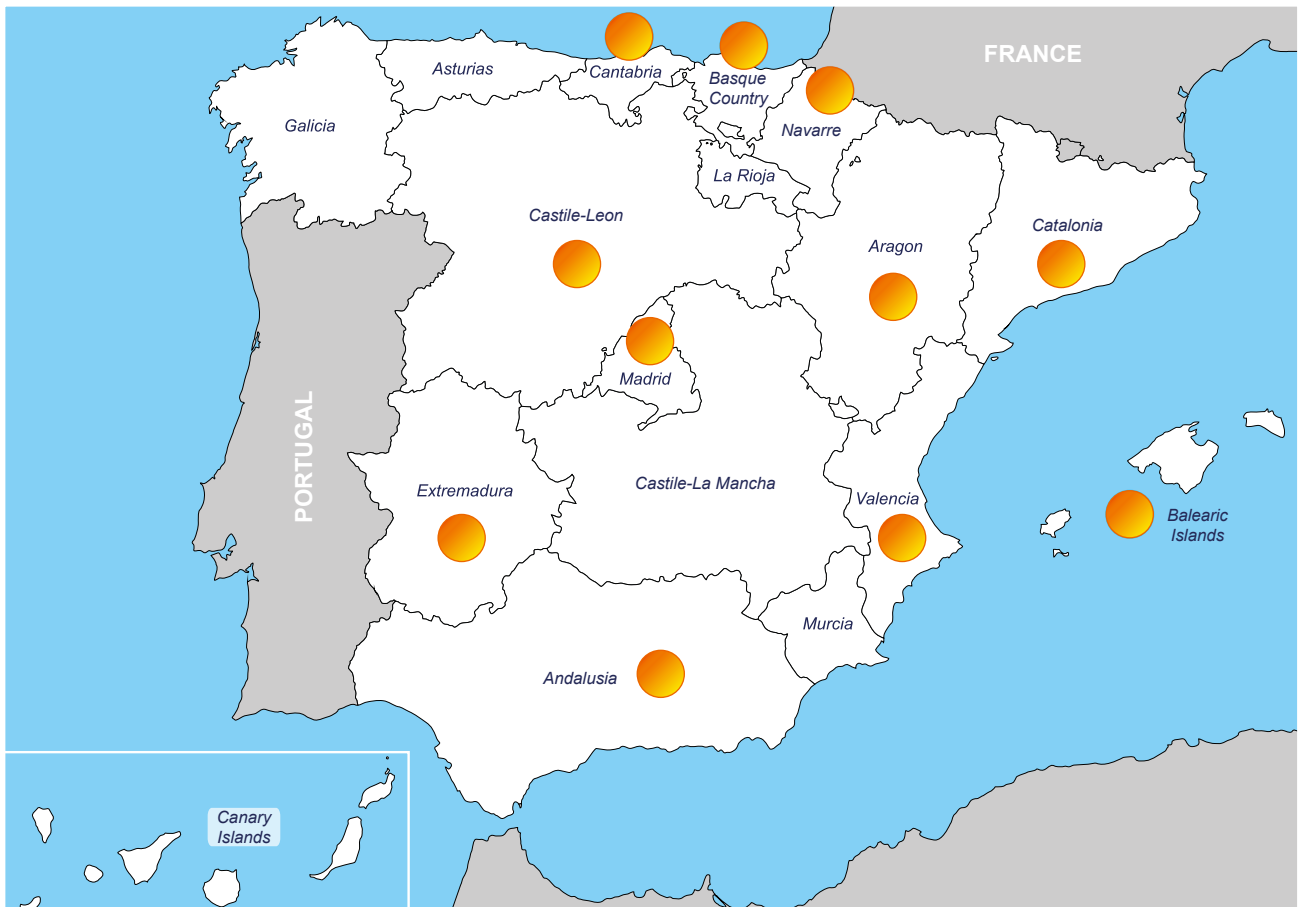
Its main objective is to help move science forward and promote professional refresher

activities in the interests of the all-round education of its members.

The Association was established in Madrid on 10 September 2014 and publicly presented the following month during the 9th Scientific Sessions, coinciding with the 10th anniversary of the creation of the Foundation's Scientific Area, set up within its patron member in February 2015.



Members of the Association



47 Psychiatrists
13 Psychologists
14 Neuroscientists
2 Paediatricians

Association of Child and Adolescent Mental Health Scientists

Each Association area is led by task forces which in 2017 performed the activities set out below.

Communications Area

Task force: Drs Olga Santesteban Echarri (coordinator and social networking manager), María Martínez-Hervés (website manager) and María Concepción Guisasola Zulueta (manager of the online library and board of directors liaison officer).

A good part of this area's activity is based around the website, which boosts the Association's profile and makes available to the public material of interest such as:

- The 2014-2016 reports.
- Survival Guides for Future Fellows.
- Mini-Guide to External Medicine/ Psychology Rotations in Child and Adolescent Psychiatry/Psychology
- Updates regarding the specialty of child and adolescent psychiatry.
- White Paper on Child and Adolescent Psychiatry, follow-up of Association events.
- Scientific calendar with congresses throughout the year.

The private area features:

- An online library with access to over 100 relevant journals.
- An overview of the annual assemblies, partners' meetings, scientific sessions, workshop for residents and scientific webinars.
- Information on training course options.

It also has a list of all active partners, which can be used to communicate with them in private through the Google Groups tool.

The Association's social network profiles (LinkedIn, Twitter and Facebook) have grown strongly. They are used to promote news on the latest developments in science, refresher courses available and training and employment opportunities, as well as collaborations with other scientific groups in the field of child and adolescent mental health and neuroscience.

There is a consolidated number of followers which is growing day-to-day. Both Association members and the general public with an interest in this field interact and benefit from the information shared on the profiles every day. In addition, the social networks reflect the changes and new proposals made on the website, unifying all the information.

Since 2017, the Communications Area has also been responsible for collecting information from the other areas to summarize in a newsletter format. The first newsletter was launched in December via email and on social networks. There will be two newsletters a year, one in June and the other in December.



*Dr. Olga Santesteban
Coordinator of the
Communication Area*

Career Development Area

Task force: Marta Rapado (coordinator), Lola Moreno (board of directors liaison officer), José Ángel Alda, Angels Mayordomo and Lourdes García Murillo.

To bolster our members' continuous training and career development, funding was offered in 2017 for the following activities:

- Clinical courses on the topics of the latest scientific sessions ("Perinatal and Early Childhood Stage: Prevention and Early Care in Child Psychiatry").

- Research courses focused on both general methodological aspects and specific research techniques.

The courses were selected from the proposals made by the members of the Career Development Area and Scientific Area task forces, in dialogue with the board of directors.

Eleven members had the chance to attend the course of their choice from among those specified on the tables below, with a 100% grant covering registration.

