

PRIKAZ KNJIGE / BOOK REVIEW

MENTAL HEALTH INTERVENTIONS AND SERVICES FOR VULNERABLE CHILDREN AND YOUNG PEOPLE

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Knjiga *Mental Health Interventions and Services for Vulnerable Children and Young People*, urednika Panosa Vostanisa, sadrži pregled učinkovitih terapijskih intervencija i usluga namijenjenih i prilagođenih radu s ranjivim populacijama djece i mladih. *Ranjiva skupina* u ovome se kontekstu odnosi na djecu i mlade osobe koje imaju iskustvo traume, zlostavljanja i/ili zanemarivanja, a nerijetko su i korisnici socijalne skrbi, žrtve obiteljskog nasilja i/ili maloljetni prijestupnici. Na sveukupno 299 stranica knjiga čitatelja vodi kroz problematiku okvira javnih politika, socijalnih i etičkih prava ranjive skupine djece i mladih, daje pregled učinkovitih intervencija te smjernice za njihovu terapijsku primjenu. Nit vodilja knjige prilagodba je i primjena postojećih terapijskih tehnika i savjetodavnih usluga populaciji ranjive djece i mladih s teškoćama mentalnog zdravlja. Tekst knjige započinje uvodnom riječi, a sadržaj knjige podijeljen je u tri zasebne, no nadopunjujuće tematske cjeline, odnosno desetnaest poglavlja.

Prva cjelina **Evidence, Policy and Legislation [Dokazi, javne politike i zakonodavstvo]** obuhvaća pet poglavlja usmjerenih na javnopo-

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The book entitled '*Mental Health Interventions and Services for the Vulnerable Children and Young People*', edited by Panos Vostanis, provides an overview of effective therapeutic interventions and services intended for and adapted to work with vulnerable populations of children and youth. In this context, *the 'vulnerable group'* refers to children and young people who have experienced trauma, abuse, and/or neglect, as well as those who are often beneficiaries of social welfare, victims of domestic violence, and/or juvenile offenders. Over the course of 299 pages, the book guides the reader through the framework of public policies and issues of social and ethical rights of vulnerable groups of children and youth. Finally, it provides an overview of effective interventions and guidelines for their therapeutic application. The guiding thread of the book is the adaptation and application of existing therapeutic techniques and counselling services directed towards the population of vulnerable children and youth with mental health difficulties. The book begins with an introduction, and the content is divided into three separate, but complementary thematic units, encompassing a total of 19 chapters.

litički okvir očuvanja mentalnog zdravlja ranjive skupine djece i mladih, te etičke dileme s kojima se praktičari suočavaju u radu s ovom skupinom. Prvo poglavlje – *Introduction* [Uvod], daje prikaz postojećeg nacionalnog okvira javne politike Ujedinjenog Kraljevstva u odnosu na raznolikost potreba djece i mladih u okviru zdravstvenog sustava i sustava socijalne skrbi, a koje često ostaju neostvarene. Autor poglavlja pruža osvrt na te čimbenike i stupnjeve ranjivosti te daje uvid u problematiku teškoća mentalnog zdravlja s kojima se osoba suočava, a s ciljem jasnijeg razumijevanja kompleksnosti potreba ranjivih skupina unutar svih razina javnozdravstvenog sustava. Poglavlje *Developing a Policy Framework for Vulnerable Children with Mental Health Needs: Challenges and Possibilities* [Razvoj okvira javne politike za ranjivu djecu s teškoćama mentalnog zdravlja: izazovi i mogućnosti], obrađuje tijek problema i razvoj politike mentalnog zdravlja usmjerene na ranjive skupine djece i mladih u odnosu na visoke potrebe za takvim *policy* okvirom, pritom ističući važnost međusektorske komunikacije i razmjene informacija kako najranjivije skupine korisnika ne bi ostale „izgubljene” i zaboravljene unutar sustava. Poglavlje *Vulnerable Children’s Rights to Services* [Pravo ranjive djece na pristup uslugama] usmjereno je na prikaz važnih dokumenata – konvencija, deklaracija i politika, usmjerenih na prava djece, diskutirano u okviru manjkavosti istih po pitanju zagovaranja politike mentalnog zdravlja ranjive skupine djece. Četvrto poglavlje – *Ethical Issues in Working Therapeutically with Vulnerable Children* [Etičke dileme u terapijskom radu s ranjivom djecom], koncipirano je na zanimljiv način – autorica daje prikaze studija slučaja troje ranjive djece na temelju kojih diskutira i prikazuje etičke dileme praktičara u terapijskom radu s ranjivom djecom – dokle sežu granice povjerljivosti, čime se stručnjaci trebaju voditi pri donošenju odluka u terapijskom radu s ranjivom djecom, te gdje je granica između poštivanja autonomije i želja djeteta i djelovanja u svrhu djetetove zaštite? Poglavlje *Tackling the Stigma of Mental Health in Vulnerable Children and Young People* [Suočavanje sa stigmom mentalnog zdravlja ranjive djece i mladih] usmjereno

