

TREATme

MC-meeting September 18, 2019

1. Welcome (Action Chair Randi Ulberg)



MEETING ATTENDANCE LIST

ECOST-MEETING-CA16103-290110-001944

Meeting Title: Joint Core Group, WG, and WG meetings		Start Date: 2018-02-01	End Date: 2018-02-01
Action Number: CA16103			
Grant Holder: Melissa Bains		Email: mel.bains@ecost.eu	Phone: +470000000
Fax:			
Nr	Participant	Country	Signature
1	Andrei Zlate zlate@iponspallant.ro	RO	
2	Barbavokona, Rena rena.barbavokona@fhnw.it	IT	
3	Burja Radmanovic, Neja nburja@gmail.com	BA	
4	Camelia Inga calate2000@gmail.com	MT	

1. Welcome



TRAINING SCHOOL TRAINEES ATTENDANCE LIST

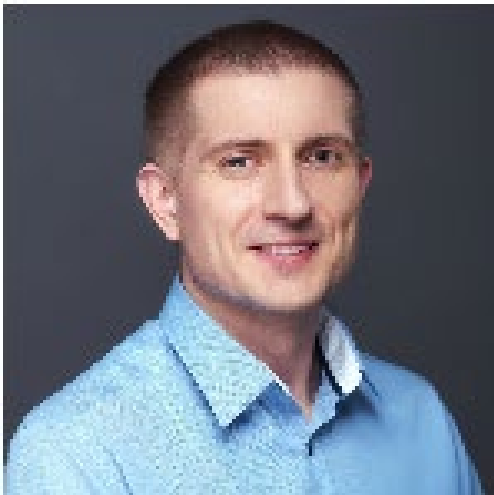
ECOST-TRAINING_SCHOOL-CA16102-310118-091946

Training School Title: Training School on Mediators in Youth Psychotherapy		Start Date: 2018-02-02	End Date: 2018-02-04
Action Number: CA16102			
Grant Holder: Ms Linn Bævre	E-mail: linn.bavre@medisin.uio.no	Tel: +4722923787	Fax:

Nr	Trainee	Country	Signature 02/02/2018	Signature 03/02/2018	Signature 04/02/2018
1	ARNFRED Sidse <i>sidar@regionsjaelland.dk</i>	DK			
2	BARKAUSKIENE Rasa <i>rasa.barkauskiene@fst.vu.lt</i>	LT			
3	BURGIC RADMANOVIC Marija <i>mburgic@gmail.com</i>	BA			
4	CAMILLERI Nigel <i>calutta2006@gmail.com</i>	MT			
5	CHIARENZA Giuseppe <i>giuseppe.chiarenza@fastwebnet.it</i>	IT			
6	CHILDS Julian <i>Julian.Edbrooke-Childs@annafreud.org</i>	UK			
7	DE WITTE Nele <i>nele.dw@thomasmore.be</i>	BE			
297 x 210 mm	DI GIACOMO Dina <i>dina.digiacomo@cc.univaq.it</i>	IT			

Organization committee

Marcin Rzeszutek



Fredrik Falkenström



THANK YOU!

Renata Procak

Anna Libera

Izabela Osińska

Tomasz Baran



Instytut Gestalt

THANK YOU!

GHM:Marie Sofie Hveem



WELCOME & THANK YOU!

2. Verification of the presence of two-thirds of the participating COST countries

2. Verification of the presence of two-thirds of the Participating COST Countries or, if applicable, a quorum

2a. Tour de table / introduction of the MC members

3. Adoption of the agenda



COST Action CA16102

Action Title: European Network on Individualized Psychotherapy Treatment of Young People with Mental Disorders

**Management Committee Meeting GP3|
Krakow, Poland
September 18, 11am - 5 pm, 2019**



1. Welcome to participants

a. Presentation of the organizing committee (Randi Ulberg)

2. Verification of the presence of two-thirds of the Participating COST Countries or, if applicable, a quorum

a. Tour de table / introduction of the MC members present

3. Adoption of agenda

4. Update from the Core Group

a) Status of Action: start and end dates of Action, participating COST countries (Chair Randi Ulberg)

b) Short Term Scientific Missions (STSM): review of completed reports and new applications (STSM and ITC coordinator José Mestre)

c. WG 1 (Leader Stig Poulsen)

d. WG 2 (Leader Svenja Taubner)

e. WG 3 (Leader Fredrik Falkenström)

f. WG 4 (Leader Julian Edbrooke-Childs)

g. WG 5 (Vice -Leader Henriette Löffler-Stastka)