Clinical courses: Mental Health in Early Childhood

| Course | Duration | Date and Place | Organization |
|--|--|---|---------------------------------|
| <i>Incredible Years Toddler/Pre-School (1-6 years) Parenting Programme 3 day Group Leader Training</i> | 3 days | 11-13 September 2017 London, United Kingdom | <i>KSS Kin Support Services</i> |
| <i>Incredible Years School –age (6-12 years) Parenting Programme 3 day Group Leader Training</i> | To take alone: 3 days (18-20 September 2017) or in combination with the course above (+1 additional day 14 September 2017) | 18-20 September 2017 (alone) or 14 September 2017 (in combination with the course above*) London, United Kingdom | <i>KSS Kin Support Services</i> |
| <i>Mentalization Based Treatment for Families (MBT-F)</i> | 4 days | 11-12 May 2017 and 6-7 July 2017 Barcelona, Spain | <i>Fundación EDAI</i> |

Research Methods

| Curso | Duración | Fechas y lugar | Organización |
|--|----------|--|--|
| <i>2016 Biomedical Research Methods BASIC course</i> | 20 hours | October 2017 Madrid, Spain | <i>Instituto de Investigación Sanitaria Gregorio Marañón</i> |
| <i>National Neuroscience Course</i> | 5 days | Call for 2017 | <i>Universidad Pablo Olavide</i> |
| <i>Summer Course on Mood, Aggression & Attraction</i> | 5 days | 2 to 7 July 2017 Florence, Italy | <i>International Master in Affective Neuroscience</i> |
| <i>Gene regulatory mechanisms in neural fate decisions</i> | 3 days | 7 to 10 September San Juan de Alicante, Spain | <i>Instituto de Neurociencias de Alicante</i> |
| <i>Developmental neurobiology: From worms to mammals</i> | 14 days | 18 June to 1 July London, United Kingdom | <i>King's College London</i> |

Science Area

Task force: Carmen Morcillo (coordinator until October 2017), Pilar de Castro (coordinator since then), Gisela Sugranyes (board of directors liaison officer), Laura Pina, Juan Nacher, Ismael Galve-Roperh, Irene Esteban-Cornejo, Hilario Blasco-Fontecilla, Ana Calvo, Pilar de Castro-Manglano, Julia García-Fuster, Regina Sala and Guillermo Horga.

The main objective of this Area is to promote the training and scientific activity of members. The following activities were carried out during 2017:

- **First Association webinar**, entitled: *"Innovative ways to synthesize the best evidence: What Works best? Comparative effectiveness: from pair-wise to network meta-analysis"* Innovative Ways to Synthesize Best Evidence: What Works Best? Comparative Effectiveness: from Pair-wise to Network Meta-analysis. The webinar was given by Dr. Andrea Cipriani, lecturer and clinical researcher at the Department of Psychiatry, University of Oxford and consultant in psychiatry at Warneford Hospital, Oxford. Its main research area is the evaluation of evidence-based treatments for different mental diseases such as depression and schizophrenia. The webinar was organized by Carmen Morcillo, child and adolescent psychiatrist at Wessex Deanery,

Winchester, United Kingdom, Laura Pina-Camacho, psychiatrist at Hospital General Universitario Gregorio Marañón and Gisela Sugranyes, psychiatrist at Hospital Clínic de Barcelona. The activity was of great interest to all members and obtained very positive feedback across all aspects.

- **Simposio:** The *"Psychosis as a disorder of neurodevelopment: insights from basic research to the clinic"* symposium, presented at the 17th National Congress of the Spanish Society of Neuroscience held in Alicante in September 2017. The symposium took an in-depth look at the pathophysiology of psychosis (considered one of the most severe mental diseases), as well as its impact on the clinical and therapeutic aspects most relevant to patient care. Papers were presented by Dr. Guillermo Horga (Columbia University, New York), Francesc Artigas (IDIBAPS, CSIC), Laura Pina-Camacho (Hospital General Universitario Gregorio Marañón) and Irene Esteban-Cornejo (University of Granada), and the event was chaired by Gisela Sugranyes (Hospital Clínic de Barcelona, IDI BAPS). The activity raised awareness of the Association among the neuroscience community and fostered links among the different Association members.



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



LA PSICOSIS COMO ENFERMEDAD DEL NEURODESARROLLO: DE LA INVESTIGACION BASICA A LA CLINICA.

Moderadora:

Gisela Sugranyes, Hospital Clínic de Barcelona, Barcelona, Spain.

Ponentes:

Francesc Artigas, Instituto d'Investigacions Biomèdiques de Barcelona, Barcelona, Spain.

Guillermo Horga, Columbia University, New York, USA.

Laura Pina-Camacho, Hospital General Universitario Gregorio Marañón, Madrid, Spain.

Irene Esteban-Cornejo, Universidad de Granada, Granada, Spain.



El presente simposio tiene como objetivo profundizar en la patofisiología e la que es considerada una de las enfermedades mentales más severas **-la psicosis-**, así como su impacto en los aspectos clínicos y terapéuticos más relevantes en el cuidado del paciente.

El profesor **Artigas** se centrará en las acciones de los antagonistas no competitivos de receptores NMDA y de los alucinógenos serotoninérgicos en la **actividad neuronal** de la corteza prefrontal y otras estructuras relacionadas tales como las del núcleo talámico, facilitando el conocimiento de la **base neurobiológica de los síntomas psicóticos**.

El **doctor Horga** profundizará en la **neuroimagen de la psicosis**. Aunque se conoce que una transmisión dopaminérgica anormalmente elevada en el estriado tiene un papel central en la psicosis, los mecanismos a nivel cognitivo, computacional y de redes neuronales que median la expresión de los síntomas psicóticos son todavía desconocidos. Gracias a los avances en neurociencia computacional y en los métodos de neuroimagen, el trabajo del doctor Horga comienza a delinear los **mecanismos dopamino-dependientes computacionales y las disfunciones** a nivel de redes neuronales que parecen relevantes en los errores perceptivos característicos de la psicosis.

La **doctora Esteban-Cornejo** hablará de los cambios cerebrales derivados del **ejercicio físico** en niños, que podría ser relevante para pacientes con trastornos psicóticos. Presentará datos trasversales del **Proyecto ActiveBrains**, un ensayo aleatorizado controlado que examina los efectos de un programa de actividad física en la **neuroimagen estructural y funcional cerebral** así como en la **función cognitiva, salud mental y rendimiento académico**.

Finalmente la **doctora Pina Camacho** presentará datos que apuntan a que las **técnicas de neuroimagen** podrían ayudar al **diagnóstico** diferencial de la psicosis, a elegir el tratamiento de elección o a la predicción pronóstica durante las primeras fases de esta enfermedad, de manera análoga a lo que ya se está haciendo rutinariamente en otras áreas de la medicina.

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Advisory Area for Fellows and Resident Medical and Psychology Interns

Task force: Laia Villalta (coordinator and board of directors liaison officer until October 2017), Itziar Baltasar (coordinator and board of directors liaison officer since then), Marina Fabrega, Daniel Ilzarbe, Marta Carulla, Ana Pérez, Juan Paris, Ainoa Mateu and Fátima Valencia.

Following on from the creation and publication in 2016 of the “Survival Guides” for clinical psychiatrists and psychologists benefiting from the Foundation’s Advanced Training Fellowships and the Mini-Guide to External Medicine/Psychology Rotations in 2017, the Advisory Area task force organized the **3rd Partners Conference-Discussion** around the topic “Teaching and Research on Mental Health in Children and Adolescents”. The event was held on Wednesday 25 October 2017 at the Official College of Physicians of Madrid from 4.00 pm to 8.45 pm and was followed by a dinner for members and speakers.

The Conference-Discussion focused on COMMUNICATION in child and adolescent mental health at different levels: through verbal communication techniques, at the teaching level and in the scientific sphere.

Sebastián Lora firstly explained the key points in expressing ideas effectively and convincing

listeners of the importance of the issues raised, whether in presentations within the medical/scientific field or in communication with patients. He emphasised three key elements to conveying the message we want to communicate and power its understanding: credibility, logic and emotion. He listed some of the implications of combining these three elements and the most common mistakes that arise from not using them when communicating.

Dr. Angels Mayordomo then discussed strategies to convey knowledge and promote learning among people undertaking training in academic and hospital settings. She began by reviewing the different learning theories and implications of each and then focused on interactive learning techniques.

