



Fundación
Alicia Koplowitz

ON THEIR BEHALF

Advanced training fellowships in child and adolescent psychiatry.

Return agreements.

Short term visiting fellowships.

Research project funding.

Scientific sessions.

24 years of social activity.

Testimonies / volunteering.

Institutional Relations.

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Ms. Alicia Koplowitz
Chairwoman

Letter from the Chairwoman

One year more, and there have now been 24 of them —almost a quarter-century— the Alicia Koplowitz Foundation has continued to fulfil its commitment to Spanish society through the two main briefs it has taken on: social action and medical/scientific activity. The social action area aims to promote the rights and well-being of vulnerable children and their families, seeking to improve their quality of life as a central plank of our care work. The aim of the medical/scientific activity area is to help boost the education of mental health professionals for the youngest, weakest and most defenceless parts of society.

Training in the medical/scientific area has become one of our core concerns. That is why in 2018 we continued to step up our activity in both education and outreach. We awarded 10 fellowships to different specialist physicians. For the 15th year in a row, five went to Advanced Training Fellowships in Child and Adolescent Psychiatry and Psychology: three of the fellows will study for two years in hospitals in the United Kingdom and two in universities in the United States.

The other five fellowships were for short stays to specialise further and conduct research into Child and Adolescent Psychiatry, Psychology or Neuroscience and Paediatric Neurology. In this case, the fellows will develop their objectives over a period of six to 12 months at hospitals and universities in the US and UK.

We are proud to say that our fellows hail from all over Spain. In 2018, psychologists and psychiatrists from hospitals and universities in Valencia, Granada, Madrid, Seville and Valladolid were selected.

It is also a source of great satisfaction that many of the specialists whose training we support give much more back to the community and we thank them for their help. These are the people at the front line of curing mental illness in our society. And they always find space in their busy diaries to present papers at the scientific conferences we organise each October, to discuss progress in their research areas and to partner intensely on the activities of the different task forces of the Association of Child and Adolescent Mental Health Scientists "Alicia Koplowitz Foundation".

The 13th scientific conferences were held in 2018. Over a day and a half they addressed an issue that, in the light of the huge media impact it has made, is of great interest to society: the mental health of adolescents aged 13 to 17. The conferences drew leading experts in this field, who discussed the issue from the perspective of medicine, social science, education and neuroscience. With their papers they helped assess the current situation and, above all, developed different approaches to mental illness to ensure that those suffering from it and their families get improvements and stabilisation, allowing them to live better with themselves and others. Over the course of the conferences, we provided aid amounting to €380,000 to eight research projects (three in relation to Child and Adolescent Psychiatry, three in Child and Adolescent Neuroscience and two in Paediatric Neurology).

Also in 2018 we sponsored several initiatives from other organisations, such as the 62nd Congress of the Spanish Association of Child

and Adolescent Psychiatry (AEPNYA), held at the Palau de Congressos in Palma de Mallorca from 7 to 9 June. We also engaged in the preparation of the 16th Attention Deficit and Hyperactivity (ADHD) Congress held at the Teaching Pavilion of San Carlos Clinical Hospital in Madrid on 12 December. We funded the preparation and publication of over 50 scientific papers related to psychiatry in leading international journals.

And what to say about our Social Action area? In 2018 we managed three apartments caring for under-aged wards of the state referred to us by the Madrid region's Institute for the Family and Minors, as well as an integration home for people aged 18 and over still in education. In fact, a dozen 18-plus year-olds have our scholarships that allow them to continue their studies. We have attended more than 400 minors over the course of the programme's 24 years. Our aim is to develop each one's individual capabilities so they can reach their full potential and find their place in society.

Finally, we are proud to report that the AACAP Beatrix A. Hamburg Award for Best New Research Poster by a Resident was won by Dr María Andreu Pascual Galve, an Alicia Koplowitz Advanced Training Fellowship holder (2017-2019) studying at the University of Pittsburgh Medical Center (UPMC), Western Psychiatric Institute & Clinic (WPIC) in Pittsburgh, USA. We feel very honoured and have no doubt that this will prove yet more motivation for all the professionals who gain their specialisation through our fellowships.

Presentation of the Foundation



Fundación
Alicia Koplowitz

The Alicia Koplowitz Foundation was established from the merger of two entities. On the one hand, the Vida y Esperanza Foundation, founded in 1994 and chaired for life by Alicia Koplowitz Romero de Juseu, which aims to help alleviate the lack of care for underprivileged groups with very specific needs, such as children. On the other hand, the Alicia Koplowitz Foundation itself, established in 2003 with a focus on child and adolescent mental health. On 4 February 2005, the trustees of the two foundations agreed to their merger via the former's absorption by the latter in order to better deliver on their respective aims.

The Alicia Koplowitz Foundation currently operates in two distinct but supplementary areas to secure its objectives:

Scientific/Medical Area

Here the purpose is to boost the academic and clinical education of professionals and contribute to taking research forwards in the field of Child and Adolescent Psychiatry, Psychology and Neuroscience and Paediatric Neurology. To meet this goal, the Foundation awards two-year **Advanced Training Fellowships** in Child and Adolescent Psychiatry and Psychology and in Paediatric Neurology to study in centres with which it has signed partnership agreements in the United States, United Kingdom and Sweden. It also awards **pre-doctoral fellowships** to work on two-year research projects that serve as a basis for a doctoral thesis. So far, 65 specialists have benefited from the programme.

The Foundation further awards **Short Stay Fellowships** for up to 12 months in any reputable international centre to build on academic, clinical or methodological training or to collaborate in research projects in the areas of Child and Adolescent Psychiatry, Psychology or Neuroscience and Paediatric Neurology. The programme has provided training to 110 professionals to date.

The Foundation also provides annual **aid for research projects** in the abovementioned areas by Spanish researchers in Spanish centres. The programme duration is two years and the fellows are awarded €50,000. Ninety-six such projects have been funded so far.

In addition, the Foundation organises yearly **Scientific Conferences** featuring leading Spanish and international specialists in child and adolescent mental health, which in 2018 attracted over 600 attendees and 21 speakers.

The Foundation is a patron of the **Association of Child and Adolescent Mental Health Scientists "Alicia Koplowitz Foundation"**, composed of former fellows, researchers, speakers, guardians and members of evaluation committees. Its purpose is to foster contact between fellows and aid beneficiaries and to promote the development of child and adolescent mental health and neuroscience, among others.

Social Action Area

Here activity is preferably dedicated to the care of children from dysfunctional families at risk of social exclusion. The Foundation takes in and cares for children in its residential centres, providing comprehensive care. Once they turn 18, the children continue to be supported by the Foundation until they have completed their education and can move into mainstream society. Over 400 children have passed through the centres, achieving full integration into society in over 95% of cases. The residential home programme closed in 2018 after 24 years of activity (more information in the Social Action chapter).

As part of the Social Action Area, we would highlight the support provided to multiple sclerosis and people affected by it. The Foundation promoted, built and donated the Madrid Region's Alicia Koplowitz Multiple Sclerosis Centre for them. The centre can care for 158 patients, of whom 95 are internal residents, 32 attend on a daily basis and 30 receive outpatient care. It is currently managed and funded by the regional Department of Social Policies and Family.

Medical/Scientific Activity

**Imperial College
London**

Advanced Training Fellowships

65 Opportunities for Future Leaders

Within the framework of the Child and Adolescent Mental Health Support Programme, started in 2005, the Foundation awarded five Advanced Training Fellowships in 2018, in its 15th call. This means that 65 professionals have now undertaken two years' training at the foreign centres that have signed a collaboration agreement with the Foundation to provide fellows with personalised training, research and clinical care programmes.

Advanced Training Fellowships, with the support of the Association of Child and Adolescent Mental Health Scientists-Alicia Koplowitz Foundation, have been covering the following training areas since 2016:

- **Advanced Training Fellowships in Child and Adolescent Psychiatry and Psychology.** These fellowships are awarded to work at centres in the United Kingdom, United States and Sweden. To mentor the fellows and track compliance with the specialist programme, the destination centre appoints one or more tutors (usually one per area: research tutor, clinical tutor and training tutor) with whom they meet regularly. In addition, a

Spanish tutor, a former fellow of the centre and the Association, also has regular meetings with both the fellows and their tutors at the destination centre, usually via teleconference.

- **Advanced Training Fellowships in Neuropaediatrics.** Neuropaediatrics is not officially recognised as an independent speciality in Spain nor as a subspeciality of paediatrics or neurology. The Spanish Society for Paediatric Neurology (SENEP) is the body that accredits neuropaediatric centres and specialists. To be a full SENEP member, candidates must demonstrate resident training (four years in paediatrics or neurology), two years' training in neuropaediatrics at an accredited hospital and two or more papers at SENEP meetings or congresses on which they are the lead author. Therefore, to facilitate access to official qualifications in Spain, the Alicia Koplowitz Foundation offers two-year stays at recognised foreign centres for training in neuropaediatrics. The choice of centre is up to the candidate, who must submit a customised project, including rotations that deliver on the specific objectives of

the training programme in the dedicated training area of paediatric neurology in Spain. The fellow is further supported by a Spanish tutor appointed by the Foundation and a member of the Association of Child and Adolescent Mental Health Scientists- Alicia Koplowitz Foundation.

- **Predoctoral Fellowships in Child and Adolescent Mental Health.** The centres that offer an ongoing research project on existing databases to do a doctoral thesis include the Karolinska Institutet Department of Clinical Neuroscience, Child and Adolescent Psychiatry Research Center, Stockholm (Sweden), whose director is Prof David Mataix-Cols, and the Utrecht University Neuroscience Division in Utrecht (Netherlands), under the direction of Prof Jim van Os. The end result must be three publications in indexed international journals based on the original research studies that will lead to the defence of a doctoral thesis at a Spanish university via the International Doctorate.

The research projects proposed by the destination centres for the 2018-2020 programme are as follows:

- *Educational and occupational outcomes in anxiety, trauma and stressor-related disorders.* Directors: Prof David Mataix-Cols and Dr Lorena Fernández de la Cruz.
- *Perinatal and other environment risk factors for anxiety, trauma and stressor-related disorders.* Directors: Prof David Mataix-Cols and Dr Lorena Fernández de la Cruz.
- *Study of psychosis and affective liability in children, adolescents and transition psychiatry populations (age 12-25 years).* Director: Prof Jim van Os.

After assessing the quality of the accomplishments of the candidates and the personal interview in Spanish and English by the Selection Committee, the Committee decided to grant the Advanced Training Fellowships, all in the area of Child and Adolescent Psychiatry and Psychology, to the following candidates:

Advanced Training Fellowships



Braulio Manuel Girela Serrano

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

Sandra Gómez Vallejo

CENTRE: *Institute of Psychiatry at the Maudsley
King's College London, University of London*
(London, UK)



Carolina Pastor Jordá

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



Rocío Roselló Miranda

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



Gonzalo Salazar de Pablo

CENTRE: *Institute of Psychiatry at the Maudsley
King's College London, University of London*
(London, UK)





Braulio Girela Serrano

With a degree in medicine and surgery from the University of Granada, Dr Girela is studying fourth year at the Victoria University of Manchester (Erasmus Program) and fifth year at the Autonomous University of Barcelona (SICUE/SÉNECA Programme). He is a psychiatrist who trained at Hospital Santa Ana de Motril (Granada) and Hospital Universitario Clínico San Cecilio, Granada. He undertook stays at the Child and Adolescent Hospitalisation Unit at Hospital Universitario

Virgen de las Nieves in Granada and spent six months as visiting scholar at the Child and Adolescent Hospitalization Unit, Zucker Hillside Hospital in New York, in the latter case with a scholarship from the Spanish Society of Psychiatry.

Dr Girela also has a master's degree in Neuroscience and Pain from the University of Granada. He has participated as a collaborator in various research projects, published four book chapters and presented 30 papers at national and international congresses, two of which won awards and a further three were finalists. In the area of child and adolescent psychiatry, he has published two articles in a specialised journal.

ACTIVITY DURING THE FELLOWSHIP

As a clinical research fellow, Dr Girela joined the Imperial College London's Mood Instability Research Group under the supervision of Dr Martina Di Simplicio. His research work focuses on the impact of new technologies on adolescent mental health. As part of his training in this field, he attended the MindTech Symposium: Improving Lives with Digital Mental Healthcare.

As an Alicia Koplowitz Foundation fellow at Imperial College Dr Girela also has an honorary contract with the Child and Adolescent Mental Health Services in the NHS, CNWL NHS Foundation Trust, where he performs his clinical work in teams specializing in emotional and

autism spectrum disorders, in addition to working with the St Mary's Hospital consultation team.

In the academic setting, he has joined the academic training programme for residents in child and adolescent psychiatry at St Mary's Hospital, attending weekly seminars on cognitive behavioural therapy and clinical case presentations and scientific articles. He has also participated in the Introduction to ADOS and Approach to the Optimal Management of Childhood ADHD courses. He is currently undertaking the annual Family Therapy and Systemic Practice course.

Sandra Gómez Vallejo



Dr Gómez has a degree in Medicine and Surgery from Barcelona University (UB) – Clínic campus (2007-2013). During her studies she accepted an Erasmus scholarship to study at Technische Universität München (Munich, Germany). She specialised in psychiatry at Hospital General Universitario Gregorio Marañón (Madrid). During her residency she worked in several child and adolescent psychiatry departments, both in her own hospital and at foreign centres (Service of Autism and Neurodevelopmental Disorders at UCSF, San Francisco, USA).

During that time she was interested in several research projects and took part in posters and oral presentations at several congresses. She also published articles in national and international journals and book chapters. She completed a master's degree in Integrative Psychotherapy at the University of Alcalá de Henares.

ACTIVITY DURING THE FELLOWSHIP

At King's College London, her clinical activity is currently being conducted in the national Conduct, Adoption and Fostering Team.

Regarding research, she is engaged in the Autism and Perinatal Factors project with Prof Patrick Bolton. She is set to complete a systemic review on the subject and plans to subsequently analyse a database of twins with autism and perinatal factors.

From a teaching standpoint, every Wednesday she participates in activities organised for child and adolescent psychiatry SpRs. She attends a psychotherapy and research seminar once a month.

During her fellowship she has completed a course on the Autism Diagnostic Observation Schedule – 2 (ADOS-2) tool.



Carolina Pastor Jordá

Doctor specialising in psychiatry. She completed her psychiatry residency (2014-2018) at Hospital Universitario 12 de Octubre in Madrid. During her time there she performed numerous rotations in child and adolescent psychiatry and external rotations at the Autism Spectrum Disorder Unit and the Crisis Unit at Hospital Sant Joan de Déu, Barcelona. She also rotated one month as an observer at the Adult Neurodevelopmental Services unit in Toronto, Canada.

Trained in the Autism Diagnostic Observation Schedule–2 (ADOS-2) and Autism Diagnostic Interview–Revised (ADI-R) tools, she has also participated in the specialist course entitled Clinical and Psychoanalytic Psychotherapy: the Child and His/Her Family, and a one-year course by an expert on affective disorders, developed by the University of Alcalá de Henares. She has collaborated in research projects at Hospital 12 de Octubre and written various papers, book chapters and articles, as well as posters for national and international congresses.

ACTIVITY DURING THE FELLOWSHIP

Clinically, her position at the Western Psychiatric Institute and Clinic (Pittsburgh, USA) is as an observer for now and she has engaged in the Child and Adolescent Bipolar Services (CABS) under the supervision of Dr Birmaher. She also spent two weeks on the inpatient ward for patients with bipolar disorder. Other activities she is involved in include general outpatient clinics in child psychiatry, the autism hospitalisation ward and the Suicide and Depression clinic (Services for Teens at Risk).

In the research setting, she joined a study looking at the early signs of

bipolar disorder that has been following children and their families for 15 years. The study analysed the differences in psychopathology and measures such as body mass index in the children of bipolar and non-bipolar parents, relating it to their physical activity.

In teaching matters, she has participated in teaching sessions for residents in child and adolescent psychiatry and in general clinical sessions of the Psychiatry Department. She also attended the annual meeting of the American Academy of Child and Adolescent Psychiatry in Seattle, where she did a course on psychopharmacology.

Rocío Roselló Miranda

A specialist in psychiatry from Hospital Arnau de Vilanova-Llíria (Valencia). Dr Roselló rotated in different child and adolescent psychiatry units attached to her hospital and the reference adolescent hospitalisation unit in the province. External rotations were conducted at the Department of Child and Adolescent Psychiatry of Hospital General Universitario Gregorio Marañón, Madrid, and the Southampton Child and Adolescent Mental Health Service (CAMHS).



During her residency, she participated in therapeutic groups for borderline personality disorder and contributed to various publications and congress papers. She has completed several courses in child and adolescent psychiatry, including one from the University of Barcelona Institute for Continuing Education (Editorial Panamericana) and others focused on psychotherapy, and has a master's degree in eating, personality and emotional disorders from the University of Valencia.

ACTIVITY DURING THE FELLOWSHIP

As an Alicia Koplowitz Foundation fellow at Imperial College London, she conducts clinical activity at the Westminster Child and Adolescent Mental Health Service (CAMHS), forming part of teams specialising in autism spectrum and emotional disorders. She is also involved in the systemic family therapy evaluations and sessions conducted by the liaison psychiatry team with St Mary's Hospital.

In the research field, she is engaged in a project to assess the effectiveness of interventions for parents of children and adolescents with eating disorders. Under the supervision of Dr Julia

Gledhill and Dr Dasha Nicholls, her main research functions include conducting a systematic literature review and statistical analyses of collected data.

From the academic viewpoint, she has joined the training programme for child and adolescent psychiatry residents at St Mary's Hospital, attending weekly cognitive behavioural therapy training seminars and case study presentations and scientific articles. In addition, she has attended the courses Introduction to ADOS and Approach to the Optimal Management of Childhood ADHD and is currently undertaking the annual Family Therapy and Systemic Practice course.



Gonzalo Salazar de Pablo

Gonzalo Salazar de Pablo has a degree in medicine (bilingual itinerary) from the University of Navarre and specialised in psychiatry at Hospital General Universitario Gregorio Marañón, Madrid, where he completed the training itinerary in child and adolescent psychiatry. He completed various master's and specialist studies at Complutense University, Madrid, Alcalá University, Pontificia de Comillas University and CEU Cardenal Herrera University. He has been a therapist in the adolescent psychosis intervention programme at Hospital General Universitario Gregorio Marañón for

three years and received specific training on psychotherapeutic treatment in patients with bipolar disorder.