The first thematic unit entitled ‘**Evidence, Policy, and Legislation**’ includes five chapters that are focused on the public policy framework for the protection of the mental health of vulnerable groups of children and youth, as well as the ethical dilemmas that practitioners face while working with this population. The first chapter - *Introduction* - presents an overview of the existing national public policy framework in the United Kingdom that focuses on the diversity and needs of children and young people within the framework of the health and social care systems, most of which often remains unfulfilled. The author of the above-mentioned chapter provides an overview of different factors and levels of vulnerability, as well as insight into the issue of mental health difficulties faced by a vulnerable person. This chapter provides the reader with a clearer understanding of the complexities associated with the needs of vulnerable groups within all levels of the public health system. The chapter -*Developing a Policy Framework for Vulnerable Children with Mental Health Needs: Challenges and Possibilities* - deals with the policy process and policy change within the development of mental health policies aimed at vulnerable groups of children and young people. The latter is discussed considering the strong need for such a policy framework, while emphasising the importance of intersectoral communication and information exchange, thus ensuring that the most vulnerable user groups do not remain ‘lost’ and forgotten within the system. The chapter - *Vulnerable Children’s Rights to Services* - addresses important documents such as conventions, declarations, and policies that are focused on children’s rights and discusses them within the framework of their deficiencies with respect to advocating for the mental health policies of a vulnerable group of children. The fourth chapter - *Ethical Issues in Working Therapeutically with Vulnerable Children* - has an interesting outline, where the author discusses and highlights the ethical dilemmas faced by practitioners engaged in therapeutic work with vulnerable children based on case studies of three vulnerable children. The author also addresses questions on the extent to which the boundaries of confidentiality that allows experts to make distinctions in therapeutic work with vulnerable chil-

je na destigmatizaciju problema mentalnog zdravlja, pri čemu se autor kritički osvrće na društvene, negativno postavljene stavove prema mentalnom zdravlju koji predstavljaju značajnu barijeru u traženju pomoći, osobito kod populacija kao što su ranjiva djeca i mladi koji su u većem riziku od razvoja teškoća mentalnog zdravlja te čija je percepcija mentalnog zdravlja više složena, a iskustvo sa stigmatizacijom društva nažalost prisutno. Značajnim faktorom promjene negativnih stavova o mentalnih teškoćama ističu se školski programi kroz koje djeca od rane dobi grade razumijevanje i pozitivne stavove o prevenciji mentalnih teškoća i traženju stručne pomoći.