To end the conference, Dr. Lorena Fernández gave a presentation on how to write a scientific paper, primarily aimed at young researchers. She explained practical techniques for drafting a manuscript clearly and simply from start to end to enable greater understanding by both the readers and editors of scientific journals. She also highlighted issues relating to submitting manuscripts to scientific journals once completed.

Third General Assembly

Following the unanimous approval of the 2016 Assembly minutes, Association general secretary Dr. Laia Villalta introduced the agenda.

Firstly, Association treasurer Dr. María Dolores Picouto presented the 2016 Economic Balance and the 2017 Budget.

Chairwoman Dr. María de Gracia Domínguez then discussed the board's perception of the three years of the Association's history, as well as the future work areas, focused on consolidating the infrastructure and action areas to bolster relations among partners and task forces and continue the consultancy role for the Alicia Koplowitz Foundation.

The floor was then given to the task forces, the patron member and meeting attendees, who summarised their work and gave their feedback on the three-year track record.

During the Assembly, the new coordinators of the 2017/2018 task forces were appointed and their members renewed according to the willingness to participate of the partners. This year, new roles were introduced within the internal organisation of the task forces. Each had a liaison officer to work with the board of directors and a further liaison officer with the Communications Area. In turn, the figure of the coordinator, together with the rest of the task force, acquired a greater leadership role with respect to his or her area's strategy.

In accordance with the Association's charter, the board must be renewed every three years

and candidates voted in during the Assembly. A continuity candidacy was presented, consisting of:

- María de Gracia Domínguez Barrera, *Chairwoman*
- Laia Villalta Macià, *General Secretary*
- María Dolores Picouto González, *Treasurer*
- Gisela Sugranyes Ernest, *Member*
- Dolores María Moreno Pardillo, *Member*
- María Concepción Guisasola, *Member*

The candidacy was unanimously approved by all attendees for the next three years (September 2017-September 2020).



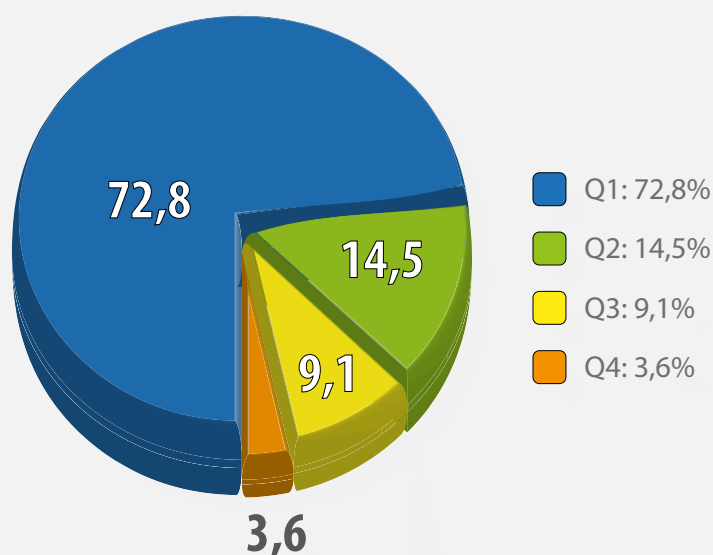
Association of Child and Adolescent Mental Health Scientists



Scientific Production

The Scientific Activity of the Research Projects and the work carried out by both the Advanced Training Fellows and the Short-term Fellows have resulted in **59 articles** in 2017.

Percentiles of published articles



Distribution according to the quartiles of the journals

The Scientific Production as a result of **Fundación Alicia Koplowitz**, sponsorship in 2017 amounted to **59 articles** indexed in the Web of Science with a total impact factor of **254,836**.

-  **Fraguas D**, Díaz-Caneja CM, State MW, O'Donovan MC, Gur RE, Arango C. [Mental disorders of known aetiology and precision medicine in psychiatry: a promising but neglected alliance](#). Psychol Med. 2017 Jan;47(2):193-197
FI: 5.772
Q1
-  **Baeza I**, Vigo L, de la Serna E, Calvo-Escalona R, Merchán-Naranjo J, Rodríguez-Latorre P, Arango C, Castro-Fornieles J. [The effects of antipsychotics on weight gain, weight-related hormones and homocysteine in children and adolescents: a 1-year follow-up study](#) Eur Child Adolesc Psychiatry. 2017 Jan;26(1):35-46
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Q1

Social Activity



The Foundation

24 years committed to children and adolescents

Established in 1994, the Alicia Koplowitz Foundation is a non-profit established as an expression of its social commitment to promote and defend science and scientific research into child and adolescent mental health and to assist children with family problems and people with disabilities. Its mission is to improve the quality of life of children and young people.

The Alicia Koplowitz Foundation currently operates in two distinct but complementary areas to deliver on its objectives:

- **Social Activity.** Dedicated to the care of children with difficult family backgrounds, who are welcomed and treated at its residential centres and provided with comprehensive care. The first group of beneficiaries are children from 0 to 18 years of age, and once they reach adulthood they continue to be supported by the Foundation until they finish their education and can be integrated into society as productive citizens. As part of this programme, it is important to highlight the support provided to multiple sclerosis and people affected by it, as the



Foundation promoted, built and donated the Madrid Region's Alicia Koplowitz Multiple Sclerosis Centre to them.



- **Medical/Scientific Activity.** This focuses on a mental health support programme for children and adolescents, the aim of which is to contribute to the advancement of research and improve vocational training in the field of child and adolescent psychiatry and neuropaediatrics in Spain. As part of this programme, the Foundation grants Advanced Training fellowships (two-year stays at international benchmark centres in the specialty concerned) and short-stay fellowships for specialisation in and research on psychiatry, neuroscience and neuropaediatrics (six to 12 months), and supports Spanish researchers working in psychiatry, child and adolescent neuroscience and neuropaediatrics.



What we do

A project to restore trust and dignity

The Foundation's Social Activity's project is designed to provide comprehensive assistance to children and adolescents deprived of a family environment and with emotional and social shortcomings. The programme covers all areas of life development (health, education, social relations, attachment, skills, etc.) and aims to return children's self-confidence and restore their dignity, as fundamental qualities for the development of the human condition.

The main project focus is the residential centres, which take in children up to 18 years of age referred to us by Social Services. In them, each child receives comprehensive, individualised care, tailored to his or her specific circumstances.

The Foundation has three residential apartments to care for wards of the state referred from the Family and Children's Institute of the Madrid regional government. It also manages integration apartments for adult former wards who are continuing their higher vocational or university education. Ten former wards are currently benefitting from our scholarship programme for people over the age of 18 still studying.

More than 440 minors have passed through the residential centres over the 14 years the

programme has been running and most have been positively integrated into society.

Caring for the most vulnerable

Children summarise the difficult and complex development of human existence - they are the most vulnerable group in society as they require ongoing care from birth to survive. This principle of necessity guides the Foundation in procuring the following care services for the children it takes in:

1. Healthcare.
2. Psychiatric and psychological care.
3. A good diet.
4. Restorative affection.
5. Culture.
6. Training adapted to the possibilities of each child.
7. Emotional attachment.
8. Professional plan for the future.
9. Work plan.
10. Integration as self-sufficient and productive members of society.

The centres: stable references

The residential centres where the children arrive via the Children's Guardianship

Commission of Madrid region, have a very solid institutional and labour structure and are as stable as can be. The purpose is to accompany the children on their evolutionary development and allow them to create strong ties and a sense of belonging to repair the feeling of chronic neglect that the absence of a biological family causes.

