



Venue: **Xibraku Complex-Resort**

DAY I

Kick-off Event, 9th December

09:10 - 09:30

Welcoming Remarks

- **Ms. Maja Handziska Trendafilova**, Head of Programme department, RCC
- **Mr. Ognjen Markovic**, RCC's WB Youth Lab Team Leader

09:30 - 10:50

Panel Debate: How serious do we take mental health and why is it hard to associate it with young people?

- **Ms. Sofija Georgievka**, Assistant Professor at the Faculty of Philosophy, Psychologist and Professor in Social work with Youth and Mental Health, North Macedonia
- **Ms. Nikolina Radovic**, Youth Activist and Psychologist, Montenegro
- **Ms Anxhela Gramo**, Certified Psychotherapist, Chair of Group Analysis Albania
- **Ms. Stanislava Vuckovic**, Youth & Adolescent Development Specialist, UNICEF Serbia
- **Ms. Francesca Muco**, Executive Director of Young Professionals Network and Youth Representative in RYCO Governing Board, Albania
- **Ms. Katja Cic**, Project Associate, International Youth Health Organization, Slovenia

Moderated by: **Ms. Petra Balazic**, Political Advisor, RCC

Note: Official Opening and Panel Debate will be an open session i.e. streamed live on RCC's Facebook page in order to involve a wider audience and ensure media coverage.

10:50 - 11:10

Break

11:10 - 12:40

Youth Mental health in the Western Balkans - working groups

All participants (Regional Pool of Experts) will be split into 3 working groups (each will have one facilitator) where they will be covering a different aspect of the overall big topic of mental health. In these working groups will start the process of drafting policy recommendations.

These are examples of the sub-theme for the 3 working groups:

1. **Mental health awareness and knowledge:** breaking taboos, stigma and the fear of the unknown (of each stakeholder: decision makers, young people, and education system, parents, and youth organisations/councils). Why is awareness and knowledge about mental health important? What are the topics that are



11:10 - 12:40

constantly being avoided among young people and society? What is the best way to communicate and spread awareness and who should be involved?
2. **Prevention in mental health of young people:** why, how, what, who, when – what are the causes and factors, how do they manifest in early stage and what it can lead to, who and what can be done to prevent or react on time and how to boost mental health and wellbeing of young people in their everyday life.
3. **Mental health of young people supports measures** (especially in crisis situations): why, how, what, who, when. What are the support mechanisms that could be developed among the young people? Where the support could be found in different institutions and can we rely on peer support? How to make young people feel secure and in a safe space to ask for help when in need.

Facilitated by:

Ms. Marija Pantelic – trainer of European Youth Forum

Ms. Valentina Antic – youth policy trainer and consultant

Ms. Marinela Sumanjska – trainer of European Youth Forum

12:40 - 13:40

Lunch break

13:40 - 15.40

Youth mental health in the Western Balkans – working groups (continuation)

Regional Pool of Experts working on draft policy recommendations and finalizing the recommendations.

Facilitated by:

Ms. Marija Pantelic – trainer of European Youth Forum

Ms. Valentina Antic – youth trainer and consultant

Ms. Marinela Sumanjska – trainer of European Youth Forum

15.40 - 16.00

Break

16.00 - 16.45

Common reflection and presentation of the recommendations

Group presentations of the recommendations end final endorsement of the regional policy recommendations by all members of the regional Pool of Experts

16.45 - 17.00

Closing the day and announcements for the day 2



Venue: **Xibraku Complex-Resort**

DAY 2

Kick-off Event, 10th December

10:00 – 10:15

Introduction for the day

- Team of Facilitators and WBYL Team Leader

10:15 – 11:15

Working group per economy

Pool of Experts working in the groups of their economies to decide on:

- priority recommendations in their economy;
- co-chairs positions;
- list of future members of the expanded working group at economy level.

Facilitated by:

Ms. Marija Pantelic – trainer of European Youth Forum

Ms. Valentina Antic – youth policy trainer and consultant

Ms. Marinela Sumanjska – trainer of European Youth Forum

Each facilitator will be following the work of the two working groups.

11:15 – 11:30

Presentation in the plenary

Summarizing the work plan for the next period.

11:30 – 12:00

Coffee break

12:00 – 12:30

Closing session (to be streamed live)

- **Ms. Majlinda Bregu**, RCC Secretary General
- **Ms. Adrienn Kiraly**, Adviser for Human Capital Development, European Commission, Directorate-General for Neighbourhood and Enlargement Negotiations
- **Dr. Natasha Azzopardi Muscat**, Director, WHO, Division for country health policies and health systems
- **Ms. Ogerta Manastirliu**, Minister of Health and Social Protection of Albania (TBC)
- **Ms. Egzona Bexheti**, Young European Ambassador (YEA), Kosovo*
- **Ms. Miljana Pejic**, Secretary General, National Youth Council of Serbia

Moderated by: **Mr. Ognjen Markovic**, RCC's WB Youth Lab Team Leader

12:30 – 14:00

Cocktail and Lunch break

* This designation is without prejudice to positions on status, and is in line with UNSCR 1244/1999 and the ICJ Opinion on the Kosovo declaration of independence