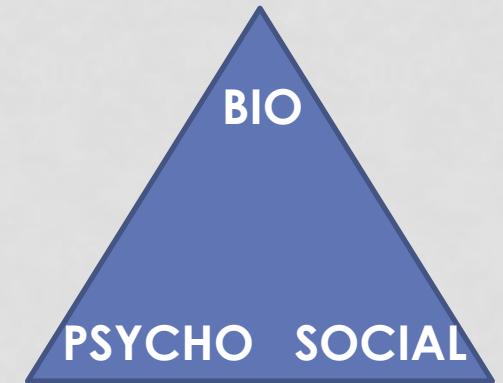


CONCLUSIONS WORKSHOP 1: BIOPSYCHOSOCIAL MODEL / UNIVERSAL PREVENTION

THE PROBLEMS ?

1. BIOPSYCHOSOCIAL

- Working in silo's
- Most caretakers only work from 1 side of the triangle



2. UNIVERSAL PREVENTION

- Increasing mental health needs, call for prevention
- Risk factors increase – these are ENVIRONMENTAL, SOCIETAL & RELATIONAL

CONCLUSIONS WORKSHOP 1: BIOPSYCHOSOCIAL MODEL / UNIVERSAL PREVENTION

SOLUTIONS - RECOMMENDATIONS ?

BIOPSYCHOSOCIAL

1. EVERY TRAINING IN MEDICINE, PSYCHOLOGY, WELFARE,... SHOULD
 1. Introduce the BPS-model at the very beginning
 2. Use a patient record that implies the 3 perspectives
 3. Be taught to LISTEN, to SUPPORT, and ask basic questions in all three domains
 4. Meet patient representatives who can explain the importance
2. EXTEND THIS TO OTHER PROFESSIONS & KEY FIGURES
 1. Teachers
 2. Youth workers (scouting, sports clubs,...)
3. MAKE USE OF KEY PROFESSIONS (eg. Youth-doctors)

CONCLUSIONS WORKSHOP 1: BIOPSYCHOSOCIAL MODEL / UNIVERSAL PREVENTION

SOLUTIONS - RECOMMENDATIONS ?

UNIVERSAL PREVENTION

1. Insert “(mental) welbeing, positive psychology” as a regular school topic in the curriculum from preschool onwards
2. Insert relevant questions in the regular children & family check-ups
3. Media:
 1. provide relevant programs : on mental welbeing, on stress-coping, on pedagogy, relationships,.... (bv. “dagelijkse kost” (N. Van Broeck)
 2. make news more balanced: more GOOD news
 3. Provide balanced info on the web