PRESIDENTS' COMMUNITY PARTNER AWARD

Monada Efivikis Ygeias, Nosokomeio Paidon (Adolescent Health Unit, Children's Hospital)

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Rousseau describes Adolescence as a 'second birth'. Adolescence is the bridge between childhood and adulthood. It is by far the most important phase of human life, a magical moment filled with significant changes – physical, psychological, social. All these are paramount to our development as adults. In light of the significance of Adolescence to our life, the Adolescence health Unit was created to assist adolescents and their families understand and cope with these changes.

The unit, Monada Efivikis Ygeias (MEY), was founded in 2006 under the Directorship of Professor Konstantopoulos and Dr. Tsitsika as the Scientific Expert, a position she still holds. The unit receives about 600 visits per month. It offers a holistic approach to challenges faced by adolescents (11-18 years old), ranging from routine medical exams/support to specialized services for those in need of further consultation (psychologist/counselor, nutritionist, psychiatrist, etc). The unit offers support for an array of issues ranging from eating disorders to learning disabilities, anxiety and anxiety related disorders, depression, internet addiction, and behavioral issues (ranging from delinquent behaviors, to issues of low self-esteem, self-acceptance, bullying, cyberbullying etc).