5. Update from the Grant Holder Manager: Action budget status
6. Scientific planning
 - a. Scientific strategy (MoU objectives, GP Goals, WG tasks and deliverables,)
 - b. Action Budget Planning
 - c. Long-term planning (including anticipated locations and dates of future activities)
 - d. Dissemination planning (Publications and outreach activities, Principles for Authorship in TREATme) (Stig Poulsen)
7. Planning the Work & Budget plan for the implementation of TREATme based on the Memorandum of Understanding.
 - a. Grant Agreement Period Goals (GAPG) for the 4th Grant Period
 - b. Activities during the 4th Grant Period
 - i. MC - meeting
 - ii. Stakeholder consultations
 - iii. TSs/STSMs
 - iv. Working Groups (Dates for physical meetings)
 - v. Other activities

8. Implementation of COST policies on:

- a) Promotion of gender balance and Early Career Investigators (ECI)
- b) Inclusiveness and Excellence (see below list of Inclusiveness Target Countries)

9. New parties (Chair Randi Ulberg)

- a) COST countries: Albania
- b) Institutions in Near Neighbouring Countries, Armenia; International Partner Countries, and/or

10. AOB

Election of Vice-Chair

11. Location and date of next meeting

12. Summary of MC decisions

13. Closing

4. Update from

- a. The Action Chair (Randi Ulberg)

Why are we having this COST Action?

- NOT research network

➤ RESEARCHER NETWORK

Why are we having this COST Action? Memorandum of Understanding (MoU)

Objectives: Challenge

- There is a scattered knowledge on individualized psychotherapy for young people. Lack of
 - understanding between different therapeutic schools
 - sufficient assessment tools
 - adequate study designs.
- Existing research groups across COST countries lack visibility
 - Many researchers are not aware of their presence.

Main Aims

- To **establish a sustainable, multidisciplinary, network of researchers** focusing on individualized psychotherapy for young people with mental disorders.
- To **integrate the European research community** focusing on adolescents and young adults (age 14 to 30), who are in the transitional phase between childhood and adult life
- To **connect and leverage current and future national research investments**, in order to help address the major societal challenge of mental health and well-being in the young.

Action Objectives from MoU

1. Exchange and disseminate specific knowledge about important factors that will improve outcome in different youth psychotherapy modes.

2. Exchange and disseminate specific knowledge about how to **best design** psychotherapy studies that can increase knowledge about what works for whom and how in youth psychotherapy.

3. Facilitate effective co-ordination and harmonization of research in psychotherapy for young people by: 1) Identifying putative specific markers, mechanisms of change and adequate assessment tools in psychotherapy research for young persons, 2) achieve consensus on core measures, and 3) provide advice on adequate study designs.

Action Objectives from MoU

Aim/primary Objective

4. Establish sustainable synergies among European research projects on how to do research on personalized youth psychotherapy and disseminate results: a) encourage network members to develop collaborative funding applications, b) continue the liaison established among psychotherapy researchers after the duration of the Action, c) **maintain the planned Action website.**

5. Support a high proportion of Early Career Investigators (ECIs) and especially female and Target Country researchers (ITCs) the COST Action: Ensure that ECIs and TCIs participation is maintained during the life of the action and fully represented in the whole range of the Action activities including Action leadership.

