

ter ozaveščanje splošne javnosti. V projektu MOČ so se zdravstveni delavci, delavci na področju socialnega varstva in policisti usposabljali za prepoznavanje težav v duševnem zdravju in tveganja za samomorilno vedenje, vzpostavljena je bila mreža svetovalnic, potekale so aktivnosti ozaveščanja in program za krepitev duševnega zdravja strokovnjakov. V projektu SUPER PSIHOLOG so se na področju duševnega zdravja usposabljali psihologi, razvit je bil sistem supervizirane prakse psihologov začetnikov. V projektih smo ugotovili, da imajo strokovnjaki, ki delujejo na področju duševnega zdravja, potrebo po dodatnih znanjih in veščinah. Pri njih je nujno še bolj sistematično razvijati znanja s tega področja in krepiti strokovno kompetentnost. Širšo javnost je treba ozaveščati o duševnih motnjah, pomenu kvalitetnih strokovnih storitev in razpoložljivih storitvah. V simpoziju bomo predstavili glavne ugotovitve projektov in smernice za usposabljanje strokovnjakov ter ozaveščanje javnosti.

Prispevki znotraj simpozija

MOČ – Help to people, knowledge to experts

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General goal of the project MOČ was to increase the level of mental health services in Slovenia. Furthermore, the project had two specific goals; to (i) increase the number of trained professionals for recognition of mental health distress and suicidal risk and (ii) upgrade the existing counselling services and establish new ones in deficient regions. A training programme for professionals aimed at recognition of mental health problems and suicidal behaviour was delivered at site. Furthermore, a mindfulness-based program was provided to the same group of professionals. New (6) psychological counselling services were established and new programmes were offered next to individual counselling in already existing counselling centres (3). A campaign was launched to raise awareness on mental health and suicide prevention. Training programme on mental health issues and suicide prevention was well received by primary health care and other professionals working with vulnerable population. Professionals expressed a desire in further training and attending mindfulness programmes. A great need for counselling services was shown; however attendance was greater in pre-existing counselling centres. The evaluation revealed that individuals are inclined to awareness campaigns on mental health, although not evenly throughout regions. More than half of the interviewed have already experienced mental distress, but only half of them have sought help. The recommendations deriving from the project are compatible with legislative documents in the field of mental health. It would be advisable to support, develop and keep the network of counselling centres; however reasons for smaller attendance in vulnerable regions need to be explored. Also, reasons for the gap between those in need of help and those seeking help should be investigated. Knowing the causes for the gap in treatment and search for help would offer opportunities to further develop measures in the field of mental health in Slovenia.

Public Awareness Campaign on Mental Health and Suicide Prevention

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Stigmatizing attitudes toward depression are important barriers in obtaining professional help. Knowledge and understanding of depression should be promoted in society, hopefully leading to reduced stigma and increased help-seeking. For addressing the public appropriately, WHO's Guidelines for Responsible Reporting on Suicide are available. In the project MOČ, we conceived from September until October 2015 a public awareness campaign addressing mental health issues and suicide prevention on multiple levels. It focused on the TV ad; other elements included leaflets, posters, and radio broadcasts. In accordance with WHO's Guidelines, imagery showing suicidal methods, use of sensationalistic language and direct references to suicidal behaviour were avoided. The present research evaluated the public awareness campaign on a representative sample of adult Slovene population (N = 594) via an on-line questionnaire four months after the campaign had finished, measured attitudes towards seeking professional psychological help using standardized Inventory of Attitudes toward Seeking Mental Health Services (Mackenzie et al., 2004) and linked those attitudes to mental health indicators in Slovenia. Evaluation findings show that the campaign message and elements did not interfere with the likability of the campaign and understanding of the campaign message. The campaign encouraged individuals to seek additional information on mental health issues. Awareness campaign materials (TV ad, posters and leaflets) were more frequently noted in the North Eastern regions of Slovenia, where indicators of mental health are low, although individual elements of the campaign were noted to a different degree by different target groups. Results regarding attitudes toward seeking mental health services revealed that people in Slovenia are generally inclined towards seeking psychological help, however, there are important differences among different target groups which need to be addressed when designing public awareness messages. More than half of the interviewed have already experienced mental distress, although only half of the distressed have sought help. The reasons for this »treatment gap« should be studied in the future, which would enable us to develop new evidence based intervention strategies encouraging people to seek help.