The centres are run on two different models. In the first one it is managed by a couple, with or without children, who live in the apartment and organize themselves as a family in which the children are integrated. The second is

where the centre is run by educators working eight-hour shifts. In both cases the system is made as stable as possible to avoid a change of reference for the children.

Dysfunctional environments

The children hosted by the Foundation come from dysfunctional social and family backgrounds, leaving them with social, cultural, psychological and mental scars. Their needs are many and very large, especially in the case of people with mental disabilities. Behind a mentally handicapped

What we do



person there is almost always a gaping lack of social resources and an environment worn down by having to deal with a difficult and shameful situation. The Foundation considers it necessary to raise awareness of the stigma that mental illness produces and the devastating effect it has on the immediate environment.

Under these circumstances, the life experience of children in care offers little

chance of them being returned to the family, while adoption is but a remote possibility. For this reason, a residential centre can be the only reference in a child's intellectual, physical and psychological evolution. In short, it is the core shaper of the social and emotional security required for human development and makes it easier for the children to recover from the existential wear and tear of living in adverse situations.



Comprehensive recovery plan

The first objective of the Foundation's work programme is to stabilise children at optimal levels of health, education, hygiene and coexistence habits, cultural interest and social skills. To this end, family conflict is clarified, the child's strengths and weaknesses are identified and a comprehensive recovery plan is designed, engaging all the individuals and groups involved: parents, extended family, educators, psychologists, teachers and social services.

The Foundation also works with the children's families to help teach parenting skills, increase their self-esteem and improve their living conditions.

However, this phase of the action programme is complex, because people in a marginal situation often distrust social programmes, and engagement can only begin when there is a sufficient level of trust in the relationship.

A window of optimism for the future

One key point in the children's recovery is the development of their talent, curiosity and thirst for knowledge. The Foundation aims to foster individual capabilities so that each child develops his or her full potential and finds their place in society. Emotional and cultural development opens a window of optimism for the future.

Psychological assistance

The Psychology Department of the Alicia Koplowitz Foundation, created in July 1997, addresses the developmental, cognitive, behavioural and emotional problems encountered in the children living in the

centres. These difficulties relate to the circumstances of psychosocial adversity in which they were reared and to which they are still linked, as well as exposure to traumatic situations. On top of all this are the problems deriving from being separated from their families.

The aim of the Foundation is to make the centres a stable but temporary instrument at the service of the child, so that their time there can serve as a transition towards a definitive endpoint such as a return to the family home, integration in a new family or independence. To achieve this, the Department of Psychology works in coordination with the educational function developed in the centres. The aim is to provide comprehensive and exhaustive follow-up on the children and ensure them better-quality care.

In addition to the clinical interventions with the children, daily contact with the centres' educators lets the educators get to know the children well and to very directly transmit to them the information they need to address the many challenges that occur in household coexistence due to the misalignments the children often present with.

Coordination work also extends to relations with their families, the Directorate General for Family and Children, social services, schools, mental health services, etc.

The children sometimes spend a long time in the centres and psychological support ensures a therapeutic accompaniment over this time and throughout all the changes taking place in their lives. In addition to the dedicated psychological programmes and medical treatments employed in line with each child's needs, the psychologist helps



them understand and accept their situation and that of their family.

This complements the educational task and equips the children with the psychological tools they need to cope with future independence in adult life and the personal resources that their parents lacked. The aim is

to prevent a relapse into the vicious circle of marginalisation.

The psychological support work in the centres is carried out with the utmost rigour and the backing of professional programmes of proven value.

What we do

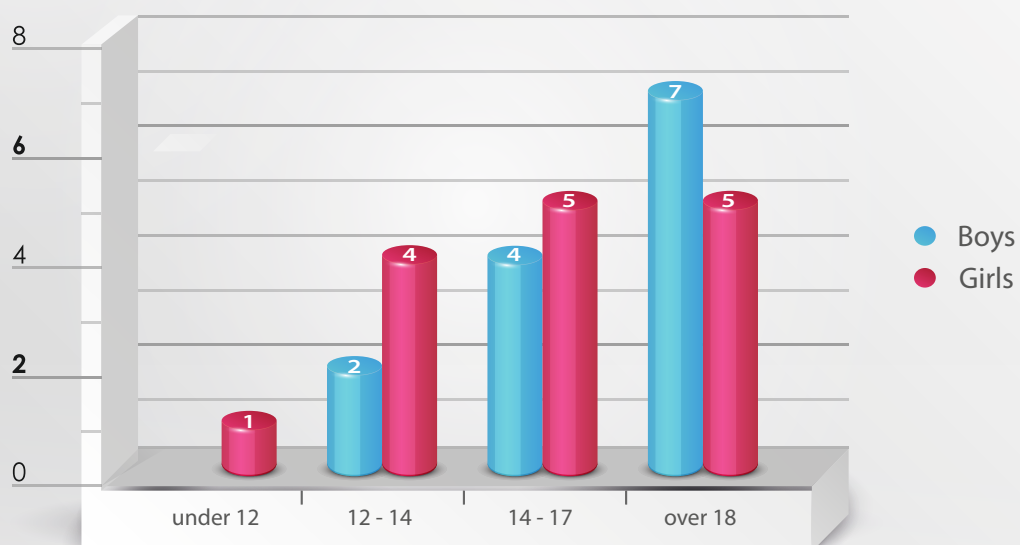
The figures

In 2017, the Alicia Koplowitz Foundation provided a home to 28 children and young people, of which 12 were of legal age. By sex, 15 were girls and 13 boys. The number of residents fell at the end of the year, mainly as a result of the closure of the Montoya Centre, one of the four residential centres, on 31 December. The five children living in the centre were transferred to dedicated facilities reporting to the Madrid regional government.

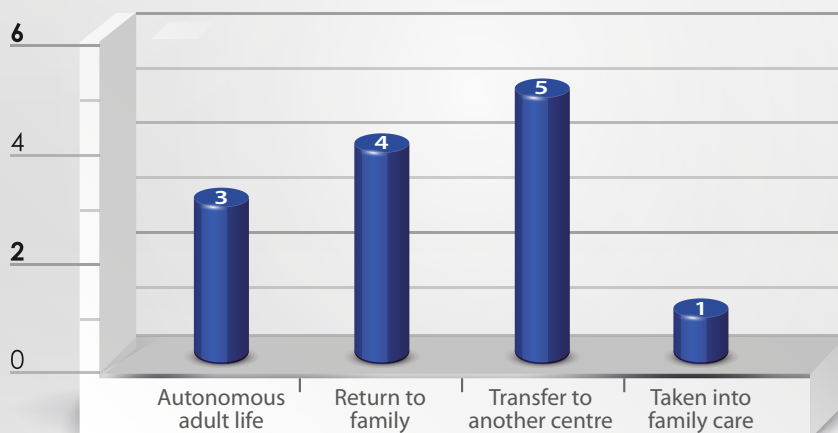
At the centres, the Foundation takes in children as wards of the state and provides them with an education and healthcare to overcome their difficulties and allow them to develop their capabilities. It also provides the means to allow them to keep in contact with their families and, after they have finished their time in the centre, to pursue higher education.