Drugu cjelinu, *Applied Interventions for Vulnerable Children, Young People and their Carers* [Primijenjene intervencije za ranjivu djecu, mlade i njihove odgajatelje], čini deset poglavlja koja na živopisan način prikazuju perspektive praktičara. Kroz prikaze studija slučajeva predstavljene su intervencije usmjerene na pojedine podskupine ranjive djece i mladih te izazove, ali i preporuke dobre prakse. Poglavlje *Interventions for Foster Carers and Adoptive Parents of Children Who Have Experienced Abuse and Trauma* [Intervencije namijenjene roditeljima udomiteljima i posvojiteljima djece s iskustvom zlostavljanja i traume], obuhvaća prikaz intervencija za udomitelje i posvojitelje djece koja su doživjela traumu ili zlostavljanje, pritom se osvrćući na potrebe djece u riziku i potrebe udomitelja/posvojitelja te daje smjernice za uspješnu adaptaciju postojećih općenitih roditeljskih intervencija za roditelje udomitelje/posvojitelje. Poglavlje završava praktičnim smjericama za vođenje roditeljskih suportivnih intervencija koje su prepoznate kao ključan čimbenik uspješne prilagodbe djece. Osobitost ovoga poglavlja leži u prikazima studija slučaja koji su čitatelju dani kao svojevrsno potkrepljenje iskustva iz prakse. Terapijski rad s ranjivim skupinama često je izazovan i kompleksan zbog same složenosti teškoća s kojima se ranjive osobe suočavaju, zbog čega zahtijeva dodatne napore terapeuta kako bi terapija bila učinkovita. Poglavlje *Therapeutic Issues in Working Individually with Vulnerable Children and Young People* [Terapeutski problemi u individualnom radu s ranjivom

dren reach, as well as how to draw the line between respecting the autonomy and wishes of the child and acting for the purpose of the child's protection. The final chapter in this part of the book - *Tackling the Stigma of Mental Health in Vulnerable Children and Young People* - is aimed at destigmatising mental health problems. The author takes a critical look at social attitudes, especially negative ones, towards mental health that are often a significant barrier to seeking help, especially among populations such as vulnerable children and youth who are at greater risk of developing mental health difficulties, and whose perception of mental health is more complex, given that experiences of social stigma are unfortunately ubiquitous. School programmes focused on mental health prevention and seeking professional help, through which children are able to build awareness and positive attitudes from an early age, stand out as a significant factor in changing negative attitudes about mental disabilities.

The second thematic unit of the book entitled '*Applied Interventions for Vulnerable Children, Young People and their Carers*' consists of ten chapters that vividly present the perspectives of mental health practitioners. Interventions aimed at specific subgroups of vulnerable children and young people, as well as challenges and recommendations of good practice are presented using several case studies. The chapter - *Interventions for Foster Carers and Adoptive Parents of Children Who Have Experienced Abuse and Trauma* - includes an overview of interventions for foster and adoptive parents of children who have experienced trauma or abuse, while addressing the needs of children at risk and the needs of foster/adoptive parents. Additionally, it provides guidelines for the successful adaptation of existing general parenting interventions for foster/adoptive parents. The chapter ends with practical guidelines for conducting parental support interventions, which are recognised as a key factor associated with children's successful adjustment. The peculiarity of this chapter lies in the case studies, since they provide the reader with a unique practical experience and distinct insights. Therapeutic work with vulnerable groups is often challenging and complex due to the nature of the difficulties that vulnerable groups

