



**CONGRESS ON MENTAL HEALTH:
MEETING THE NEEDS OF THE XXI CENTURY**

**International Conference
«Mental Health in the Workplace»**

**8 October 2016,
Azimut Moscow Olympic Hotel (Theater Hall, Moscow, Russia)**

Professional activity is the most important sphere of human life, and professional identity almost universally serves as the foundation of personal identity, thereby determining the entire hierarchy of needs and spiritual meanings of each individual and the whole society. The more the society is developed, and, accordingly, the higher the level of its production's development, the more attention should be paid to such a factor as mental health in the workplace.

The International Conference "Mental Health in the Workplace" will focus on development of practical recommendations for mental health care in the workplace, including identification of new areas in the comprehensive study of the problem at the interdisciplinary and inter-sectoral levels.

The Conference's objectives are as the following:

- Creation the platform for the international expert community represented by professionals in the field of public health, labor & social security, politics, science & education, art & culture, sport & physical fitness, economics & law as well as government, business & community sectors leaders to deliver a concerted stance on mental health maintenance in the workplace.
- Identification of the most important predictors of human mental health in the workplace and revealing new approaches to organizing activities for its preservation and improvement.
- Overview of both the best practices and scientific achievements in the field of mental health sustaining in the workpla



PROGRAM

8 October (Saturday)

9.00 WHO Special Session (Volga Hall)
"Consultation on draft WHO Action Plan on dementia"
Chaired by: Dr. Shekhar Saxena, Director of the Department of Mental Health and Substance Abuse of the World Health Organization (WHO), Chair of the World Economic Forum's Global Agenda Council on Mental Health, MD

11.00 Coffee Break & Networking Activities (Olympic Restaurant, Angara Hall)
The Moscow Mental Health EXPO 2016
The Arts & Crafts Fair "The World of Special Masters"

11.30 Opening Ceremony (Theater Hall)
Welcome speeches
Mr. Grigoriy G. Lekarev, Deputy Minister of Labor and Social Protection of the Russian Federation
Mr. Hans-Horst Konkolewsky, Secretary General of the International Social Security Association (ISSA)

Mental Health in the Workplace: Challenges and Strategies

According to WHO, approximately 6% of the world population suffer from mental disorders; the problem which affects the lives and well-being of individuals, and imposes a substantial social and economic burden on society as a whole. Mental health related problems lead to a greater number of absences from work, compared with chronic somatic diseases, to temporary and permanent disability of the working population, and to early retirement. Keynote speakers will introduce strategic approaches to mental health at the workplace developed by major international organizations and networks.

Format: Presentations (15 minutes) followed by a panel discussion

Moderator: **Mr. Hans-Horst Konkolewsky**, Secretary General of the ISSA

Keynote speakers:

Fit Mind, Fit Job: From evidence to practice in mental health and work

Dr Veerle Miranda, Policy Analyst at the Division for Employment Analysis and Policy of the OECD Directorate for Employment, Labour and Social Affairs

Prevalence and prevention of mental health risks at work

Dr. Malgorzata Milczarek, Project Manager, European Agency for Safety and Health at Work

Seven actions towards a mentally healthy organization

Dr Shekhar Saxena, Director of the Department of Mental Health and Substance Abuse, WHO, Chair of the World Economic Forum's Global Agenda Council on Mental Health

Work integration for people with mental illnesses – the case of Canada

Dr Bonnie Kirsh, Department of Occupational Science and Occupational Therapy, University of Toronto

Mental health promotion at work – European models and experiences
Dr Richard Wynne, Director at the Work Research Centre, Ireland, Coordinator of the European Network for Mental Health Promotion

Work integration for people with mental illnesses – the case of Spain
Mr. Arturo Gonzalo Aizpiri, Corporate Director of People and Organization at Repsol, Member of Corporate Executive Committee, Member of Fundación Repsol Trust. Member of UNICEF Spanish Committee.

