

Children, Society and Future:
Proceedings of the III Congress on Mental Health:
Meeting the Needs of the XXI Century

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Дети. Общество. Будущее:
обзор сборника научных статей III конгресса
«Психическое здоровье человека XXI века»

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Abstract. The paper presents a review of the Collection of Research Papers of the *III Congress on Mental Health: Meeting the Needs of the XXI Century — CHILDREN, SOCIETY AND FUTURE*. The authors are medical and non-medical specialists from more than 130 research and educational institutions located in Russia, USA, Canada, Germany, UK, Israel, Spain, Greece, Brazil, Mexico, Portugal, Thailand, Belorussia, and Kyrgyz Republic. They share the latest results of research and practical activities on a wide range of mental health problems of children and adolescents in different areas of scientific knowledge including general medicine, psychiatry, psychotherapy, psychology, social policy, education, law, economics, sports and art. Scientific and practical evidence and approaches to solving problems in the field of mental health and well-being of children and adolescents, presented in an interdisciplinary format and described in more than 200 articles, provide invaluable reference materials for researchers and practitioners. The variety of topics and approaches to solving certain mental health problems of children and adolescents, touched upon in the works of representatives of different disciplines, reflects the breadth of search for general and specific

answers to the most complex and painful questions, which in most cases requires thoughtful interdisciplinary interaction. To show this in all possible completeness and at the same time to try to stimulate the further development of these promising trends is the main goal of this Collection. The e-version of the collection is available on the Union for Mental Health website: <http://www.mental-health-congress.ru/en/>

Keywords: *III Congress; mental health and well-being of children and adolescents; prevention; treatment and rehabilitation; mental disorders; difficult life situation; gifted children*

Аннотация. В статье представлен обзор сборника научных статей III конгресса «Психическое здоровье человека XXI века» — «Дети. Общество. Будущее». В издание включены статьи медицинских и немедицинских специалистов в сфере охраны психического здоровья по различным академическим дисциплинам, в том числе по общей медицине, психиатрии, психологии, социологии, педагогике, юриспруденции, экономике, спорту, искусствоведению. Ученые из более чем 130 научных, образовательных учреждений России, Канады, США, Германии, Великобритании, Израйля, Испании, Греции, Бразилии, Мексики, Португалии, Таиланда, Республики Беларусь, Кыргызской Республики делятся новейшими результатами научно-исследовательской и практической деятельности по широкому кругу проблем психического здоровья детей и подростков. Научно-практические данные и подходы к решению проблем в сфере охраны психического здоровья детей и подростков, представленные в междисциплинарном формате и описанные в более чем 200 статьях сборника, содержат бесценные справочные материалы для исследователей и практиков. Разнообразие затронутых в работах представителей разных дисциплин тем и подходов к решению тех или иных проблем психического здоровья детей и подростков отражает характерную для современного этапа развития науки и общества в целом широту поиска общих и частных ответов на наиболее сложные и наболевшие вопросы, требующие в большинстве случаев продуманного междисциплинарного взаимодействия. Показать это во всей возможной полноте и одновременно попытаться стимулировать дальнейшее развитие указанных перспективных тенденций является основной целью настоящего сборника. С электронной версией сборника можно ознакомиться на сайте Союза охраны психического здоровья: <http://www.mental-health-congress.ru/ru/>

Ключевые слова: *III конгресс; психическое здоровье и благополучие детей и подростков; профилактика; лечение; реабилитация; психические расстройства; трудная жизненная ситуация; одаренные дети*

Under preparation of the III Congress on Mental Health: Meeting the Needs of the XXI Century with the major theme “CHILDREN, SOCIETY AND FUTURE” the Collected Research Papers were published on 26 June 2020. The authors of the two-volume proceeding of the Congress are medical and non-medical specialists from 130 research and educational institutions located in Russia, USA, Canada, Germany, UK, Israel, Spain, Greece, Brazil, Mexica, Portugal, Thailand, Belorussia,

and Kyrgyz Republic. The research papers cover different areas of scientific knowledge in the field of mental health and well-being in children and adolescents, including general medicine, psychiatry, psychotherapy, psychology, social policy, education, law, economics, sports and art.

The Collection is composed of two volumes and includes a total of 217 research papers. Its structure is represented by eight sections:

1. Prevention of mental disorders to promote the mental health and well-being of children and adolescents (58 papers).
2. Treatment and rehabilitation for the mental health and well-being of children and adolescents (48 papers).
3. The mental health and well-being of gifted children (19 papers).
4. The mental health and well-being of children and adolescents in difficult life situations (13 papers).
5. The impact of sports on the mental health and well-being of children and adolescents (24 papers).
6. The impact of culture and art on the mental health and well-being of children and adolescents (18 papers).
7. The role of education in the mental health and well-being of children and adolescents (16 papers).
8. Legal, economic and policy frameworks concerning the mental health and well-being of children and adolescents (21 papers).