In 2017 he was awarded a fellowship by the Alicia Koplowitz Foundation for a six-month internship at Zucker Hillside Hospital, New York, which led to him doing his international doctoral thesis at Complutense University, Madrid and the Hofstra Northwell School of Medicine in New York. He has also participated in more than 10 national and international research projects, as well as in the drafting of 15 book chapters and national and international publications and more than 50 presentations at congresses, receiving several national awards as the lead author on them.

ACTIVITY DURING THE FELLOWSHIP

At King's College London, he is doing clinical activity in the Lambeth CAMHS child and adolescent mental health services, where he conducts preliminary and follow-up visits, as well as cognitive behavioural therapy for children and adolescents with different disorders. He also works with the team responsible for early intervention in patients with psychotic disorders and the associated physical health clinic.

With regard to his research activity, he is part of the laboratory of Dr Paolo

Fusar Poli, specialising in high-risk psychosis and involved in the largest early intervention service in Europe. He is currently working on a meta-analysis of preventive interventions with this team and engaging in a project on first psychotic episodes.

He also attends the King's College child and adolescent psychiatry residents training, which includes training in cognitive and behavioural therapy as well as research tools and other refresher courses.

Return Agreements

Returning to apply what has been learnt

For the eleventh consecutive year, in 2018, the Foundation arranged its Return Agreements, the aim of which is to offer Advanced Training fellows the opportunity to temporarily join a Spanish hospital. In this way, they can use the knowledge they have gained at some of the most prestigious international training and research centres in Spain, while at the same time facilitating their professional integration.

In 2018, Ana Pérez Vigil, an Advanced Training fellow, who completed a twelve-month short

stay fellowship at the Child and Adolescent Psychiatry (CAP) Research Centre, Department of Clinical Neuroscience / Karolinska Institutet, benefited from this opportunity. Pérez Vigil chose Hospital Clínic in Barcelona for her return opportunity, where she had been a resident in the Psychiatry department. The Alicia Koplowitz Foundation and Fundació Clínic de Barcelona signed the agreement for her integration at the hospital for a period of one year.



Hospital Clínic. Barcelona



Ana Pérez Vigil

Degree in Medicine and Surgery, University of Barcelona; specialisation in psychiatry at Hospital Clínic de Barcelona. Beneficiary of an Advanced Training fellowship (2015-2017) in Child and Adolescent Psychiatry and a 12-month-long short stay fellowship (2017-2018), granted by the Alicia Koplowitz Foundation, at the Child and Adolescent Psychiatry Research Centre, Department of Clinical Neuroscience / Karolinska Institutet, Stockholm. She is currently completing a Return Agreement fellowship at Hospital Clínic de Barcelona and is about to defend her doctoral thesis,

which focuses on the functional impact of Compulsive Obsessive Disorder in school (in childhood) and social/occupation (in adulthood). As a result of her scientific activity, she has published twelve articles in high-impact indexed magazines.

ACTIVITY DURING THE AGREEMENT

On her return to Hospital Clínic de Barcelona she has engaged with the clinical team of Obsessive-Compulsive Disorder (OCD) and Tourette's Syndrome, in which she participates in both diagnostic evaluation and administration of pharmacological and psychological exposure treatments with response prevention. She is also conducting a clinical study on social cognition in children and adolescents with OCD and Tourette's Syndrome.

In addition, she cooperates with the Swedish team of the Child and Adolescent Psychiatry Research Centre, Department of Clinical Neuroscience/

Karolinska Institutet, where between September 2017 and August 2018 she worked as a short stay fellow, under the direction of Professor Mataix-Cols. Her research is now focused on elucidating whether evidence-based drug treatment reduces functional impairment caused by OCD. A number of research projects related to immunology, drug-epidemiology and, in particular, the social consequences of OCD and related disorders were completed during her short stay fellowship. She also presented her work at two international congresses in Washington and Copenhagen in 2018.

Short Term Visiting Fellowships

A Unique Training Opportunity

For the 11th year in a row, the Foundation put out a call for its Short Term Fellowships in 2018. The aim of the fellowships is to boost training and research at international centres of widespread prestige and 110 professionals have already benefited from them.

The programme has been covering the specialities of child and adolescent psychiatry, psychology and neuroscience since 2007. It was extended to include neuropaediatrics in 2017.

The short-stay fellowships have a duration of up to 12 months and an endowment of between €3,000 and €4,000 per month. Candidates can choose universities, hospitals and research centres anywhere in the world as their destination.

Eight fellowships were awarded last year but only four taken up, due to difficulties by some of the winners in joining the programme at their destination (due to job offers, illness, problems finding a replacement in their current job).



University of Cambridge

The beneficiaries were:



Laura Carballeira Carrera

CENTRE: *Maison de Solenn – Maison des Adolescents. Cochin Hospital, Paris Descartes University. Paris (France).*
Six months.



Inés López Álvarez

CENTRE: *The Tavistock and Portman NHS Foundation Trust.*
London (UK).
Three months.



María del Mar Rivas Rodríguez

CENTRE: *NYU Langone Health, Department of Child and Adolescent Psychiatry.*
New York (USA).



Antonio Rodríguez-Moreno

CENTRE: *University of Cambridge.*
Cambridge (UK).

Laura Carballeira Carrera

A psychology graduate of the Complutense University of Madrid who specialised in clinical psychology at the city's Hospital Universitario La Paz. At the end of her residency, she worked for a year at child and adolescent mental health outpatient clinics at Hospital Universitario HM Puerta del Sur (Madrid). She completed her training with various postgraduate courses, including a SEPYNA course on child and adolescent psychopathology and psychotherapy. She has teaching experience as an associate professor at San Pablo CEU University and as a clinical tutor of master's students.



CENTRE

Maison de Solenn is a public network of clinics specialising in adolescents, created in France in 2004 and currently with 59 sites. One of them is Maison des Adolescents at Cochin Hospital, associated with Paris Descartes University (Paris 5), providing comprehensive care to young people aged 11-18 and their families. It specialises in treating eating disorders and transcultural psychiatry. The centre has a multidisciplinary team consisting of paediatricians, child and adolescent psychiatrists, endocrinologists, gynaecologists, dermatologists, gastroenterologists, nurses, psychologists, nutritionists, occupational therapists, educators, social workers, teachers and paramedics. It partners with external health professionals (public or private), the education system, social services, child protection services and local associations.

ACTIVITY

Laura Carballeira has been part of the Marie Rose Moro cross-cultural consultation team offering group psychotherapy to respond to difficulties in clinical care for migrant patients (children, adolescents and their families). She has also participated in a research project to quantitatively and qualitatively assess cross-cultural psychotherapy, where she got involved in data collection that led to an epidemiological description of the population treated at the clinics. The data will later be used to quantitatively analyse the clinical efficacy of this type of psychotherapy. As part of the project, an assessment was made of the subjective experience of the professionals in training at the cross-cultural clinic, using qualitative methods. She has also conducted a comprehensive review of the literature to understand the different mental health care services available to migrants throughout the world and then compare them with the cross-cultural psychotherapy framing used in France.



Inés López Álvarez

A psychology graduate from the University of Salamanca. Master's in neuroscience from the University of the Basque Country. Specialised in clinical psychology at Hospital Universitario La Paz. She has more than 800 hours of training in psychotherapy, with a special emphasis on family and systemic therapy. She has professional experience in various services of the mental health network for both children and adolescents and adults.

CENTRE

The Tavistock and Portman NHS Foundation Trust is a mental health trust based out of north London. Its Department of Education and Training covers 2,000 UK and non-UK students each year. It has long been an internationally renowned professional centre of excellence in the application of psychoanalytic ideas for the study and treatment of mental health and interpersonal dynamics. It is distinguished by its large number of scientific publications.

ACTIVITY

During her stay at the Gender Identity Development Service (GIDS), Inés López Álvarez collaborated in both clinical and research activities. On a clinical level, she participated in evaluation and follow-up sessions of young people and their families, as well as in clinical sessions. She provided support in the selection of referrals and attended meetings of the network of professionals involved in particularly complicated cases. With regard to research, she collaborated in data collection and entry into databases as research assistant on different projects (especially for re-educating waiting lists) and bibliographic searches for subsequent group discussion.

María del Mar Rivas Rodríguez

A psychology graduate from the Autonomous University of Madrid, where she enjoyed a grant from the Teacher Training Research Aid programme. During that period, she participated in various national and international projects within the Multidisciplinary Research Group on Affective Disorders and was a clinical associate professor in the psychiatry department. She specialised in clinical psychology at Hospital Universitario de Getafe. She received specific training in child and adolescent mental health at the Hospital de Día de Niños y Adolescentes de Leganés and the Hospital Universitario de Getafe. She worked on the Getafe Mental Health Centre's Children and Adolescents Programme until December 2018. She specialised in psychoanalytic psychotherapy with children and adolescents at the Quipú Institute, associated with the University of Salamanca. Author of several articles in indexed journals, she has made more than 20 presentations at congresses in both written and oral formats.



CENTRE

The Department of Psychiatry is one of the largest at New York University, with nearly 600 teachers, 81 residents and fellows and 100 active grants. It has 359 beds at Bellevue Hospital. It is considered the birthplace of American psychiatry. Last year, it ranked 16th among the best centres in its speciality across the country. The psychiatry programme enjoys major national and international recognition for its excellent quality.

ACTIVITY

María del Mar Rivas has been involved in the Social Learning Program through participation in data collection and analysis and clinical collaboration tasks in two weekly groups aimed at children and adolescents with social communication difficulties, based on the UCLA Program for the Education and Enrichment of Relational Skills. She has been a clinical observer in cases seen on an outpatient basis at the centre and attended weekly seminars of the training program for residents in child and adolescent psychiatry, clinical case presentations and meetings of the Autism Spectrum Disorders Service.



Antonio Rodríguez-Moreno

Director of the Laboratory of Cell Neuroscience and Plasticity at Pablo de Olavide University in Seville. He graduated in biological sciences from the University of Seville and earned a doctorate from the Autonomous University of Madrid. He did his doctoral thesis at the Cajal Institute for Neurobiology at the CSIC Spanish National Research Council and undertook post-doctoral stays at different centres, both in Spain (Laboratorio Andaluz de Biología, Seville) and abroad (University College London and University of Oxford). His research topics include the study of synaptic plasticity processes, glutamate receptor physiology and animal models of epilepsy and autism.

CENTRE

The University of Cambridge is the second-oldest university in the English-speaking world and the fourth oldest still active. It consists of more than 100 academic departments organised into six schools. It has eight cultural and scientific museums, a botanic garden and more than 100 libraries, home to around 15 million books. In 2017, it was the world's second-highest-performing university in the academic classification of the *Times Higher Education* world university ranking, third in the Shanghai ranking, sixth in the QS world university ranking and seventh according to *U.S. News*. No other education provider in the world is among the top 10 in as many areas.

ACTIVITY

Antonio Rodríguez-Moreno's research focuses on understanding the activity patterns involved in correct brain development during childhood and adolescence. Specific patterns of activity whose purpose is to determine the number of functional synapses in the brain are slowly starting to be understood, although much remains unknown. During birth and the early years of development, in mammals in general, the number of nerve cells (and synaptic connections between them) exceeds the number of neurons and connections found in the adult brain. This suggests that some synaptic connections will be eliminated during development (pre- and postnatal), ensuring optimal functioning of the brain during adulthood. However, almost nothing is known about the way the brain performs this "pruning" of synaptic contacts and even less about how the number of neurons decreases. This branch of research matters from the basic and applied points of view, as there are neurological diseases and disorders due to incorrect brain development, including autism.

Research grants

Eight first-level projects

Within its Programme in Support of Child and Adolescent Mental Health, the Foundation announced last year eight grants to research projects in the areas of Psychiatry, Neuroscience, and Neuropaediatrics.

A total of 71 projects were received: 33 in the area of Psychiatry, 25 in Neuroscience, and 13 in Neuropaediatrics. After appropriate evaluation, grants were awarded to the following projects:



Neuroscience

Analysis of hippocampal participation in social interactions in a genetic model of autism spectrum disorder

Principal Investigator: **Dr. Victoria Aixa Morales García**

Team: Dr. José Luis Trejo Pérez
Lingling Li
Anna Pallé López

Centre: Instituto Cajal (CSIC), Madrid

Study of the molecular bases of neurodevelopmental disorders

Principal Investigator: **Dr. Laia Rodríguez-Revenga Bodi**

Team: Dr. Montserrat Mila Recasens
Dr. María Isabel Álvarez-Mora
Dr. Irene Madrigal Bajo

Centre: Fundació Clinic per a la Recerca Biomèdica (FCRB), Barcelona

Peripheral mechanisms leading to neurogenesis, hippocampal function and mental health in children: the role of exercise

Principal Investigator: **Prof. Francisco B. Ortega Porcel**

Team: Prof. Andrés Catena Martínez
Prof. Concepción M. Aguilera García
Prof. Ángel Gil Hernández

Centre: Institute of Sports and Health Research (iMUDS) and School of Sports Sciences. University of Granada

Psychiatry

Why can a child not stop washing? Habit learning in paediatric OCD

Principal Investigator: **Dr. Miguel Ángel Fullana Rivas**

Team: Dr. Rosa Calvo Escalona
Dr. Joaquim Radua Castaño
Dr. Rachel Marsh

Centre: Fundació Clinic per a la Recerca Biomèdica (FCRB), Barcelona

Impact of variability in obesity-related central nervous system genes on the onset and course of eating disorders

Principal Investigator: **Dr. Guillermo Gervasini Rodríguez**

Team: Dr. David dos Santos Albuquerque
Dr. Juan Antonio Carrillo Norte
Dr. Angustias García Herráiz

Centre: University of Extremadura. Badajoz

Combined treatment with N-acetyl cysteine (NAC) and cognitive training to promote changes in behavioural and neural activation patterns underlying cognitive deficit in adolescent psychosis

Principal Investigator: **Dr. Marta Rapado Castro**

Principal Co-Investigator: **Dr. María Dolores Picouto González**

Team: Dr. Mireia Rosa Justicia
Dr. Jessica Merchán Naranjo

Centre: Hospital General Universitario Gregorio Marañón, Madrid

Neuropaediatrics

Cognitive stimulation in very premature newborns Clinical trial

Principal Investigator: **Dr. Carmen Rosa Pallás Alonso**

Team: Dr. María José Torres Valdivieso
Dr. Berta Zamora Crespo
Irene Martínez Sobrino

Centre: Hospital Universitario 12 de Octubre, Madrid

Study of neonatal stroke: Detection and neuroprotection

Principal Investigator: **Dr. Joan Montaner Villalonga**

Team: Dr. Patricia Ybot González
Dr. Maria Irene Ayuso Fernández
Dr. Rafael Gonzalo Gobernado

Centre: Hospital Universitario Virgen Macarena-IBiS, Seville



Analysis of hippocampal participation in social interactions in a genetic model of autism spectrum disorder

Principal Investigator

Dr. Victoria Aixa Morales García

Specialist in neurobiology of embryonic development at Instituto Cajal (CSIC). She completed her doctoral thesis at the CIB (CSIC), where she contributed to establish that insulin is a survival factor during embryonic development. With a Marie Curie postdoctoral contract, she worked at the Imperial Cancer Research Fund of London on the transcriptional regulation of the molecular clock that controls somitogenesis during development. Since 2005, when she first acted as principal investigator with a

contract from the Ramón y Cajal Programme, she has focused on different aspects of nervous system development, including deciphering of signals that control migration of neural crest cells; molecular mechanisms of control of neurogenesis in the spinal cord; and, more recently, molecular control of generation of new neurons in the hippocampus of adult mouse brain and during embryonic stages.

PROJECT SUMMARY

The term autism spectrum disorders (ASD) encompasses a wide number of nervous system developmental disorders associated to social interaction deficits, speech difficulties, and repetitive behaviours. Although the genetic causes of ASD are complex, one of the genes that have been associated with ASD is the *Sox5* gene.

Children with ASD have deformations in hippocampal morphology associated to deficits in neuropsychological tests, and the CA2 region of the hippocampus has

been reported to be essential for social behaviour in mice. Preliminary laboratory results show that *Sox5* mutants have altered CA2 specification. Using *Sox5*-mutant mice conditional of the CA2 region, the project intends to explore the functions of *Sox5* in CA2 function, as well as potential behavioural changes associated to absence of *Sox5*. In this way, a new mouse model to understand the hippocampal component in ASD pathophysiology and to test new therapeutic strategies will be established.



Study of the molecular bases of neurodevelopmental disorders

Principal Investigator

Dr. Laia Rodríguez-Revengea Bodi

Doctor of Biology from the University of Barcelona, since 2010 forms part of the Department of Biochemistry and Molecular Genetics of Hospital Clínico in Barcelona, where her healthcare activity is focused on the diagnosis of both prenatal and postnatal chromosomal alterations using microarray technology. She is accredited in Human Genetics by the Spanish Association of Human Genetics, of which she is a member. Her scientific work in recent years has involved the study of the genetic bases of orphan diseases, mainly premutation in the *FMR1* gene and associated diseases (FXPOI and FXTAS). She has acted as principal investigator in three competitive projects, has participated as a collaborator in over 15 projects, and has supervised the preparation of a doctoral thesis.

PROJECT SUMMARY

Neurodevelopmental disorders (NDDs) are a heterogeneous group of diseases with varying severity and clinical manifestations. In recent years, a group of copy number variations (CNV) of low penetrance that would act as risk factors have been reported. These CNVs are normally inherited from an apparently healthy parent, and have even been reported among the general population.

The “dual impact” model, whereby, in addition to the CNV, a second event is required to result in clinical manifestations, has been proposed to explain these cases. The objective of this project is to select a cohort of seven patients with these CNVs and to perform a whole genome sequencing study to identify other genetic impacts that are modifying the neurological phenotype.



Peripheral mechanisms leading to neurogenesis, hippocampal function and mental health in children: the role of exercise

Principal Investigator

Prof. Francisco B. Ortega Porcel

He studied Sports Sciences at University of Granada and has two doctoral degrees, one in Exercise Physiology by that university and the other in Medical Sciences by the Karolinska Institute in Stockholm. He had four years of postdoctoral stay in Sweden and the United States. Since 2012 he has been a Ramón y Cajal Researcher at the School of Sports Sciences of University of Granada. He has published over 300 articles (134 in the past five years) in journals of high scientific level and accumulates almost 9,000 citations in the Web of Sciences and more than 17,000 citations in Google Scholar.