djecom i mladima] putem studija slučajeva prikazuje izazove s kojima se terapeuti susreću u radu s ranjivom djecom i mladima, a oni uključuju odnos terapeuta i klijenta koji često ima dvije krajnosti – teško ostvarivu povezanost kod djece koja ne ostvaruju sigurnu privrženost s drugim bitnim osobama te nepovjerenje prema odrasloj osobi, odnosno terapeutu. Također, dodatne izazove predstavljaju i emocionalni transfer, vremenska određenost terapije – trajanje i neposrednost, čimbenici terapijskog procesa poput povjerljivosti, postavljanja granica i suočavanja s obranama ega te završetci terapijskog procesa, pri čemu svi elementi trebaju biti pomno razmotreni prije i neposredno po započinjanju terapijskog procesa s ranjivom osobom. Poglavlje *Cognitive-behavioural Interventions for Young Offenders* [Kognitivno bihevioralne intervencije namijenjenih mladim prijestupnicima] usmjereno je na prikaz učinkovitosti različitih kognitivno-bihevioralnih intervencija namijenjenih mladim prijestupnicima s problemima mentalnog zdravlja. Pritom se raspravlja o metodološkim aspektima prikazanih intervencija te su ponuđene preporuke za provedbu sličnih intervencija – u zajednici i u zatvorskom sustavu, kao i smjernice budućim istraživanjima učinkovitosti. Sistemski pristup, poznat kao i obiteljska terapija, fokus je poglavlja *Working Systemically with Vulnerable Children and their Parents or Carers* [Sistemski pristup u radu s ranjivom djecom i njihovim roditeljima ili skrbnicima] koje prikazuje prednosti i izazove ovoga pristupa u radu s ranjivom djecom. Sljedeća poglavlja u svome fokusu imaju prikaz intervencija s različitim ranjivim skupinama. Deseto poglavlje usmjereno je na kompleksnost potreba djece i obitelji izbjeglica, a putem studija slučajeva prikazane su faze procjene potreba i stanja izbjeglica, planiranja i ponude intervencija mentalnog zdravlja te dodatne praktične smjernice. *Interventions and Services for Refugee and Asylum-seeking Children and Families* [Intervencije i usluge namijenjene djeci i obiteljima u izbjeglištvu i traženju azila] ističe nedostatak znanstveno utemeljenih učinkovitih intervencija usmjerenih prema očuvanju mentalnog zdravlja ove skupine, a važnim čimbenikom učinkovitih intervencija usmjerenih prema jača-

face, therefore requiring additional therapeutical effort for the therapy to be effective. The case studies described in the next chapter - *Therapeutic Issues in Working Individually with Vulnerable Children and Young People* - presents the challenges that therapists face while working with vulnerable children and youth. Most often, these challenges involve the relationship between the therapist and the client, and often has two extremes - a hard-to-achieve connection, especially among children who do not achieve secure attachment with important others, and mistrust towards adults, i.e., therapists. Also, additional challenges are often related to emotional transference, temporal determination of therapy - duration and immediacy, and other important aspects of the therapeutic process such as confidentiality, setting boundaries and dealing with ego's defence mechanisms, and the closure of the therapeutic process, whereby all elements should be carefully considered before and immediately after the beginning of the therapeutic process that includes a vulnerable person. The chapter - *Cognitive-behavioural Interventions for Young Offenders* - describes the effectiveness of various cognitive-behavioural interventions intended for youth offenders who suffer from mental health difficulties. The methodological aspects of the various interventions are discussed, and recommendations for the implementation of similar interventions in the community and the prison system are offered, along with guidelines for future research focusing on the effectiveness of interventions. The Systems Approach or Family Therapy is the focus of the next chapter - *Working Systemically with Vulnerable Children and their Parents or Carers* - and it discusses the advantages and challenges of this approach with respect to working with vulnerable children. The chapters that follow focus on interventions aimed at different vulnerable population groups. The tenth chapter focuses on presenting the complexity of the needs of refugee children and families, the different stages of assessing the needs and condition of refugees, planning, and offering mental health interventions, and additional practical guidelines through case studies. The *Interventions and Services for Refugees and Asylum-seeking Children and Families* chapter highlights the lack