Below are a number of graphs showing our activities in figures:

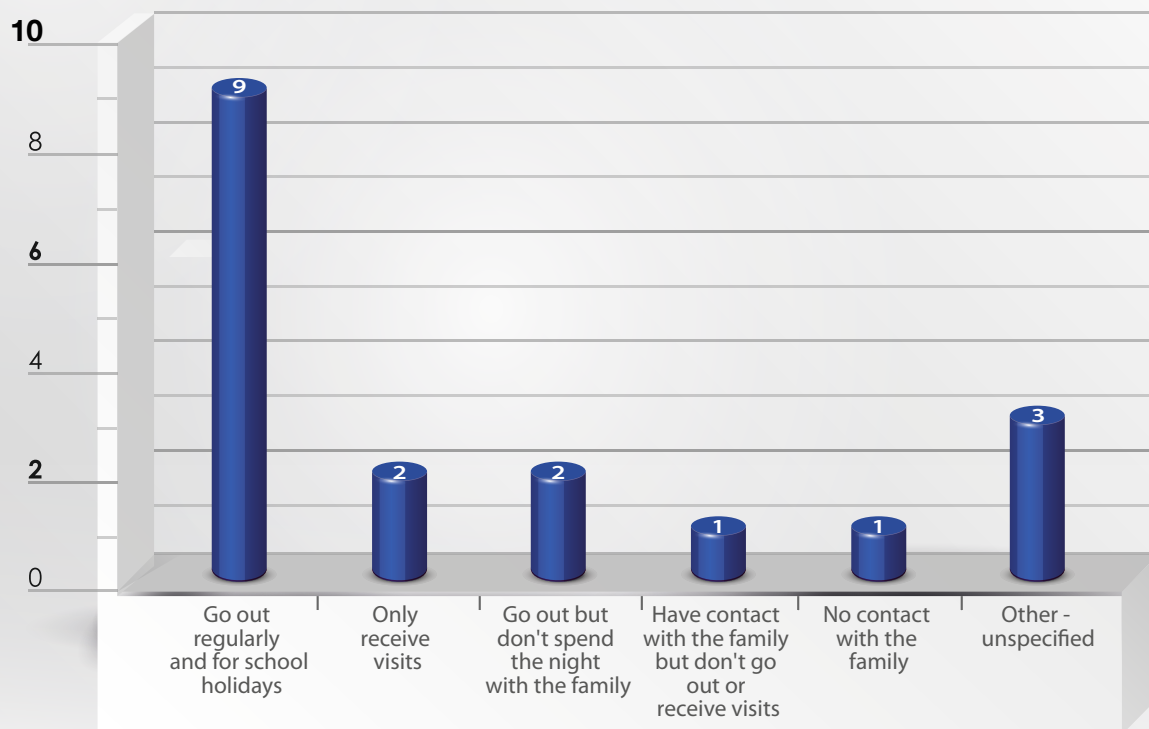
Age groups of the children and young adults in the residential centres

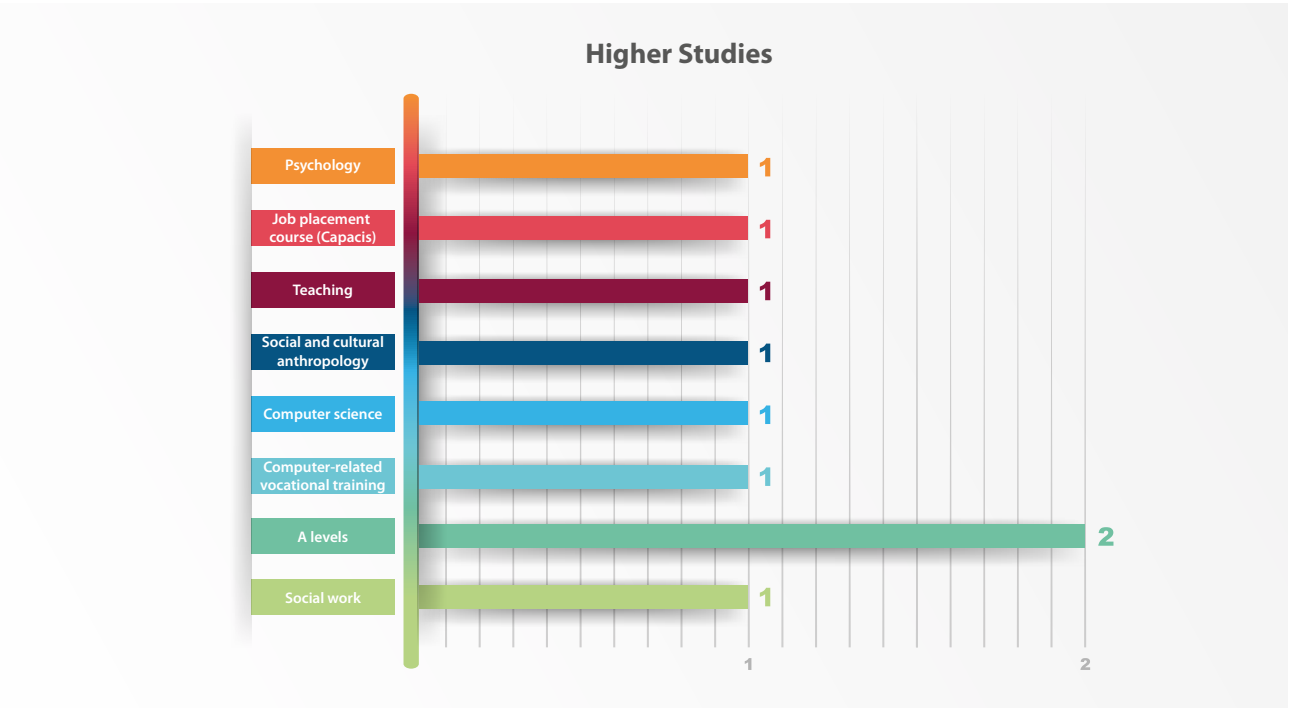
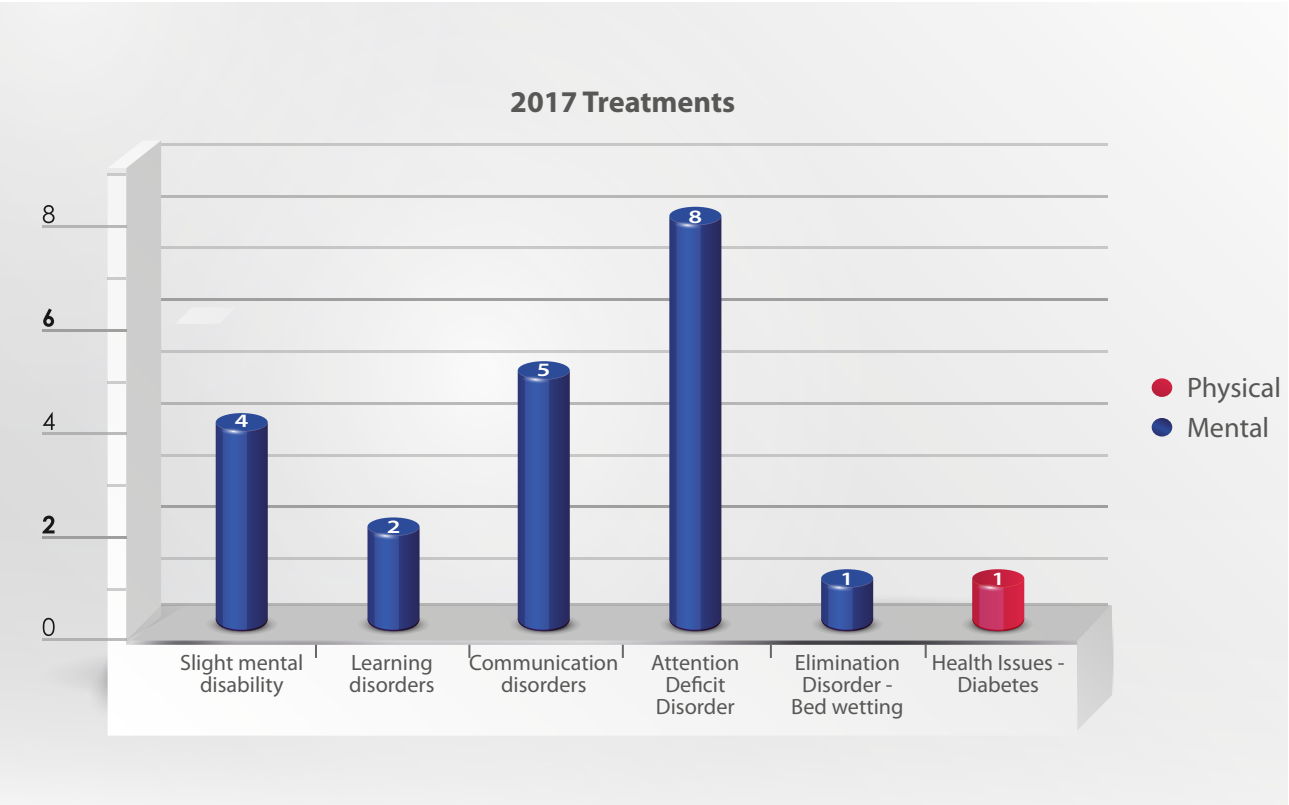