PROJECT SUMMARY

Previous research suggests that physical exercise leads to an increase in BDNF and promotes in turn improvements in cognitive capacity and mental health. However, the mechanisms by which physical exercise induces improvements in the brain remain unknown. Recent studies have identified a number of peripheral factors that may be stimulated by exercise and could potentially increase BDNF levels in the brain. This would in turn be associated to greater neurogenesis and synaptogenesis, mainly in the

hippocampus, and to better cognitive function and mental health. However, the evidence available comes from animal studies. The project objective is to study whether the peripheral factors FND5/Irisin, BHB, and CTSB induce the beneficial effect of exercise on BDNF, neurogenesis, hippocampal cognitive function and mental health. This will provide an excellent opportunity to first explore such peripheral mechanisms in humans.



Why can a child not stop washing? Habit learning in paediatric OCD

Principal Investigator

Dr. Miguel Ángel Fullana Rivas

Clinical psychologist and researcher of Hospital Clínico in Barcelona. He has a degree in Psychology from the University of the Balearic Islands, a doctoral degree in Psychology and a master's degree in Behavioural Medicine from the Autonomous University of Barcelona, and a master's degree in Affective Neuroscience from the University of Maastricht. He has participated in mental health research since completion of his doctorate in 2000. He has also worked simultaneously as a clinical psychologist in a mental health centre and in units specialised in anxiety

disorders/OCD. His previous experiences as researcher includes a Marie Curie intra-European fellowship at the King's College Institute of Psychiatry in London and a stay as visiting professor at the Centre for OCD and Related Disorders of Columbia University (New York). He has been associate professor at the Department of Psychiatry of Barcelona Autonomous University from 2000 to 2017. Over the past five years, he has focused his efforts in translational research (psychophysiology, genetics, neuroimaging) in anxiety disorders (including OCD), using both clinical and non-clinical samples.

PROJECT SUMMARY

Obsessive-compulsive disorder (OCD) is characterized by obsessions and compulsions associated to severe functional limitation. Recent studies suggest that adults with OCD are over-dependent on the "habit system," which contributes to their difficulties to stop compulsions, despite being unproductive or senseless. The role of the habit system in development of compulsions in OCD in children/adolescents has not yet been investigated. The aim of the

project is to better understand how the habit system works. For this purpose, we propose a study in children/adolescents with OCD and healthy subjects where an experimental task that assesses habit formation will be administered. To better understand the biological processes involved in this process, brain activation and structural (grey matter) and microstructural (white matter) differences in brain areas related to habit formation will be assessed at the same time.



Impact of variability in obesity-related central nervous system genes on the onset and course of eating disorders

Principal Investigator

Dr. Guillermo Gervasini Rodríguez

Degree in Pharmacy from the University of Seville and Doctor of Pharmacology from the University of Extremadura (UEX). After his doctoral stage he joined the Vanderbilt University Medical Center in Nashville (USA), where he stayed two years before returning to the UEX School of Medicine as researcher. In 2009 he obtained his current position as senior lecturer in Pharmacology. In 2010, he created the FARCLIN (Clinical Pharmacogenetics) research group to conduct clinical studies in the Extremadura Health System. FARCLIN has open lines of research in nephrology, eating disorders, and childhood leukaemia.

PROJECT SUMMARY

In recent years, central nervous system (CNS) genes involved in obesity have been identified. However, virtually none of these genes have been studied in the field of eating disorders (EDs), the incidence of which continues to increase among young women, adolescents, and even girls. If there are changes in these genes that may lead to a change

in behaviour resulting in obesity, these same changes could lead to an ED if some additional psychopathological features or certain sociocultural settings coexisted. Analysis of DNA from patients and controls and bioinformatics studies will be used to identify CNS genetic profiles with a direct influence on the onset or clinical course of EDs.



Combined treatment with N-acetyl cysteine (NAC) and cognitive training to promote changes in behavioural and neural activation patterns underlying cognitive deficit in adolescent psychosis

Principal Investigator

Dr. Marta Rapado Castro

Neuropsychologist, senior researcher at the Department of Child and Adolescent Psychiatry of Hospital Universitario Gregorio Marañón, and at the Centre for Biomedical Research in Mental Health. Assistant lecturer at the Department of Psychiatry of the School of Medicine of Madrid Complutense University, and honorary researcher at the Melbourne Neuropsychiatry Centre, of the Department of Psychiatry of the University of Melbourne (Australia). Since 2003, she has participated in different clinical and research programmes related to mental health of children and adolescents and has received multiple national and international prizes, scholarships, and competitive grants as principal investigator. She is currently consolidating an area of research aimed at elucidating the neurobiological correlates of cognitive symptoms for the identification of biomarkers and new therapeutic targets that facilitate early intervention in psychiatry.



Co-Investigator

Dr. Dolores Picouto Gonzalez

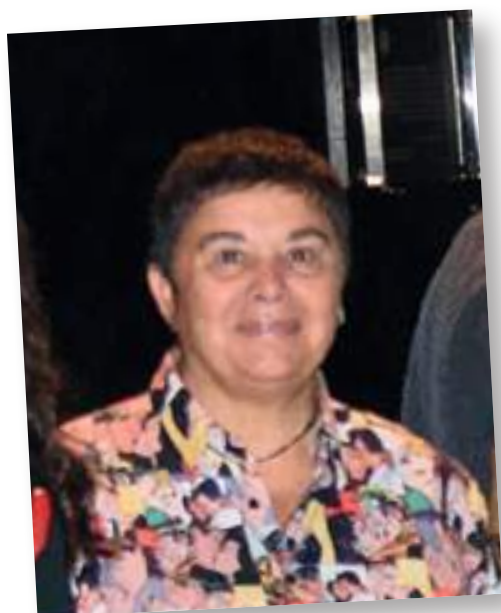
Associate psychiatrist of the Department of Paediatric Psychiatry of Hospital General Universitario Gregorio Marañón in Madrid since January 2018. Dr. Picouto works at the Adolescent Admission Unit of this hospital, mainly treating patients with severe mental disorders. In addition to her clinical activity, she acts as an investigator in the NAC Clinical Trial, which assesses the effect of adjuvant treatment with N-acetylcysteine on grey matter loss and oxidative metabolism in patients with early onset first psychotic episodes.

Dr. Picouto earned her degree in medicine from the Autonomous University of Madrid in 2001, and from 2002 to 2006 completed her psychiatry residency at Hospital Ramón y Cajal in Madrid. From 2008 to 2010 she trained in child and adolescent psychiatry at St Mary's Hospital, London, thanks to a scholarship from the Alicia Koplowitz Foundation. In this period she also worked as a researcher with the Academic Unit of Child and Adolescent Psychiatry, Imperial College London, developing a project on psychological sequelae and biological markers of stress in children who had required admission to intensive care units. With this project she wrote her doctoral thesis, which she defended on 14 October 2013 at the University of Alcalá and was awarded the Extraordinary Doctorate Prize in the academic year 2013-2014.

PROJECT SUMMARY

The project is intended to assess the effects of cognitive training combined with N-acetylcysteine (NAC) on cognitive performance in adolescents (aged 12-18 years) with psychosis in the context of a randomised, double-blind, 48-week, placebo-controlled clinical trial. The occurrence and maintenance of cognitive symptoms in

psychosis represents a significant clinical challenge. The project has the potential to improve cognitive changes central to psychosis using a new safe and inexpensive therapeutic approach, of great value and help, given the current lack of effective treatments to palliate these symptoms.



Cognitive stimulation in very preterm newborns. Clinical trial

Principal Investigator

Dr. Carmen Rosa Pallás Alonso

Head of the Neonatology Department of Hospital 12 de Octubre. Associate Lecturer of Paediatrics at Complutense University. Member of the PrevInfad group. Reina Sofía 2000 research award for prevention of deficiencies. National Quality Award 2007 for the humanization project. Responsible for one of the SAMID Network research groups. Author of more than 100 publications in journals with impact factor. Director of the NIDCAP Training Centre of Hospital 12 de Octubre and the Donated Human Milk Bank of Hospital 12 de Octubre. Chairperson of the IHAN Unicef.

PROJECT SUMMARY

VPTNs have lower scores in tests that assess attention and executive functions (AT and EF). These skills are essential in academic performance and social relations. In the pre-school period, there are already signs that can allow for detection, and intervention may be crucial. Web platforms (such as NeuronUp) are available to facilitate improvement of AT and EF in adults; their role in children is still little known, but possibly promising.

The aim of the project is to compare the AT and EF of VPTNs (<32 weeks or <1,500

grams) with impairment at pre-school age, after one year of cognitive training using the NeuronUp web platform, to those of a control group. For this, a randomised clinical trial including all VPTNs of pre-school age followed at the neonatology clinic of Hospital 12 de Octubre will be conducted. Patients with impaired AT and EF development after neuropsychological evaluation (NPE) will be distributed into two groups: an intervention group (cognitive training) and a control group (without training) to compare if there are differences in NPE.



Study of neonatal stroke: Detection and neuroprotection

Principal Investigator

Dr. Joan Montaner Villalonga

He studied medicine and surgery at the University of Cádiz and specialised in neurology at Hospital General Universitario Vall d'Hebron in Barcelona, where he also completed a fellowship for a clinical stay to specialise in cerebrovascular diseases. Dr. Montaner received training in research at Instituto de Salud Carlos III and the Neuroprotection Research Laboratory of Massachusetts General Hospital of Harvard University. In 2001, he created the Neurovascular Research Laboratory at the Neurovascular Unit of Hospital Vall d'Hebron, and since 2013 he has been the head of the IBIS-HVR Stroke Programme in Seville, where he also heads the Department of Neurology of Hospital Universitario Macarena. In 2018 he was appointed Coordinator of the Stroke Care Plan in Andalusia.

PROJECT SUMMARY

Neonatal stroke is the most common cause of death and disability in newborns, and is often associated to persistent motor, sensory, and cognitive impairments. Improvements in intensive care technology have increased survival without preventing the neurological disorder. Therefore, efforts are now focused on improving the morbidity of these patients with a long life

expectancy. Great efforts towards neuroprotection, combined with mild hypothermia therapy, have recently started, but their results have been poor. In this line of work, the project intends to introduce bioactive compounds in the diet of pregnant women as an advanced neuroprotection tool to protect the foetal brain at high risk before damage occurs, thus minimising brain damage.



Fundación
Alicia Koplowitz

XIII Jornadas Científicas

Salud mental en la adolescencia (13-17 años):
Desarrollo saludable, riesgos y oportunidades

Jueves 25 y viernes 26
Octubre 2018



13th Scientific Sessions “Fundación Alicia Koplowitz”

Organising Committee

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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.

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Orygen, The Centre of Excellence in Youth Mental Health, Melbourne, Australia (2015).

Dr. Gisela Sugranyes

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Child and Adolescent Psychiatrist.

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Hospital Sant Joan de Déu, Barcelona.

ExFellow of Fundación Alicia Koplowitz.

St. Mary’s Hospital-Imperial College London (2013-2015)

Institute of Psychiatry, King’s College London. London, United Kingdom (2016).

Advances in Adolescent Psychiatry

The Alicia Koplowitz Foundation 13th Scientific Conference was held in October 2018. Once again, the Grand Amphitheatre of the College of Physicians of Madrid was the place chosen to host this meeting. Full capacity of almost 500 people was reached in each of the three sessions.

This conference completed the cycle of analysis of mental health throughout the different developmental stages of children and adolescents. The perinatal period and infancy (0-5 years) were addressed in 2016 and childhood (6-12 years) in 2017, and in 2018 the focus was on adolescence.

Under the global title *Mental Health in Adolescence (13-17 years): Healthy Development, Risks, and Opportunities*, topics such as risk behaviours, gender violence, eating disorders, and the talent of adolescents were addressed.

An overview of the participants' presentations and professional history is provided here.



Presentation of the 13th Scientific Sessions by Dr. Guisasola

THURSDAY 25 OCTOBER • Round table 1

Understanding adolescence

SPEAKERS

Dr. Susana Monereo



MD Head of the Department of Endocrinology and Nutrition of Hospital Universitario Gregorio Marañón in Madrid. Associate Professor of the School of Medicine of the Complutense University, Madrid. General Secretary of the Spanish Society for the Study of Obesity (SEEDO).

Dr. Javier Urrea



Doctor of Psychology (Clinical and Forensic specialist) and Health Sciences. Educational therapist. Psychologist of the District Attorney's Office of the Higher Court of Justice and the Courts of Minors of Madrid (on voluntary leave of absence). Ambassador of the Iberoamerican Association of Legal Psychology. Professor of Psychology at the Complutense University, Madrid. Member of the Academy of Psychology of Spain. Patron of the Fundación Pequeño Deseo (granting wishes to seriously ill children). Chairman of the Executive Committee of the recURRA-GINSO programme for conflicted families. Honorary Chairman of the Spanish Society for the Study of Child-to-Parent Violence (SEVIFIP). He was the first Public Ombudsman for Minors.

MODERATOR

Dr. Marta Rapado



Doctor of Medicine within the Neuroscience and Cognition Programme of the University of Navarre. Master in Intervention in Anxiety and Stress from the Complutense University, Madrid. Degree in Psychology from the Pontifical University of Salamanca. Research coordinator and tutor of the Neuropsychology Training Program of Hospital Gregorio Marañón.

Puberty. Hormonal changes in “physiological” puberty, anomalies (early/delayed puberty) and psychosexual aspects linked to hormonal changes. Influence of obesity on early puberty

Dr. Susana Monereo

Puberty is a transitional state between childhood and adulthood, characterized by profound changes in all organs that will be decisive for developing an adult body with sexual characteristics (fertility, personality). It is a complex stage dependent on activation of the sex hormones and maturing of the organs in general.

One of the main problems is the definition of the age at which this change occurs and what is happening nowadays, when it appears to be occurring early, particularly among girls. One of the most important factors contributing to this premature development is obesity, as we know that there is a direct relationship between body fat and sex hormones. This phenomenon has not been observed in boys. Another interesting factor that may also play a part is the presence of contaminants or plastic derivatives with oestrogenic activity in the environment.



From an endocrinal viewpoint, typical pubertal anomalies include:

- **Delayed puberty.** This mainly affects boys. Growth and development may be slow, but the outcome is good, and after a few years of delay, they mature and reach normal height.
- **Early puberty.** This occurs mainly in girls. It is characterized by the early development of secondary sexual characteristics and menarche and a lower final height than would correspond to their genetic height.

There is controversy as to whether sex dysphoria should be treated in children at puberty before definitive sexual characteristics appear.

Risk behaviours: Behavioural disorders and rule-breaking

Dr. Javier Urrea

Adolescence is characterized by leaving childhood behind, but before maturity is reached, and thus becomes a stage at which to demonstrate who you are, both to yourself and to others. This can lead to risks of substance use, addiction, etc. Sometimes rules are broken or duties are ignored, either during leisure time, or at school and at home. They seem to look for outside confrontation in order to silence their inner turmoil.

We are talking about pathological gambling, sex without love, experimenting with drugs, belonging to asocial groups, onset of eating



disorders, reckless behaviours. People may reach a balance at some point, but this certainly does not occur in adolescence, when the peer group has more impact than the clan or family group.

Society is very concerned about teenagers, but it really doesn't take care of them, it doesn't give them options, doesn't motivate them, doesn't attend to their needs. In therapeutic

healthcare services, we see many teens who are in a constant state of suffering and causing suffering. We talk of child-to-parent violence, of this pathology of love, of people who want to be loved and don't know how.

A lot has been said and written about behavioural problems, but it is a good idea to look at the source of these disorders. Of course we see borderline personality disorders, depressed youngsters, minors with obsessive-compulsive disorders, and even some with unusual and strange thought patterns.

No one wants to address the topic of psychoticism or psychopathy in children, attention deficit hyperactivity disorders and others requiring psychotherapy and the use of psychoactive drugs.

Adults want to remain ingenuous, and prefer to eradicate fears about the deficits and problematic realities of numerous children and young people. We must face up to the reality and characterize it, and occasionally to prevent it. A topic that must be discussed is self-harm and even suicidal behaviours.



THURSDAY 25 OCTOBER • Round table 2

Affective-sexual education in the 21st century

SPEAKERS

Dr. Verónica de Miguel Luken



Doctor in Demography from the Autonomous University of Barcelona and Degree in Mathematics from the University of Malaga. She has taken up secondments at internationally recognised research centres, such as the Department of Sociology at Utrecht University (Netherlands), the Center for Social Science Theory and Methodology (ICS) at Groningen University (Netherlands), and the Cathie Marsh Center for Census and Survey Research (CCSR) at Manchester University (UK). Her research focuses primarily on family relationships, migrations, both national and international, and support networks, with special attention to the younger population and gender relationships. She has published two books on gender violence and various articles on gender roles in the family setting and gender violence among the young. She is a professor of Sociology at the University of Malaga.

Dr. Rosa Calvo



MD Associate Professor of Psychiatry and teacher in the Paediatric and Adolescent Psychopathology Master's course at the University of Barcelona. Head of Section of the Paediatric and Adolescent Mental Health Centre of the Hospital Clínico in Barcelona, and Head of its highly specialised unit for children and adolescents with autism spectrum disorders. She is a member of the Centre for Biomedical Research in Mental Health (CIBERSAM) and the Consolidated Research Group in Child and Adolescent Psychiatry of the Agency for the Management of University Grants and Research (AGAUR) of the Regional Government of Catalonia. She has led three research projects on autism in recent years and collaborates assiduously with other investigators on obsessive-compulsive disorders and the side effects of psychotropic drugs in children and adolescents.

MODERATOR

Dr. Patricia Escrivá Martínez



Degree in Psychology from the University of Valencia and Doctorate from the Jaume I University, Castellón. Specialist in the Sexual and Reproductive Health Unit (USSYR) of the Centro de Salud Trinitat, attached to Hospital La Fe and part of the Valencia Health Board.

Gender violence in adolescence and young adulthood

Dr. Verónica de Miguel Luken

In her presentation, Dr de Miguel used data from the V Macrosurvey on Violence against Women 2015, conducted by the Centre for Sociological Research (CIS) commissioned by the Governmental Delegation for Gender Violence. Although the survey targets the entire female population, Dr de Miguel focused on the group of women aged between 16 and 24 years (n=1029), and presented data on gender violence and physical and sexual violence outside the setting of the relationship.

When the different types of gender violence by either partner throughout life are examined, the incidence of sexual violence or financial coercion is seen to be significantly lower among young women as compared to all other women, while the incidence of psychological violence is significantly higher in this age group (32.3% versus 24.6% for all other ages). The specific items driving this high percentage are “they insist(ed) on knowing where I am/was at all times” (23.7%) and “they get/got angry if I speak/spoke to another man or woman” (23%).



These differences in prevalence are also observed when the questions are asked about the current or former partner. Almost one in five young women report experiencing controlling behaviour by their current partner. Recidivism, or experiencing gender violence from different partners, is more common among young women. However, older women are the group that most commonly report that physical or sexual violence by or fear of their former partners has left them a burden of sequelae, sometimes significant.

