



The Association
for Child and Adolescent
Mental Health



FREE
EVENT

ACAMH's Early Intervention in Youth
Mental Health SIG presents

Adolescent mental health resilience after childhood adversity

Friday 20 March, 14.00 – 16.00

O'Flanagan Lecture Theatre, Royal College of Surgeons Ireland, York St, St Stephens Green, Dublin 2

About the day

In this talk I will argue that resilient functioning is not facilitated by any single 'resilience biomarker'. I will show that resilient functioning is a product of complex processes and influences across multiple levels, ranging from 'bottom-up' neurobiological influences, to 'top-down' supportive social influences. As such, I will argue that studies that examine and integration these complex dynamics are needed in order to better understand and help build adolescent mental health resilience. -

Dr. Anne-Laura van Harmelen

Key takeaways

- Discover why a large proportion of all mental health problems are attributable to childhood adversity
- Why is it that up to 50% of children and adolescents growing up worldwide experiences traumatic and stressful events in early life but not all develop mental health disorders?
- Hear why adolescent mental health resilience is a product of complex processes and influences across multiple levels.

Who should attend

Psychologists, psychiatrists, nursing staff, occupational therapists, mental health professionals, social workers, teachers, medical students, psychology students and PhD students and researchers who are investigating topics related to young people's mental health.

About the speaker

Dr. Anne-Laura van Harmelen is a Royal Society Dorothy Hodgkin Fellow and PI of the Risk and Resilience Group at the University of Cambridge.

She leads the MQ funded HOPES project which investigates the social and neurobiological mechanisms of adolescent suicide, as well as the Royal Society Funded RAISE project that aims to understand the neuro-immune mechanisms of stress resilience. Anne-Laura is a winner of the '2020 Rising Star' award from the Association for Psychological Science.

This event is co-hosted by the Youth and Student Mental Health Special Interest Group of the College of Psychiatrists of Ireland

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