



Ministry of Health  
of the Republic of Kazakhstan



United Nations Children's Fund  
(UNICEF)



Ministry of Education and Science  
of the Republic of Kazakhstan



with the Co-Sponsorship of  
World Psychiatric  
Association



National Mental  
Health Center



Al-Farabi Kazakh  
National University



Under the patronage of  
European Psychiatric  
Association



Public Foundation  
«Bilim foundation»



under the patronage of  
European Brain Council

## 1<sup>st</sup> INTERNATIONAL CONFERENCE “PROMOTING THE MENTAL HEALTH AND WELLBEING OF CHILDREN AND ADOLESCENTS” AGENDA

**VENUE:** al-Farabi Kazakh National University, 71 al-Farabi Ave., Almaty, Kazakhstan  
**DATE:** 19-20 January 2018

**FIRST DAY, Friday, 19<sup>th</sup> January, 2018**

### Plenary session

**Venue:** Library of al-Farabi University, main conference room (4 floor)

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| 08:00 – 08:50 | Registration  |
| 09:00 – 09:25 | Conference opening by adolescents with short introduction from UNICEF   |
| 09:30 – 10:00 | Welcome Addresses   |
| 10:00 – 10:20 | <b>Dr. Nina Ferencic</b> , Senior Regional Adviser on Adolescent Health, Development and Participation, UNICEF Regional Office for ECAR<br><b>“Supporting adolescent development and wellbeing by building on their strengths and resilience”</b>   |
| 10:20 – 10:40 | <b>Prof. Afzal Javed</b> , President-Elect of the World Psychiatric Association (UK/Pakistan)<br><b>“Mental Health in Different Cultures”</b>   |
| 10:40 – 11:00 | <b>Dr. Dan Chisholm</b> , Programme Manager for Mental Health, WHO Regional Office for Europe, and <b>Dr. Chiara Servili</b> , Technical Officer, Department of Mental Health and Substance Abuse, WHO Headquarters<br><b>“Mental health issues among children and adolescents in Europe and Central Asia: prevalence and implications”</b> |
| 11:00 – 11:20 | <b>Prof. Pierre-Andre Michaud</b> , Faculty of biology and medicine, Lausanne University (Switzerland)<br><b>“Adolescent Mental Health and Prevention of Self-Harm: an Integrated Approach”</b>   |

11:20 – 11:50	<i>Break</i>
11:50 – 12:10	<b>Prof. Jorge Lopez-Castroman</b> , Nîmes University Hospital, Montpellier University. Co-Chair of the Section of Suicide and Suicide Prevention of the European Psychiatric Association – (France / Spain) <b>“Integrating Mental Health into Primary Health Care”</b>
12:10 – 12:30	<b>Dr. Nikolay Negay</b> , General Director of the National Centre for Mental Health of the Ministry of Health of the Republic of Kazakhstan (Kazakhstan) <b>“Reforming Mental Health in Kazakhstan”</b>
12:30 – 12:50	<b>Prof. Vladimir Carli</b> , Senior Lecture at the National Centre for Suicide Research and Prevention of Mental Ill-Health (NASP) at Karolinska Institutet. Co-Director of the WHO Collaborating Centre for Research, Training and Methods Development in Suicide Prevention (Sweden) <b>“Role of schools in promoting and strengthening mental health and wellbeing of children and adolescents”</b>
12:50 – 13:10	<b>Prof. Philippe Courtet</b> , Montpellier University. Chairman of the “Suicide” Task Force of the World Federation of Societies of Biological Psychiatry (France) <b>“Understanding Suicide Today”</b>
13:10 – 13:30	<b>Prof. Marco Sarchiapone</b> , University of Molise. Chair of the Section of Suicidology of the European Psychiatric Association (Italy) <b>“Adolescent Mental Health Promotion and Suicide Prevention in Kazakhstan”</b>
13:30 – 13:50	<b>Nicolas Avril</b> and <b>Alexis Palfreyman</b> , ITAD (“Monitoring and Evaluation for International Development”) <b>“Findings of an External Evaluation of the Adolescent Mental Health Promotion and Suicide Prevention Programme in Kazakhstan”</b>
13:40 – 15:30	<i>Lunch / Poster Walk (in the Lobby of the University Library, 4<sup>th</sup> floor)</i>

## **15:30 – 17:30 Afternoon Parallel Panel Sessions**

### **PANEL SESSION 1.1**

#### **Integrating Mental Health into Primary Health Care. Mental health Care**

**Moderators:** prof. Jorge Lopez-Castroman and prof. Sagat Altynbekov

**Key presentation:** prof. Jorge Lopez-Castroman (20-minute presentation и 20-minute for discussion, Q&A): **Integrating Mental Health into Primary Health Care**