Reasons for Leaving the Centre



Outings and visits with the family





What we do

Understanding and speaking out for society

The Alicia Koplowitz Foundation considers institutional relations a key element in speaking out for society and at the same time understanding its expectations and needs. To that end it puts considerable effort into promoting the principles that inspire it, focused on solidarity, engagement and the promotion of education and scientific activity to improve the mental health of children and adolescents.

Part of this work is channelled through the Spanish Association of Foundations and in particular its Health, Research and Welfare Foundations Taskforce, created in 2015,

to which the Alicia Koplowitz Foundation belongs.

The taskforce, coordinated by Dr. Honorio Bando, carries out important work on everything from health promotion to prevention, providing outreach on health and healthy practices, engaging in research, studying social and health problems, raising social awareness and providing direct aid on healthcare projects. World Health Day 2017 saw the presentation of a study into this area which concluded that 21% of Spanish foundations feature social healthcare among their objectives and two



Foundations Council meeting in March 2017.



out of every three provide direct care to beneficiaries.

Other significant taskforce activities in 2017 were the organisation of two working sessions on the contribution and development of health foundations, held during the summer courses of the Complutense University of Madrid and the Menéndez Pelayo International University in Santander. Isidro Villoria, Director of the Social Action Programme at the Alicia Koplowitz Foundation, appeared as an expert in both events.

The Health, Research and Welfare Foundations Taskforce has 42 foundation members, including the Spanish Foundation for Science and Technology (Fecyt); the foundations of companies and entities such as Mutua Madrileña, Sanitas, Asisa, La Caixa, Merck, Lilly, Quirón, AstraZéneca and Mapfre; the Botín

Foundation, the Ramón Areces Foundation, the Once Foundation and the Autonomous University of Madrid Foundation, in addition to Alicia Koplowitz.

Promoting investment in science

Another focus of the Alicia Koplowitz Foundation's institutional activity is its membership of the Science Foundations Council, a body promoted by the Spanish Foundation for Science and Technology (Fecyt), which reports to the Ministry of Economy, Industry and Competitiveness, the aim of which is to promote a culture of science and technology and good practices to step up investment in science.

In this context, in 2017 the Alicia Koplowitz Foundation was represented at two Foundations Council meetings, where it monitored projects already under way and

announced others. The new actions include a proposal to conduct a survey among Council members to ascertain the exact magnitudes of the sector and get up-to-date information on investment in science by private foundations. The Alicia Koplowitz Foundation also joined a new taskforce on training and talent, the first project of which focuses on identifying the skills that Spanish researchers need to advance in their professional careers and to improve fundraising from public and private sources.

Support for similar organisations

In line with its social and scientific orientation, the Alicia Koplowitz Foundation supports other similar organisations whose objectives it identifies with, within its foundational purposes of improving the publicly provided care of groups with specific needs and to partner up on projects to drive a better quality of life for children and adolescents. The main associations with which it partners on different projects are:

- Professor Uría Foundation.
- Talita Foundation.
- Fesmai Children's Aid Foundation.
- Carmen Pardo-Valcarce Foundation.
- Open Horizons / Ellacuria Project (households of incarcerated women with children).
- Teodora Foundation (entertainment for children in hospital).
- Stonyhurst College Centre for Education (education for children and young people)
- El Despertar Association (care for children with cerebral palsy).
- Prodis Foundation (help for children with mental disabilities).
- Queen Sofia Foundation (charitable and cultural foundation for different groups).
- Eyes of the World Foundation (eye surgery in areas of extreme poverty).
- Farasdues-Marticho Foundation (integration and rehabilitation of disabled people).
- Semilla Association (educational projects against social exclusion).
- Victimology Institute (victim information and advice).



Volunteering

Sharing talent, knowledge and time

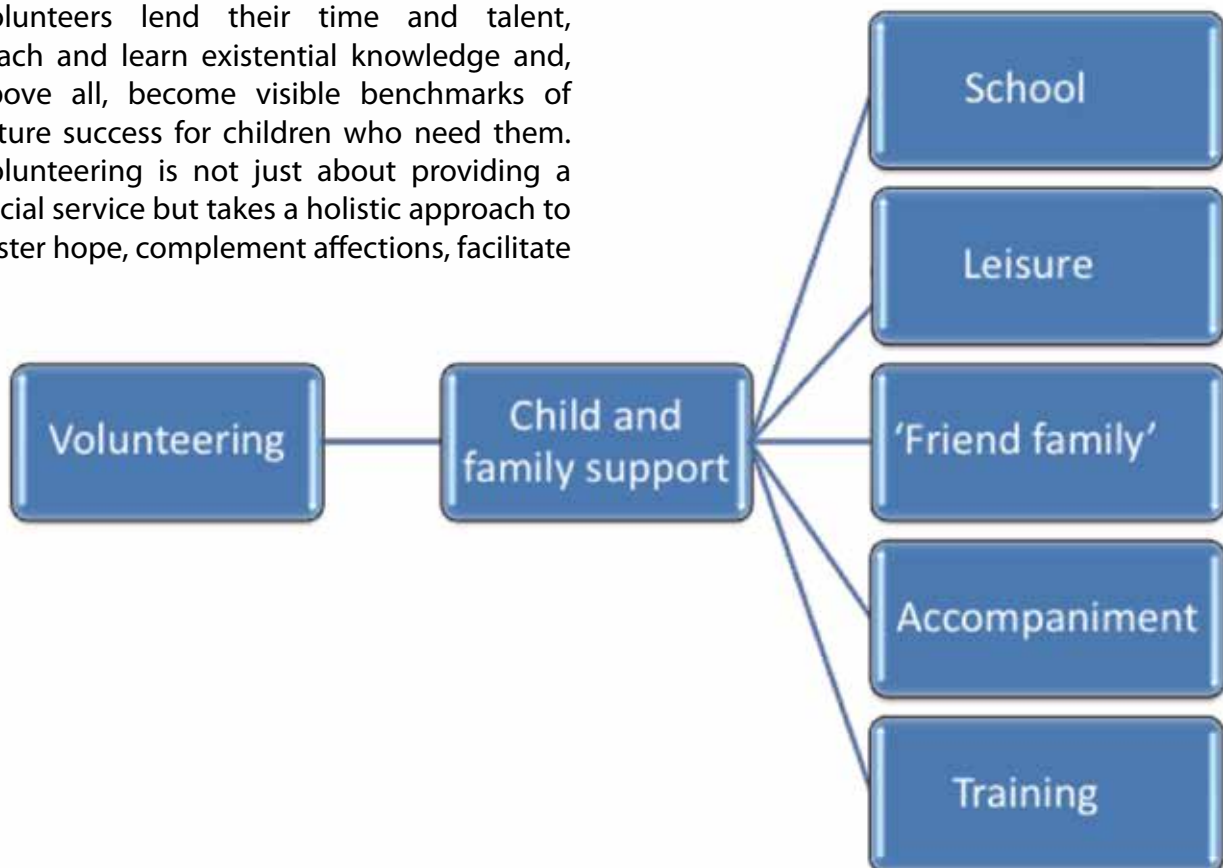
Volunteering matters greatly to the Alicia Koplowitz Foundation, as an expression of a new culture of solidarity grounded on talent-sharing and to pass down knowledge from one generation to the next.