13.30 **Lunch & Networking Activities**
The Moscow Mental Health EXPO 2016 showcase
The Arts & Crafts Fair "The World of Special Masters"

14.30 **The Workplace and Mental Health: Corporative Approaches**
In modern labor markets the high working efficiency is a prerequisite for success in any field of activity, and the requirements for it are constantly increasing. Everyday stress and excess of intensive work (presenteeism, workaholism) contains a high risk of mental disorders and psychosomatic diseases. In connection with the ongoing economic recession, the burden of mental illnesses creates new challenges for employers and employees in virtually all countries of the world. The speakers will discuss differentiated approaches towards mental health maintenance in the workplace.

Format: Presentations (15-minutes) followed by a panel discussion
Moderator: **Prof. Alexander L. Safonov**, Pro-rector of the Academy of Labor and Social Relations, Doctor of Economics

Keynote speakers:

Mental health in the workplace: National policy in the Russian Federation
Prof. Alexander L. Safonov, Pro-rector at the Academy of Labor and Social Relations, Doctor of Economics

State policy on stress management in the workplace
Dr. Dmitry N. Platygin, Director at the Russian Scientific and Research Institute on Labor of the Ministry of Labor and Social Protection of the Russian Federation, PhD (Sociology)

Evaluation of factors increasing the stress levels in the workplace
Dr. Vitaly V. Fedin, Director General at the Self-regulatory organization “National Society of Auditors in the Labor Sphere”, PhD (Economics)

Occupational stress: medical and psychological grounds and socio-economic consequences
Prof. Igor V. Bukhtiyarov, Director at the Federal State Scientific and Research Institute of Occupational Health, Chief Specialist in Occupational Medicine of the Ministry of Health of the Russian Federation, Honored Scientist of Russia, MD

Mental health management in the workplace: effective approach to safety and working efficiency
Alexander Shtulman, Director General at the Corporate Health LLC

Means for Effective Human Resource Management

Dr. Alexander S.Evdokimenko, PhD (Psychology), Assistant Professor, National Research University "Higher School of Economics", Head of the Department on Business Analytics and Strategic Foresight at the International Center KTK

Peer Education in Mental Health

Eduard V.Gevorkian, Health Adviser, Shell Exploration and Production Services (RF) B.V.

Psychophysiological Means for Safety of the Nuclear Power Plant Staff

Elena D. Chernetskaya, Head of the Education and Methodological Center "Psychophysiological Provision for the Occupational Safety of Staff"

Mariya Yu. Kalinina, Chief of the Section on Social Policy of the HR Department, PhD (Medicine)

Larisa O.Andryushina, Chief specialist of the HR Department at the ROSATOM - Russian Federation national nuclear corporation, PhD (Psychology)

16. 30

Break

16.45

Vocational Rehabilitation and Employment for People with Mental Disorders

People with mental disorders face many barriers and disincentives when returning to work. As a rule they have the lowest rates of labor force participation, and the lowest employment among all disability groups while employment is crucial to their recovery process. Besides earning an income, work provides opportunities for social interaction, a means of structuring and occupying time, enjoyable activity and involvement, and a sense of personal achievement that encourages people to maintain their mental health. The key speakers will introduce policies and practices in the field of keeping people with mental disorders in employment or bringing those outside of the labour market back to it.

Format: Presentations (10 minutes) followed by a panel discussion

Moderator: Alexander L.Safonov

Keynote speakers:

BUSHE: to be better

Ekaterina Aksyenova, HR Director at the Bushe Company

Employment of people with developmental disabilities: corporate approaches

Natalia A. Spiridonova, HR Director at the JSC Independent Registrar Company

Supporting employment for people with developmental disabilities

Denise Roza, Director at the Russian disability non-governmental organization "Perspektiva" and the nonprofit organization "Best Buddies"

Occupational rehabilitation for people with mental disabilities

Arkady L. Shmilovich, President at the Russian non-governmental organization "Club of Psychiatrists", PhD (Medicine)

Maria S.Kulik, President at the Russian Charitable Foundation "Quality of Life"

Konstantin A. Lemeshko, psychiatrist at the Medical and Rehabilitation Department of the Mental Hospital #1 named after N.A.Alekseev of the Department of Health of Moscow

18.00

Coffee break

18.30

Final Discussions & Concluding Remarks (Volga Hall)

Delivery of the Declaration of the Congress on Mental Health: Meeting the Needs of the XXI Century".

