

Table of Contents

Preface	x
Executive summary	2
Aims and target audience	6
1. I. Context of child and adolescent mental health	7
1.1 Introduction	7
1.2 Stigma and discrimination	9
1.3 Development of mental disorders in children and adolescents	9
1.4 Risk and protective factors	11
1.5 Importance of developmental stages	13
1.6 Economic costs of treating (or not treating) child and adolescent mental disorders	13
2. Developing a child and adolescent mental health policy	15
2.1 Step 1: Gather information and data for policy development	16
2.2 Step 2: Gather evidence for effective strategies	19
2.3 Step 3: Undertake consultation and negotiation	20
2.4 Step 4: Exchange with other countries	22
2.5 Step 5: Set out the vision, values, principles and objectives of the policy	22
2.6 Step 6: Determine areas for action	24
2.7 Identify the major roles and responsibilities of the different stakeholders and sectors	38
2.8 Examples of policies	39
3. Developing a child and adolescent mental health plan	42
3.1 Step 1: Determine the strategies and time frames	42
3.2 Step 2: Set indicators and targets	49
3.3 Step 3: Determine the major activities	50
3.4 Step 4: Determine the costs, available resources and the budget	53
4. Implementation of child and adolescent mental health policies and plans	56
4.1 Step 1: Disseminate the policy	56
4.2 Step 2: Generate political support and funding	57
4.3 Step 3: Develop a supportive structure	58
4.4 Step 4: Set up pilot projects in demonstration areas	58
4.5 Step 5: Empower providers and maximize coordination	58
Barriers and solutions	61
Glossary	62
References	64