SUPER PSIHOLOG 1: Usposabljanje psihologov za vodenje supervizirane prakse in skrb za duševno zdravje

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V projektu Supervizirana praksa psihologov: Razvoj programa usposabljanja mentorjev in modela supervizirane prakse – SUPER PSIHOLOG smo razvili celosten program usposabljanja mentorjev supervizirane prakse, ki vključuje tri module. V modulu 1 se mentorji usposobijo za prepoznavanje in razvijanje specifičnih strokovnih kompetenc pri psihologih

začetnikov in za ocenjevanje, ali je psiholog začetnik pripravljen za samostojno izvajanje psihološke dejavnosti. V modulu 2 mentorji spoznajo metode in razvijejo večšine supervizije, naučijo se vzpostaviti ustrezen supervizijski odnos, podpreti profesionalno rast mentorirance in reflektirajo svoje izkušnje z izvajanjem supervizije. V modulu 3 spoznajo načine prepoznavanja, preventivnega delovanja na področju duševnega zdravja in krepitve duševnega zdravja pri sebi in mentorirancih. Skozi usposabljanja se tako mentorji naučijo podpirati osebno rast, skrb za duševno zdravje in etično strokovno delovanje mentorirancev. Prispevek bo predstavil vsebine posameznih modulov usposabljanja. Predstavil bo rezultate evalvacije usposabljanja in pridobljene izkušnje. Predstavil bo tudi smernice za usposabljanje psihologov za vodenje supervizirane prakse in na področju duševnega zdravja. Vključevanje psihologov v taka usposabljanja in stalni strokovni razvoj na področju duševnega zdravja lahko prispeva k višji kakovosti psiholoških storitev.

SUPER PSIHOLOG 2: Supervizirana praksa psihologov

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V projektu Supervizirana praksa psihologov: Razvoj programa usposabljanja mentorjev in modela supervizirane prakse – SUPER PSIHOLOG smo razvijali sistem supervizirane prakse v Sloveniji. Supervizirana praksa pomeni opravljanje prvega leta psihološke dejavnosti pod supervizijo usposobljenega supervizorja, mentorja supervizirane prakse. Supervizirana praksa psihologov začetnikov je učinkovit način za zagotavljanje visoko kakovostnih psiholoških storitev. Med supervizirano prakso psiholog začetnik razvije tiste kompetence, ki jih med študijem še nikakor ni mogel: razvije svojo poklicno vlogo, integrira praktična in teoretična znanja ter večšine in jih uporabi v konkretnem delovnem okolju, usposobi se za delo s specifičnimi skupinami klientov, razvije profesionalno odzivnost in samorefleksijo, sooči se z realnimi etičnimi dilemami. Pri tem nujno potrebuje pomoč, podporo in usmerjanje. To mu lahko nudi izkušen in za mentoriranje usposobljen psiholog, ki ve, katere kompetence je potrebno razvijati pri psihologu začetniku in na kakšen način. Cilj projekta je bil vzpostaviti vzdržen in trajnosten sistem supervizirane prakse, v katerega se bodo sčasoma lahko vključili vsi, ki bodo želeli začeti z opravljanjem psihološke dejavnosti. V projektu smo poleg razvoja programa usposabljanja mentorjev supervizirane prakse razvili in preizkusili model izvajanja supervizije, v katerem se mentor in mentoriranec srečujeta vsaka dva tedna v rezerviranem času in analizirata ter reflektirata mentorirančeve izkušnje. Mentorji se vključujejo v redno supervizijo, kjer analizirajo in reflektirajo svoje mentoriranje. V prispevku bomo predstavili razviti model supervizirane prakse in sistem za njeno spremljanje. Predstavili bomo, kako bo izvajanje supervizirane prakse psihologov potekalo v prihodnosti.

Varieties of impulsivity in opiate and stimulant users

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Impulsivity is implicated both as an antecedent risk factor and a consequence of drug addiction. However, progress in the field is hampered by the multi-dimensionality of impulsivity, which is characterized by multiple personality, psychiatric, and neurocognitive dimensions that are rarely examined concurrently within the same population. Further, our understanding of how the different dimensions of impulsivity are manifested in users of different classes of drugs is limited by the high rates of polysubstance dependence among drug users. To circumvent these methodological challenges, we have developed a program of addiction research in Bulgaria, where we have access to mono-substance dependent («pure») heroin and amphetamine users. We have conducted one of the most comprehensive characterizations of the multiple dimensions of impulsivity among 248 Bulgarian drug users (93 heroin, 81 amphetamine, and 74 polysubstance-dependent individuals) and 157 non-substance dependent controls. Our results reveal significant differences in neurocognitive, personality, and psychiatric manifestations of impulsivity in users of different classes of drugs. In addition, we found different associations of impulsivity dimensions with HIV risk behaviors among opiate and stimulant users. Overall, our findings suggest that opiate and stimulant addictions may be driven by different underlying mechanisms, thereby challenging the unitary account of drug addiction.

Prispevki znotraj simpozija

Personality, psychiatric, and neurocognitive manifestations of impulsivity among opiate and stimulant users

Jasmin Vassileva

Psychopathy and impulsivity among opiate and stimulant users

Kiril Bozgunov

Associations of different dimensions of impulsivity with HIV risk behaviors among opiate and stimulant users

Georgi Vasilev