Presenters (10-minute presentation):

1. **Prof. Saida Yeshimbetova**, Kazakh-Russian Medical University, Department of Psychiatry and Narcology  
“Integration processes in the service of mental health. The role of child and adolescent psychiatric care”

2. **Prof. Kairatbek Sarsembayev**, Asfendiyarov Kazakh National Medical University, Department of Psychiatry and Narcology #1  
“The role of a general practitioner in the detection and prevention of mental (suicidal) disorders”
3. **Dr. Bakhytzhan Ashirbekov**, National Centre for Mental Health of the Ministry of Health of the Republic of Kazakhstan  
“About clinical way of overcoming crisis in psychiatry”
4. **Assel Ibrayeva**, Asfendiyarov Kazakh National Medical University, Department of Psychiatry and Narcology  
“Syndrome of emotional burnout as an indicator of the quality of psychiatric care provision”
5. **Akbota Kanderzhanova**, School of Medicine, Nazarbayev University  
“Awareness, perceptions and understanding of postpartum mood disorders among postpartum women at the outpatient clinics of the corporate fund “University Medical Center” in Astana city”

*DISCUSSION, Q & A*

**PANEL SESSION 1.2**

**The Role of Schools in Promoting Mental Health and Suicide Prevention**

**Moderators:** prof. Vladimir Carli and prof. Zhanna Kalmatayeva

**Key presentation:** prof. Vladimir Carli (20-minute presentation и 20-minute for discussion, Q&A): School-based mental health promotion and suicide prevention

Presenters (10-minute presentation):

1. **Olga Nestertsova**, Center for Mental Health Center of Almaty city  
“The causes and recommendations for preventing and strengthening mental health of schoolchildren and adolescents”
2. **Dr. Anar Karazhanova**, Медицинский университет Астана  
“Research of the effectiveness of preventive programs aimed at the formation of the basic properties of mental health student’s in the Kazakhstan”
3. **Dinara Osanova**, Жамбылский областной психиатрический диспансер  
“Strengthening mental health of children and adolescents”

*DISCUSSION, Q & A*

**PANEL SESSION 1.3**

Suicidal Behavior, Depression and Anxiety in Adolescents

**Moderators:** prof. Judit Balázs and prof. Korlan Saduakassova

**Key presentation:** prof. Judit Balázs (20-minute presentation и 20-minute for discussion, Q&A): Suicide among Adolescents: Sub-threshold of Depression and Anxiety

Presenters (10-minute presentation):

1. **Prof. Korlan Saduakassova**, Asfendiyarov Kazakh National Medical University  
“Genetic genes polymorphism of genes, potential markers of suicide and depression risks in the Kazakh population”
2. **Dr. Natalia Raspopova**, Asfendiyarov Kazakh National Medical University, Department of Psychiatry and Narcology  
“Mechanisms of suicidal behavior among patients with mental disorders”

3. **Alnur Oshibayev**, al-Farabi Kazakh National University  
“A modern express method of psychodiagnostics in the determination of emotional disorders and the level of stress among adolescents”

*DISCUSSION, Q & A*

## **SECOND DAY, Saturday, 20<sup>th</sup> January, 2018**

### **Plenary session**

**Venue:** Library of al-Farabi University, main conference room

- 10:00 – 10:20      **Prof. Vladimir Carli**, Senior Lecture at the National Centre for Suicide Research and Prevention of Mental Ill-Health (NASP) at Karolinska Institutet. Co-Director of the WHO Collaborating Centre for Research, Training and Methods Development in Suicide Prevention (Sweden)  
**“Effective Approaches in the Prevention of Suicides among Adolescents”**
- 10:20 – 10:30      Questions and answers
- 10:30 – 10:50      **Prof. Paul Plener**, Deputy Medical Director at the Department of Child and Adolescent Psychiatry and Psychotherapy, University of Ulm (Germany)  
**“How to plan and develop an effective response to address children’s and adolescents’ suicidal behaviours and related mental health conditions”**
- 10:50 – 11:00      Questions and answers
- 11:00 – 11:20      **Prof. Judit Balázs**, Head of the Department of Developmental and Clinical Child Psychology of Institute of Psychology, Eotvos Lorand University, (Hungary)  
**“State of the Art in Management of Suicidal Behaviours among Adolescents”**
- 11:20 – 11:30      Questions and answers
- 11:30 – 11:50      *Break*
- 11:50 – 12:10      **Prof. Vladimir Carli**, Senior Lecture at the National Centre for Suicide Research and Prevention of Mental Ill-Health (NASP) at Karolinska Institutet. Co-Director of the WHO Collaborating Centre for Research, Training and Methods Development in Suicide Prevention (Sweden)  
**“Mental Health of Adolescents in Conflict with the Law”**
- 12:10 – 12:20      Questions and answers
- 12:20 – 12:40      **Prof. Marco Sarchiapone**, University of Molise. Chair of the Section of Suicidology of the European Psychiatric Association (Italy)  
**“Mental Health Needs of Adolescents in Conflict with the Law: Findings from Kazakhstan”**
- 12:40 – 13:00      Questions and answers. Closing plenary.

