

**Course Title:*****Intergenerational Mental Health (IMH): Navigating the Frontiers of Risk, Resilience, and Prevention*****Brief Course Description:**

Mental illness is not confined to individual experiences; it often spans generations, weaving through families and shaping lives in profound ways. This groundbreaking course offers a transformative exploration of the processes involved in intergenerational mental health risks. Through the integration of clinical cases, user perspectives, scientific advancements and conceptual innovation, participants will study how genetic, epigenetic, environmental, and neurobiological factors may come together to influence risk and resilience.

Designed for clinicians, researchers, and policymakers, this course presents state-of-the-art biomarkers, predictive models, and ethical frameworks to address one of the most pressing challenges in modern mental health. Through interactive discussions, case studies, and hands-on applications, participants will acquire tools to disrupt cycles of mental illness, foster resilience, and develop forward-thinking strategies for family care.

**Course Objectives:**

By participating in this course, attendees will:

1. Understand the interplay of genetic, neurobiological, and environmental factors in intergenerational mental health
2. Learn about the latest research to identify risk and resilience indicators in clinical and research settings.
3. Discover state-of-the-art personalized approaches for risk assessment and prevention using multimodal frameworks.
4. Get a sense of the ethical dimensions of mental health risk prediction, including autonomy, stigma, and access to care.
5. Be introduced to actionable strategies to support families and individuals, disrupting the cycle of generational mental health challenges.

**Course Speakers:**

The FAMILY Project brings together a unique, transdisciplinary collective of international leaders, including innovators from neuroscience, psychology, psychiatry and mental health advocacy. Leveraging their diverse expertise and global research collaborations, these experts will guide the course and address what is possible in family-centered mental health care. By integrating groundbreaking science, ethical innovation, and transformative clinical practices, they aim to shape the future of intergenerational mental health.

**Course Format:**

Time	Topic	Proposed Speaker
10 min	Overview and introduction: Why intergenerational mental health matters? Conceptual and clinical foundations	Andrea Raballo
	<b>Key module 1: Mapping the Landscape of intergenerational mental health (IMH)</b>	
20 min	IMH: navigating the complexity of biological, social, and psychological dimensions	Neeltje van Haren
10 min	Q&A	
20 min	IMH: lived experiences	EUFAMI (John Saunders)
10 min	Q&A	
	<b>Key module 2: Innovations in Science and Practice</b>	
20 min	Biomarkers and epigenetics: linking research to practice	Charlotte Cecil
10 min	Q&A	
	<b>- BREAK -</b>	
20 min	Behavioral and epigenetic factors in IMH: Insights from mouse models	Isabelle Mansuy
10 min	Q&A	
20 min	Predictive modeling for clinical application: Integrating multimodal insights	Christian Beckmann
10 min	Q&A	
	<b>Key module 3: Transforming care</b>	
20 min	Ethics and engagement: Addressing stigma, consent, and societal implications	Signe Mezinska
10 min	Q&A	
20 min	Strategies for preventive interventions: Building resilience in high-risk families	Merete Nordentoft
10 min	Q&A	
Total: 220 min		

#### Free Text Comments:

Designed to introduce participants to the next frontier of precision psychiatry and preventive mental health, this course captures the essence of mental health as a dynamic interplay of science, ethics, and care. The overarching aim is a call to action for professionals who aspire to reshape the future of mental health by understanding and addressing its roots across generations. Attendees will leave equipped with the knowledge, skills, and vision to lead the field into a new era of personalized, family-centered, and ethically attuned care.