Thus, only about a quarter of the articles in this collection are devoted to highly specialized medical aspects of mental health in childhood and adolescence, which require appropriate consideration within the framework of the classical diagnostic and treatment paradigm, which can be conditionally designated as a “negative” (psychopathological) component of the global topic of mental health, in while the rest $\frac{3}{4}$ articles in different ways reveal and analyze its numerous “positive” (resource) aspects that are directly related to the life and work of all members of modern society, without exception, and not just people with mental disorders in a specific age range.

The idea of a broad, comprehensive, interdisciplinary approach to solving any mental health issues at the present stage of human development, proclaimed by WHO and leading international and national scientific, state and non-governmental organizations, was not only a theoretical basis, but also a practical setting that has always been guided by the Union for Mental Health of Russia as the initiator and organizer of the Congresses on Mental Health held since 2016. In line with this, the Collected Research Papers “CHILDREN, SOCIETY AND FUTURE” — 2020 preserves and develops the best features of the 2016–2018 Congresses collections and the traditional approaches to discussing pressing problems of mental health protection in modern world.

It is quite logical that this collection opens with a section dedicated to the *prevention of mental disorders and the promotion of mental health of the younger generation*, which, moreover, turned out to be the most voluminous. Justification of “early intervention”

as a fundamental tool of modern neuropsychology (C. Anauate, E. Peters Kahhale) from the very beginning orients us in terms of the need for early involvement of the child, starting from the prenatal period, in the process of directed optimization of the development of his nervous system and psyche in accordance with the principles that were developed by such world renowned scientists as A. R. Luria (USSR) and R. M. Reitan (USA). The paper by Z. M. Glozman discusses the possibilities of the Lurian qualitative approach in analyzing the results of psychometric testing, identifying the mechanisms of the observed defects, determining the zone of proximal development of the child and building an adequate individualized program of neuropsychological correction. Executive functions (D. G. Nemeth, K. Mckenzie Chustz) are at the same time crucial for the development of the child and his success in school and are potentially more important than traditional IQ indicators (U. León-Domínguez, M. R. Domínguez-Morales). The relevance of early intervention is also confirmed in connection with the growing prevalence of prematurity cases, potentially carrying a higher risk of autism spectrum disorders, attention deficit hyperactivity disorder and other mental disorders at different stages of ontogenesis (E. Afrange), including childhood psychoses (N. A. Mazaeva, A. G. Golovina), and disorders of mental development at an early age (M. V. Ivanov et al.). According to I. E. Kupriyanova, the mental state of the mother can also have an adverse effect on the cognitive, social and emotional development of the child due to impaired interaction between them. In a sense, the statistical data for the Russian Federation given by B. A. Kazakovtsev shows the synchronous course of processes of changes in the indicators of primary morbidity with mental disorders and the dynamics of indicators characterizing the pathological course of pregnancy and childbirth. As a result, calls for a joint analysis of the psychophysiological health of the child and his parents in order to more effectively prevent mental disorders at an early age (I. N. Galasyuk) acquire a deeper meaning.

One of the primary mental health problems of children and adolescents in the modern world is the prevalence and socio-psychological specificity of suicidal behavior (M. M. Reshetnikov; V. A. Rozanov, A. S. Rakhimkulova). According to B. S. Polozy, despite the positive overall trend in the reduction of the frequency of completed suicides in recent years in Russia, in a number of its administrative entities the frequency of suicides has a high and even ultra-high level (O. P. Stupina et al.; I. F. Timerbulatov). In this regard, new approaches to the prevention of suicidal behavior among adolescents, are highly relevant. These include the opportunities provided by the Internet and social networks: psychoeducational work, dialogue platforms, psychotherapeutic sites with the possibility of online psychotherapy, anti-suicidal programs for mobile devices (A. Ya. Basova, Yu. V. Severina), with the obligatory consideration of the ambiguous influence Networks for suicidal behavior in various adolescent groups (E. B. Lyubov; A. G. Sofronov et al.). It is fairly noted that effective prevention of suicidal behavior is possible only with a systematic interdepartmental approach (Y. Sh. Vasyanina, E. O. Boyko), which is also stated in the special section "Suicide

Prevention” of the Program of the Government of the Kyrgyz Republic on the protection of mental health of the population for 2018–2030 (T. I. Galako).