nju otpornosti i smanjenju osjećaja izoliranosti čini dobra međusektorska suradnja. Poglavlje *Therapeutic Services for Homeless Families and Young People* [Terapeutske usluge za obitelji i mlade bez doma] usmjereno je na izazove i manjak dostupnosti zdravstvenih i socijalnih usluga s kojima se susreću osobe bez doma prikazano kroz studije slučaja, te su prikazani adekvatni modeli intervencija. Poglavlje *Helping Families who are Victims of Domestic Abuse* [Pružanje pomoći obiteljima žrtvama obiteljskog nasilja] prikazuje problematiku obiteljskog nasilja i učinke koje ono, kao i narušeno mentalno zdravlje majki, ima na mentalno zdravlje i sveukupan pozitivan razvoj djece, pri čemu se prikazani podatci odnose na područje Ujedinjenog Kraljevstva. Raspravlja se o međusektorskim intervencijama usmjerenim prema djeci koja su svjedočila obiteljskom nasilju. Osobito ranjiva skupina po pitanju teškoća mentalnog zdravlja, čak četiri do pet puta više u riziku od opće populacije djece su djeca s intelektualnim teškoćama. U riziku su posljedično i njihove obitelji zbog čega je razvoj intervencija i usluga mentalnog zdravlja, s jasnim načelima i standardima kvalitete, nužan. Upravo se ovim procesom bavi poglavlje *Mental Health Services for Children with an Intellectual Disability* [Usluge mentalnog zdravlja za djecu s intelektualnim teškoćama]. Djeca narušenog fizičkog zdravlja često su u riziku od problema mentalnog zdravlja, a izazovi u radu s ovom ranjivom skupinom prikazani u poglavlju *Children with Physical Illness* [Djeca s fizičkim bolestima]. Autor navodi kako je upravo rad na očuvanju mentalnog zdravlja ove ranjive skupine u terapijskoj praksi još uvijek nedostatan razvijen, uz vidljive pomake s povećanjem potrebe za prevencijom mentalnih poremećaja kod fizičkih bolesti. Posljednje poglavlje ove cjeline – *The Identification, Prevention, and Treatment of Vulnerabilities among Children of Alcohol- or Drug-dependent Parents* [Identifikacija, prevencija i tretman ranjivosti među djecom roditelja ovisnika o alkoholu ili drogama] razrađuje problematiku prevalencije i ozbiljnosti zlorabe sredstava ovisnosti, te naglašava kako su djeca i mladi roditelja ovisnika u dodatnom riziku od niza mentalno-zdravstvenih problema,

of effective evidence-based interventions focused on mental health protection of this group. Furthermore, good intersectoral cooperation is emphasised to be an important factor of effective interventions aimed at strengthening resilience and reducing the feeling of isolation. The chapter - *Therapeutic Services for the Homeless Families and Young People* - is focused on the challenges and lack of availability of health and social services provided to homeless people. Through case studies, more adequate intervention models for this population group are presented. The chapter – *Helping Families who are victims of Domestic Abuse* - presents the issue of domestic violence and the effects that violence, alongside impaired mental health of mothers, has on the mental health and overall positive development of children. Data presented in this chapter mainly refers to United Kingdom. Furthermore, different cross-sectoral interventions for children who witnessed domestic violence are discussed. Children with intellectual disabilities belong to a particularly vulnerable group in terms of mental health difficulties. It is believed that children with intellectual disabilities are up to 4 or 5 times more at risk than the general population of children, which often results in their families also being at risk. Therefore, the development of mental health interventions and services, with clear principles and quality standards, specifically tailored to this population is necessary. The chapter – *Mental Health Services for Children with an Intellectual Disability* - presents the above-mentioned process and the factors associated with such interventions. Another vulnerable group prone to an increased risk of mental health problems are children with impaired physical health. Challenges faced while working with this vulnerable group are presented in the chapter entitled *Children with Physical Illness*. The author states that mental health protection of this vulnerable group is still insufficiently developed in the context of therapeutic process. However, there is an objective need for changes in the above-mentioned therapeutic area, with a growing need for the prevention of mental disorders among people with different physical illnesses. The last chapter of the second part of the book - *The Identification, Prevention, and Treatment of Vulnerabilities among*

poremećaja ličnosti te su u pojačanom riziku od razvoja ovisnosti i zlorabe sredstava ovisnosti učeći od roditeljskih modela, pri čemu su često popraćeni neadekvatnom roditeljskom brigom i zanemarivanjem što ostavlja dodatne posljedice. Preventivne mjere i intervencije imaju značajan potencijal na smanjenje rizika po djecu i mlade, pri čemu autor predlaže ciljeve i principe učinkovitih preventivnih programa.