Action Objectives from MoU

Aim/primary Objective

6. Develop a critical mass of researchers across COST countries on youth psychotherapy.

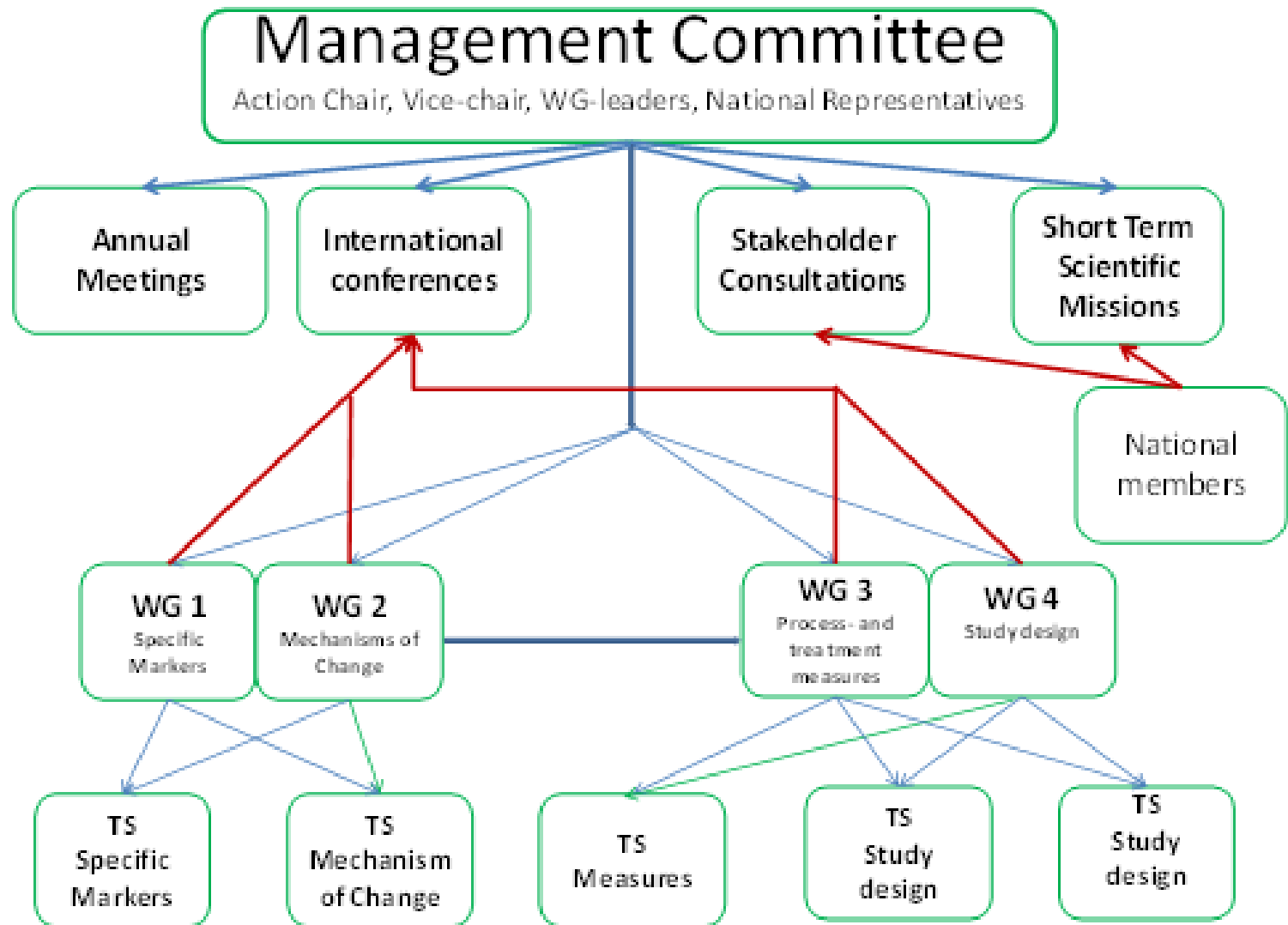
7. Support even genders balance among the participants in the activities in the Network and encourage researchers from ITC to participate.

8. Mentoring and guidance will be offered to new researchers. ECIs and ITC researchers will gain experience of project leadership by fully participating in MC , WG meetings and plenary sessions.

9. STSMs will be organized to support ECIs and ITC researchers to interact with and learn from more experienced researchers.

10. TSs offer training in theoretical and methodological techniques in quantitative and qualitative data analysis.

- NOT: Research network
- Researcher network
 - Research application is NOT a COST activity
 - Planning for collaborative research activities are COST activity
 - WG-activities are NOT doing research together
 - WG-activities are about sharing knowledge
- AND we are asked to report on co-authored publications ??????