Among the most pressing mental health problems in childhood and adolescence, the increasingly frequent extreme manifestations of aggression and auto-aggression (V. G. Kaleda et al.), protest and refusal reactions, adolescent alcoholism, eating disorders are traditionally considered (S. I. Gusev, L. G. Ustyantsev; O. Yu. Milushkina et al.; A. F. Minullina). The psychopathological symptomatology of the non-psychotic level in childhood and adolescence, which causes the greatest differential diagnostic difficulties, is specifically considered (E. Evtushenko, M. F. Timerbulatova; V. V. Ruzhenkova). Based on a psychological survey of more than 2000 respondents, D. M. Ivashinenko et al. note the presence of a close relationship between aggression among young people and the severity of early maladaptive schemes. The deviations of sexual behavior and sexual education of adolescents are still a field of problems, without the solution of which it is impossible to ensure a high quality of life and mental health of the younger generation (L. N. Rybakova).

Given the high urgency of affective pathology in childhood and adolescence, the research of I. S. Karaush and B. A. Dashieva should be noted. It is dedicated to the methodological aspects of early diagnosis and prevention of affective disorders in adolescents, in which special attention is paid to negative life events in the framework of the family functioning of adolescents. The problem of the negative impact of school exams on the emotional well-being of schoolchildren and reflections on the possibility of considering exam preparation as a health-preserving resource for personal and mental development in adolescence are presented in the article by T. B. Kiseleva and S. P. Filippov. Other authors very sharply raise the question of creating preventive programs to prevent bullying — school bullying (N. V. Chernov et al.) and cyberbullying (D. N. Pukhov et al.), which are increasingly considered as obvious predictors of emotional and behavioral disorders in childhood and adolescence.

The second section of the collection is devoted to the *treatment, rehabilitation and recovery of mental disorders and developmental disorders in children and adolescents*. The research held by K. V. Abramova et al. examines the current state of the problem of compliance to psychopharmacological treatment in parents of children with mental disorders and focuses on the inclusion of the family in the treatment process, cooperation between parents and medical specialists. According to O. F. Pankova et al., the provision of the most effective and safe psychiatric care for children and adolescents is hindered by the lack of clear and regularly updated recommendations for drug therapy, and the ethically and legally uncertain situation with the prescription of psychotropic drugs in childhood and adolescence. The authors propose to seek authorization for the wider use of “off label” principles in child psychiatric practice, in line with the 2007 FDA consensus.

Chronic somatic diseases in children of early age, as a rule, are aggravated by emotional disorders, which require differentiated psychological assistance, and sometimes an individual program of comprehensive rehabilitation, as described by M. S. Afonina

and A. M. Gerasimov. In its turn, T. W. Olivier considers neuropsychological examination and support of children with complex medical problems to be necessary. Based on a multimodal model, involving the phased use of psychopharmacotherapy and somato-endocrine correction methods by a multidisciplinary group of specialists, children and adolescents with eating disorders should be treated (E. E. Balakireva).

It is known that the number of HIV-infected is growing rapidly, including many children and adolescents. These children, like adults, often suffer from depression and anxiety disorders, have neurocognitive impairments of varying severity. In the article by Yu. B. Barylnik et al. the corresponding review of research data is given. In this regard, the development of a special approach to work with HIV-infected adolescents to maintain their adherence to treatment is shown as the most relevant (M. Yu. Gorodnova). The paper by E. V. Bachilo discusses the mental disorders that occur in pregnant women with HIV, as well as approaches to their correction.

The traditional medical and psychological problem of childhood is mental retardation. And here the need for differentiated psychological support of such children in an inclusive education comes to the fore (N. V. Babkina), as well as the problem of the psychological health of parents as the main factor for psychological and pedagogical support of the family of a child with developmental disabilities (A. V. Davtyan et al.). It should also be noted the great importance of clinical and genetic studies, in particular, of patients with mental underdevelopment with chromosomal syndromes (I. V. Kanivets et al.), as well as an interesting project of a summer program for the rehabilitation of executive functions, the development of emotional and social skills in adolescents with neurocognitive deficits (F. Pastrana et al.). The A. E. Puente's message inspires to merge the Russian and Western approaches in order to create a unified theoretically complete and practically effective neuropsychology.

