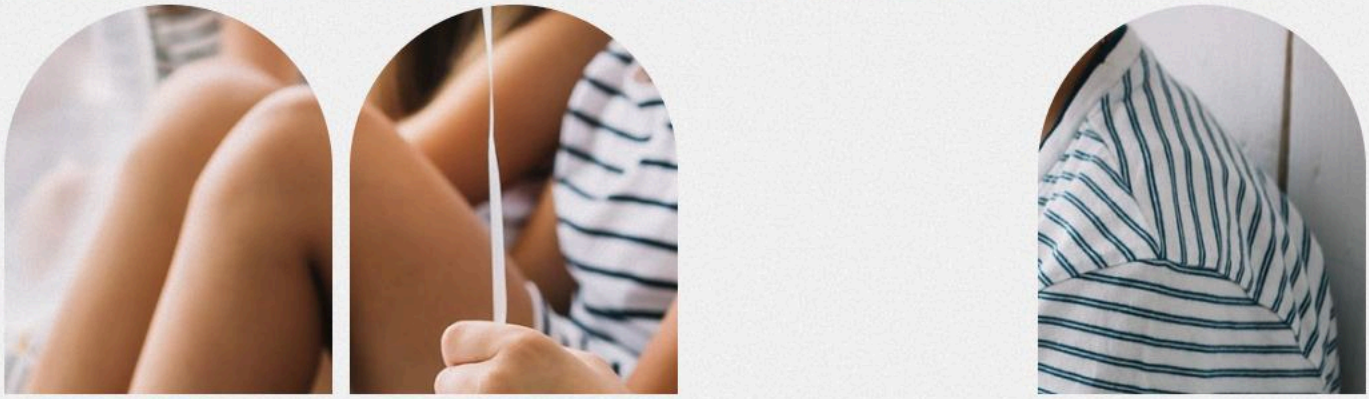
8th International Scientific-Practical Conference

RAISING A RESILIENT GENERATION: STRENGTHENING CHILDREN'S AND YOUNG PEOPLE'S RESILIENCE TO ENVIRONMENTAL INFLUENCES AND PSYCHOACTIVE SUBSTANCE USE









2026-04-08

VU Medical Science Centre Žaliųjų Ežerų str. 2, Vilnius, Lithuania

Streaming online

The conference is intended for representatives of municipal administrations and municipal public health bureaus, as well as stakeholders from the education, research and health sectors, representatives of schoolchildren and youth, and anyone interested in issues related to children's and adolescents' environmental health and the prevention of psychoactive substance use.

Faculty of Medicine

NTAKD DRUG, TOBACCO AND ALCOHOL CONTROL DEPARTMENT

Nordic Council of Ministers Office in Lithuania 35 YEARS IN LITHUANIA

LINEŠA LITHUANIAN NON-FORMAL EDUCATION AGENCY

World Health Organization Lithuania

Preamble:

Continuing the implementation of the 2030 Agenda for Sustainable Development, fulfilling the commitments made at the Seventh Ministerial Conference of the WHO European Environment and Health Process, and taking into account the priority areas set out in the Child and Adolescent Health Strategy 2026–2030 “A Healthy Start for a Healthy Life”, adopted at the 75th session of the World Health Organization Regional Committee for Europe, the aim of this year’s conference is to discuss commercial determinants of children’s and young people’s health. The conference will focus on the risks associated with psychoactive substance use, the nutrition of children and young people, and the impact of the digital environment.

Conference Programme

9:30 - 10:00 | **REGISTRATION AND WELCOME COFFEE**

PART I

CONFERENCE OPENING

Moderators:

Prof. Rimantas Stukas
Director of the Institute of Health Sciences, Faculty of Medicine, Vilnius University, Head of the Department of Public Health

Mantė Žutautaitė
Public Health Bachelor’s Student, Faculty of Medicine, Vilnius University

10.00-10.30

WELCOME ADDRESSES

Prof. Dalius Jatužis
Dean of the Faculty of Medicine, Vilnius University

Ingrida Zurlytė
Head of the World Health Organization Country Office in Lithuania

Ole Andreas Lindeman
Director of the Nordic Council of Ministers Office in Lithuania

Prof. Saulius Čaplinskas
Member of the Seimas of the Republic of Lithuania
Chairman of the Addictions Commission

Dr. Marija Jakubauskienė
Minister of Health of the Republic of Lithuania

10:30-10:50

Protecting Children's Health: Addressing the Commercial Determinants of NCDs

Dr. Kremlin Wickramasinghe
Regional Adviser, World Health Organization Regional Office for Europe

