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## Telepsychiatry for mental health of children and adolescents in the North

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Telepsychiatry is a modern organization of psychiatric service with help of information-communication technologies (ICT). This is important in North, considering its geographical and demographic features. In our project, psychiatric care rendered to children and adolescents is regarded as preventive. Sociological study was conducted among 546 specialists working in sphere of prevention in Arkhangelsk region in Russia. We assessed opinion on ways to improve prevention system for maintaining mental health. At the same time, we identified problems, main of which are availability of medical care and staffing problems. The proposal is to develop distance counseling in psychiatry. Given similarity of features of Northern Norway and Arkhangelsk region, as well as 25 years of experience in telemedicine in Norway, the Norwegian-Russian project has been under implementation since 2016. Main goal is to improve quality of prevention and treatment of people with mental disorders in remote areas by implementing ICT and practical solutions for e-health applications. Pilot areas have been selected, web-pages have been developed, skype-consultations have been given by doctors, psychologists, teachers. For first year project, positive feedback was received concerning implementation of e-health elements. Second year of project is devoted to network training, dissemination of experience in other areas. The acquired skills and knowledge, as well as encouraging positive results lead to fact that work will be continued as a part of our daily activities when the project is over. Basis for sustainable system for supporting remote areas will be activities of newly established "Distance Work Unit" at Arkhangelsk psychoneurological dispensary.

### Biography

Anna Ereemeeva took postdoctoral study at the Department of Psychiatry and Clinical Psychology, the Northern State Medical University (Arkhangelsk, Russia). PhD thesis defense is planned the fall of 2017. She is the Deputy Chief Doctor on prevention and interagency cooperation of the Arkhangelsk Psychoneurological Dispensary and the Chief External Child Psychiatrist-Drug addiction Specialist of the Ministry of Health of the Arkhangelsk region. She is the author of 25 publications, including 3 articles published in the leading scientific journals added by the Supreme Certifying Commission of Russia into the list of editions recommended for publication of the thesis works materials.

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