

## Healthier people - richer community. What kind of health costs will pay off?

Date: 30th of April, 2015, 9.30-16.30 o'clock

Venue: Radisson Blu Sky Hotel (Rävala Puiestee 3, Tallinn)

### AGENDA

- 9.00 Morning coffee
- 9.30 - 9.45 Welcome words
- 9.45 - 10.30 **When new health challenges appear, new ideas and thoughts are necessary to meet them?**  
Geir Arild Espnes, Professor at the Norwegian University of Science and Technology
- 10.30 - 11.00 **Supporting economically wise social investment and early intervention in Swedish local authorities and regions**  
Tomas Bokström, Project manager at the Swedish Association of Local Authorities and Regions
- 11.00 - 11.30 **What do research say on alcohol abuse reduction measures?**  
Uno Traat, Lecturer in criminology at Estonian Academy of Security Sciences
- 11.30 - 12.30 Lunch
- 12.30 - 13.00 **Community psychology in Norway – from an idea to implementation**  
Tor Levin Hofgaard, President at the Norwegian Psychological Association
- 13.00 - 13.30 **Applied psychology for children in Norway: quick, flexible and collaborative help in local settings, combining clinical and community work**  
Anne-Kristin Imenes, Community psychologist at Nøtterøy municipality
- 13.30 - 14.00 **Alcohol policy developments**  
Triinu Täht, Chief specialist at Estonian Ministry of Social Affairs
- 14.00 - 14.30 Coffee break
- 14.30 - 15.00 **Responsible beverage service – a successful example of extensive community mobilization**  
Daniel Müller, Project manager at a centre STAD - Stockholm alcohol and drug problems
- 15.00 - 15.30 **Wise use of the project „Youth in Europe“ survey results while planning prevention**  
Mihkel Lees, Adviser of Minister of Education and Research at Estonian Ministry of Education and Research
- 15.30 - 16.30 **Discussion**

Moderator is Laura Aaben from National Institute for Health Development

At the seminar will be English-Estonian simultaneous translation.

## INTRODUCTION OF SPEAKERS

**Dr Geir Arild Espnes** is professor at the Norwegian University of Science and Technology (NTNU) and adjunct professor at Australian National University (ANU) and Sør Trøndelag University College. Espnes is director of the Centre for Health Promotion Research. He is a member of NTNU Social Research Board, European Health Psychology Society Synergy Advisory Group, International Union for Health Promotion and Education, Core Global Working Group on Salutogenesis and Scientific Board for the Centrum for Salutogenesis at University West, Sweden. He is a leader of the Norwegian Network for Research and Education in Health Promotion, chair of the International Forum of Health Promotion Research, and member of many other international work-groups. Espnes is also leading the first Joint PhD-programme in Norway, Health and Behaviour, between NTNU and ANU. Espnes is elected member of The Royal Norwegian Society of Sciences and Letters.

**Tomas Bokström** is a political scientist who works at Swedish Association of Local Authorities and Regions (SALAR) with projects developing holistic services for mental health for children and youth. Bokström is a project manager of social investment and early intervention project. Main objective of SALAR has been to strengthen local and regional capacity to do cross-sectorial analysis, perform needs assessment, choose and design evidence based interventions and not least to evaluate effects and cost efficiency of interventions.

**Uno Traat** is a criminologist and sociologist who has studied the links between alcohol and crime. Traat has worked 20 years at Estonian Academy of Security Sciences, where he is a lecturer in criminology. He also gives lectures at Tallinn University.

**Dr Tor Levin Hofgaard** is the president of the Norwegian Psychological Association. He graduated from the University of Oslo, Norway, and is specialized in clinical work with adults. He has been working especially with long term severe drug addiction and with early intervention for psychosis, as well as with acute ward patients and with patients in outpatient clinics. Hofgaard was elected to the Executive Council of the European Federation of Psychologists' Associations, which represents 300 000 psychologists in 37 European countries. He is a vice-president of The international union for psychological science that represents over 80 psychology associations around the world, and the organization is the global voice of psychology. He is chair of the board for The Norwegian Council for Mental Health, which is a humanitarian organization that includes the majority of Norwegian institutions and organizations involved in the field of mental health. And he is a board member of the largest Federation of unions for academics in Norway The Federation of Norwegian Professional Associations.

**Anne-Kristin Imenes** is a clinical psychologist. Imenes has extensive experience as community psychologist for children and youth in the municipality of Nøtterøy. She has worked as a school psychologist, in family counseling, and in specialist health care services for children. Imenes has particularly been involved in the design of available mental primary care services and has been an avid ambassador for psychologists in the municipality. Imenes is an active writer in the Journal of the Norwegian Psychological Association. She is a member of the Academic Committee of Community and Primary Care Psychology.

**Triinu Täht** coordinates the implementation of Estonian Green Paper on alcohol policy. Täht is a chief specialist at Ministry of Social Affairs. Her responsibilities have been health promotion at local level, preparations for various structural funds health programs and injury prevention. She has studied political science and has chosen health sector to work at after a long work experience in local government.

**Daniel Müller** has worked in the field of prevention for 15 years as a project manager, but also doing some research within the field of alcohol and drug prevention. Müller is a project manager at a centre STAD (Stockholm alcohol and drug problems) focusing on prevention of violent

crimes in the nightlife setting, mainly targeting the problems with alcohol and other drugs. He has a master's degree of public health at the Karolinska Medical Institute.

**Mihkel Lees** is adviser of Minister of Education and Research and member of the City Council of Tartu. He has worked in the office of the former Estonian Prime Minister Andrus Ansip. At the political activity he has dedicated to improve public health, emphasizing the importance of prevention activities.

**Laura Aaben** works at National Institute for Health Development since 2009, where she implements local public health capacity-building projects. She has led the development of methodology and adaption process of the local health profiles and coordinated chapter of local governments at Estonian Green Paper on alcohol policy. In addition, she is engaged in training and advising local governments with a particular focus on strategic planning of public health activities. Currently she leads pilot programme on local alcohol policy funded by the Norwegian Financial Mechanism.

**Additional information:** Anna Toots, +372 62 69 146 office, +372 50 53 907 mobile, [anna.toots@sm.ee](mailto:anna.toots@sm.ee)