

## ON THE OCCASION OF WORLD MENTAL HEALTH DAY

### **THE MENTAL HEALTH OF CHILDREN AND ADOLESCENTS: A PUBLIC HEALTH ISSUE TACKLED BY THE ORPEA GROUP THROUGH THE IMPLEMENTATION OF DEDICATED MULTIDISCIPLINARY PROGRAMMES IN ITS FACILITIES IN FRANCE AND IN EUROPE.**

Puteaux, XX October 2021

The ORPEA Group, a leading provider of care services for people with all types of care needs, has over the past 20 years honed its expertise in the field of mental health through its network of clinics in Europe, which now includes nearly 80 mental health facilities (8,000 beds).

Spotlight on some of the Group's programmes for children, adolescents and their families:

In Austria, the OptimaMED rehabilitation centre for children and adolescents in Wildbad is one of the first establishments in the country to offer age-appropriate therapies and care:

- Children and adolescents are admitted in homogeneous age groups and undergo a specific 5-week rehabilitation and re-education programme together.

The clinic offers young patients from 1 to 18 years of age personalised and individualised programmes, developed according to their age and the clinical picture they present: Stress-related and adjustment disorders, anxiety and depression disorders, eating disorders, school phobia, social communication disorders, developmental language and coordination disorders...

After a detailed medical and psychological assessment, young patients follow programmes that may include psychotherapy, occupational therapy, speech therapy, physical and sports activities and socio-educational support provided by a multidisciplinary team.

To ensure that the young people are able to keep up with their schooling, a kindergarten and school lessons are provided. For young people who attend secondary school, school support is provided by the facility's teachers, who coordinate with the young person's main school.

The clinic is equipped with family flats for the younger children who stay with their parents, and single rooms for the older children.

The Clinea Lautréamont hospital in the north of France specialises in the diagnosis and treatment of psychological disorders in children from the age of 8 and in young adults up to the age of 25.

- The team is ready to respond to disorders made worse by the recent Covid-19 pandemic:
  - School and professional difficulties: dropping out of school, school phobia, school failure, difficulties fitting in, difficulties in becoming independent,
  - Disrupted rhythms of life: sleep and eating patterns; internet and gaming addiction,
  - Eating disorders (anorexia, bulimia, etc.) and behavioural addictions.

The programmes include discussion groups with doctors and nurses, medication use and health education workshops (lifestyle, sleep, physical exercise and sports, etc.) as well as nutritional monitoring. They are complemented by educational and social activities and adapted physical and sports activities.

In order to maintain continuity, daily study time is held at the same time as regular school hours.

In Germany, several clinics have developed very specific programmes which are more geared towards families. Such clinics include:

- The **Celenus** clinic in **Schömberg** which offers a special treatment programme for single parents: the "we2 bonding training". This programme is designed for single mothers and fathers who need special support and helps them regain their self-confidence in managing their daily lives in order to rebuild positive and balanced relationships with their children.

An accompanying scientific study carried out in collaboration with the German Pension Insurance Association, the Federal Ministry of Education and Research and the Heinrich Heine University in Düsseldorf has shown that this approach significantly improves the social and mental health of parents and children.

- The **Celenus** clinic in **Carolabad** is developing a programme aimed at helping pregnant women prevent or cope with prenatal and postpartum depression before and after the birth of their child. Many of these pregnancies are unintended, leaving women facing a crisis situation. Babies are cared for up to one year of age.

These programmes are also aimed at patients who have been suffering from recurrent or chronic mental health problems either prior to or since the pregnancy, or from depressive or anxiety disorders.

The purpose of such programmes is to enable these mothers to take care of their child on their own and to regain psychological stability through

pharmacological and psychosocial treatment in order to prevent a possible exacerbation of their illness.

The clinic offers mother-child accommodation and child care during the mother's therapy time.

Dr Linda Benattar, International Medical Director of the ORPEA Group, spoke about these programmes on the occasion of World Mental Health Day:

*"Our Group has a broad range of expertise as a result of its European and international presence. This expertise covers an extensive range of innovative and specialised treatment programmes based on a multidisciplinary approach to care and the delivery of personalised treatment plans developed in teams. Mental health is a field that requires constant development and innovation, which is what we strive to do on a daily basis together with all our teams".*

### About ORPEA ([www.orpea-corp.com](http://www.orpea-corp.com))

Founded in 1989, ORPEA is one of the major world leaders in comprehensive long-term care, with a network of 1156 facilities comprising 116,514 beds (26,359 of which are under construction) across 23 countries, which are divided into five geographical regions:

- France Benelux: 586 facilities/49,207 beds (5672 of which are under construction)
- Central Europe: 268 facilities/28,419 beds (5828 of which are under construction)
- Eastern Europe: 142 facilities/15,255 beds (4101 of which are under construction)
- Iberian Peninsula/Latin America: 158 facilities/23,108 beds (10373 of which are under construction)
- Rest of the world: 2 facilities/525 beds (385 of which are under construction)

ORPEA is listed on Euronext Paris (ISIN code: FR0000184798) and is a member of the SBF 120, STOXX 600 Europe, MSCI Small Cap Europe and CAC Mid 60 indices.

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