WG1: Specific Treatment Markers

WG2: Mechanisms of Change

WG3: Age Customized Specific Assessment Tools

WG4: Age Customized Study Designs

WG5: Dissemination of results from Action

Year 1

Year 2

Year 3

Year 4

















Network Activities	Months 0-6	Months 6-12	Months 12-18	Months 18-24	Month 24-30	Month 30-36	Months 36-42	Months 42-48
MC meeting	XX	XX	XX	XX	XX	XX	XX	XX
Kick-off meeting	X							
WG meeting	1,2&5	1,2&5	1,2,3,4&5	1,2,3,4&5	1,2,3,4&5	3,4&5	3,4&5	3,4&5
Annual meeting		X		X		X		X
International conference			X		(mid-Action Summit)			(Final Summit)
Stakeholder Consultation		X			X		X	
Training Schools		X		X		X		X
Short Term Scientific Missions	1	1	2	2	2	2	2	2
Local Workshops	2	2	2	2	2	2	2	2
Website	*Internal Communication	**Internal and external communication	**	**	**	**	**	**















Activities in TREATME 3rd GP

Summary Budget

Networking Tool	Quant.	Budget
Meetings	6	EUR 42 980.00
Training Schools	2	EUR 64 680.00
Short Term Scientific Missions (STSM)	7	EUR 14 700.00
ITC Conference Grant	1	EUR 2 020.00
COST Action Dissemination	2	EUR 4 540.00
Other Expenses Related to Scientific Activities (OERSA)	1	EUR 600.00
		SCIENCE EXPENDITURE : EUR 129 520.00
Financial and Scientific Administration and Coordination (FSAC) - MAX. 15%	15%	EUR 19 428.00
		TOTAL GRANT : EUR 148 948.00

31 parties (Countries)

Country
 Albania [AL]
 Austria [AT]
 Belgium [BE]
 Bosnia and Herzegovina [BA]
 Bulgaria [BG]
 Croatia [HR]
 Cyprus [CY]
 Denmark [DK]
 Estonia [EE]
 Finland [FI]
 Germany [DE]
 Greece [EL]
 Ireland [IE]
 Israel [IL]
 Italy [IT]
 Lithuania [LT]

 Malta [MT]
 Netherlands [NL]
 North Macedonia [MK]
 Norway [NO]
 Poland [PL]
 Portugal [PT]
 Romania [RO]
 Serbia [RS]
 Slovenia [SI]
 Spain [ES]
 Sweden [SE]
 Switzerland [CH]
 Turkey [TR]
 United Kingdom [UK]

TREATme

- MC members: 52
- MC substitutes: 31
- Near Neighbour Country: Armenia, Lilit Baghdasaryan (WG4)
- New Party: Albania, Ela Tollcusi (WG5)
- International partners: Chris Perry and Ken Critchfield
- Students
- PhD students

Implementation of COST policies on
Inclusiveness Target Countries (ITC),
Promotion of gender balance and Early
Career Investigators (ECI)

4. Update from the Core group

STSM and ITC grants (José Mestre)

WG 1 (Leader Stig Poulsen)

WG 2 (Leader Svenja Taubner)

WG 3 (Leader Fredrik Falkenström)

WG 4 (Leader Julian Childs)

WG 5 (Vice Leader Henriette Löffler-Statska)

5. Update from the GHM: Action budget status

6. Scientific planning

a. Grant Agreement Period Goals (GAPGs) for the 4th Grant Period

Deliverables – what we report to COST

1. Systematic reviews on existing knowledge In order to identify and suggest putative age specific markers for treatment of young people and disseminate information through the Action's website.

30 Month

2. Systematic reviews on existing knowledge in order to identify and suggest putative age specific mechanisms of change in treatment of young people and disseminate information / publish reports from WGs through the Action's website.

30 Month

3. Systematic reviews on assessment tools and published guidelines on the use of appropriate and validated process and outcome measures.

48 Month

4. Systematic reviews and guidelines to disseminate existing knowledge on age specific research designs in youth psychotherapy.

48 Month

5. The most appropriate method for implementation of knowledge and guidelines in each participating country in order to harmonize participants' national networks due to differences in the state-of-the art, and national priorities

48 Month

6. GP Goals (GAPGs)



Grant Agreement Period

Grant Agreement Period Start Date	01/05/2019	Grant Agreement Period End Date	30/04/2020
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Grant Agreement Period Goals