13:00 – 14:00 Lunch break / Presentation of the “Zhastar” (Youth) – tool for capacity building, identification of risks, and support for large scale adolescent mental health, life skills promotion, and suicide prevention (by Public Foundation “Bilim Foundation”, Kazakhstan)

## 14:00 – 15:30 Afternoon Parallel Panel Sessions

### PANEL SESSION 2.1

#### **Innovative technologies to promote the mental health of children and adolescents**

**Moderators:** prof. Prof. Vladimir Carli and prof. Belgibai Shahmetov

**Key presentation:** prof. Vladimir Carli (20-minute presentation и 20-minute for discussion, Q&A): **Applying Innovative Technologies to Promote the Mental Health of Children and Adolescents**

Presenters (10-minute presentation):

1. **Svetlana Bogatyreva**, NGO "Woman's Leadership Fund"  
“An empirical pilot project aimed at preventing suicidal behavior among adolescents”
2. **Akbota Tolegenova**, School of Medicine, Nazarbayev University  
“Prevalence of internet addiction and its association with mood and sleep disorders among adolescents in Astana”
3. **Gulzira Janabel**, National Centre for Mental Health of the Ministry of Health of the Republic of Kazakhstan  
“Problem gambling and its association with depression, anxiety and suicide ideation among undergraduate students in Astana”

*DISCUSSION, Q & A*

### PANEL SESSION 2.2

#### **Management of adolescents exposed to traumatic childhood events, maltreatment and violence**

**Moderators:** prof. Paul Plener and prof. Botagoz Jarbussynova

**Key presentation:** prof. Paul Plener (20-minute presentation и 20-minute for discussion, Q&A): Management of adolescents exposed to traumatic childhood events, maltreatment and violence

Presenters (10-minute presentation):

1. **Jana Chihai**, Psychiatric Department, State Medical and Pharmaceutical University, Nicolae Testemitanu, Republic of Moldova. Senior Community Mental Health Advisor, Trimboș Moldova, "Support for the Reform of Mental Health Services in Moldova" project  
“Adverse childhood experiences and association with health risk behaviours and health problems in university students from Republic of Moldova”
2. **Aliya Almagambetova**, Semey State Medical University  
“Effectiveness of psychotherapeutic methods to increase stress resistance and social-psychological adaptation among the 1<sup>st</sup> year students of Semey State Medical University”
3. **Irina Rakisheva**, Community of Psychoanalytic Psychotherapy  
“Psychoanalytic psychotherapy as a method of strengthening the mental health of children and adolescents”

*DISCUSSION, Q & A*

### **PANEL SESSION 2.3**

The Role of the System of Higher Education and Postgraduate Training in Promoting Mental Health of Young People

**Moderators:** prof. Gulnara Kapanova and prof. Jorge Lopez-Castroman

Presenters (10-minute presentation):

1. **Prof. Gulnara Kapanova**, al-Farabi Kazakh National University  
“Genetic genes polymorphism of genes, potential markers of suicide and depression risks in the Kazakh population”
2. **Dr. Gainel Ussatayeva**, al-Farabi Kazakh National University  
“Training in the psychology of children's and adolescents' health in the Master's program in the specialty "Public Health”
3. **Dr. Zhazira Utepbergenova**, al-Farabi Kazakh National University  
“The role of the higher school in the training of nurses of general practice on strengthening the mental health of children and adolescents”
4. **Maulenova Bakhyt**, al-Farabi Kazakh National University  
“Increasing the legal knowledge of doctors for the protection of mental health of minors”
5. **Kainysh Baimaganbetova**, Center for Special Social Services №1. Almaty city  
“Training of psychiatric service in the Republic of Kazakhstan”
6. **Gulzhan Altybayeva**, Semey State Medical University  
“Predisposing factors of suicidal risk among 1<sup>st</sup> year students of Semey State Medical University”
7. **Gulsim Burakhanova**, Semey State Medical University  
“Suicide prevention measures among 1<sup>st</sup> year students of Semey State Medical University”
8. **Nursultan Seksenbayev**, Semey State Medical University  
“Addictive behavior as a predictor of suicide risk among 1<sup>st</sup> year students of Semey State Medical University”

*DISCUSSION, Q & A*