

CYAR report Sweden

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At present there are two mayor national processes ongoing in Sweden that involves children and youth at risk.

One process concerns mental health and mental illness, in which the age group 0-24 years is in special focus this year. Every community has reported data about for ex number of children in need of social services, children in foster care, support program for parents, interventions in school and others. From healthcare and national register other data is collected such as number of children visiting the 3- and 4-year check-ups, self-reported psychiatric symptoms, stress and anxiety, suicide rate, self-inflicted harm, access to support, number of doctors for the age group, subscribed medication for neuropsychological symptoms and others. With the data as a platform an analyse will be done and further on this autumn there will also be presented an action plan on a regional level. It can already be stated that cooperation between different actors in the society is crucial for a fruitful work in preventing and supporting children with mild to moderate mental illness. For children and adolescents' important actors are for ex school, health care, social services and police.

Another national process that also is important on a regional level, concerns the age group 13-27 years and is focusing on prevention and treatment for drug- and alcohol addiction. The lower level at 13 is chosen due to the experience that those who start to drink or use other drugs at a low age are very vulnerably and often develop severe problems. Interventions must therefore be made early. With persons working in the field together with experts and researchers, a new knowledge based plan for action will be made, including strategies and choice of methods. The work has recently started and the results will be presented during next year.

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