Autism spectrum disorders (ASD) are currently the focus of attention in various scientific and practical disciplines. N. V. Simashkova et al. present the most significant Russian achievements in the field of clinical biology, prevention and rehabilitation of autism spectrum disorders. A. A. Koval-Zaitseva discusses the current state of the problem of impaired social perception in children with ASD. A. F. Shaposhnikov and R. V. Kondratyev describe the features of eating disorders in preschool children with ASD. Positive changes in attitudes towards patients with ASD in the general population of Greece are reported by R. I. Kouznetsov and E. Jelastopulu. O. V. Balandina et al. present a detailed analysis of the system of comprehensive care for children with ASD in the Volga Federal District. T. A. Solokhina et al. analyze the quality of institution-based and community-based psychosocial rehabilitation services in children and adolescents in the Volga Federal District due to the results of the survey initiated and supported by the Union for Mental Health.

Child and adolescent schizophrenia is of steady interest for psychiatry. The article by M. A. Kalinina discusses the prospects for early detection, treatment, prevention, as well as the prevalence of schizophrenic spectrum disorders in children from hereditarily burdened families. A. V. Kulikov presents a comparative analysis of catatonic and catatonic-regressive manifestations in psychotic forms of ASD and childhood schizophre-

nia. The possibility of psychological rehabilitation of young patients with schizophrenic spectrum disorders based on the principles of creative expression therapy is proved in the article by O. B. Levkovskaya and Yu. S. Shevchenko.

Clinical-psychological and therapeutic-diagnostic aspects of Internet addiction in children and adolescents are discussed in the works of V. L. Malygina et al., and L. O. Perezhogin.

The second volume of the Collection opens with a *section on the mental health of gifted children*. The phenomenon of “double exclusivity,” implying a combination of giftedness in any area with impairments that entail difficulties in learning, communication, etc., is analyzed in the article by Yu. D. Babaeva. The author proposes to abandon the habit of reducing giftedness to a high level of development of abilities, and to understand it as a systemic quality of the psyche. Approximately the same position is held by L. N. Kotlyarova and D. B. Bogoyavlenskaya. D. B. Bogoyavlenskaya presents her own method of psychodiagnosics of giftedness in children, as well as discusses the neuropsychological aspects of its development during childhood. E. S. Zhukova, V. M. Karlyshev, and A. V. Rendikov presents the health-preserving education technologies as a necessary condition for the all-round development of a gifted person. The paper of V. I. Panov is of great practical interest in this regard where special mental states are considered, reflecting strategies for overcoming critical educational situations by gifted children. The increased interest in the problem of giftedness in recent years necessitates a content analysis of scientific publications on this topic, showing the close relationship of theoretical, empirical and practical models in ongoing research (E. P. Fedorova).

The *section devoted to the mental health of children and adolescents in difficult life situations* is extremely relevant. One of the most painful and complex problems of our time is the problem of orphanhood (E. A. Bogdanova), with which the problem of social and psychological readiness of adoptive parents is inevitably combined (A. A. Aldasheva et al.). According to N. L. Belopolskaya, distortions of the ideas of deviant adolescents about ideal parents often lead to various deformations of ideas about their life path and subsequent psychosocial maladjustment. Also, one cannot underestimate the importance of a psychologically safe environment in educational institutions for the successful adaptation of children, especially those with orphan experience (E. V. Valkova, E. N. Tikhomirova). There is no doubt that there is a high risk of maladjustment of a child in conditions of divorce of parents (N. E. Lysenko) and immigration (N. V. Spokoinaya). Concomitant neurotic disorders have a very negative impact on the behavior of difficult adolescents, including those who commit illegal acts (M. A. Klinova et al.), while physical culture and sports undoubtedly contribute to the improvement of their psycho-emotional state (S. A. Vorobiev, M. P. Gavrilova). A separate and increasingly discussed topic is sexual abuse of children and adolescents on the Internet (E. V. Nutskova). Within the framework of child abuse, it, along with others, should be resolved on the basis of interagency interaction (I. A. Margolina, N. V. Platonova).

The topic of *the impact of physical culture and sports on the mental health of children and adolescents* is fruitfully considered in a special section. Classes in adaptive physical

culture and adaptive sports have long been considered an effective way of medical and psychosocial rehabilitation (T. I. Olkhovaya), including in a children's psychiatric hospital (K. V. Abramov et al.). The involvement of disabled children, including mental ones, to participate in the All-Russian physical culture and sports campaign "Ready for Labor and Defense" opens up for them the prospect of systematic training in adaptive physical culture and adaptive sports (A. V. Aksenov, I. G. Kryukov).