Younger women, more often than older women, terminated the violent relationship (77.7% versus 66.4%). They more frequently turn to informal social support, and younger women are more often advised to leave their relationship.

Young people with higher academic levels are less likely to have been victims of gender violence (except for psychological control). Violence suffered outside the setting of the relationship or at the hands of a previous partner increases the probability of experiencing gender violence from any partner or from the current partner.

Sexuality in Adolescents with Autism Spectrum Disorders

Dr. Rosa Calvo

Adolescence is a transition phase in life that involves physical, emotional, and social changes that can be challenging for adolescents with autism spectrum disorder (ASD). The difficulties of teenagers with ASD in establishing personal boundaries and understanding the intentions of others increase their risk of becoming victims of coercion and sexual abuse. They also often fail to see inappropriate aspects of their sexual behaviour, causing them to make insistent demands or engage in inappropriate touching.

Although parents raise concerns about their child's sexuality, they also find it difficult to address the subject directly and express the need for support in educating autistic adolescents about psychosexual functioning.



Prior research emphasizes the need for specific sexuality intervention programs for adolescents with ASD. The talk addressed both the conclusions of the most recent research on sexuality in autism, and the results of intervention programs.



THURSDAY 25 OCTOBER • Keynote address

Adolescence as a sensitive period in the social development of the brain

SPEAKER

Prof. Sarah-Jayne Blakemore



Prof Blackmore studied Experimental Psychology at the University of Oxford and PhD at University College London (UCL), in the United Kingdom, and is an associate director and professor of the Institute of Cognitive Neuroscience Her research group focuses on brain development in human adolescence. She has published over 125 articles in scientific journals and received several awards. Her book *Self invention: the secret life of the adolescent brain* received the Royal Society Science Book Award in 2018..

MODERATOR

Dr. Gisela Sugranyes



Psychiatrist at the Hospital Clínico de Barcelona. Member of the Mental Health Area of the Centre for Biomedical Research in Mental Health (CIBERSAM). Head of the Multimodal Neuroimaging in Recent Onset Psychosis and High Risk Psychosis Research Group, of the August Pi i Sunyer Biomedical Research Institute (IDIBAPS). Former Research Fellow of the Alicia Koplowitz Foundation for Advanced Training at the Institute of Psychiatry, Psychology & Neuroscience, Maudsley, King's College, London. (2009-2011).

Adolescence as a sensitive period in the social development of the brain

Prof. Sarah-Jayne Blakemore

Adolescence is a period of life that is often characterized by behaviours that initially appear irrational, such as apparently excessive risk taking and impulsivity. However, these behaviours can be interpreted as adaptive and rational, if we understand that a key goal of development in this period of life is to mature as an independent adult in the context of an unstable and changing social world.

The social cognitive processes involved in the journey through an increasingly complex social world continue to develop during human adolescence. Areas of the social brain also undergo reorganization during the second decade of life, which may reflect a period that is sensitive to adapting to the social environment.



**THURSDAY 25 OCTOBER • Alicia Koplowitz Foundation
Fellows Conference**

Emotional dysregulation and trauma in adolescents

SPEAKER

Dr. Laila Villalta



Graduate of Medicine and Surgery, University of Barcelona. She did her specialist training in Psychiatry at the Hospital de la Santa Creu i Sant Pau in Barcelona. She is an accredited systemic family therapist. Her training has been focused on child and adolescent psychiatry, with national and international secondments in reference centres such as the early intervention department of ORYGEN Youth Health in Melbourne (Australia). She was a Fellow in child and adolescent psychiatry at the Alicia Koplowitz Foundation for Advanced Training at Imperial College and St. Mary's Hospital (2013-2015), in London. She is doing her doctoral thesis at the University of Barcelona, with the collaboration of Imperial College and Kings College London, on psychiatric disorders and emotional dysregulation in adolescents suffering traumatic experiences.

MODERATOR

Dr. Marta Casanovas



Graduate of Medicine, University of Barcelona. Diploma in Statistics in Health Sciences from the Autonomous University of Barcelona. Child and adolescent psychiatrist at Hospital Sant Joan de Déu, Barcelona. Former Research Fellow of the Alicia Koplowitz Foundation for Advanced Training at Imperial College and St. Mary's Hospital (2014-2016).

Emotional dysregulation and trauma in adolescents

Dr. Laila Villalta

Sexual assault is a serious traumatic experience that is particularly prevalent during adolescence. Traumatic reactions can range widely and vary over time. Most research in this field is retrospective, and conducted in adults, long after the traumatic event occurred. There is limited longitudinal data on the short- and mid-term consequences of sexual assault in young people; most data focus only on the most common disorders.

The study discussed in the presentation prospectively followed a cohort of adolescents attending clinics in London that treat victims of sexual assault. Four months after the event, 48% had posttraumatic stress disorders (PTSD); 45% had depressive disorders; 68% anxiety disorders; 24% behavioural disorders; 7% obsessive-compulsive disorders; and 4% eating disorders. Up to 80% of victims had some type of psychiatric disorder, and more than half had several comorbid conditions.

The existence of complex PTSD is currently debated, characterized by additional difficulties in self-regulation (emotional dysregulation, negative cognition, interpersonal problems). It usually occurs in people who have experienced repeated traumatic events, usually related to interpersonal victimization (e.g. sexual trauma). There are many factors affecting sexual revictimization, one of principal being the presence of symptoms of emotional dysregulation.

The cited study found that up to 88% of adolescents have symptoms of emotional dysregulation after sexual trauma, with a prevalence of complex PTSD of up to 40%.



Emotional dysregulation independently predicts poor functioning among these adolescents, as well as experiences of revictimization within four months of experiencing sexual assault.

Symptoms of complex PTSD, particularly emotional dysregulation, are clinically relevant. They should be assessed by professionals caring for victims of sexual assault and should be considered in treatment plans and preventive revictimization strategies.



THURSDAY 25 OCTOBER • Round table 3

The Rewards and Risk Behaviours System



SPEAKERS

Dr. Josep Matalí

Doctor of Psychology and Clinical Psychologist. Head of the Psychology Section and the Outpatient Clinic of the Psychiatry and Psychology Department of Hospital Sant Joan de Déu and coordinator of the Adolescent Addictive Behaviour Unit. Associate lecturer at the University of Barcelona. He has dedicated his professional, teaching and research activity to the management of dual disorders (addictive and psychiatric) and the management of behavioural and personality disorders in adolescents and adults.



Dr. Dolores Mosquera Barral

Psychologist and psychotherapist, specialising in personality disorders, trauma and dissociation. Director of the Institute for the Study of Trauma and Personality Disorders (INTRA-TP). She collaborates with the Women's Sex Violence Psychological Care Program (PAPMVX), the Abramos or Círculo programme for the psychological treatment of men with violent behaviours, the National Psychologists Network for Care of Victims of Terrorism, and the Programme for Psychological Assistance in Critical Situations, among others. She has published 15 books and numerous articles on personality disorders, complex trauma, attachment and dissociation.



MODERATOR

Dr. Hilario Blasco Fontecilla

Degree in Medicine from University of the Basque Country. Child and adolescent psychiatrist at the Hospital Puerta de Hierro in Madrid. Associate lecturer at the Autonomous University of Madrid. Health and social welfare care consultant.

Adolescents and new technologies: From normality to disease

Dr. Josep Matalí

In recent years, in Europe, problems related to the use of technologies have increased, particularly in adolescents and young adults, whether due to misuse, overuse or addiction. This situation has been reflected in increased parental concern about how these devices interfere in daily life and is driving a growing demand for consultations in healthcare clinics, specifically in addiction units.



The conceptualization of this phenomenon should take into account a wide range of factors, some of which are associated with social change related to new technologies and generational conflict, but also with the presence of mental problems and disorders.

How this reality should be understood has raised many questions, and approaching it poses a clear challenge: Is it just a social change or is it a new problem? Can someone be addicted to video games? Why would a teenager abuse new technologies? Are there different degrees of the problem? Should gender be an aspect of their conceptualization? Should we orient intervention toward abstinence from all technological applications? How should they be treated? Who should treat them?

Self-harm behaviour

Dr. Dolores Mosquera Barral

Of all the complex situations encountered in therapy, self-harm, suicide and self-destructive behaviours are probably those that present the greatest relational challenge for the therapist. A patient desperately seeking help while self-harming is the perfect example of a therapeutic paradox.



Some people confuse the terms suicide and self-harm with the intent to do either. Many self-harmers do not want to die; in fact, this behaviour sometimes helps them tolerate their suffering and keeps them alive. However, if patients do not have the resources to manage their emotions and solve problems, the chances of turning to suicide increase.

When risk behaviours are based on lack of self-regulation skills, patients must be equipped with adaptive information and tools. In many cases, it will be crucial to work on the experiences that form the basis of the dysregulation, since



emotions, feelings, beliefs, or memories of self-harm are often associated with specific life events.

Sometimes it can be difficult for professionals to establish the thread that connects the patient's symptoms and the early environments in which they grew up or the type of emotional learning they have acquired.



FRIDAY 26 OCTOBER • Round table 4

Eating disorders



SPEAKERS

Prof. Pedro Manuel Ruiz Lázaro

Associate Professor of Psychiatry, Zaragoza School of Medicine. Head of the Child-Adolescent Psychiatry Section of the Hospital Clínico Universitario Lozano Blesa, Zaragoza. Co-investigator of the Aragon Institute of Health Sciences. Author of *Practical Guide. Prevention of eating disorders. Bulimia and anorexia*, in *Bulimia and anorexia. A Family Guide*, in *Good Practice in preventing eating disorders* and numerous scientific publications.



Dr. Cristina de la Cuerda

Medicine and Surgery Degree from the Autonomous University of Madrid and Doctorate from the Complutense, where she is an associate professor. Specialist in Endocrinology and Nutrition of the Nutrition Unit of Hospital Gregorio Marañón. Coordinator of the Educational Scientific Committee of the Spanish Society of Clinical Nutrition and Metabolism (SENPE). Spanish representative on the Council of the European Society of Clinical Nutrition and Metabolism (ESPEN). Member of the Spanish Society of Endocrinology and Nutrition.



Ms Josefa Aymat Molina

Chairperson of the Association for the Defence of Care for Anorexia Nervosa (ADANER). Monitor of the support group for family members of people with eating disorders (EDs).



MODERATOR

Dr. Luis Beato

Undergraduate and doctoral degrees in medicine from the University of Seville. He specialised in psychiatry at Hospital Reina Sofía in Cordoba. Head of the Psychiatry Department of Hospital General de Ciudad Real, where he set up the Eating Disorders Unit. Associate professor of the School of Medicine, Ciudad Real.

Prevent EDs in adolescence: A good practice model

Prof. Pedro Manuel Ruiz Lázaro

This presentation was a summary of the prevention programmes for eating disorders (EDs) and obesity that are the most effective primary, secondary, tertiary, universal, and selective interventions, that are indicated in international, Spanish, and Latin American settings, with an interdisciplinary approach that implements advances made in recent years.

The most beneficial studies are aimed at participants with a higher relative risk of developing an eating disorder (ED). These are selective, interactive, multisession programmes, directed at women over 15 years of age, with no psychoeducational content, using validated measurements, delivered by professionals trained in intervention, that address body acceptance and induction of cognitive dissonance, assessed with validated measures and shorter follow-up periods.



Half of preventive interventions in EDs (51%) reduce risk factors and more than a quarter (29%) reduce current or future food disorders. The results are encouraging.

Some interesting programmes with good outcomes include: The Body Project, Sorority Body Image Program, Student Bodies or the ZARIMA curriculum in Zaragoza and northern Spain, and DITCA in Valencia.

Successful targeted prevention programs, such as the ZARIMA curriculum implemented by SANTUCA and the MABIC Project, have been developed in recent years to implement an integrated, joint approach towards the broad spectrum of weight-related problems: overweight, obesity, and EDs.

Further experimental randomised controlled trials of prevention programmes are needed.

Nutritional management of eating disorders

Dr. Cristina de la Cuerda

This presentation addressed the challenges of treating patients with eating disorders (EDs) and treatment goals from the point of view of the medical specialty of the speaker.

Dr de la Cuerda discussed the process of refeeding, different guidelines in the literature, the need for a tailored approach in each case based on the nutritional status of the patient, criteria and place of hospitalization by each site, different nutritional treatments (from dietary adjustments to medical nutritional treatment), micronutrients, monitoring of treatment, and refeeding syndrome.

She also discussed the risks of long-term malnutrition and the involvement of the different organs and body systems in patients



with EDs, changes in the major hormonal axes, treatment of these complications, and scientific evidence in these areas.



The impact of ED on the family

Ms Josefa Aymat Molina

When a family member develops an eating disorder (ED), the impact is tremendous. Affected individuals isolate themselves, communication with family and friends deteriorates, and they cannot talk about what is happening, as they are unaware.



An ED sufferer needs to stop eating food to feel more confident about their lives – food is used to manage their feelings. It is often the tip of iceberg. In these disorders, sufferers have a number of problems that they cannot manage, and attempt to do so through food.



FRIDAY 26 OCTOBER • Round table 5

Transitioning to adulthood

SPEAKERS**Dr. María Mayoral**

Clinical psychologist at the Child and Adolescent Psychiatry Service and tutor of psychology interns at Hospital Gregorio Marañón. Head of the Adolescent Psychosis Intervention Programme (PIENSA) and team member of Actions for Personality Treatment in Adolescents (ATraPA), both aimed at providing intensive outpatient treatments to adolescents with severe mental illness. She is a principal investigator, co-investigator and collaborator in eleven projects funded by public or private institutions in Spanish and foreign hospitals. She has participated in 23 publications in international journals and in numerous scientific congresses and meetings.

Dr. Blanca Reneses

Head of the Psychiatry Department and Director of the Institute of Psychiatry and Mental Health of the Hospital Clínico San Carlos. Associate Professor of Psychiatry at the Complutense University of Madrid. She was the Director of Mental Health Services at the Madrid Health Service. She has over 30 years of experience as a psychiatrist in both adolescent and adult psychiatrists. She coordinates the Clinical and Translational Research Group in Psychiatry and Mental Health of the Health Research Institute of the IDiSSC at the Hospital Clínico San Carlos.

MODERATOR**Dr. María de Gracia Domínguez**

Degree in Medicine from the University of Navarre. She specialised in psychiatry at Hospital Santiago Apóstol in Vitoria. She is a child and adolescent psychiatrist in the West London Mental Health NHS Trust and professor at New York University in London (UK). Chair of the Alicia Koplowitz Foundation Association of Child and Adolescent Mental Health Scientists. Former Fellow of the Advanced Training Foundation at Imperial College and St. Mary's Hospital (2010-2012).

Psychosis. Early Intervention Services

Dr. María Mayoral

Over the past 25 years, the concept of “high risk of psychosis” has become a research paradigm that has enabled us to understand the risk markers of psychosis, point out some of its etiological mechanisms, reduce or delay transition to the disease, and improve the functioning of people with high-risk mental states by providing treatment in early care units.

These units, which have proliferated in many countries in the Western world, changing the delivery of care and understanding of treatment of psychotic disorders in its early stages, mostly follow the assertive-community model and are aimed at providing intensive



outpatient treatment to prevent hospital admissions and promote adherence to both drug and psychosocial treatment, placing a great emphasis on the latter.

Despite the obvious achievements, this model has its critics, who have argued in recent years for a paradigm change focused on a transdiagnostic approach, rather than one based on the concept of “transition to psychosis”, in the understanding that the high-risk mental status in itself should be treated, regardless of the condition to which it may progress.

During this presentation, the main early care services were reviewed, and their theoretical basis and characteristics were discussed. Scientific data were also presented on their efficacy and arguments in favour and against relevance and importance of these units were put forward.

Transition from children and adolescents units to adult units in psychiatric disorders

Dr. Blanca Reneses

The aim of this paper was to focus attention on the transition from child and adolescent psychiatry units to adult units and the keys to improving this process, given the accumulated evidence of the potential impact of this move on the healthcare of adolescents with psychiatric disorders.

This phenomenon is significant because most psychiatric diseases that continue through adulthood start between 15 and 25 years of age, a stage when transition between departments occurs and early intervention and quality is determinant. Moreover, in Spain and in other countries, a “care gap” has been perceived in the care of young people who transition from child psychiatry units to adult units in the “transition” age.



The healthcare alternatives implemented in other countries and those potentially feasible in Spain were discussed, based on the results of the Proyecto Crecer, a large epidemiological study on transition in the Community of Madrid conducted in seven large hospitals with a cohort of over 700 young people.

These results show that there is a risk of discontinuity of care, not only at the time of switching from one department to another, but also earlier, around the age of transition, which in Spain coincides with the age of majority (18 years).



FRIDAY 26 OCTOBER • Keynote address

The talent of teens. The Second Golden Age of Learning

SPEAKER

Dr. José Antonio Marina



Philosopher, writer and pedagogue. He has been Professor of Philosophy at the Madrid Institute of La Cabrera and is an honorary doctor from the Polytechnic University of Valencia. He has won numerous awards, including the National Trial Award, the Anagrama Trial Award and the Giner Ríos Award for Educational Innovation for a program to introduce economics into secondary education. He is chairman of the Educational Foundation of the University of Parents and runs the Study Centre for Educational Innovation and Dynamics (CEIDE) and the Antonio Nebrija University Professorship on Executive Intelligence and Education.

MODERATOR

Dr. Luisa Lázaro



Doctor of Medicine from Zaragoza University. Head of the Child and Adolescent Psychiatry and Psychology Department of the Neuroscience Institute of Hospital Clínico de Barcelona. Member of the Biomedical Research Institute August Pi y Sunyer (IDIPABS) of the University of Barcelona.

The talent of teens. The Second Golden Age of Learning

Dr. José Antonio Marina

One of the characteristics of the New Adolescent Paradigm suggested by neuroscience is that adolescence is a second period of great receptivity that offers an enormous educational opportunity. Many possibilities are achieved and consolidated in this period.

Sarah-Jayne Blakemore, University College London, a neurologist specializing in the adolescent brain, writes that until about twenty years ago, it was assumed that most brain development occurs in the early years of a child's life, and this belief informed pedagogy and practice in the classroom. But new techniques, such as magnetic resonance imaging, allow us to observe brain function at all ages, and this has revolutionized our understanding of the brain. During adolescence, grey matter (neuronal

bodies) increases, but not in the same way throughout the brain. It grows more in the prefrontal cortex. During adolescence, there may be "sensitive periods" for certain types of learning. For example, emotional and social domains, which depend on the frontal lobes. Not taking advantage of this stage is a dramatic loss of opportunities. The adolescent brain is malleable and adaptable and offers an excellent opportunity for learning and creativity.