10:50-11:10

The Effects of Smoking on the Lungs

Prof. Edvardas Danila
Professor, Faculty of Medicine, Institute of Clinical Medicine, Clinic of Thoracic Diseases, Immunology and Allergology, Vilnius University
Head of the Pulmonology and Allergology Centre at Vilnius University Hospital Santaros Klinikos, pulmonologist

11:10-11:30

When It Hurts to Grow Up: What Does a Young Heart Miss? Addiction from a Teenager's Perspective

Gabija Vitkevičiūtė
Addiction Counselor
Integrative and Body Psychotherapy Therapist

11.30-11.40

EXERCISE BREAK

(VU Health and Sports Centre)

11:40-12:00

Educational Materials for Nicotine Prevention among Children and Youth

Siw Anna Wernberg

Special Adviser, Department of Health Promotion and Primary Healthcare Danish Health Authority

12:00-12:20

Forward an Evidence Based Addiction Prevention Policy in Schools and Municipalities in Latvia

Sanita Lazdina

Deputy Head, Division for Mental Health, Addiction Prevention and Integrated Care, Ministry of Health of the Republic of Latvia

Ilze Straume

Director, Health Promotion Department, Centre for Disease Prevention and Control

12:20-12:40

Building a Healthier Future: Finland's Youth-Focused Tobacco and Nicotine Policies

Reetta Honkanen

Senior Specialist Ministry of Social Affairs and Health of the Republic of Finland Department for Safety, Security and Health Wellbeing and Health Protection Unit

12:40-13:00

From NGO Initiative to Strategic Partnership with the State – The Story of Launching the KiVa Program and Scaling its Implementation in Estonia Over the Past 13 Years

Kristiina Treial

Co-Founder and Quality Manager of the Bullying-Free School Foundation, Estonia

13:00-14:00

LUNCH BREAK

PART II

Moderator of the session:

Diana Aleksejevaitė
Events Coordinator, Healthy Lifestyle Division, Lithuanian Agency for Non-Formal Education

14:00-14:20

Choose Consciously - a School Without Bad Habits

Kaunas district Students of Piliuona Gymnasium /
Pupils of Elektrėnai Versmė Gymnasium

14:20-14:40

Resilience of Children and Adolescents in the Commercial and Digital Environments: What ESPAD 2024 Data Shows

Prof. Aelita Bredelytė
Professor at the Department of Nursing of Klaipėda University

14:40-15:00

Lifestyle Changes of School-age Children in 2016-2024

Gabija Bulotaitė
Head of the Research and Innovation Development Division of the Institute of Hygiene
Doctoral student, Department of Public Health, Faculty of Medicine, Institute of Health Sciences, Vilnius University

15:00-15:20

Legal ≠ Safe. Let's not Confuse Permission with Security

Darius Sadaunykas
Head of the Tobacco and Alcohol Control Division of the Department of Drugs, Tobacco and Alcohol Control and

Kristina Smilgytė
Advisor to the Prevention Coordination Division of the Department of Drugs, Tobacco and Alcohol Control

15:20-15:40

COFFEE BREAK

PART III

Moderators of the session:

Dr. Rita Sketerskienė
Director of the Department of Drugs, Tobacco and Alcohol Control,
Professor of Partnership, Faculty of Medicine, Institute of Health Sciences, Department of Public Health, Vilnius University

Tėja Lukošiūtė
Member of the Board of the Student Union of Lithuania

14:20-14:40

Health Promoting and Active School: a Comprehensive Approach to Creating a Child- and Youth-friendly Environment

Nijolė Paulauskienė
Chief Specialist of the Health Promotion Division of the Institute of Hygiene, Coordinator of Health Promoting and Active Schools

16:00-16:20

Social Campaign "Let Experience – Don't Taste": Prevention Through Experience

Miglė Lazinkaitė
Coordinator of the Children and Youth Health Promotion Department at the Vilnius City Municipal Public Health Bureau "Vilnius Sveikiau"

16:20-16:40

Social Networks: Benefits or Harms to Children's Health?

Robertas Basijokas
Master's Degree in Public Health, Faculty of Medicine, Vilnius University

Assoc. Prof. Donatas Austys
Associate Professor at the Institute of Health Sciences, Department of Public Health, Faculty of Medicine, Vilnius University

16:40-17:00

CONFERENCE SUMMARY