

National and Kapodistrian University of Athens

Medical School

Postgraduate/ Master of Science Program

“Strategies of Developmental and Adolescent Health”

The Medical School of the National and Kapodistrian University of Athens has been running since the academic year 2017-2018 the Postgraduate/Master of Science program *“Strategies of Developmental and Adolescent Health”*. The Program has a two year duration and leads a Master of Sciences (MSc.) Degree on *“Strategies of Developmental and Adolescent Health”*.

This Msc Program has two specialties:

- 1) *“Developmental and Adolescent Health - Development of Health Services for Children and Adolescents”*
- 2) *“Education – Psychosocial Health and Development of Services for Children and Adolescents”*

The aim of Master of Sciences (MSc.) *“Strategies of Developmental and Adolescent Health”* is to provide high standard education to Health Professionals and other experts who work with children and adolescents in order to strengthen their abilities and skills towards the field.

The Program covers the *main developmental milestones from the first years of life until adulthood* and the field of Developmental and Behavioral Health. Postgraduate students get acquainted with entities often neglected or not visible enough, that are misdiagnosed due to their clinical diversities and/or lack of expert sensitization. The role of environment (family, pre-school, school, peers) in the development of youth is assessed and coping options are also thoroughly discussed.

The holistic approach, in terms of a psychosomatic view of symptoms and expressions, as well as the focus on the significance of prevention through lifestyle choices are main goals of the MSc.

The World Health Organization (WHO) sets a priority in the care of children, adolescents and youth, being the most important life periods for the limitation of morbidity of future adults. In Greece, the Adolescent Health Unit (A.H.U.), 2nd Dpt of Pediatrics - University of Athens, “P. & A. Kyriakou” Childrens’ Hospital is a pathfinder organization and in cooperation with the World Health Organization (WHO) addresses the needs of pre-adolescents and adolescents referred from all over Greece. Social-emotional empowerment and life skills are applied in order to develop resilience and positive coping patterns. In April, the A.H.U. received a W.H.O. Good Practice Certificate, in compliance with international guidelines for “youth friendly” services.

The Greek national needs are to be addressed, as there is a gap in the existence of services meeting the developmental needs of children and teenagers in a multidisciplinary way. In addition, services offering this type of care, are in need of professionals with knowledge and training on this field, such as medical doctors, nurses, health visitors, counselors of mental health, social workers, occupational therapists, special educators, etc..

The graduates of the Postgraduate/MSc Program will have knowledge/expertise on:

- 1) the developmental background and characteristics of childhood and adolescence
- 2) the adjustment of children and teens in school environment
- 3) developing techniques of social-emotional empowerment/life skills helping children and adolescents become more resilient
- 4) approaching/communicating with children, adolescents and their parents in a scientific and holistic way and offering them crucial support
- 5) organizing and coordinating services of developmental and adolescent health orientation
- 6) evaluating the level and quality of services provided to children and adolescents
- 7) acquiring communication skills with children, adolescents and their family in order to achieve best treatment in a climate of understanding and cooperation,
- 8) facing hard times, disappointment and the work load
- 9) searching on new ways of improvement of services in a scientific level
- 10) preventing unhealthy conditions and promoting safe choices
- 11) solving scientific problems and contributing to fruitful scientific conversations
- 12) being part of multidisciplinary groups and exchanging ideas on new knowledge to be produced
- 13) developing intervention programs taking into consideration the specific characteristics of these age groups
- 14) acting independently in a professional level,
- 15) acquiring knowledge and abilities in scientific research which will allow both the production of scientific work and the critical view of its quality and utilization
- 16) keeping up with the national framework and analyzing matters taking under consideration the specific needs of Greek society
- 17) discussing with clarity and accuracy and producing scientific papers with academic structure and content
- 18) joining actively in the research of the developing area of developmental and adolescent health and, in addition, on the fields of school psychology and special education