So things need to change in many of the adolescent educational methods to take advantage of this opportunity. It is, then, a good idea to learn more about the changes.

Brain development is amazing. The greatest brain volume is reached at 10.5 years in girls and at 14.5 years in boys, but after a period of growth – both in early childhood and adolescence – a period of "pruning" occurs.





During adolescence, a substantial number of synapses are eliminated. In some areas, up to half are lost. This elimination probably reflects in part a fine tuning of connections that allow for the emergence of mature brain functioning patterns. It allows the adolescent brain to organize its circuits and improve its thought processes.

Changes in the brain from 3 to 15 years of age have been mapped. One of the most consistent findings is that there is an increase in white matter (i.e., myelinated connection fibres) during adolescence. While grey matter appears to decrease, white matter, fibres that connect all regions of the brain, increases. It is, then, is a moment of integration.

Elisabeth Sowell and Paul Thompson, from the University of California in Los Angeles, examined the brains of 9-year-old children and a group of adolescents aged 14. There was more grey matter in the frontal and parietal cortex in children, while adolescents had increased white matter, that is, myelinated tissue, in the same regions. Myelin can increase up to a hundred times the speed of transmission of information, which greatly improves the efficiency of the brain system.

There is a special talent that every teen should develop. Talent is not present before but instead after education, and the great educational goal of adolescents is to generate their own talent. What does this involve and why this should it be done at this stage of life?

Adolescence is a time of character consolidation, when the teen can learn to decide for themselves, about their personality, intelligence, feelings, life projects. This idea is at the heart of the New Adolescent Paradigm. Neuroscience considers this time as a second major educational opportunity. Many possibilities are achieved and consolidated in this period. The adolescent's brain is fully redesigned. And once again, they are ready to learn rapidly.

We believe that teens can learn to think better, feel better, be more free, and thus be able to choose a flexible, creative personality that can cope with pressures and solve problems.



Extensive impact

The 2018 Scientific Conference had a wide impact in both the press and audiovisual media, and progress was followed by nationwide, regional and local publications, as well as radio stations and television

channels. The conference aroused great interest on the first day of presentations, and this interest continued throughout the event, which was reported closely in the news.



Sponsorships

The Foundation cooperated with the following scientific events in 2018:

- **62st Congress of the Spanish Association of Child and Adolescent Psychiatry (AEPNYA)**, 7-9 June, Palau de Congressos, Palma de Majorca.
- **13th Scientific Sessions of the Alicia Koplowitz Foundation**, 25-26 October, Main Hall of the Madrid Official Association of Physicians.
- **16th Workshop on Attention Deficit Hyperactivity Disorder (ADHD)**, 12 December 2018 at the Lecture Pavilion of Hospital Clínico San Carlos in Madrid.



Recognition of work in favour of childhood



The Alicia Koplowitz Foundation was awarded the recURRA-Ginso award in 2018 for its work in favour of the comprehensive and individualised care of children; because it is a reference in the support of research in neuropaediatrics, clinical psychology, psychiatry, and neuroscience in children and adolescents; because it leads projects for awareness and improvement of the quality of life of children; and for its Scientific Sessions, among other reasons.

The award was collected by Alicia Koplowitz from the hands of the director of the Sociedad Española Urrainfancia, Javier Urra, and the chairman of the Association for Management of Social Integration (Ginso), Alfredo Santos, during the Excellence in Psychology Sessions held on 14 December at the CES Cardenal Cisneros in Madrid.



Asociación de Científicos
Fundación Alicia Koplowitz

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

2018 saw the Association continue to push ahead with its objectives via the different task forces, which increased both their number of activities and the number of members who selflessly and generously worked hard to achieve them.

With 81 members today, the Association developed the activities set out below.

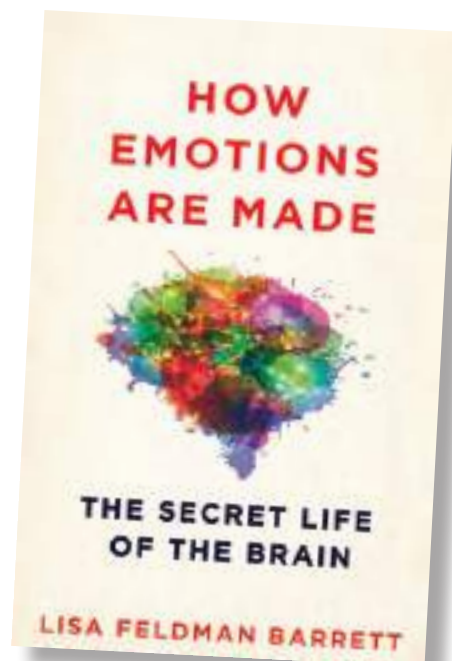
Scientific Area

The Scientific Area task force was coordinated in 2018 by Pilar de Castro-Manglano, child and adolescent psychiatrist at Clínica Universidad de Navarra, through to the 24 October Members' Meeting, when Ana Belen Calvo Calvo, Clinical Psychologist at the University of Rioja, took over.

One of the task force's most prominent activities was the **2nd Scientific Webinar** held on 7 March and led by Dr Lisa Feldman Barrett, professor of psychology at Northeastern University in Boston (Massachusetts, USA). The webinar was entitled *From Essences to Predictions: A Brain-based Understanding of*

Emotion and Depression. Dr Feldman Barrett's work focuses on the study of emotion, and her book *How Emotions are Made* was published in 2017. She recently proposed a predictive model for interoception coding with important implications for allostasis and mental and neurodevelopmental disorders.

The webinar was organised by Lorena Chanes, clinical psychologist at Barcelona Autonomous University, who acted as moderator; Laura Pina-Camacho, child and adolescent psychiatrist with Hospital General Universitario Gregorio Marañón, who managed the technical side of digital access



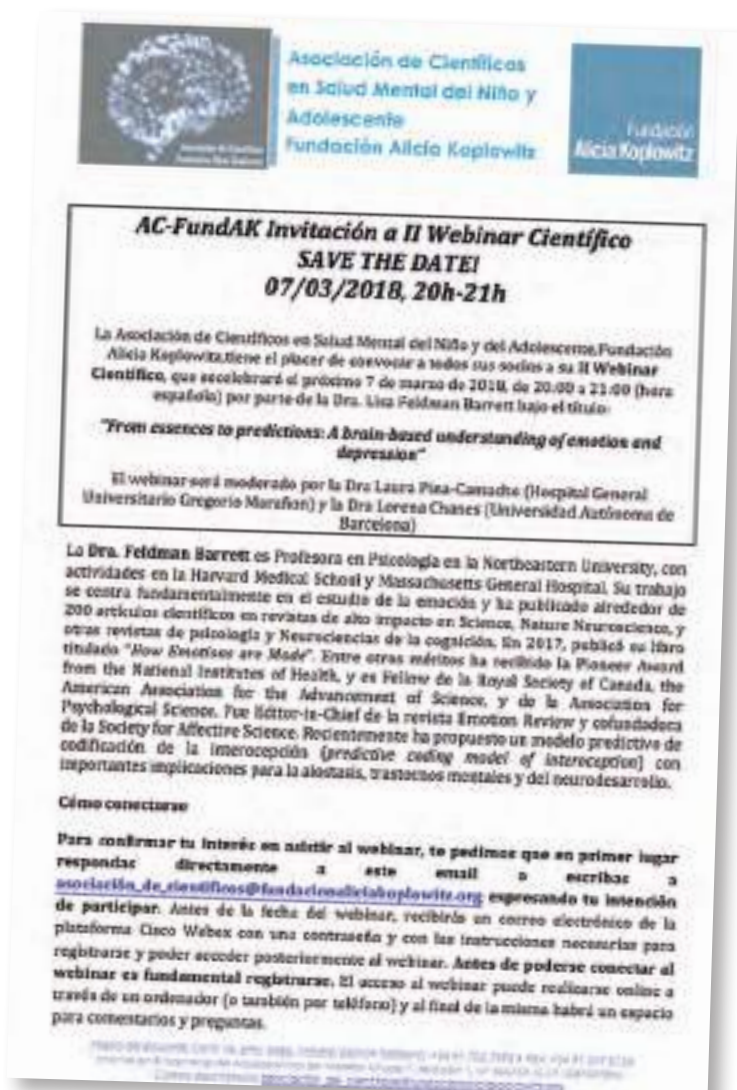
Dr. Lisa Feldman Barrett.
Professor of Psychology
In the Northeastern University

Association of Child and Adolescent Mental Health Scientists

to the webinar; Gisela Sugranyes, child and adolescent psychiatrist at Hospital Clínico in Barcelona, and Pilar de Castro-Manglano.

Partnership with the UK Association of Child and Adolescent Mental Health. Carmen Morcillo, child and adolescent psychiatrist at Sussex NHS Partnership Trust (UK), together with Regina Sala, child and adolescent psychiatrist with the NHS, led the work focused on creating a collaborative project with the UK Association of Child and Adolescent Mental Health (ACAMH). Regular meetings were held about the possibility of accessing one of the training activities that ACAMH will offer in 2019 in order to boost training opportunities for members in Spain. The activities last several hours and are led by one or more prestigious speakers focusing on a disease or research area of relevance to child and adolescent mental health. Irene Esteban-Cornejo, neuroscientist at Northeastern University (Boston, USA), kept up regular coordination between the Scientific Area and the Communications Area to ensure outreach on free activities, master classes and other ACAMH online courses.

Research Award. An award was organised in 2018 for the best scientific research work conducted by young members of the Association. The award terms and conditions were designed, along with the requirements to submit entries, the application process and evaluation by a scientific committee. The Alicia Koplowitz Research Award will be worth €3,000 and is set to be presented at the Foundation's 14th Scientific Sessions.



The coordinator of this activity is Gisela Sugranyes, child and adolescent psychiatrist at Hospital Clínico in Barcelona and member of the Association's board of directors. Applications will be assessed by an evaluation committee comprising the Foundation's scientific coordinator and three partners: a neuroscientist, psychologist and psychiatrist, all doctors with a recognised scientific track record, proposed by the Scientific Area task force and ratified by the board.

Communications Area



The Communications Area task force continued to be coordinated in 2018 by Olga Santesteban, clinical psychologist at the University of Calgary (Alberta, Canada), and welcomed onboard Gonzalo Salazar, psychiatrist and advanced training fellow at King's College London (UK), who contributed to the update and release of website information. Dr Salazar, in close coordination with the new webmasters, gave the site a new look to boost the Association's profile and that

of its members. The site provides the general public with a variety of material of interest on child and adolescent mental health and the neurosciences.

The private members' area has information on annual assemblies, members' meetings, scientific conferences, residents' workshops, scientific webinars and training course options, along with funding application data and scientific articles available for downloading. The website provides a space

Association of Child and Adolescent Mental Health Scientists



for each task force where updated material of interest can be found. Due to the large volume of activities carried out over the past year, each work area now has a designated liaison officer to communicate directly with the Communications Area and facilitate interaction among members and with networks outside of the Association. Liaison officers hold the position for a year and voluntarily renew their commitment at the members' meeting.

The Association's social networks (LinkedIn, Twitter and Facebook) grew strongly in the 2017-2018 period. The latest scientific news was published, as well as refresher training suggestions, training and employment offers and information on partnerships

with other scientific groups in the field of child and adolescent mental health and the neurosciences. The dynamism and immediacy of the information shared on social networks makes them particularly attractive. We have a strong follower base which is growing every day.

Since it was set up at the end of 2017, the Communications Area has been responsible for collecting information put together by the rest of the work areas to summarise in a newsletter. Two issues were released in 2018, shared with members via email and over social media, obtaining a very high profile. The plan is to publish the newsletter twice a year (June and December).

Continuous Education Area

The Continuous Education Area was created in mid-2018, under the coordination of Ainoa Mateu, clinical psychologist at Hospital Clínico in Barcelona. It came about from the merger of two previous areas: Professional Development, coordinated in 2018 by Marta Rapado, clinical psychologist at Hospital General Universitario Gregorio Marañón, and the Advisory Group for Fellows and Residents, coordinated in 2018 by Itziar Baltasar, child and adolescent psychiatrist at the same hospital, and Marina Fábrega, child and adolescent psychiatrist at

CSMIJ Cornellà, San Juan de Dios Hospital, Barcelona. The merger was initially discussed at the general assembly and then approved at the members' meeting.

Different projects were carried out in the first half of 2018 before the two areas were merged:

- **1st Workshop on Child and Adolescent Psychiatry and Psychology for Residents.** Held at the Madrid Medical Association offices on 24 February, the workshop took a theoretical and practical



1st Residents Workshop organised by the advisory group for fellows and residents. From left to right, the members who led the workshop: Fátima Valencia, Daniel Ilzarbe, Marina Fábrega and Itziar Baltasar.

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approach to child and adolescent mental health using techniques such as role-play and small group work. It was led by four members (Itziar Baltasar, Daniel Ilzarbe, Marina Fábrega and Fátima Valencia) and focused on some of the most important disorders in childhood and adolescence, such as ADHD, ASD and self-harming behaviours. The workshop was attended by 33 residents in different years of training from all over Spain. Over 70% responded to a survey in which the workshop format (dynamics and practice) and its content and organisational aspects received a very positive response.

- **Training courses.** In compliance with one of its founding objectives the promotion of vocational training for members the Association provided funding for relevant courses in both the clinical and research fields. Each member was able to request up to €600 in 2018 to attend a course relevant to their routine practice, with a maximum of 20 applications. A Training Course Selection Committee, led by Ainoa Mateu, was created to review and approve the various proposals. The courses that received funding were mostly clinical, but also included a number of research ones organised by different centres of international renown both in Spain and abroad.

Following the creation of the new Continuous Training Area, group members met face-to-face on 24 October at the Members' Meeting, and then via conference calls held on a regular basis. Work in this Area focuses on three projects covering different groups::

- **Members.** In the field of professional development, the proposal was drawn

up to continue granting assistance for training courses of interest for the clinical and/or scientific activity of its partners, as well as for the Association in general. The project was optimised by creating an accessible database of courses undertaken and including participant feedback, and 15 fellowships of up to 400 euros were awarded for 2019. This project was coordinated by Ainoa Mateu.

- **Fellows.** It was proposed to continue updating the training advisory documents (such as the Survival Guides); to create a directory of conferences and courses of interest to be carried out during advanced training fellowships; and to facilitate communication between the different fellows to create training opportunities. This project was overseen by Itziar Baltasar.
- **Residents.** In the field of training in Psychiatry and Psychology of the Child and Adolescent, it was agreed to carry out the Second Workshop of Residents in March 2019, dedicated to the most characteristic pathologies of adolescence, following the model carried out in February 2018 and offering supplementary content. The aim is to consolidate the Workshop of the Association of Scientists with a three-year programme, to make it a stable, accessible and affordable training space for medicine and psychology residents within the national landscape. The dissemination of the results of the previous edition of the Workshop at the congress organised by AEPNYA in 2019 was also considered. This project was coordinated by Daniel Ilzarbe.

Clinical and Service Development Area

This task force was coordinated in 2018 by Marina Romero, child and adolescent psychiatrist at Hospital Materno Infantil in Malaga. One of its main objectives was to promote and develop projects to facilitate clinical activity and improve the care quality of mental health services for children and adolescents in Spain. The idea was to foster the standardisation of clinical practice across different geographical areas, establishing connections between members working in different departments throughout the country. Another goal was to adapt the

knowledge acquired through grants and stays at internationally renowned departments and transfer it to standard clinical practice.

Throughout the year, the following projects were established and work on them got under way:

- **List of validated scales.** Creation of a list of validated scales for children and adolescents translated into Spanish (according to protocols and good clinical practice guidelines), with basic information on psychometric characteristics and their



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validation, through links or PDFs when accessible. The list covers a wide range of subjects in the different age groups, including psychiatric disorders, assessment of environmental risk factors (family functioning, parenting, social vulnerability) and neurocognitive functions and global aspects (quality of life, functioning). The project is being led by Marta Casanovas, child and adolescent psychiatrist at CSMIJ Sarrià, with the collaboration of Maria Andreu, child and adolescent psychiatrist and advanced training fellow at the University of Pittsburgh Medical Center (Pennsylvania, USA), and Marta Carulla, child and adolescent psychiatrist at San Juan de Dios Hospital, Barcelona.

- **Incredible Years Programme.** One of the task force's objectives is to enhance the application of clinical programmes

based on scientific evidence for members whose usual practice is in areas where they are not routinely implemented. The possibility was raised of subsidising the official material of the clinical programmes offered in the training courses subsidised by the Association each year. The task force therefore coordinated the launch of a period for requesting funding for the official material of the Incredible Years parenting programme (subsidised in 2017 in the training offer of the Professional Development Area).

- **Members' Meeting.** The task force volunteered to organise the 2019 meeting, held at the Scientific Sessions of the Alicia Koplowitz Foundation each year. The project is led by Lorena Chanes, who suggested focusing the meeting on ethical aspects in child and adolescent mental health.

MEMBERS' ANNUAL MEETINGS

4th General Assembly

The 4th General Assembly of Members of the Association of Child and Adolescent Mental Health Scientists "Alicia Koplowitz Foundation" was held on 7 June. The event took place in Palma de Mallorca, coinciding with the 62nd Congress of the Spanish Society of Child and Adolescent Psychiatry (AEPNYA)..

Introduction. The Assembly began with a brief introduction by general secretary Laia Villalta, who welcomed attendees and reported on the total number of members to date (76, of whom 47 are psychiatrists, 14 psychologists, 13 neuroscientists and two

from other disciplines). She then opened the floor to address the different sections on the agenda.

Minutes and Report. The minutes of the 3rd General Assembly meeting were unanimously approved, with no major changes. Printed copies of the 2017 Annual Report were distributed to attendees and the most relevant events organised throughout the year were reported by the task forces and the Association.

Accounts. Treasurer María Dolores Picouto, child and adolescent psychiatrist at Hospital



Attendees at the 4th General Assembly of the Association of Mental Health Scientists.

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Universitario Gregorio Marañón, then submitted the balance sheet for the 2017 financial year.

Projects. The coordinators of each of task force (or someone representing them) explained the projects proposed for the June 2018-2019 period. The board selected one from each Area to discuss in small groups during the Assembly. Following the discussion, the board decided to approve or dismiss the projects for the 2018 budget.

