

## Registration

We look forward to seeing you and ask that you register by **June 13, 2022**, via email to **europa@stk.rlp.de**

**Location:**  
Representation of the State of Rhineland-Palatinate to the EU, Avenue de Tervueren 60, 1040 Brussels.



[www.lir-mainz.de/resilience-lunch-breaks](http://www.lir-mainz.de/resilience-lunch-breaks)

### Organized by



# Resilience Lunch Breaks

The new discussion series on mental health in challenging times



onsite event

## Session 02

“Resilience in children and adolescents - early investment, lasting gains?”

**Tuesday,  
June 21, 2022  
13:00 - 14:00 hrs**

**Representation of the State of Rhineland-Palatinate to the EU, Avenue de Tervueren 60, 1040 Brussels.**

## About

COVID-19 was and is a tough time especially for children and adolescents. Studies show a worrying rise in young people's mental health problems. Finding solutions to the question of how children and adolescents can navigate the stresses and strains of daily life and what we can do on different levels to support this is more important than ever. Resilient children are more successful in dealing with difficulties in their daily lives and are able to bounce back more easily from the challenges they meet. Importantly, they are also less likely to develop a mental health condition in later life. This suggests that investing in child and youth resilience can yield long-lasting gains for individuals and our societies.

The "Resilience Lunch Break" provides an opportunity to discuss research findings and political and societal implications. It will also address issues related to prevention-oriented research. The series of Lunch Breaks is organised by the International Resilience Alliance (intresa), the Leibniz Institute for Resilience Research (LIR) in Mainz, and the Representation of the State of Rhineland-Palatinate to the EU, in cooperation with other European partners. We cordially invite you to the second event of this new series on

**Tuesday,  
June 21, 2022  
13:00 - 14:00 hrs**

**(light lunch from 12:00 hrs)**

## "Resilience in children and adolescents – early investment, lasting gains?"

### Welcome address

**Dr. Denis Alt**

State Secretary, Ministry of Science and Health  
Rhineland-Palatinate

### Keynote

**Prof. Dr. Anne-Laura van Harmelen**

Professor Brain, Safety and Resilience, Leiden  
University

### Panel discussion

**Prof. Dr. Anne-Laura van Harmelen**

**Michael Teutsch**

Head of Unit, Schools and Multilingualism;  
Directorate-General for Education, Youth, Sport  
and Culture; European Commission

**Cassie Redlich**

Technical Officer, Mental Health Flagship,  
WHO Regional Office for Europe

**Moderator:**

**Prof. Dr. Raffael Kalisch**

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intresa; FORTHEM; DynaMORE