The active development of sports for persons with intellectual disabilities in the Russian Federation began in 2012 after the International Paralympic Committee (IPC) recognized the sport of persons with intellectual disabilities and included it in the program of the XIV Paralympic Games 2012 in London. The article by O. S. Vozniak analyzes the dynamics of sports development for people with intellectual disabilities in the Russian Federation for the period 2012–2018 where a tendency for a steady increase in the number of people is noted. According to S. A. Vorobiev and E. S. Naboychenko, the Paralympic sports program should be expanded to three functional classes including persons with intellectual disabilities, ASD and Down syndrome (A. S. Makhov). The rehabilitation possibilities of such types of adaptive sports as swimming, sailing and a number of others are convincingly substantiated in the works of N. Yu. Zykova, V. S. Kulikov, and N. S. Skok. The summary for this section can be called two articles by S. P. Evseev, in which the current state and prospects of the development of the adaptive sports are considered, as well as the main psychological aspects of the training process.

The impact of culture and art on the mental health and well-being of children and adolescents is considered in the special section. A. B. Afonin and M. S. Abadzheva write about the huge role of theater pedagogy and social theater for educating and improving the quality of life of children with special needs. Clinical, social and pedagogical models of art therapy, dance and movement therapy intended for children and adolescents with fears, mental retardation, multiple disorders and other medical and psychological problems are discussed in the articles of authors from different countries (L. A. Belozorova; M. V. Ermakova et al.; Zh. I. Glazunova; T. V. Kadinskaya; L. G. Khaet; I. R. Khokh; A. I. Kopytin; N. R. Nazarova; S. Yu. Pastukhova; N. V. Romashkina).

The section on the role of education in the mental health and well-being of children and adolescents considers associated themes. Education for children with disabilities and those over the age of 18 is now considered an integral part of their comprehensive rehabilitation (E. V. Morozova, E. V. Zhukova). Moreover, educational technologies are extremely important at all stages of prevention of mental health disorders in childhood and adolescence (N. Siricharoen). According to V. V. Rubtsov and A. V. Konokotin, the inclusion of children with special educational needs and normatively developing children in jointly distributed educational activities is a necessary condition for the development of their higher mental functions, as well as for the organization of inclusive education. Modern neuropsychology plays an important role in the education and training of disabled people (J. Quintino-Aires). High requirements are also imposed on the teaching staff. The inclusive competence of the teacher (E. L. Indenbaum; S. G. Shabas) does not exclude

a creative approach with an emphasis on developing self-help skills, positive thinking, and conscious building of personal success (A. B. Prusak).

The solution of many of the above-mentioned issues of mental health of children and adolescents is impossible without improving their legal regulation and, first of all, without systematizing the relevant normative legal acts (K. I. Korobko). The section on *legal, economic and policy frameworks concerning the mental health and wellbeing of children and adolescents* covers the wide range of relevant issues. The widespread introduction of some promising diagnostic methods, such as genodiagnosics, is hindered by a number of unresolved legal problems (A. A. Mokhov), including the danger of various forms of discrimination (A. N. Levushkin). According to I. M. Matskevich, the modern criminal law does not take well new scientific data from the field of neuroscience. Due to existing legal restrictions, it is still very difficult to conduct clinical and pharmacological studies with children (Kh. A. Rasayeva), including providing them with necessary medicines (R. R. Niyazov et al.). Such issues as legal regulation of aggressive behavior of minors at school in the absence of parental consent (M. N. Maleina), family participation in the development strategy of the child mental health service (M. A. Bebchuk), as well as the creation of a legal institute of distributed custody (A. V. Pekshev) are also relevant. The comparative analyses of organizational and legal instruments for the protection of mental health of children and adolescents in the European Union and in the Russian Federation presented by E. O. Pazyna is of particular interest as it reviews legal, economic and policy frameworks concerning the mental health and wellbeing of children and adolescents in different socio-economic contexts.

Thus, the above review of the collected research papers of the III Congress on Mental Health: Meeting the Needs of the XXI Century — “CHILDREN, SOCIETY AND FUTURE” demonstrates a very wide field of problems, as well as proposals for their solution in the above-mentioned area and, in our opinion, well reflects the current state of the mental health care of the younger generation both in the world and in Russia.

Original manuscript received September 04, 2020

Revised manuscript accepted October 01, 2020

First published online February 08, 2021

To cite this article: Borodin, V. I., & Treushnikova, N. V. (2021). *Children, society and future: Proceedings of the III Congress on mental health: Meeting the needs of the XXI century. Lurian Journal*, 2(1), pp. 97–106. doi: 10.15826/Lurian.2021.2.1.6