New organisation. Association president María de Gracia Domínguez, child and adolescent psychiatrist at the West London NHS Trust and Imperial College London (UK) set out the new approach to be taken in the internal organisation of the Association. To date, it has operated on the strength of work areas covering different lines of action of potential interest to members, set up annually during the General Assembly and formed by volunteers (the Communications,

Clinical and Service Development, Professional Development and Scientific areas and the Advisory Group for Fellows and Residents).

To leverage the efficiency of the work performed in each task force, ensure that the projects of most interest get put into action and that all members can participate in the project that interests them regardless of the area in which they collaborate, it was proposed to reconsider structuring the work areas and reorganising them around the projects of greatest interest, thus creating the task forces for June 2018-2019. Based on all the projects proposed by each task force for 2018, the board would value those of most interest and that best fit the Association's lines of action and budget to create the 2019 calendar. A member would be assigned to coordinate and lead each project, with a global coordinator for each task force. The task forces for June 2018-2019 were set up as follows:

Task Force - Scientific Area

Pilar de Castro (*coordinator from December 2017 to October 2018*)

Ana Isabel Calvo Calvo (*coordinator since 2018*)

Irene Esteban-Cornejo (*Communications Area liaison officer*)

Gisela Sugranyes (*BoD liaison officer*)

Laura Pina-Camacho

Lorena Chanes

Regina Sala

Juan Salvador Nacher Rosello

Ismael Galve-Roperh

Hilario Blasco-Fontecilla

Julia García Fuster

Carmen Morcillo

Task Force - Communications Area

Olga Santesteban *(coordinator and social network manager)*

María Concepción Guisasola *(BoD liaison officer)*

Gonzalo Salazar *(website manager)*

Task Force - Continuous Education

María de Gracia Domínguez *(BoD liaison officer)*

Dolores Moreno *(BoD liaison officer)*

Alba Vilaplana Pérez *(Communications Area liaison officer)*

Marta Rapado

Itziar Baltasar

Marina Fábrega

Fátima Valencia

Daniel Ilzarbe

Ainoa Mateu

Alba Ancochea

Juan Paris

Laura María Sevilla

Rafaela Caballero

Azucena Díez

Task Force - Clinical and Service Development Area

Marina Romero *(coordinator)*

Laia Villalta *(BoD liaison officer)*

Marta Carulla Roig *(Communications Area liaison officer)*

Marta Casanovas

Lorena Chanes

Maria Andreu

Fátima Valencia

Marina Fábrega

4th Members' Meeting



Attendees of the 4th Members' Meeting 2018. Continuous Education Area task force meeting. Left to right: Marina Fábrega, María Domínguez, Daniel Ilzarbe, Marta Rapado, Alba Vilaplana, Lola Moreno, Itziar Baltasar, Azucena Díez.

The 4th Meeting of Members of the Association of Child and Adolescent Mental Health Scientists Alicia Koplowitz Foundation was held on 24 October with the title *Tracking the Path of Scientific Questions: From Study Design to Outcome Publication*.

Association general secretary Laia Villalta presented a brief introduction to the Meeting, which ran from 4 pm to 8.45 pm and was followed by a dinner for members and speakers.



Dr. Jose María Bellón with Dr. Guisasola, scientific coordinator of the Alicia Koplowitz Foundation.

Members in attendance engaged actively in the event and, as at previous editions, there was a meeting of the task forces - this being the greatest opportunity for face-to-face exchange by members throughout the year.

The keynote speech was given by Dr. José María Bellón Cano of the Methodology and

Biostatistics Department at the Gregorio Marañón health research institute in Madrid, who presented an overview and practical look at the subject *Scientific Study Design and Implementation: Insights from an Expert*. The talk was moderated by Ana Isabel Calvo, psychologist with the International University of Rioja.

Association of Child and Adolescent Mental Health Scientists



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

ENCUENTRO-COLOQUIO DE SOCIOS 2018

Tema: *"Trazando el camino de la pregunta científica: desde el diseño del estudio hasta la difusión de resultados"*

Ilustre Colegio de Médicos de Madrid (Aula Teófilo Hernando), C/ Santa Isabel 51. 28012
Madrid 24 de octubre de 2018

16.00–16.50 h	REUNIÓN – GRUPOS DE TRABAJO
16.50–17.00 h	Llegada e inicio Encuentro de Socios
17.00–17.10 h	Introducción: Laia Vilalta Nadal, Psiquiatra del Niño y del Adolescente, Servicio de Psiquiatría i Psicologia Infantil, Hospital Sant Joan de Déu, Barcelona. Beneficiaria Beca de Formación Avanzada Fundación Alicia Koplowitz en Imperial College London.
17.10–18.10 h	<p>Tema: "Diseño y ejecución de un estudio científico: tips desde la visión de un experto".</p> <p>Ponente: José María Bellón Cano, Servicios de Apoyo a la Investigación, Responsable de la Unidad de Metodología y Bioestadística, Instituto de Investigación Sanitaria Gregorio Marañón, Hospital General Universitario "Gregorio Marañón", Madrid.</p> <p>Moderador: Ana Calvo Calvo, Facultad de Ciencias de la Salud, Universidad Internacional de La Rioja (UNIR).</p>
18.10–18.30h	Descanso/café-refrescos
18.30–19.30h	<p>Tema: "Cómo defender los resultados ante críticas: formato póster, ponencia y tesis doctoral".</p> <p>Ponente: Hilario Blasco Fontecilla, Médico Psiquiatra del Niño y del Adolescente, IDIPHIM-Hospital Universitario Puerta de Hierro, Beneficiario Beca de Estancia Corta Fundación Alicia Koplowitz.</p> <p>Moderador: María Dolores Ledesma Muñoz, Doctor en Ciencias, Científico Titular del CSIC, Centro de Biología Molecular Severo Ochoa (CBMSO), Madrid.</p>
19.30–20.30 h	<p>Tema: "Publicación de resultados: cómo elegir la revista, redactar la "cover letter" y responder a revisores".</p> <p>Ponente: Ana Pérez Vigil, Psiquiatra del Niño y del Adolescente, Beneficiaria Beca de Formación Avanzada Fundación Alicia Koplowitz, Department of Clinical Neuroscience, Karolinska Institutet, Estocolmo. Beca de Retorno Servicio de Psiquiatría y Psicología Infantil y Juvenil, Hospital Clínic de Barcelona.</p> <p>Moderador: Daniel Iturbe Simorre, Psiquiatra, Servicio de Psiquiatría y Psicología Infantil y Juvenil, Instituto de Neurociencias, Hospital Clínic de Barcelona, Instituto de Investigaciones Biomédicas Agustí Pi i Suñer (IBAPS), Beneficiario Beca de Formación Avanzada Fundación Alicia Koplowitz en Institute of Psychiatry Psychology and Neuroscience, Kings College London.</p>
	<p>Cena de socios y ponentes – Restaurante Somarivento. 20.45 h.</p>



Dr. Hilario Blasco during his talk

Dr. Hilario Blasco, child and adolescent psychiatrist at Hospital Universitario Puerta de Hierro, gave a speech entitled *Defending Outcomes against Criticism: Poster Format,*

Presentation and Doctoral Thesis, moderated by María Dolores Ledesma, neuroscientist at the Severo Ochoa centre for molecular biology.

Association of Child and Adolescent Mental Health Scientists



Dr. Ana Perez Vigil , during her talk moderated by Dr. Daniel Ilzarbe.

Finally, Ana Pérez-Vigil, child and adolescent psychiatrist at Hospital Clínico in Barcelona, gave a presentation entitled *Publication*

of Results: How to Choose the Journal, Write the Cover Letter and Respond to Reviewers, moderated by Daniel Ilzarbe.

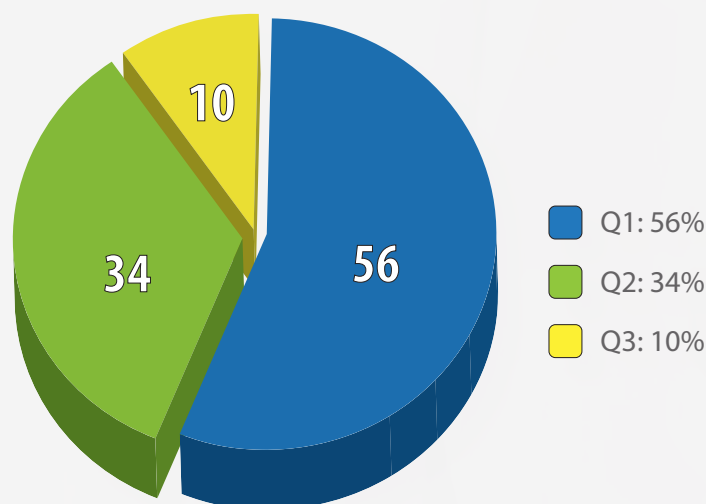
A significant scientific production

A total of 50 articles expressly mentioning the Alicia Koplowitz Foundation as sponsor of the corresponding research were published in the ISI-web in 2018.

By quartiles, the distribution was:







Q1. 28; Q2: 17; Q3: 5 as shown in the following graph:

Percentiles of published articles



Distribution according to the quartiles of the journals

The Scientific Production as a result of **Foundation Alicia Koplowitz**, sponsorship in 2018 amounted to **50 articles** indexed in the Web of Science with a total impact factor of **221,862**.


-  Pérez-Vigil A, Fernández de la Cruz L, Brander G, Isomura K, Jangmo A, Feldman I, Hesselmark E, Serlachius E, Lázaro L, Rück C, Kuja-Halkola R, D'Onofrio BM, Larsson H, Mataix-Cols D. [Association of Obsessive-Compulsive Disorder With Objective Indicators of Educational Attainment A Nationwide Register-Based Sibling Control Study](#). JAMA Psychiatry. 2018 Jan 1;75(1):47-55
FI: 16.642
Q1
-  Romero-Gonzalez B, Peralta-Ramirez MI, Caparros-Gonzalez RA, Cambil-Ledesma A, Hollins Martin CJ, Martin CR. [The relationship of parental expressed emotion to co-occurring psychopathology in individuals with autism spectrum disorder: A systematic review](#) Midwifery. 2018 Dec 13;70:31-37
FI: 1.82
Q1
-  Castro-Fornieles J, Bargalló N, Calvo A, Arango C, Baeza I, Gonzalez-Pinto A, Parellada M, Graell M, Moreno C, Otero S, Janssen J, Rapado-Castro M, de la Serna E. [Gray matter changes and cognitive predictors of 2-year follow-up abnormalities in early-onset first-episode psychosis](#) Eur Child Adolesc Psychiatry. 2018 Jan;27(1):113-126
FI: 3.553
Q1
-  Moreno C. [Towards understanding and acting on risk factors for developmental psychopathology](#) Eur Child Adolesc Psychiatry. 2018 Jan;27(1):1-3.
FI: 3.553
Q1
-  Gervasini G, Gonzalez LM, Mota-Zamorano S, Gamero-Villarreal C, Carrillo JA, Flores I, Garcia-Herraz A. [Association of COMT Val158Met Polymorphism with Psychopathological Symptoms in Patients with Eating Disorders](#). Curr Mol Med. 2018;18(1):65-70.
FI: 2.254
Q3
-  Krieger V, Amador-Campos JA. [Assessment of executive function in ADHD adolescents: contribution of performance tests and rating scales](#) Child Neuropsychol. 2018 Nov;24(8):1063-1087
FI: 2.74
Q2







-  Guerrero JC, Gomez-Martinez S, Elegido A, Marcos A, Graell M, Nova E. [Antioxidant Capacity of the Plasma Lipid-Soluble Fraction in Anorexia Nervosa Patients During a One-Year Follow-Up](#) Annals of Nutrition and Metabolism 2018;73(3):224-224.
FI: 3.051
Q2
-  Casquero-Veiga M, García-García D, Desco M, Soto-Montenegro ML. [Understanding Deep Brain Stimulation: In Vivo Metabolic Consequences of the Electrode Insertional Effect](#) Biomed Res Int. 2018 Oct 17;2018:8560232
FI: 2.583
Q3
-  Bernaras E, Garaigordobil M, Jaureguizar J, Soroa M. [Mild and severe childhood depression: differences and implications for prevention programs in the school setting](#) Psychol Res Behav Manag. 2018 Nov 12;11:581-588
FI: 1.952
Q2
-  Pagerols M, Richarte V, Sánchez-Mora C, Rovira P, Soler Artigas M, Garcia-Martínez I, Calvo-Sánchez E, Corrales M, da Silva BS, Mota NR, Victor MM, Rohde LA, Grevet EH, Bau CHD, Cormand B, Casas M, Ramos-Quiroga JA, Ribasés M. [Integrative genomic analysis of methylphenidate response in attention-deficit/hyperactivity disorder](#). Sci Rep. 2018 Jan 30;8(1):1881.
FI: 4.122
Q1
-  Allott KA, Yuen HP, Bartholomeusz CF, Rapado-Castro M, Phassouliotis C, Butselaar F, Wood SJ, Proffitt TM, Savage G, Phillips LJ, Bendall S, Markulev C, Reniers RLEP, Pantelis C, Baldwin L, McGorry PD, Garner B. [Stress hormones and verbal memory in young people over the first 12 weeks of treatment for psychosis](#) Psychiatry Res. 2018 Feb;260:60-66
FI: 2.223
Q2
-  Chanes L, Wormwood JB, Betz N, Barrett LF. [Facial Expression Predictions as Drivers of Social Perception](#). J Pers Soc Psychol. 2018 Mar;114(3):380-396.
FI: 5.733
Q1

-  Abdulkadir M, Londono D, Gordon D, Fernandez TV, Brown LW, Cheon KA, Coffey BJ, Elzerman L, Fremer C, Fründt O, Garcia-Delgar B, Gilbert DL, Grice DE, Hedderly T, Heyman I, Hong HJ, Huyser C, Ibanez-Gomez L, Jakubowski E, Kim YK, Kim YS, Koh YJ, Kook S, Kuperman S, Leventhal B, Ludolph AG, Madruga-Garrido M, Maras A, Mir P, Morer A, Müller-Vahl K, Münchau A, Murphy TL, Plessen KJ, Roessner V, Shin EY, Song DH, Song J, Tübing J, van den Ban E, Visscher F, Wanderer S, Woods M, Zinner SH, King RA, Tischfield JA, Heiman GA, Hoekstra PJ, Dietrich A. [Investigation of previously implicated genetic variants in chronic tic disorders: a transmission disequilibrium test approach](#) Eur Arch Psychiatry Clin Neurosci. 2018 Apr;268(3):301-316
FI: 3.617
Q2
-  Díaz D, Piquer-Gil M, Recio JS, Martínez-Losa MM, Alonso JR, Weruaga E, Álvarez-Dolado M. [Bone marrow transplantation improves motor activity in a mouse model of ataxia](#). J Tissue Eng Regen Med. 2018 Apr;12(4):e1950-e1961
FI: 4.089
Q1
-  Esguevillas Á, Díaz-Caneja CM, Arango C, Rey-Mejías ÁLD, Bernardo EG, Delgado C, Clarkin JF, Carrasco JL. [Personality organization and its association with clinical and functional features in borderline personality disorder](#). Psychiatry Res. 2018 Apr;262:393-399
FI: 2.223
Q2
-  Villalta L, Smith P, Hickin N, Stringaris A. [Emotion regulation difficulties in traumatized youth: a meta-analysis and conceptual review](#). Lancet Child Adolesc Health. 2018 Sep;2(9):654-665.
FI: 3.553
Q1
-  Lucia FS, Pacheco-Torres J, González-Granero S, Canals S, Obregón MJ, García-Verdugo JM, Berbel P. [Transient Hypothyroidism During Lactation Arrests Myelination in the Anterior Commissure of Rats. A Magnetic Resonance Image and Electron Microscope Study](#). Front Neuroanat. 2018 Apr 27;12:31
FI: 3.152
Q2

-  Fortea A, Ilzarbe D, Espinosa L, Solerdelcoll M, de Castro C, Oriolo G, Sugranyes G, Baeza I. [Long-Acting Injectable Atypical Antipsychotic Use in Adolescents: An Observational Study](#). J Child Adolesc Psychopharmacol. 2018 May;28(4):252-257
FI: 2.901
Q2
-  García-Cabrerizo R, Bis-Humbert C, García-Fuster MJ. [Methamphetamine binge administration during late adolescence induced enduring hippocampal cell damage following prolonged withdrawal in rats](#). Neurotoxicology. 2018 May;66:1-9
FI: 3.076
Q2
-  Esteban-Cornejo I, Catena A, Hillman CH, Kramer AF, Erickson KI, Ortega FB. [Commentary: At least eighty percent of brain grey matter is modifiable by physical activity: a review study](#). Front Hum Neurosci. 2018 May 8;12:195.
FI: 2.871
Q2
-  Gervasini G, González LM, Gamero-Villarroel C, Mota-Zamorano S, Carrillo JA, Flores I, García-Herráiz A. Effect of dopamine receptor D4 (&ITDRD4&IT) haplotypes on general psychopathology in patients with eating disorders Gene. 2018 May 15;654:43-48
FI: 2.498
Q3
-  Tejera-Parrado C, Jesús S, López-Ruiz A, Buiza-Rueda D, Bonilla-Toribio M, Bernal-Bernal I, Periñán MT, Vargas-González L, Gómez-Garre P, Mir P. [TMEM230 in Parkinson's disease in a southern Spanish population](#). PLoS One. 2018 May 17;13(5):e0197271.
FI: 2.766
Q1
-  Valencia-Agudo F, Burcher GC, Ezpeleta L, Kramer T. [Nonsuicidal self-injury in community adolescents: A systematic review of prospective predictors, mediators and moderators](#). J Adolesc. 2018 Jun;65:25-38
FI: 1.865
Q2

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-  Perez-Rando M, Castillo-Gomez E, Bueno-Fernandez C, Nacher J. [The TrkB agonist 7,8-dihydroxyflavone changes the structural dynamics of neocortical pyramidal neurons and improves object recognition in mice.](#) Brain Struct Funct. 2018 Jun;223(5):2393-2408.
FI: 4.231
Q1
-  Benavides C, Brucato G, Kimhy D. [Self-esteem and Symptoms in Individuals at Clinical High Risk for Psychosis.](#) J Nerv Ment Dis. 2018 Jun;206(6):433-438.
FI: 1.94
Q3
-  Alba Palé L, Cercós A, Samsó B, Sugranyes G. [Childhood Visual Hallucinations: A Case Report of Idiopathic Occipital Epilepsy.](#) J Am Acad Child Adolesc Psychiatry. 2018 Jun;57(6):436-438
FI: 6.25
Q1
-  Carulla-Roig M, Isomura K, Pérez-Vigil A, Larsson H, Hellner C, Mataix-Cols D, Fernández de la Cruz L. [Pharmacoepidemiology of Tourette and Chronic Tic Disorders in Sweden 2005-2013](#) J Child Adolesc Psychopharmacol. 2018 Nov;28(9):637-645.
FI: 2.901
Q2
-  Arango C, Díaz-Caneja CM, McGorry PD, Rapoport J, Sommer IE, Vorstman JA, McDaid D, Marín O, Serrano-Drozdzowskyj E, Freedman R, Carpenter W. [Preventive strategies for mental health](#) Lancet Psychiatry. 2018 Jul;5(7):591-604.
FI: 15.233
Q1
-  Muntaner-Mas A, Palou P, Vidal-Conti J, Esteban-Cornejo I. [A Mediation Analysis on the Relationship of Physical Fitness Components, Obesity, and Academic Performance in Children](#) J Pediatr. 2018 Jul;198:90-97
FI: 3.667
Q1

