

Ain't no mountain high enough

Citation for published version (APA):

Leijdesdorff, S. M. J. (2021). *Ain't no mountain high enough: How to improve access to youth mental health care*. Maastricht University. <https://doi.org/10.26481/dis.20210409sl>

Document status and date:

Published: 01/01/2021

DOI:

[10.26481/dis.20210409sl](https://doi.org/10.26481/dis.20210409sl)

Document Version:

Publisher's PDF, also known as Version of record

Please check the document version of this publication:

- A submitted manuscript is the version of the article upon submission and before peer-review. There can be important differences between the submitted version and the official published version of record. People interested in the research are advised to contact the author for the final version of the publication, or visit the DOI to the publisher's website.
- The final author version and the galley proof are versions of the publication after peer review.
- The final published version features the final layout of the paper including the volume, issue and page numbers.

[Link to publication](#)

General rights

Copyright and moral rights for the publications made accessible in the public portal are retained by the authors and/or other copyright owners and it is a condition of accessing publications that users recognise and abide by the legal requirements associated with these rights.

- Users may download and print one copy of any publication from the public portal for the purpose of private study or research.
- You may not further distribute the material or use it for any profit-making activity or commercial gain
- You may freely distribute the URL identifying the publication in the public portal.

If the publication is distributed under the terms of Article 25fa of the Dutch Copyright Act, indicated by the "Taverne" license above, please follow below link for the End User Agreement:

www.umlib.nl/taverne-license

Take down policy

If you believe that this document breaches copyright please contact us at:

repository@maastrichtuniversity.nl

providing details and we will investigate your claim.

Propositions accompanying the dissertation

Ain't no mountain high enough

How to improve access to youth mental health care

Sophie Leijdesdorff

1. Despite the individual and societal burden of their mental health problems, almost 75% of young people seeking help at youth walk-in centres is currently not receiving the required care (this dissertation).
2. Lack of mental health literacy, shame, and avoiding to place a burden on other people leads to late recognition and acceptance of mental health problems among young people (this dissertation).
3. Youth driven, professionally supported walk-in services offering peer-to-peer counselling -such as @ease- are urgently needed, appreciated by youth, and feasible (this dissertation).
4. Transitional psychiatry teams, working multidisciplinary, provide continuity of care around the age of 18 and achieve significant treatment effects (this dissertation).
5. Funding for longitudinal research into interventions for children of parents with mental disorders is essential for earlier detection and intervention of mental disorders (Nel Petilon et al., 2010).
6. A clinical staging model may help to validate the boundaries of current or newly defined clinical entities (Patrick McGorry et al., 2006).
7. Numbers are like a frosted glass window on reality: you only see the contours (Sanne Blauw).
8. Knowledge on accessibility and youth-friendly care can be transferred to traditional mental health services.
9. If you can think about quantum theory without getting dizzy, you don't get it (Niels Bohr).
10. Mens sana in corpore sano (Decimus Junius Juvenalis).
11. Je weet één ding zeker: het gaat nooit zoals je denkt (Herman Leijdesdorff).