Through volunteering, the Foundation aims to recover the full force of tarnished values such as friendship, empathy, perception of others, mutual support, trust, and more. Volunteers lend their time and talent, teach and learn existential knowledge and, above all, become visible benchmarks of future success for children who need them. Volunteering is not just about providing a social service but takes a holistic approach to foster hope, complement affections, facilitate

the recovery of self-esteem, open minds to other cultures and help discover new tastes and hobbies.

In short, it is about improving other people's lives.

The different areas in which people can volunteer at the Alicia Koplowitz Foundation cover:





Support against marginalisation

One of the most important volunteering programmes concerns school support, which helps to enhance the intellectual capabilities of children in care. Its ethos is based on the idea that boosting knowledge and the thirst to know is one of the best ways to break down marginalisation. Developing talent is essential to finding the individual skills that best suit a person's needs and circumstances.

To implement this work, the Foundation is assisted by prestigious institutions such as the Professor Uría Foundation, Francisco de Vitoria University in Madrid and the Intercultural

Youth Education Activities Association (Afaij). A selection of individuals also contribute to the school support programme.

The 'Friend Family' programme

The 'Friend Family' programme offers children the opportunity to spend holiday periods with selected volunteers. The aim is to help fill the gaps and affective and cultural shortfalls the children face. It is especially important that children in care establish a circle of friends and trusted persons who can help them going forwards.

This type of volunteering is managed by the family care area of the Madrid regional



Volunteering

government. In most cases, the relationships forged carry on beyond the established programme period and even through to when the children come of age. Three children are currently enjoying this programme to their full satisfaction.

More than leisure

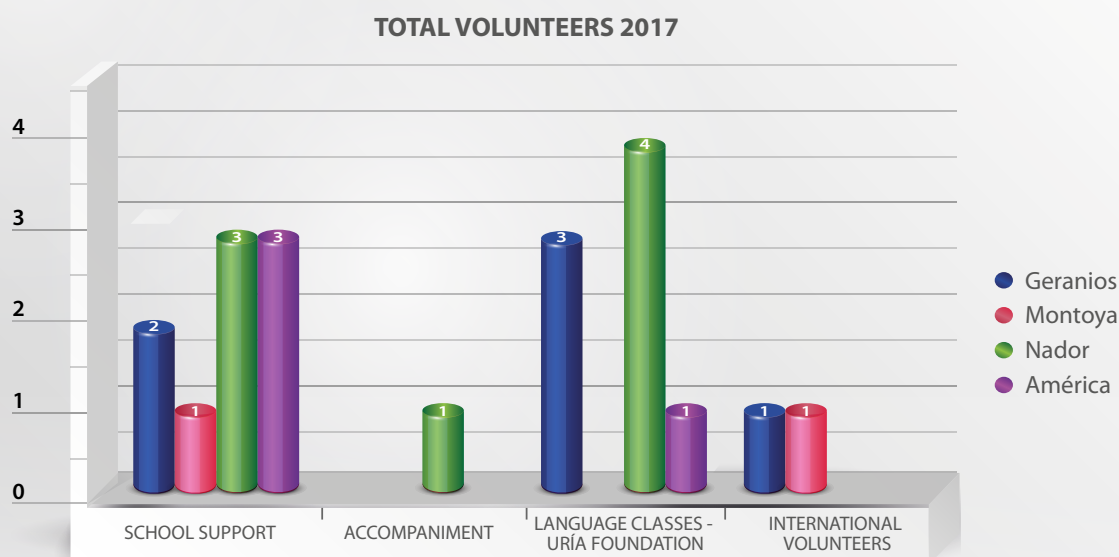
The volunteering programme also covers leisure activities that allow children to learn about different artistic, cultural and sporting expressions throughout the year. The purpose is to link leisure with the discovery of personal tastes, hobbies and qualities, which can sometimes lead to future professions.

The Foundation enjoys the collaboration of people dedicated to the world of art, culture and sport for this programme, who interact

with the children and relate their professional experience. In 2017, the programme included representatives from Spain's National Science and Technology Museum, the Association of Monolinguals for Science and the Friends of the Prado Museum Association.

Volunteering also covers accompaniment activities (where volunteers sign up to take a child to ongoing doctor's and psychologist's appointments, the dentist or speech therapist, etc.) and training for children and educators (volunteers last year included painter Pedro Castrortega, gourmand Verónica Gómez Acebo and dietitian Marta Aranzadi).

The following graph shows the distribution of the volunteering activities at the Foundation's four residential centres.



Testimonies

“By then I knew I wanted to remain in the Foundation”

ANDREA, 17 years old.

“My life has always been full of changes. The first time I entered an Alicia Koplowitz Foundation home was in 2004. The educators were called Ana and Sasa. My mother and father would come and visit us from time to time and take us to the park. In 2008, we met the couple I call my godparents. My sister and I went to Malaga with them for a month and it was the first time we’d had a good summer. From then on, we saw each other at least once a month. That same year we moved from one centre to another where there were five more children. It was the first time I’d lived with so many kids.

At one point, my mother dropped off the map, my father went to Bolivia and we lost all contact with my family. It was as if they’d completely forgotten about us. But it didn’t worry me that much. In 2010 Rober and Cris

entered the home as educators, along with their daughters Mikaela and Estrella. It was a big change because they treated us all equally. Soon after that, my mother showed up again. She’d had another daughter (Fabiana she was called) and Rober took us to Valencia to see them. But by then I knew I wanted to remain in the Foundation.

A few months went by and mum came back to Madrid and we started seeing each other more often. The odd thing was that every time we got together she would spend about €400 on us, and given that she didn’t have a job I started to have suspicions about where it was coming from.

Then my grandmother died in September 2012. Her death brought about a change in the family as she was the one who had held it together. My baby sister Lucía was born the following summer and I thought things were starting to go well for my mother, but at the end of 2014, Paz, the Foundation’s psychologist, told us that mum was in jail for drug trafficking.

In 2015, we changed home again. That meant a change of school, which led me to meet the friends I have now. We’ve been at this centre for almost three years now and my relationship with my mother has got a lot better, I’ve finished my GCSEs and I’m now doing my A levels. Next year I’ll start university, doing mechanical engineering.”



Testimonies

"I hope to stay for as long as I need to"

RODRIGO, 14 years old.

"My life at the Foundation began when I went to live at the Nador Centre in downtown Madrid with my sisters Andrea and Adriana. I spent my time there playing, attending nursery...there was nothing I went without. Two or three years later I had to move to a centre in Pozuelo de Alarcón where there were five new children. I got on best with Isaac. We slept in the same room, played football together and went to the same school.