-  Rotheneichner P, Belles M, Benedetti B, König R, Dannehl D, Kreutzer C, Zaunmair P, Engelhardt M, Aigner L, Nacher J, Couillard-Despres S. [Cellular Plasticity in the Adult Murine Piriform Cortex: Continuous Maturation of Dormant Precursors Into Excitatory Neurons](#) Cereb Cortex. 2018 Jul 1;28(7):2610-2621
FI: 6.308
Q1
-  Mataix-Cols D, Frans E, Pérez-Vigil A, Kuja-Halkola R, Gromark C, Isomura K, Fernández de la Cruz L, Serlachius E, Leckman JF, Crowley JJ, Rück C, Almqvist C, Lichtenstein P, Larsson H [A total-population multigenerational family clustering study of autoimmune diseases in obsessive-compulsive disorder and Tourette's/chronic tic disorders](#) Mol Psychiatry. 2018 Jul;23(7):1652-1658.
FI: 11.640
Q1
-  Allott K, Fraguas D, Bartholomeusz CF, Díaz-Caneja CM, Wannan C, Parrish EM, Amminger GP, Pantelis C, Arango C, McGorry PD, Rapado-Castro M. [Duration of untreated psychosis and neurocognitive functioning in first-episode psychosis: a systematic review and meta-analysis](#) Psychol Med. 2018 Jul;48(10):1592-1607
FI: 5.475
Q1
-  Fernández de la Cruz L, Vidal-Ribas P, Zahreddine N, Mathiassen B, Brøndbo PH, Simonoff E, Goodman R, Stringaris A. [Should Clinicians Split or Lump Psychiatric Symptoms? The Structure of Psychopathology in Two Large Pediatric Clinical Samples from England and Norway](#) Child Psychiatry Hum Dev. 2018 Aug;49(4):607-620
FI: 2.225
Q2
-  Cal-Gonzalez J, Vaquero JJ, Herraiz JL, Pérez-Liva M, Soto-Montenegro ML, Peña-Zalbidea S, Desco M, Udías JM. [Improving PET Quantification of Small Animal \[Ga-68\]DOTA-Labeled PET/CT Studies by Using a CT-Based Positron Range Correction.](#) Mol Imaging Biol. 2018 Aug;20(4):584-593
FI: 3.626
Q1
-  Carceller H, Perez-Rando M, Castren E, Nacher J, Guirado R. [Effects of the Antidepressant Fluoxetine on the Somatostatin Interneurons in the Basolateral Amygdala](#) Neuroscience. 2018 Aug 21;386:205-213.
FI: 3.382
Q2

-  Baeza I, de la Serna E, Calvo-Escalona R, Merchán-Naranjo J, Rodríguez-Latorre P, Martínez-Cantarero MC, Andrés P, Alda JA, Muñoz-Samons D, Ilzarbe D, Arango C, Castro-Fornieles J. [One-Year Prospective Study of Liver Function Tests in Children and Adolescents on Second-Generation Antipsychotics: Is There a Link with Metabolic Syndrome?](#) J Child Adolesc Psychopharmacol. 2018 Sep;28(7):463-473
FI: 2.901
Q2
-  Bailey T, Alvarez-Jimenez M, Garcia-Sanchez AM, Hulbert C, Barlow E, Bendall S. [Childhood Trauma Is Associated With Severity of Hallucinations and Delusions in Psychotic Disorders: A Systematic Review and Meta-Analysis](#) Schizophr Bull. 2018 Aug 20;44(5):1111-1122
FI: 6.944
Q1
-  Graell M, de Andrés P, Sepúlveda AR, Moreno A, Villaseñor Á, Faya M, Martínez-Cantarero C, Gómez-Martínez S, Marcos A, Morandé G, Nova E. [The adolescent onset anorexia nervosa study \(ANABEL\) Design and baseline results](#) Int J Methods Psychiatr Res. 2018 Sep;27(3):e1739
FI: 2.5
Q2
-  Pérez-Vigil A, Fernández de la Cruz L, Brander G, Isomura K, Jangmo A, Kuja-Halkola R, Hesselmark E, D'Onofrio BM, Larsson H, Mataix-Cols D. [Association of Tourette Syndrome and Chronic Tic Disorders With Objective Indicators of Educational Attainment A Population-Based Sibling Comparison Study.](#) JAMA Neurol. 2018 Sep 1;75(9):1098-1105
FI: 11.46
Q1
-  Sánchez-Gutiérrez T, García-Portilla MP, Parellada M, Bobes J, Calvo A, Moreno-Izco L, González-Pinto A, Lobo A, de la Serna E, Cabrera B, Torrent C, Roldán L, Sanjuan J, Ibáñez Á, Sánchez-Torres AM, Corripio I, Bernardo M, Cuesta MJ; PEPs group. [Smoking does not impact social and non-social cognition in patients with first episode psychosis](#) Schizophr Res. 2018 Sep;199:64-74
FI: 3.958
Q1
-  Corbet Burcher G, Picouto MD, Als LC, Cooper M, Pierce CM, Nadel S, Garralda ME. [Post-traumatic stress after PICU and corticosteroid use](#) Arch Dis Child. 2018 Sep;103(9):887-889.
FI: 3.258
Q1

-  Wang S, Mandell JD, Kumar Y, Sun N, Morris MT, Arbelaez J, Nasello C, Dong S, Duhn C, Zhao X, Yang Z, Padmanabhuni SS, Yu D, King RA, Dietrich A, Khalifa N, Dahl N, Huang AY, Neale BM, Coppola G, Mathews CA, Scharf JM; Tourette International Collaborative Genetics Study (TIC Genetics); Tourette Syndrome Genetics Southern and Eastern Europe Initiative (TSGENESEE); Tourette Association of America International Consortium for Genetics (TAAICG), Fernandez TV, Buxbaum JD, De Rubeis S, Grice DE, Xing J, Heiman GA, Tischfield JA, Paschou P, Willsey AJ, State MW. [De Novo Sequence and Copy Number Variants Are Strongly Associated with Tourette Disorder and Implicate Cell Polarity in Pathogenesis](#) Cell Rep. 2018 Dec 18;25(12):3544.
FI: 8.032
Q1
-  Casquero-Veiga M, García-García D, Pascau J, Desco M, Soto-Montenegro ML. [Stimulating the nucleus accumbens in obesity: A positron emission tomography study after deep brain stimulation in a rodent model](#). PLoS One. 2018 Sep 27;13(9):e0204740
FI: 2.766
Q1
-  Santesteban-Echarri O, Hernandez-Arroyo L, Rice SM, Guerre-Lobera M, Serrano-Villar M, Espin-Jaime JC, Jimenez-Arriero MA. [Adapting the Brief Coping Cat for Children with Anxiety to a Group Setting in the Spanish Public Mental Health System: a Hybrid Effectiveness-Implementation Pilot Study](#). Journal of Child and Family Studies. 2018 Oct;27 (10): 3300-3315
FI: 1.588
Q3
-  Linares D, Marin-Campos R, Dalmau J, Compte A. [Validation of motion perception of briefly displayed images using a tablet](#). Sci Rep. 2018 Oct 30;8(1):16056.
FI: 4.122
Q1
-  Perez-Caballero L, Soto-Montenegro ML, Hidalgo-Figueroa M, Mico JA, Desco M, Berrocoso E. [Deep brain stimulation electrode insertion and depression: Patterns of activity and modulation by analgesics](#) Brain Stimul. 2018 Nov - Dec;11(6):1348-1355.
FI: 6.12
Q1

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-  Martínez-Gomez D, Esteban-Cornejo I, Lopez-Garcia E, García-Esquinas E, Sadarangani KP, Veiga OL, Rodríguez-Artalejo F. [Physical Activity and Association Between Frailty and All-Cause and Cardiovascular Mortality in Older Adults: Population-Based Prospective Cohort Study](#) Br J Sports Med. 2018 Dec 15. pii: bjsports-2018-099740.
FI: 4.155
Q1
-  Martín-Rodríguez JF, Mir P. [Automatic and voluntary motor inhibition: Intact processes for tic suppression?](#) Mov Disord. 2018 Nov;33(11):1667-1669
FI: 8.324
Q1
-  Gassó P, Blázquez A, Rodríguez N, Boloc D, Torres T, Mas S, Lafuente A, Lázaro L. [Further Support for the Involvement of Genetic Variants Related to the Serotonergic Pathway in the Antidepressant Response in Children and Adolescents After a 12-Month Follow-Up: Impact of the HTR2A rs7997012 Polymorphism.](#) J Child Adolesc Psychopharmacol. 2018 Jul 5. doi: 10.1089
FI: 2.901
Q2
-  Esteban-Cornejo I, Mora-Gonzalez J, Cadenas-Sanchez C, Contreras-Rodriguez O, Roman-Verdejo J, Henriksson P, Migueles JH, Rodríguez-Ayllon M, Molina-Garcia P, Suo C, Hilman CH, Kramer AF, Erickson KI, Catena A, Verdejo-Garcia A, Ortega FB. [Adiposity Mediates the Association between Aerobic Fitness and Cortical Thickness in Overweight/Obese Children: the Activebrains Project.](#) Psychophysiology 2018 Dec;55: S136-S136
FI: 3.118
Q1

Social Activity



What we do

A highly satisfactory balance over 24 years

The project in the Foundation's Social Action Area prioritises providing comprehensive assistance to children and adolescents deprived of a family environment and with emotional and social shortages. The programme covers all areas of essential development (health, education, social relations, attachment, skills, etc.) and its aim is to get the children's self-confidence back and restore their dignity, as fundamental qualities for the development of the human condition.

The children's residence programme drew to a close in 2018 after 24 years of activity. The home for over-18-year-olds will stay open while the residents complete their university studies in psychology, law, mechanical engineering, social work and teaching. The activity phase of the children's homes came to an end with the transfer of 15 child and adolescent wards of the state to different destinations:

- Two siblings moved out after finding work. They were able to rent an apartment and begin an independent life, one of the main objectives of the Foundation's care work.
- Two girls turned 18 and moved to a women's home where their road to self-reliance will continue. This type of facility is designed so that young people in care

can still have a while to enjoy the technical support that allows them to consolidate their work and independence..

- Three young people completed their computer, social work and vocational training studies and joined the labour force.





- One resident moved to the home for over-18-year-olds to continue his university education.
- Two disabled adolescents went to centres run by the AMAS group, which specialises in managing care homes for over-18-year-olds with an intellectual disability.
- Three minors moved to a Nuevo Futuro home, where they will stay until they are 18.
- Two sisters went to Ciudad de los Muchachos to complete integration with their family.

The Foundation is open to new ideas and social initiatives related to children and adolescents with psychiatric problems.

Psychological assistance

The closure of the three children's homes required an additional effort from the Foundation's Psychology Department. Created in July 1997 to address the developmental, cognitive, behavioural and emotional problems of the children, during 2018 the Department worked specifically on the issue of the closure and helped the children take stock of their time in the Foundation's homes. The progress of their

personal evolution and that of their families was underlined, along with the importance of the values that have been instilled in them so they can take their best step forward in the near future. The Foundation is aware that it is not easy to leave behind the bonds forged during their time at a home, but is confident that the children will be able to positively leverage their experiences and their way of relating with themselves and others, supported at all times by the core values of responsibility, commitment and solidarity.

To help them assimilate what they learned during the time they lived at the Foundation's

centres, it was decided to give each child a 'life book' summarising their personal experience, including photos, school report cards and other documents, similar to those held by any family as a reminder of the life journey of each of its members.

From the Psychology Department's perspective, the balance of these years of work with the children is very positive, thanks largely to the close monitoring of their progress through constant touchpoints with their educators. From specific evaluations and joint work with the different professionals involved, both from the Foundation and



external agents (teachers, social services, psychiatrists, neurologists), conclusions were able to be drawn about each of them at different stages of their evolution and degree of maturity.

In these 24 years, it was shown that the main difficulties the children experienced were largely related to their socioemotional development and learning difficulties, compromised by changes in executive functions. As a result, the main challenge was to try to provide them with a safe environment where they could grow and have their needs met.

Over the years, the resources needed to alleviate these difficulties evolved positively.

From an educational perspective, the Madrid region's Directorate General for the Family and Minor contributed to the improvement of the children's educational skills by creating a dedicated programme for educators to work with them in the homes. The Foundation engaged in the genesis of the programme, bringing its insights and experience to bear. An important evolution was also seen in the specialised resources designed to assess and treat psychiatric symptoms. The creation of the Foundation's training fellowships resulted in better care for children in need of this type of assistance and contributed to outreach on problems concerning mental disorders that start in childhood and adolescence.



A four-phase balance

In the 24-plus years the Foundation has endeavoured to protect disadvantaged children, more than 400 boys and girls have passed through its homes. Many are now married with children, others are leading independent lives and some have been able to return to their families. They hold down decent jobs that enable them to develop their lives as positive and well-rounded citizens of society. There are others still linked to foundations specialising in caring for disabled adults and who cannot be fully independent but have the means to be able to continue to develop their life project in a semi-autonomous fashion.

Overall, the results of the residential centres in these 24 years are highly satisfactory. But progress has not always been easy. We would distinguish four phases of development:

- 1) **Creation and implementation.** Two homes opened in Húmera (Madrid) in 1994. The early days were times of enthusiasm and learning about the needs of disadvantaged children and the impact their problems can have on the course of their lives. The children taken into care came from a situation of neglect, lack of affection and multiple deficiencies (malnutrition, no medical follow-up, lack of hygiene habits, poor or no schooling, etc.) and a very different family environment. In the homes they ate at set times and we worked on hygiene habits, took care of their health and made sure they went to school. This quickly improved their physical appearance. But the psychological after-effects were still there and living together was not

easy because the children blamed the educators for keeping them apart from their families.

- 2) **The big challenge.** Living in a home with good parenting practices improved their physical health and quality of life, but did not resolve the children's behaviour, which was often unpredictable and self-destructive. The Foundation had to address the great challenge of treating their psychological health and injuries in order to repair their internal structure as much as possible and prevent a logjam in the development of their evolution. To that end, a life project was designed for each child, based on the desire they all shared to return to their parents. For this purpose, a social transformation plan was implemented which in addition to the Foundation, parents and other relatives, included the social services of Madrid city council and region, schools, health services, the Madrid Housing Institute, the Red Cross, Cáritas and other private foundations. Thanks to this collective effort, many children were able to have their wishes met and go back to their parents in an appropriate family situation. However, for other children, returning home was impossible for different reasons, and this required a change in strategy, leading to a new phase.
- 3) **The reinvention.** The stark reality was that some children faced chronic abandonment (families that had disappeared or parents in prison or a psychiatric facility), forcing the homes to reinvent themselves to provide comprehensive ongoing care for children

with a physical and psychological structure greatly impaired by mistreatment, sexual abuse or other damage. Every effort was made to establish a stable and positive environment during their time at the homes. From the psychological viewpoint, individual treatment plans were designed to strengthen self-esteem to complement good parenting practices, adequate schooling and medical monitoring. The next step was to arouse their curiosity and desire to learn in order to stamp out the idea that children in care are the worst in class. The Foundation understood that cultural motivation (specified in thematic areas such as literature, music, theatre or history) should make the children the drivers of their own change. The following policies were rolled out to that end:

- o A powerful school support network was provided by a team of volunteers to expand avenues of academic knowledge and strengthen the image of good human beings.
- o Civic instruction on social behaviour and the conveyance of values of responsibility.
- o Psychological monitoring and adequate treatment support.

The daily interaction of these policies positively transformed the children's school performance and they went from failing to passing and then getting good grades. This academic growth dramatically fuelled their self-esteem and was essential to opening new horizons for the future with the real possibility of going on to do vocational training or A levels.

- 4) **Coming of age.** Long-term care led to a new need - what happens when the children turn 18? Coming of age entails the end of the rights afforded to children and our young people were set to face a very uncertain future without the help of institutions. The Foundation understood there is no age limit on the need for support and that it had to extend its care of the wards and consolidate their education. The outcome of this reflection led to the establishment of the homes for over-18-year-olds, a resource that allowed disabled young adults to live independently, hold down a job and live a normal life adapted to their possibilities. Others with different capabilities could enter a longer academic phase, including vocational training and A level studies. Finally, some of the young people in care were able to begin university degrees, which would open up a new horizon of possibilities.

When they reach this point, the Foundation considers that the course of care for wards of the state has reached its end. Our 24-year experience allows us to draw three conclusions about policy effectiveness in this area:

- The involvement of community social services can enable a family to be fully reunited and make it easier for a child to live with their family after a certain period of time.
- When adoption or fostering is not possible, multidisciplinary strategies must be adopted to resolve the problems posed by a long stay in the homes. In this regard, study stimulation is an



appropriate tool for social integration and personal evolution.

- When children turn 18, it is necessary to continue with a support policy that allows them to complete their education, as the legal age does not necessarily coincide with a functional adult life these days.

Awards

Throughout its existence, the Alicia Koplowitz Foundation's Social Action programme has received numerous awards. All of them are

received with pride and enormous gratitude. However, the Foundation wishes to make special mention of the letter we received in February 2019 from the Madrid region's Directorate General for the Family and Minor, an institution with which we have maintained a strong link since the first collaboration agreement was signed in 1999. The letter was signed by director-general Alberto San Juan, and an extract of it is reproduced here:

"I wish to express my sincere gratitude to each and every one of the professionals at the Alicia Koplowitz Foundation for helping

to improve the lives of the minors who have passed through its homes, for their effort, involvement and good practice”.

“When the collaboration agreement was established, goals were set that you have more than delivered on, offering a framework of stable, safe and affective coexistence to children to help build their personal identity, develop social skills and promote learning and autonomy, in a setting that has ensured the children are given accommodation, care and an education”.