Posljednju tematsku cjelinu *Applying the Evidence and Therapeutic Principles to Different Welfare and Health Systems, Cultural Contexts and Social Circumstances* [Primjena znanstveno utemeljenih i terapijskih principa u različitim zdravstvenim sustavima i sustavima socijalne skrbi, kulturalnim kontekstima i društvenim okolnostima], čini četiri poglavlja, a usmjerena je na kulturalna pitanja te svjetske i europske *policy* okvire mentalnog zdravlja ranjivih skupina pri čemu daje pogled na budućnost razvoja održivih usluga usmjerenih prema očuvanju mentalnog zdravlja. Poglavlje *Cultural Diversity Issues in Working with Vulnerable Children* [Problemi kulturalne raznolikosti u radu s ranjivom djecom] posvećeno je kulturi i kulturalnoj raznolikosti te kulturalno prikladnoj brizi za ranjive skupine. Potonje je osobito osjetljivo u kontekstu razumijevanja mentalnog zdravlja i percepcije mentalnih teškoća, a što djeluje na sam tijek i učinkovitost tretmana. Pri terapijskom radu s ranjivim skupinama autor ističe važnost pristupa usmjerenog prema djetetovim potrebama, uz uvažavanje kulturalne različitosti i prilagodbu kulturalnoj pozadini djeteta, pri čemu kroz tekst pruža preporuke dobre prakse. Poglavlje *US Perspectives on Interventions for Vulnerable and Underserved Youth* [Perspektiva Sjedinjenih Država prema intervencijama za ranjive i zapostavljene mlade] daje opširan prikaz preventivnih praksi u Sjedinjenim Američkim Državama, pri čemu je pružen prikaz intervencija na razini zajednice, obitelji te pojedinca. Navedeno je prikazano za tri skupine ranjive djece i mladih – mlade prijestupnike i maloljetne delinkvente, udomljenu djecu i mlade u skrbi te djecu bez odgovarajućeg doma. Raspravlja se o vanjskim (okolinskim) i unutarnjim (individualnim) rizičnim i zaštitnim čimbenicima razvoja

Children of Alcohol- or Drug- dependent Parents - elaborates on the issue of prevalence and severity of substance abuse. This chapter also emphasises that children and youth with addict parents are at a greater risk of a number of mental health problems and personality disorders, as well as an increased risk of developing addiction and substance use disorders simply by learning from parental role models, while living in a social context that is often accompanied by inadequate parental care and neglect, which leaves additional and negative consequences on children's mental health. Preventive measures and interventions can significantly decrease risks associated with development of mental health problems among children and young people, and the author proposes the goals and principles of potentially effective preventive programmes.

The last thematic unit entitled - *Applying the Records and Therapeutic Principles to Different Welfare and Health Systems, Cultural Contexts and Social Circumstances* - consists of four chapters focused on cultural issues, global and European policy frameworks for the mental health of vulnerable groups, and a look into the future development of sustainable services aimed at mental health protection. The chapter – *Cultural Diversity Issues in Working with Vulnerable Children* - is dedicated to culture, cultural diversity, and culturally appropriate care of vulnerable groups. The latter is particularly sensitive in the context of understanding mental health and the perception of mental health difficulties, which affects the very course and effectiveness of therapeutic treatment. The author emphasises the importance of an approach focused on the child's needs in therapeutic work with vulnerable groups, taking into consideration cultural diversity and adaptation to the child's cultural background, while providing good practice recommendations throughout the chapter. The chapter – *US Perspectives on Interventions for Vulnerable and Underserved Youth* - provides a comprehensive overview of prevention practices in the United States, while presenting interventions at the community, family, and individual level. These interventions are intended to help three groups of vulnerable children and youth - young offenders and juvenile delinquents, foster children and young

