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Planning the future of child and adolescent psychiatry

Bruno Falissard¹

¹ University Paris-Sud, France

Child and adolescent psychiatry is experiencing in all country a period of growth and of huge tensions. Indeed, we are at the crossfire of many paradoxical injunctions: lot of young patients with severe mental disorders are not treated while there is a pressure to provide cognitive enhancers to children and adolescents without real problems; science is supposed to show the way but it is not possible to have a global theoretical framework including genes, mind, body and culture; the words "mental health" appear everywhere while "psychiatry" disappears progressively; health insurances require efficient treatments but do not allow to take the time that is necessary for such treatments...

To solve the puzzle, we have to select clear priorities, those that will really improve the situation: fighting against violence (in particular within families); training parents and teachers; organizing health care systems in an efficient way from primary care to highly specialized departments; making difficult choices: who should be screened and treated and who do what; never stopping the effort of research, to find evidence based and sustainable treatments.