

# 20<sup>th</sup>

## Annual of the Egyptian Association for Mental Health ( E.A.M.H ) Conference

10<sup>th</sup> - 11<sup>th</sup>  
October 2018



Conference Venue  
Ministry of Health



National Training Institute Nasr City - Cairo (NTI)

President Conference

**Dr. Saeid Abdulazeem,**

Professor and Past Chairman Psychiatry department, Cairo University

Honorary President Conference

**Dr. Ahmed Gamal Mady Abou El-Azayem**

Consultant of Psychiatry and Addiction Treatment

# Welcome Message

## Dear Friends

The Egyptian Association for Mental Health is proud to have its 20Th Conference since it was founded 1949 aiming at promoting for Mental Health which is an integral part of health and well-being, as reflected in the definition of health in the Constitution of the World Health Organization : " Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity " Our conference comes usually on the occasion of the World Mental Health day that is held annually on the same day on the 10th of October. The theme of this year is :

## Young People Mental Health In A Changing World

Youngsters are constantly battling for better life while sometimes facing violations, wars and violence I the home, schools and businesses. Young people are spending sometimes most of their day on the internet- experiencing cyber crimes, cyber bullying, and playing violent video games.

Depression, Suicide and substance abuse number have been steadily rising. Youth are feeling alone and persecuted for being true to themselves. Young adults are at the age when serious antisocial attitudes and mental illnesses can occur and yet they are taught little to nothing about mental health and little or no psychiatric care especially in rural areas.

Like other aspects of health, youngsters can be affected by a range of socioeconomic factors that need to be addressed through comprehensive strategies for promotion, prevention, treatment and recovery in a whole-of-government approach. Determinants of mental health and mental disorders include not only individual attributes such as the ability to manage thoughts, emotions, behaviors ones and interactions with others, but also social, cultural, economic, political and environmental factors such as national policies, social protection, living standards, working conditions, and community social supports.

Exposure to adversity at a young age is an established risk factor for mental disorders. Depending on the local context, certain individuals and groups in society may be placed at a significantly higher risk of experiencing mental health problems and addiction. These vulnerable groups may ( but do not necessarily) include members of households living in poverty, people with chronic health confections, infants and children exposed to maltreatment and neglect, adolescents first exposed to substance use, minority groups, indigenous populations.

The current global financial crisis provides a powerful example of a macroeconomic factor leading to cuts in funding despite a concomitant need for mental health and social services because of higher rates of mental disorders and suicide as well as the emergence of new vulnerable groups.

We will welcome you to our conference to get the best of policies and programs to improve mental health of young people.

Thanks

Said Abdel Azim

*Said Abdel Azim*  
Conference Chairman



### ■ Conference president

Prof. Dr / Saied Abdulazeem

Professor and Past Chairman Psychiatry department, Cairo University

### ■ Vice-Presidents of the Conference

Prof. Dr / Menan Abd El – Maksoud

General secretary of mental health & Addiction treatment (GSMHAT)

Prof Dr / Fatma Mousa

Professor and Past Chairman of Psychiatry department, Cairo University

### ■ Honorary Chairman

Prof. Dr / Ahmed Gamal Mady Abou El Azayem

Senior Consultant Psychiatrist Dar Abou El Azayem. Mokattam, Cairo  
President Egyptian Association for Mental Health