psihopatologije ovih ranjivih skupina, a o kojima je bitno promišljati prilikom kreiranja preventivnih intervencija. Poglavlje *Service Models and Policies in European Countries* [Modeli usluga i javnih politika u europskim zemljama], usmjereno je na prikaz modela javnih politika i nacionalnih *policy* okvira mentalnog zdravlja ranjivih skupina u europskim zemljama koji su još uvijek nedostadni, a nužni. *Mental Health Interventions and Services for Vulnerable Children and Young People: The Way Forward* [Intervencije i usluge mentalnog zdravlja za ranjivu djecu i mlade: pogled unaprijed] predstavlja svojevrsan kritički pregled dotadašnjih izazova te perspektivu budućih potreba u razvoju politika i pružanja usluga mentalnog zdravlja ranjivim skupinama. Osobit naglasak stavlja se na specifičnosti preventivnih programa – univerzalni (primarna prevencija) nasuprot ciljanima (sekundarna prevencija). Ističe se važnost intervencijskog pristupa temeljenog na znanstvenim dokazima pri radu s osjetljivim temama mentalnog zdravlja, osobito s već ranjivom djecom. Jasna je potreba za ciljanim, usmjerenim i znanstveno utemeljenim modelima socijalnih i zdravstvenih usluga i terapijskim radom koji je primjenjiv na svakodnevne teškoće ove ranjive skupine.

Prikazana knjiga na sveobuhvatan, znanstveno utemeljen i praktično primjenjiv način daje pogled na problematiku mentalnog zdravlja djece i mladih ranjivih skupina, pri čemu čitljivo spaja prikaze različitih perspektiva o zajedničkom problemu – kako učinkovito djelovati na one postojeće i prevenirati potencijalne probleme mentalnog zdravlja kod populacija koje sa sobom nose dodatni rizik? Tematika knjige čini dostojan prikaz područja preventivne znanosti – započinjući od prevalencije i ozbiljnosti pojedinih teškoća, prikaza javnih politika i *policy* okvira u svijetu, do prikaza intervencija i primjera dobre prakse. Kako se fokus očuvanja mentalnog zdravlja približe stavlja na populaciju ranjive djece i mladih, kroz pojedina poglavlja može se na zanimljiv način iščitati problematika samoisključivanja i samostigmatizacije, koje čine sve veći društveni problem. Osobit znanstveni i stručni doprinos knjige leži upravo u raznolikosti i stručnosti autora, pri čemu

people in care, and children without a suitable home. External (environmental) and internal (individual) risk and protective factors for the development of psychopathology among these vulnerable groups are discussed: these factors are considered to be important when developing preventive interventions. The chapter - *Service Models and Policies in European Countries* - focuses on presenting models of public policies and national policy frameworks for mental health of vulnerable groups in European countries, which are still insufficient, but highly necessary. *Mental Health Interventions and Services for the Vulnerable Children and Young People: The Way Forward* presents a critical review of the challenges identified so far and a perspective of future needs in the development of mental health policies and mental health services provided to vulnerable groups. Emphasis is placed on the specifics of preventive programmes - universal (primary prevention) versus targeted (secondary prevention) - that consider the importance of an intervention approach based on scientific evidence when working with sensitive mental health topics, especially with vulnerable children who have a certain risk for developing mental health problems. There is a clear need for targeted, directed, and scientific evidence-based models of social and health services, and therapeutic work that is applicable to the daily difficulties faced by vulnerable group.

This book explores the issue of mental health protection and the associated difficulties of children and youth of vulnerable groups through a comprehensive, evidence-based, and practically applicable way, while legibly combining the views of different perspectives on a common problem - how to effectively act on existing ones and prevent potential mental health problems in populations that carry additional risk? The subject matter of the book is a worthy presentation of the field of prevention science - starting from the prevalence and severity of certain difficulties, the presentation of public policies and policy frameworks from different parts of the world, to the presentation of interventions and examples of good practice. Since the focus was on the mental health protection and prevention of the population of vulnerable children and young people, through individual chap-

su gotovo podjednako zastupljeni autori primarno znanstvenog i primarno stručnog usmjerenja, a što prati i sam koncept knjige koji završava s problematikom prilagodbe znanstveno utemeljenih terapijskih principa unutar širih kulturalnih, socijalnih i javnozdravstvenih sustava.

ters, the reader can familiarise themselves with the problems of self-exclusion and self-stigma in an interesting way, especially since these issues constitute a growing social problem. The special scientific and professional contributions of the book lies precisely in the diversity and expertise of the authors, where authors of primarily scientific and professional orientation are almost equally represented, as well as in the very concept of the book that ends with the issue of adapting evidence-based therapeutic principles within wider cultural, social, and public health systems.