Number	Grant Agreement Period Goal	MoU Objective(s) it relates to
GAPG 1	Do a systematic review on predictors and moderators of treatment outcome in psychotherapy with adolescents and young people suffering from either depression or anxiety. The information gathered through the work of the group will be disseminated through the TREATme website and directly to clinicians and other stakeholders	<ul style="list-style-type: none"> • Secondary objective 1 • Secondary objective 4 • Secondary objective 5 • Secondary objective 6 • Secondary objective 7 • Secondary objective 8 • Secondary objective 9
GAPG 2	To prepare no less than three further systematic reviews on predictors and moderators of treatment outcome in psychotherapy with adolescents and young people, one of which will focus on either anxiety or depression whereas the others will focus on other major diagnostic groups.	<ul style="list-style-type: none"> • Secondary objective 1 • Secondary objective 4 • Secondary objective 5 • Secondary objective 6 • Secondary objective 7 • Secondary objective 8 • Secondary objective 9
GAPG 3	Do a systematic review on mediators used to explain treatment outcome in psychotherapy with adolescents to summarize existing knowledge in order to identify and suggest putative age specific mechanisms of change and conceptual and/or empirical gaps in designing treatment of young people and disseminate information. Publish reports from WGs through the Action's website.	<ul style="list-style-type: none"> • Secondary objective 2 • Secondary objective 4 • Secondary objective 5 • Secondary objective 6 • Secondary objective 7 • Secondary objective 8 • Secondary objective 9
GAPG 4	Disorder specific reviews will be carried out for the three major mental disorders in adolescents: depression, anxiety and externalizing disorders to summarize knowledge on mechanisms of change for these major diagnoses. Publish reports from WGs through the Actions's website.	<ul style="list-style-type: none"> • Secondary objective 2 • Secondary objective 4 • Secondary objective 5 • Secondary objective 6 • Secondary objective 7 • Secondary objective 8 • Secondary objective 9

GAPG 5	Do a systematic review on measures of working alliance for young people, and to rate the measures we find with the COSMIN risk of bias tool. Disseminate knowledge on age specific measures.	<ul style="list-style-type: none"> • Secondary objective 1 • Secondary objective 2 • Secondary objective 4 • Secondary objective 5 • Secondary objective 8 • Secondary objective 9 • Secondary objective 10
GAPG 6	Co-design quality standards for age specific study design with young people. Publish results on the Action's website.	<ul style="list-style-type: none"> • Secondary objective 1 • Secondary objective 2 • Secondary objective 4 • Secondary objective 5
GAPG 7	Create and extend a collaborative youth panel and involve Young Persons in dissemination tasks as part of WG5.	<ul style="list-style-type: none"> • Secondary objective 1 • Secondary objective 3 • Secondary objective 6 • Secondary objective 7 • Secondary objective 8 • Secondary objective 9

6



GAPG 8	Disseminate updates on working group activities via website, social media, and the newsletter.	<ul style="list-style-type: none"> • Secondary objective 6 • Secondary objective 7 • Secondary objective 8 • Secondary objective 9 • Secondary objective 10
GAPG 9	Create a COST Action Data Management Plan (DMP)	<ul style="list-style-type: none"> • Secondary objective 6 • Secondary objective 7 • Secondary objective 8 • Secondary objective 9
GAPG 10	Cooperation between ECI and experienced researcher preparing for the sustainability of the Action; strengthen ECI's leadership in the Action, prepare ECIs for future research leadership, and plan for an international, cooperative PhD program.	<ul style="list-style-type: none"> • Secondary objective 6 • Secondary objective 7 • Secondary objective 8 • Secondary objective 9 • Secondary objective 10

Discussions in WGs

6 b. Action budget planning

- WG meetings
- TSs
- Meetings planning for future collaboration

6c. Long-term planning

➤ In groups – give input to Agenda 7.

6 d: Scientific strategy

- Publications and outreach activities (Henriette)
- Principles for decisions on authorship (Stig)

7. Planning the Work & Budget plan for the implementation of TREATme based on the Memorandum of Understanding.
 - a. GAPGs 4th GP (from the discussion in groups)
 - b. Activities during the 4th Grant Period
 - i. MC - meeting
 - ii. Stakeholder konsultations
 - iii. Training Schools/STSM
 - iv. WG meetings - structure of work in the 5 WGs respectively

8. Implementation of COST policies on: policies on:

Implementation of COST policies on
Inclusiveness Target Countries (ITC),
Promotion of gender balance and
Early Career Investigators (ECI)

10.AOB

11. Location and date of next meeting

12. Summary of MC decisions

1 eVOTE during GP3:

eVOTE, September 6, 2019:

GHM Marie Sofie Hveem is invited to join the MC meeting in Krakow on September the 18th, 2019. She will give an update on the budget.

13. Closing

TREATme

MC-meeting 18th of September 2019