### ■ Coordinator of the Conference

Dr. Mohamed Ahmed Gamal Mady Abou -El Azayem

Consultant psychiatrist and addiction treatment

## ADVISORY COMMITTEE

Prof. Dr Fatma Mousa

Prof. Dr Menan Abdel Maksoud

Prof. Dr Affaf Hamed

Prof. Dr Saeid Abdulazeem

Prof. Dr Hashem Bahary

Prof. Dr Mohamed Ghanem

Prof. Dr Amany Haroun

Prof. Dr Magda Fahmy

Prof. Dr Ashraf Mohamed Tantawy

Prof. Dr Abdulla Said Askar

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Prof. Dr Maged Bahey Eldin

Prof. Dr Rashad Abdul Latif

Prof. Dr Mohamed Fleifel

## SCIENTIFIC COMMITTEE

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Prof. Dr / Faten konsowa

Prof. Dr / Ahmed Mohamed Mohamed Abdullah

Prof. Dr / Eman Sorour

Prof. Dr / Sayed Risha

Prof. Dr / Rania Mamdouh

Prof. Dr / Nadia Gamal El Din

Prof. Dr / Gamal Fayed

Prof. Dr / Ashraf Shalaby

## ORGANIZING COMMITTEE

Ahmed Fahmy

Mahmoud Ahmed Gamal Mady Abou-Elazayem

Entsar Ahmed Ibrahim

Eslam Ali Elsayed

Mohamed Ragaey

### Participating Associations:

- Arab Federation for the Prevention of Addiction represented by  
**Professor Dr. Khalid Al- Saleh**
- Egyptian Association of Mental Health, represented by  
**Prof. Dr. Fatma Mousa - General Secretary**
- Egyptian Federation for Substance Abuse Prevention  
**Ahmd Abdel Latif - Vice President**
- General Association for Combating Drugs and Misuse, represented by  
**Major General Yousef Wesal**
- Ismailia Mental Health Association represented by  
**Prof. Dr. Raafat Ragab**
- Dr Ahmed Gamal Abou El- Azayen Social Foundation represented by  
**Dr. Ahmed Gamal Mady Abou Elazayem - Vice President**
- Social Solidarity Association for Combating Drugs and Alcoholism, represented by  
**Dr. Mahmoud Ahmed Gamal Mady Abou-Elazayem - Vice President**
- Dr. Ahmed Gamal Mady Abou Elazayem Psychiatric and addiction Treatment Hospital Elmokattam represented by  
**Dr. Ismaiel Fekry Mohamed Afifi**

### Conference Topics

1. Mental health strategies for young people
2. Economic impact of Mental Health services for young people
3. Psychological problems of young people in a changing world
4. School mental health
5. Adolescents Mental health
6. New psycho-Active drugs for young people
7. The importance of integrating mental care programs in primary care programs
8. Depression and suicide prevention
9. The relationship between addiction and terrorism
10. Prevention and early intervention programs to treat addiction
11. Arab National Substance Abuse Prevention and treatment programs that is compatible with Arab and Islamic Culture
12. Parent education and its importance for mental health
13. Development of human resources in the field of mental health services

### *workshops*

1. Rehabilitation Program for addicted girls
2. Cognitive behavioral therapy for obsessive compulsive disorder
3. Parenting Skills
4. Infant Mental health
5. Treatment programs for victims of violence

### *Registration Fees:*

#### **For Egyptian 400 L.E**

Include  
Conference attending  
Conference bag  
certificate

#### **Non-Egyptian 1500 L.E**

Include  
Conference attending  
Conference bag  
Certificate

20% discount before 1st October 2018

### *Workshop Registration*

#### **For Egyptian**

250 L.E

#### **NON-Egyptian**

750 L.E

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50% discount for final year students  
Those who attend 3 workshops will get one free workshop

### **Scientific Committee**

E-Mail To [Emrcwfmh@gmail.com](mailto:Emrcwfmh@gmail.com)

Deadline For Abstracts Submission 15Th September 2018.

Deadline For Workshops 1<sup>st</sup> October 2018

### *Payment methods*

The contributions are to be paid at Dar Abu Al-Azayem Hospital for Psychiatry and Addiction Treatment in Mokattam, to

Professor Sabry El-Nagar.

Contact: 01002190212

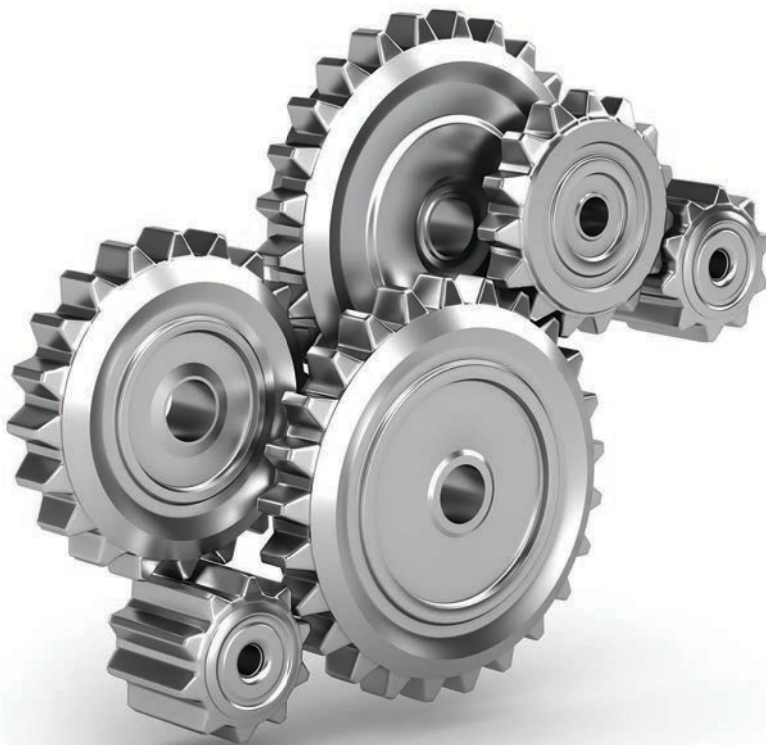
By bank transfer to

Bank name: National Bank of Egypt

Account Name: Dr. Ahmed Gamal Abu Al-Azayem Foundation

Account number: 4880001000002816

IN  
TEAMWORK,  
WE BELIEVE



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