



Mind matters: Navigating youth mental health challenges, best practices, and knowledge sharing

PUBLIC EVENT

Date: June 17, 2025 (Tuesday)

Address: [Európa Pont, 1024 Budapest, Lövéház utca 35.](#) (In-person only)

12:30 - 13:15 | Registration

13:15 - 13:30 | Welcome Speech Adrienn Kiss (Hétfa Research Institute) - **What to expect this afternoon – short introduction to the upcoming presentations** (*in Hungarian with English interpretation*)

13:30 - 14:00 | Project Overview Michaela Bruckmayer (Zentrum für Soziale Innovation, MEET Project Manager) - **About the MEET project – what it is about, what has happened so far, and what lies ahead** (*in English with Hungarian interpretation*)

14:00 - 15:30 | Keynote Speaker Presentations

Sándor Eszter (Eurofound) **Youth mental health in the European Union: challenges and pathways forward (Trends, risks, and policy responses)** (*in English with Hungarian interpretation*)

Borbáth Katalin, PhD (Institute of Psychology, Eötvös Loránd University) **Opportunities for school psychologists to support students' mental health** (*in Hungarian with English interpretation*)

Zsiday Krisztina (Salva Vita Foundation) **A space where you matter – Supporting the mental health of young people with disabilities at the Salva Vita Youth House** (*in Hungarian with English interpretation*)

15:30 - 16:00 | Coffee Break

16:00 - 17:00 | Roundtable Discussion Regina Karakas (Szent János Hospital, Child and Adolescent Psychiatric Rehabilitation), Noémi Loncsák (University of Debrecen, Department of Sociology and Social Policy), Elemér Szentpétery (Association Co-Efficient) (*in Hungarian with English interpretation*)

Moderator: Adrienn Kiss (HÉTFA Research Institute)

Key topics:

- Mental health challenges among NEET (Not in Education, Employment, or Training) youth

- The role of educational and healthcare systems in supporting disadvantaged young people
- Social inequalities and structural barriers to the mental well-being of young people
- Opportunities for cross-sectoral cooperation and community-based responses

Professional background of the speakers

Michaela Bruckmayer works as a research project lead at the Centre for Social Innovation in Vienna, Austria. Her work focuses on themes related to the social inclusion of children and young people, as well as topics related to gender and migration. She holds a PhD from the University of Sheffield in the UK.

Eszter Sándor is a senior research manager at Eurofound – the European Foundation for the Improvement of Living and Working Conditions. She leads the *Living and Working in Europe* survey and is preparing the next round of the *European Quality of Life Survey*. Her work focuses on survey design and ensuring dataset quality, and her main research interests include the well-being, living conditions, and quality of life of youth and families. She holds a Master's degree in Economics and International Relations from Corvinus University of Budapest.

Katalin Borbáth, PhD, is an educational psychologist, special education teacher, coach, and educational expert. From September 2024, she has been an assistant professor at the Institute of Psychology and Mental Health at the University of Pannonia. Previously, since September 2022, she worked as an assistant professor at the Department of Counselling and School Psychology at ELTE Faculty of Education and Psychology. She earned her doctorate in 2022 with a dissertation analyzing the mental health of female teachers. As a practitioner, she worked for 20 years in pedagogical professional services, also serving as a school psychologist. Between 2006 and 2017, she led teacher training courses across the country on topics such as mental health and well-being, collaborative communication, activity-centered pedagogy, talent development, and mentoring. Since 2015, she has taught psychology in higher education. In 2019, the Hungarian Educational Authority accredited her distance learning course for teachers titled *The Language of Coexistence*. She has been dedicated to the mental health of students and teachers from the beginning of her career. During the COVID-19 pandemic, she conducted a survey among high school students on the changes in their mental health during the pandemic.

Krisztina Zsiday is a youth specialist who has worked with young people and professionals both in Hungary and across Europe for over 20 years. She has participated as an expert in numerous national and international projects. Since 2021, she has created and led an innovative youth center at the Salva Vita Foundation for young people with special needs.


This unique concept won the international *ZeroAward* last year for genuinely accessible programs and was nominated this year for the *SozialMarie* award. Her work emphasizes a complex, inclusive approach and the empowerment of young people's autonomy.

Professional background of the roundtable participants

Regina Karakas is a registered nurse and has been the head nurse of the Child and Adolescent Psychiatric Rehabilitation Department at Szent János Hospital since 2020. Previously, she was the head nurse of the Thalassa House Psychotherapy and Psychiatric Rehabilitation Department. She is currently a graduate student in the Mental Health Counselling program at Károli Gáspár University of the Reformed Church. She also teaches psychiatric nursing as an external instructor at Kanizsay Dorottya Catholic Secondary School for Health and Vocational Training.

Noémi Loncsák completed her studies, from undergraduate to doctoral level, in Sociology at the University of Debrecen. Since 2019, she has been a full-time lecturer and considers herself a hands-on, field-based professional. Her passion for research emerged even before her doctoral studies, and she has participated in ten national and international research groups. Her scientific public engagement is also significant: from December 2021, she served as secretary of the Hungarian Sociological Association and has been a board member since December 2024. During her academic career, she has co-edited three volumes, published 15 scientific articles, and given 33 presentations at scientific conferences. Her outstanding academic work has been recognized with numerous scholarships and awards: she received the ÚNKP scholarship six times, several dean's commendations, the Faculty of Humanities Certificate of Recognition, and two years ago, the *Excellent TDK Organizer* award. She defended her doctoral dissertation this February.

Elemér Szentpétery is a youth work professional at the Együttható Egyesület/Association Co-Efficient. As the Association's president, he works to promote youth work that is inclusive and accessible to young people with disabilities. He places special emphasis on supporting disadvantaged youth, particularly within the framework of the MEET project, where he serves as project manager. His work aims to advance social inclusion and equal opportunities.



Please note that this is an in-person conference. Hungarian-English interpretation will be provided.

The participation of the Hungarian partner in the project is co-financed by the Hungarian State.