“We thank you for your valuable contribution and collaboration in the work performed with the children in our protection system. Over

this time, many people have had the chance to benefit from the work you carefully and individually do with each of them, providing them with many resources and possibilities so that they have the same opportunities as any other child, giving them the conditions and tools needed to develop across all areas of their lives, making a significant impact on them, and all in a completely altruistic and selfless fashion”.

“The partnership that has been kept up over the years has been a pleasure for us. For all these reasons, we would welcome the opportunity to collaborate again in the future and take on new projects in common”.



Support, reflection, outreach... and innovative projects

Institutional relations are a core element for conveying ideas while understanding society's expectations and needs. To that end the Alicia Koplowitz Foundation puts considerable effort into promoting its founding principles, focused on solidarity, engagement and the advancement of education and scientific activity to improve the mental health of children and adolescents.

This commitment is embodied in three areas.

- **Support for other projects.** The support mainly entails specific financial aid for projects or events implemented by other foundations or institutions whose objectives are identified within their foundational purposes as improving the public care provision for groups with specific needs, and with the intention of combining force on projects to improve young people's quality of life. The entities include the Nido Foundation, Prodis, Ojos del Mundo, the Multiple Sclerosis Foundation, the Padre Garralda Foundation, Mensajeros de la Paz, San Juan de Dios, Nuevo Futuro, the Spanish Association Against Cancer, the Food Bank and Hospital Gregorio Marañón in Madrid.

- **Joint study and reflection with other foundations.** Partnerships are sought with different institutions to identify and consider issues of common interest, such as the Sponsorship Act or the tax treatment of the Foundations Act, and regulatory aspects that slow the progress of the projects undertaken. Some of the institutions we collaborate with in these areas are the Professor Uría Foundation, the Spanish Foundation for Science and Technology (FECYT), the Spanish Association of Foundations, the Medical Association, Grupo Cuatrecasas, Cris Contra el Cáncer, Fundación Francisco Luzón, the National Centre for Scientific Research (CENIC), the National Cancer Research Centre (CNIO) and the Tejerina Foundation.
- **Outreach activities.** This action framework includes but is not limited to three main areas:
 - o The Alicia Koplowitz Foundation Scientific Sessions. Held each year and featuring leading specialists in child and adolescent psychiatry. The 13th such sessions took place in October 2018 under the title *Adolescent Mental Health (13-17 year olds): Healthy Development*,

Risks and Opportunities. Topics such as risk behaviours, gender violence, eating disorders and adolescent talent were addressed. (See the Scientific Area of this report for more information).

- o Membership of the Sectoral Task Force on Health, Research and Welfare Foundations of the Spanish Association of Foundations. The task force, coordinated by Dr Honorio Bando, conducts 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 to healthcare projects. The task force organised a number of conferences in July 2018 around the topic *Health, Research and Welfare Foundations in the 21st Century: Challenges and Opportunities*, held at Menéndez Pelayo International University. One of the speakers was Isidro Villoria, director of the Alicia Koplowitz Foundation's Social Action programme.

- o Membership of the Council of Foundations for Science, an agency promoted by FECYT, which in turn answers to the Ministry of Science, Innovation and Universities, whose



Foundations Council Meeting held in April 2018



objective is to promote a science and tech culture and spread information on good practices to foster and boost investment in science.

In this framework, in 2018 the Alicia Koplowitz Foundation participated in a Council meeting to track projects under way and announce others. New initiatives included organising a day in 2019 to highlight the social value of foundations and raise the Council's profile. The Fusion project was also presented, aimed at putting health professionals into contact with the world of entrepreneurs.

Ongoing projects

Together with other family-oriented organisations, the Alicia Koplowitz Foundation has signed up to a project to create networks to better promote the social impact of the activities of institutions that do not receive funding. The initiative arose from the

perception that the public does not properly appreciate the work of these foundations.

Driving a higher profile for the activities of these institutions will make it possible to move past old stereotypes and focus debate on the principles that inspire them, such as social justice and solidarity, while making the contribution of civil society more valuable in important areas such as aid for developing countries, culture, support for social causes, education and healthcare. Another purpose of the project is to promote and contribute to the configuration of the future Sponsorship Act, a subject still to be tackled in the sector, to meet the needs of family-oriented foundations.

Alicia Koplowitz is also studying new and imaginative formulas to improve the Third Sector funding system, with the aim of reducing its dependence on grants and fundraising events.

Volunteer Work

New ways to grow as people

The concept of volunteer work in the Social Action Area of the Alicia Koplowitz Foundation is grounded on a philosophy of transmitting care experience between generations. Financial contributions are not requested, but rather the generosity of sharing talent, knowledge and support.

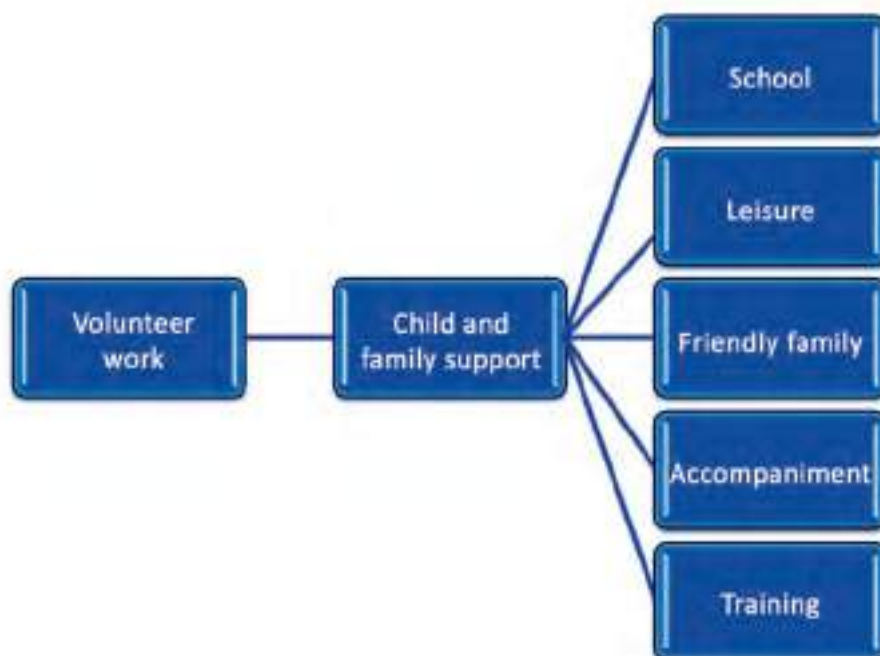
These keys have driven the implementation of a positive solidarity programme for all the participants (recipients and donors) who interact to move the gears of human evolution and find new life-giving stimuli for all. Talent is balanced, fears eliminated and aspirations generated.

In short, it could be said that it is not just a process of giving and receiving, but finding new ways to grow as people.

Volunteering is important for the Alicia Koplowitz Foundation as it is an expression of a new culture of solidarity. Volunteers give their time and talent to teach and learn existential knowledge, and above all become visible benchmarks of future success for children who lack them.

Volunteering is not just about providing a social service but takes a holistic approach to foster hope, complement attachment, facilitate the recovery of self-esteem, open minds to other cultures and help discover new tastes and hobbies.

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





School support

One of the most important volunteering programmes concerns school support, which helps leverage 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. The volunteers who have helped children in their studies have made a huge contribution to their school achievement and opened paths for their intellectual and cultural development.

To implement this work, the Foundation has enjoyed the collaboration in recent years of 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 contributes to the school support programme.

Friendly families, positive models

The friendly families programme has been giving children the opportunity to take holidays with chosen volunteers. The aim is to help fill the gaps and emotional and cultural shortfalls the children face. It has been particularly important that children in care have a circle of friends and trusted people who can help them going forwards. Volunteers have also served as positive models of what family coexistence entails, resolving conflicts by talking things through, accepting others and distributing functions that enable personal relations.

This type of volunteer work is managed by the Family Care area of the Madrid regional government. In many cases, the experience



has extended beyond the established period and continued even after the children have come of age.

Respect through leisure

The volunteering programme also covers leisure activities that allow children to learn about different artistic, cultural and sporting expressions. The purpose is to relate leisure with the discovery of personal tastes, hobbies and qualities, which can sometimes lead to future professions. Additionally, and perhaps more importantly, the children have learned formulas that work and had the chance to experience and take on board socialisation grounded on respect for others and oneself. The volunteers (cooks, artists, lawyers, athletes, etc.) have helped them

see that behind every trade and activity are many hours of effort and work.

The programme also includes accompanying the children on activities (whereby the volunteers agree to take the child to ongoing medical and psychological appointments, such as the dentist or speech therapist) and training for children and educators.

Over the years that the programme has been running, the opinions canvassed from the volunteers are touching and reflect a sense of pride in taking part in the social project in which the Alicia Koplowitz Foundation takes great delight. The Foundation would like to take this chance to thank them all on its own behalf and that of the children. The journey has been extremely gratifying and beneficial to all.



Testimonies

“We are closer to owning our destiny”

ELISABET FRANCISCO PASIALO.

“I want to start this testimony by expressing my gratitude to Alicia Koplowitz, because her dream has allowed many of the boys and girls who have formed part of this great organisation to see their dreams come true.

I don't know how to put into words what I am feeling right now, but I hope that my present acts and those to come prove that her effort and dedication were worthwhile.



The opportunity to participate in this project has empowered me as a woman and as a future psychologist, giving me a greater critical and analytical capacity and allowing me to move closer to the person I always wanted to be. And, as Aristotle said, “We are what we repeatedly do. Excellence is not just an act, but a habit”.

Thanks to Ms Koplowitz and the confidence the Foundation's amazing staff have given us, we are closer to owning our destiny.

Over these years of higher education, I have gone through an ongoing process of maturity. At first I was a dependent person who relied on others; then I became independent and now I have ended up as an interdependent being who combines her efforts and those of the professionals at the Foundation for greater success. This process of academic maturity has enabled me not only to increase my level of knowledge but have a broader and more responsible insight into reality and the world.

I like to think we are all part of a common dream and, like the butterfly effect, will have an impact on other people, other institutions and even other countries.

Thank you again, Ms Koplowitz. The world needs more dreamers”.

Testimonies

“What I learned with the children cannot be put into words”

MENCHU IRIBAS, volunteer.

“I heard through a friend that the Alicia Koplowitz Foundation was looking for volunteers to help children in care who needed support with their school work. I’ve always had a special connection with children, and I had some free time and was keen to do my bit, so I quickly signed on.

That was how my wonderful experience (almost seven years) with the Foundation began. At first I was providing support to a number of children but shortly afterwards, at the request of the managers, I began to work solely with one wonderful child. What I learned cannot be put into words. I realised that in addition to helping with their homework, what these children needed most was love, and that we had to show them that there were people who really were concerned about them and were not going to up and leave. I had never given classes and had to learn teaching techniques, but it was worth it because the boy responded and worked as hard as possible, although of course there were times when my strength wavered and I would begin to question whether my work was having any effect.

I stopped three years ago because my contribution was no longer needed. For me that’s what volunteering is all about: giving freely of yourself (if possible) when needed and not thinking about what it does for you as a person.

I think about those kids a lot. I carry them with me in my heart. I also have lasting memories of the many, many volunteers and professionals I shared this wonderful mission with. All of them taught me to love, to want to do better and to understand that effort will have its reward (visible or not) if there is affection and perseverance”.



Testimonies

“The kids helped me put my problems in perspective and appreciate what I have”

ÁLVARO GARCÍA FERRIZ, volunteer.

“The first day I started to teach support classes for the Alicia Koplowitz Foundation I realised that the children were going to give me much more than I would give them.

Once I signed on as a volunteer and started out as a teacher (first, as a maths tutor for Isaac and Rodrigo, then by going over the world’s capitals with Nerea and doing technology homework with Isaac online... who would have thought it?) I realised that the children didn’t just need someone to help them with their studies but a person they could talk to, who would treat them as a peer.

So that is exactly what I tried to do (and I hope I managed it, at least in part): not just help with homework and be a Uría volunteer in a suit, but spend time with them each week to see how things were going, what the kids in their new school were like or shoot the breeze about football matches.

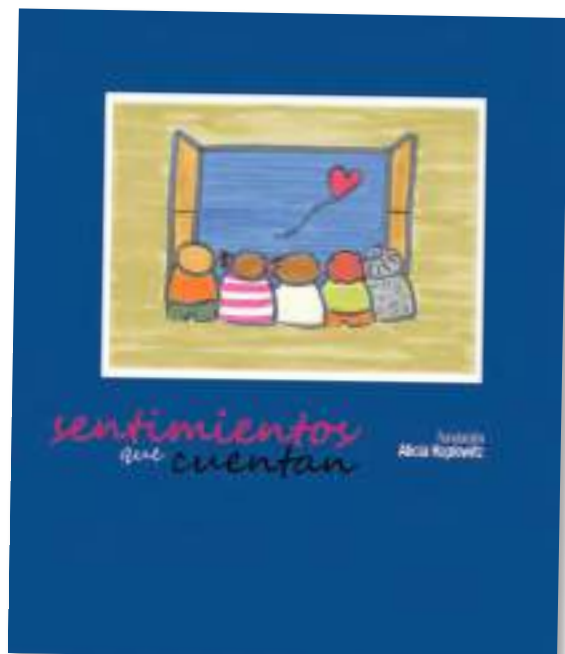
These everyday topics would often lead to much more in-depth reflections. I tried to advise them and help them understand that you have to go after what you want, you shouldn’t use excuses to explain away a fail grade (a constant source of discussion with Marian!), that things worth doing are often

the hardest, that we have to play to our strengths, and that we are all here to help each other, even if life doesn’t always make it look that way.

Then one afternoon, almost without realising it, you can be walking them to the train station and they suddenly start to open up about their problems... their mother who has turned up out of the blue again, family issues, who fancies who, etc.... but in a hopeful way, seeing the positive side. And that’s when you realise how much rubbish we worry about which really doesn’t matter at the end of the day.

That’s why, for me, the best thing about working with the Foundation and helping the children was that -through their hopes, desires and optimism- they helped me put my problems in perspective and appreciate what I have.

P.S.: Sorry about the amount of biscuits and chocolate I fed them for afternoon tea which meant they then didn’t want any dinner, but you should have seen their faces light up!”



The Alicia Koplowitz Foundation completed work in 2018 to prepare *The Book of Feelings*, a publishing project on the importance of feelings in today's world. The book is planned for release in 2019 and gathers the impressions of four groups (children, psychiatry professionals, artists and experts in different subjects) on 30 different feelings. Together they are 120 points of view that form a textual and visual kaleidoscope about feelings, from the belief that talking about them helps us better understand life.

The aim is to gain a deeper understanding of the feelings most commonly associated with the experiences of children with emotional and social deficiencies, both positive and negative, providing different formulas for identifying, understanding, managing and sharing them. Feelings are an important part of the developmental process from infancy to adulthood, and being able to own them enables personal growth.

Publications

Talking about feelings to better understand life

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, affection and sorrow). Each chapter defines the nature and characteristics of the feeling and then includes reflections on it from a child, a psychiatrist, an artist (through a work of art) and an expert.

Participating psychiatrists were selected from among child and adolescent mental health specialists with the help of the Foundation fellowships. The artists, who engaged as visual interpreters 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 role call of experts who worked pro bono on the project is also very distinguished, with names such as Javier Solana, Antonio Garrigues Walker, Valentín Fuster, Eduardo Punset, Inocencio Arias, José Antonio Marina, Emilio Lledó and Soledad Becerril.

Sadly, some of the participants are no longer with us but will always be present in our thoughts, because their generosity helped us promote the idea of socially responsible talent, one of the founding principles of the Koplowitz Foundation.

Management Team and Economic Data

Trustee-Secretary	José Leoncio Areal López
Coordinator of Medical-Scientific Projects	Dr. María Concepción Guisasola
Director of the Social Activity Program	Isidro Villoria
Medical-Scientific Programs Collaborator	Mario Fernández-Peña
Psychologist	Paz Quijano
PA to Management Team	Mónica G. García Zuazo

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

CERTIFICA QUE:

La información financiera de los ejercicios 2018 y 2017 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 6 de junio de 2019, en el que se expresa una opinión favorable.

En Madrid, a 7 de junio de 2019.





CLASE 8.ª
ACTIVIDADES



ON6511713

FUNDACIÓN ALICIA KOPLOWITZ

BALANCE DE SITUACIÓN ABREVIADO CORRESPONDIENTE AL EJERCICIO ANUAL TERMINADO EL 31 DE DICIEMBRE DE 2018 (Expresado en euros)

	2018	2017
Activo no corriente	42 033	48 441
Inmovilizado material (Nota 5.a)	41 400	47 808
Inmovilizado intangible (Nota 5.b)	-	-
Inversiones financieras a largo plazo (Nota 5.c)	633	633
Activo corriente	565 253	790 854
Usuarios y otros deudores de la actividad propia (Nota 6)	361 256	775 000
Otros	361 256	775 000
Deudores comerciales y otras cuentas a cobrar	13 381	1 254
Efectivo y otros activos equivalentes (Nota 7)	190 616	14 600
Total activo	607 286	839 295
Patrimonio neto (Nota 8)	481 889	473 315
Dotación fundacional	60 050	60 050
Excedentes de ejercicios anteriores	413 265	396 233
Excedentes del ejercicio	8 574	17 032
Pasivo corriente	125 397	365 980
Acreedores comerciales y otras cuentas a pagar (Nota 9)	125 397	365 980
Total pasivo	607 286	839 295



CLASE 8.ª



0N6511714

FUNDACIÓN ALICIA KOPLOWITZ

CUENTA DE PÉRDIDAS Y GANANCIAS ABREVIADA CORRESPONDIENTE AL EJERCICIO ANUAL TERMINADO EL 31 DE DICIEMBRE DE 2018 (Expresada en euros)

	2018	2017
Ingresos de la actividad propia (Nota 11.b)	2 020 000	2 075 000
Subvenciones imputadas al excedente del ejercicio	2 020 000	2 075 000
Gastos de personal (Nota 11.c)	(211 967)	(359 878)
Amortización del inmovilizado (Nota 5)	(6 408)	(7 427)
Otros gastos de la actividad (Nota 11.d)	(1 793 035)	(1 690 663)
Excedente de la actividad	8 590	17 032
Ingresos financieros	-	-
Gastos financieros	(16)	-
Excedente de las operaciones financieras	(16)	-
Excedente antes de impuestos	8 574	17 032
Impuesto sobre beneficios (Nota 10)	-	-
Resultado del ejercicio - Beneficio / (Pérdida)	8 574	17 032

A dark blue square containing the text 'Fundación Alicia Koplowitz' in white.

Fundación **Alicia Koplowitz**

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