

PRESS RELEASE

ENALMH Annual General Assembly 2020

Towards a new chapter of EU policies on Physical Activity and Mental Health.

The ordinary General Assembly 2020 of ENALMH took place on June 26, 2020 with the active participation of the members of the network.

In addition to the fulfillment of the foreseen formal procedures, the General Assembly carried out an overall review of the developments in the field, the evaluation of the actions taken so far and the drawing up of the action axes for the next three years. In this context:

- The significant general backwardness of the utilization of Sport, Exercise and Physical Activity to serve the needs of treatment, rehabilitation, addressing stigma and prevention in the wider context of Mental Health was confirmed.
- The important steps that are in progress based on the initiatives of the Network that utilize the potential of the growing number of its members but also wider collaborations with other European umbrella organizations were pointed out.
- Special reference was made to the elaboration of the **Recommendations for EU Guidelines for the use of Sport/PE on Mental Health** and the creation of the **ALMH Interactive Platform** but also the proposal for the development of a “**Global Observatory on ALMH**” which makes ENALMH a European Hub on ALMH. The outcomes of the evolving initiatives will be particularly useful in the work of the European institutions.

In this context, the General Assembly proceeded to a radical restructuring of the Network administration with the following newly elected Managing Board:

President: **Prof. António José Pereira Silva Marques**, representing the Instituto Polytechnico do Porto.

Vice-president: **Pablo Sanchez**, representing the Fundacion Intras

Treasurer: **Nikolaos Kerassovitis**, representing the Hellenic Organisation of Corporate Sport & Health

Secretary of the MB: **Stavros Stathopoulos**, representing the Panhellenic Association of Physiotherapists, scientific section “Physiotherapy in mental health”

Member: **Prof. Marda Tsolaki**, representing the Medical School, 1st Neurological Clinic of the Aristotle University of Thessaloniki and the Alzheimer Hellas.

Member: **Jan Drobny**, representing the Fokus CZ

Member: **Kitty Mylonopoulou**, representing the Society of Social Psychiatry "P. Sakelaropoulos"

Professor Magda Tsolaki is appointed as Head of the Scientific Committee.

While a specific reference to the **COVID 19 pandemic** and the related tasks was made, as the main priorities for the next 3 years period are recognized

- the promotion of the ALMH at a pan-European level
- the transformation of the multidisciplinary ALMH spirit into innovative social services

More info: www.enalmh.eu

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