

KALININGRAD HEALTH SERVICE DEPARTMENT
IMMANUEL KANT STATE UNIVERSITY OF RUSSIA
SWEDISH EAST EUROPE COMMITTEE

International Conference

***TOWARDS MENTAL HEALTH THROUGH
COOPERATION BETWEEN DIFFERENT
SPECIALISTS***

October 8th – 11th 2008

Kaliningrad
2008

Lecturers

Lars Borgquist, Professor, Sweden

Robertas Bunevicius, Professor, Lithuania

Elena Chernienko, Professor, Russia

Ulf Eriksson, MD, Family physician, Sweden

Tatyana Judeeva, Professor, Russia

Valery Krasnov, Professor, Russia

Irina Kuznetsova, Professor, Russia

Steven Linton, Professor, Sweden

Wolfgang Rutz, Professor, Sweden

Katarina Skogman Pavulans, MD, PhD, Sweden

Nadezhda Tarabrina, Professor, Russia

Nina Vanchakova, Professor, Russia

Vladimir Voyceh, Professor, Russia

Larisa Zhitnikova, Professor, Russia

Preliminary Programme

Venue – Immanuel Kant State University of Russia, Kaliningrad
Aleksandra Nevskogo street, 14

Wednesday October 8th

During the Day Registration (Hotel Kaliningrad)

19.00 Get together party (Concert Hall)

Thursday October 9th

8.30-9.00 Registration

9.00-9.30 Opening ceremony:

Prof. Dr. Andrey Klemeshev – Rector of Immanuel Kant State University of Russia

Mrs Elena Klyikova – Minister of Kaliningrad public health service department

Representative of SEEC

Chair **Dr. Vladimir Pereima** and co-chair **Dr. Olle Hollertz**

9.30-11.40 Plenary lectures: (15-20 min.)

Chair – Valery Krasnov

Irina Kuznetsova: «The system of values of Russian culture»

Valery Krasnov: «Interaction specialists to assist with mental disorders in a primary health network»

Wolfgang Rutz: «Cooperation between primary care and psychiatry – achievements, problems, challenges, gender aspects»

Lars Borgquist: «Mental Disorders in Sweden during 50 years – glimpses from a primary care perspective»

Nina Vanchakova: «The main cohort of patients with psychiatric and counselling in St. Petersburg and most relevant clinical and organizational problems of this direction»

Katarina Skogman: «Understanding suicidality: Suicide risk, sex differences and views of suicide attempters»

Vladimir Voyceh: «The dynamics of suicides in Russia's regions»

11.40-12.30 Coffee and sandwich

12.30-14.30 Group works (number of groups depending on number of delegates)

Tentative topics:

- What are the main causes of the suicide rate in Kaliningrad Oblast?
- How to reduce the number of suicides?
- What can be learnt from neighbouring countries?

- What kinds of resources are needed?
- The role of mass media in changing the attitudes towards psychiatric patients and psychiatric problems?

14.30-15.00 *Coffee and sandwich*

15.00-16.30 *Plenary reports from group work by secretaries.*

19.00 Restaurant «Zazhda» (shopping center «Plaza»)

Friday October 10th

Chair – Robertas Bunevicius

9.00-11.40 Plenary lectures: (15-20 min.)

Nadezhda Tarabrina: «Stress and traumatic stress»

Elena Chernienko: «The Organization of medical care by doctors of primary health care for patients with depressions»

Tatyana Judeeva: «The role of the family in organizing assistance to patients with mental disorders»

Robertas Bunevicius: «Bridging general medicine and psychiatry in primary health care: Lithuanian experience»

Larisa Zhitnikova: «Psychosomatic disorders in primary health care»

Ulf Eriksson & Steven Linton: «The relevance of cognitive behavioural therapy for psychiatry and primary care»

11.40-12.30 *Coffee and sandwich*

12.30-14.30 Group work (prel. 4-5 groups, depending on number of delegates)

Tentative topics:

- The role of primary care as regards psychiatric needs?
- What psychiatric competence is needed for primary care practitioners? What psychiatric competence do primary care practitioners have?
- How should/could psychiatrists and primary care practitioners cooperate to improve mental health?
- How to counteract the stigmatisation of psychiatric patients?
- How can Kaliningrad Oblast set a good example in the work with mental health problems?
- Is it possible to influence factors (socioeconomic and others) which contribute to a better mental health, by political decisions?
- Who (not WHO) is responsible to use official declarations of Mental Health?
- How does the medical multidimensional dream team look like and who is responsible for the decisions taken by the members of the team?

14.30-15.00 *Coffee and sandwich*

15.00-16.30 *Plenary reports from group work by secretaries.*

Saturday October 11th

During the day – departure of participants