The educators were two nuns, Ana María and Ana Belén, and we were with them for two or three years. Then Rober and Cris arrived, bringing their daughters Estrella and Mikaela with them, and we got up to lots of stuff together. Rober would bring us films from time to time which we watched during dinner and with Cris we made birthday cakes and ham and cheese pasties.

I learnt the catechesis at Húmera. I did my First Communion there and lots of people came. I also had the opportunity to meet many volunteers who took us to great places and helped us with our homework, clearing up any questions we had. They also welcomed us into their homes to meet their families. I remember Begoña, who I got on fantastically well with, Luisa, Beltrán... Thanks to them we could go to the zoo or the racetrack and do lots of things that weren't part of our regular life. I rode in a sports car on the day of my First Communion!



In the holidays, we went to Galicia with Rober and Cris because they were from there. One time we went to Verín, in Ourense, to a house with a pool, but just before going I found out that mum was in jail and that gutted me. After Verín we moved back to the Nador Centre and attended Claret School.

That Christmas, we holidayed in Galicia again. I remember that once we went to Sanxenxo and I was hit by a car for not looking where I was going, and another year we spent in Gondomar. I remember it well because that was the year I was given a mobile phone. Last Christmas, in 2017, we stayed in Madrid because I had to study. I'm sure it was worth it, because I hope to pass this year.

For the moment I'm still here at the Foundation, and I hope to be able to stay for as long as I need to. I hope to be able to write the second part of this story, which there will be."

Publications

A reflection on feeling what we know and knowing what we feel

2017 saw the Alicia Koplowitz Foundation begin work on the preparation of *The Book of Feelings*, an ambitious publishing project aimed at taking a personal and collective look at the currency of feelings in today's world. The book, planned for publication in 2018, includes impressions on 30 different feelings by thirty children, therapists, artists and experts across different subjects who gave selflessly of themselves for the project.

All up it is a kaleidoscope of opinions (written and, in the case of the artists, visual) which, taken together, provide insight into what we feel about what we know and what we know about what we feel - i.e., the deepest essence of what we are as unique beings who relate with others and the culture in which we live.

The objective is to deepen the understanding of the feelings most commonly associated with the experiences of children with emotional and social shortfalls so that they can identify and better manage their consequences, both in their own behaviour (understanding themselves) and in that of others (understanding other people's needs).

To this end, a number of workshops were held in the residential centres in 2017

to raise awareness among the children and educators on the importance of understanding feelings, a significant part of the growth process.

Over 30 chapters in alphabetical order, the book sets out the main feelings humans have (from appreciation to achievement via love, happiness, pride, anger, fear, tenderness and sadness). The nature and attributes of the feeling are defined in each chapter and then a child, therapist, artist or expert offers their take on it.

Participating psychiatrists were selected from among child and adolescent mental health specialists with the help of the Foundation fellowships. The artists, who engage as visual representatives of the children's impressions, include well-known names like Miquel Barceló, Luis Gordillo, Rafael Canogar, Eduardo Arroyo, Luis Feito, Jaume Plensa and Manolo Valdés. The list of experts who took part is also very distinguished and includes Javier Solana, Antonio Garrigues Walker, Valentín Fuster, Eduardo Punset, Inocencio Arias, José Antonio Marina, Emilio Lledó and Soledad Becerril.

They all helped us promote the idea of supporting talent, one of the principles the Foundation draws on for inspiration.



*sentimientos
que cuentan*

Fundación
Alicia Koplowitz

Publications

Management Team and Economic Data

Trustee-Secretary: **José Leoncio Areal López**

Coordinator of Medical-Scientific Projects: **Dr. María Concepción Guisasola**

Medical-Scientific Programs Collaborator: **Mario Fernández-Peña**

Secretary of Management: **Mónica G. García Zuazo**

Director of the Social Activity Program: **Isidro Villoria**

Psychologist **Paz Quijano**

Administrative Secretary: **Carmen García**

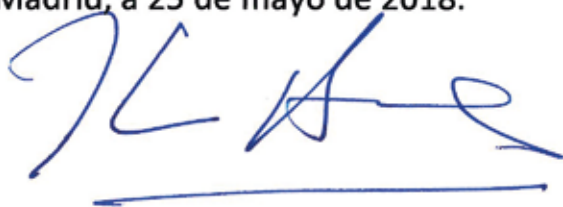
Fundación
Alicia Koplowitz

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

CERTIFICA QUE:

La información financiera de los ejercicios 2017 y 2016 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 24 de mayo de 2018, en el que se expresa una opinión favorable.

En Madrid, a 25 de mayo de 2018.





CLASE 8.ª



OK2635110

FUNDACIÓN ALICIA KOPLOWITZ

BALANCE DE SITUACIÓN ABREVIADO CORRESPONDIENTE AL EJERCICIO ANUAL TERMINADO EL 31 DE DICIEMBRE DE 2017 (Expresado en euros)

| | 2017 | 2016 |
|---|----------------|----------------|
| Activo no corriente | 48 441 | 72 118 |
| Inmovilizado material (Nota 5.a) | 47 808 | 71 485 |
| Inmovilizado intangible (Nota 5.b) | - | - |
| Inversiones financieras a largo plazo (Nota 5.c) | 633 | 633 |
| Activo corriente | 790 854 | 515 624 |
| Usuarios y otros deudores de la actividad propia (Nota 6) | 775 000 | 500 000 |
| Otros | 775 000 | 500 000 |
| Deudores comerciales y otras cuentas a cobrar | 1 254 | 1 287 |
| Efectivo y otros activos equivalentes (Nota 7) | 14 600 | 14 337 |
| Total activo | 839 295 | 587 742 |
| Patrimonio neto (Nota 8) | 473 315 | 456 283 |
| Dotación fundacional | 60 050 | 60 050 |
| Excedentes de ejercicios anteriores | 396 233 | 383 213 |
| Excedentes del ejercicio | 17 032 | 13 020 |
| Pasivo corriente | 365 980 | 131 459 |
| Acreedores comerciales y otras cuentas a pagar (Nota 9) | 365 980 | 131 459 |
| Total pasivo | 839 295 | 587 742 |



CLASE 8.ª



OK2635111

FUNDACIÓN ALICIA KOPLOWITZ

CUENTA DE PÉRDIDAS Y GANANCIAS ABREVIADA CORRESPONDIENTE AL EJERCICIO ANUAL TERMINADO EL 31 DE DICIEMBRE DE 2017 (Expresada en euros)

| | 2017 | 2016 |
|--|---------------|---------------|
| Ingresos de la actividad propia (Nota 11.b) | 2 075 000 | 2 046 686 |
| Subvenciones imputadas al excedente del ejercicio | 2 075 000 | 2 046 686 |
| Gastos de personal (Nota 11.c) | (359 878) | (309 218) |
| Amortización del inmovilizado (Nota 5) | (7 427) | (9 545) |
| Otros gastos de la actividad (Nota 11.d) | (1 690 663) | (1 714 903) |
| Excedente de la actividad | 17 032 | 13 020 |
| Ingresos financieros | - | - |
| Gastos financieros | - | - |
| Excedente de las operaciones financieras | - | - |
| Excedente antes de impuestos | 17 032 | 13 020 |
| Impuesto sobre beneficios (Nota 10) | - | - |
| Resultado del ejercicio - Beneficio / (Pérdida) | 17 032 | 13 020 |

The logo consists of a dark blue square. Inside the square, the word "Fundación" is written in a white, sans-serif font. Below it, the name "Alicia Koplowitz" is written in a larger, bold, white, sans-serif font.

Fundación
Alicia Koplowitz

Raising
awareness
Breaking down
stigmas

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