

Prof. Dr Lenče Miloševa, Faculty of Medical Sciences, Goce Delčev University, Štip
JFDP Alumna, MAAA member, Clinical Psychologist, and REBT&CBT Psychotherapist, Associate
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Building bridges of cooperation between
the United States and Macedonia

„Alumni encouraging community services and extracurricular activities“, Macedonian
American Alumni Association (MAAA) project supported by American Embassy in
Skopje, Republic of North Macedonia

Small grant Project : „***The Youth Mental Health Project : Understanding &
Supporting Youth Mental Health through lens of CBT (Cognitive-behavioral
therapy) and Neuroscience***“ (March - November 2023)

Project manager : Prof. Dr Lenče Miloševa, Full Prof. at Faculty of Medical Sciences,
Goce Delčev University, Štip, Clinical Psychologist, and REBT and CBT
Psychotherapist, JFDP Alumna, MAAA member, Associate Fellow of the Albert Ellis
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This small project is based on the scientific grounds of CBT as a “golden standard“ in
Psychotherapy named “*The Youth Mental Health Project: Understanding and
Supporting Youth Mental Health Through the Lens of CBT (Cognitive-behavioral
therapy) and Neuroscience*”. In collaboration with the Student Medical Organization of
Medical Students (SOMA), Faculty of Medical Sciences, Goce Delčev University, Štip,
under mentorship of the Prof Lenče Miloševa, especially with graduate and Ph.D
medical students, various extracurricular activities were organized to break the stigma
around mental health and raise awareness for it and the well-being as well as to
provide psychoeducation among the community members who cope with mental
health difficulties.

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The focus was on encouraging young people to be active society members and contribute to everybody's well-being. Under Prof. Miloševa's mentorship „CBT & Neuroscience Hub“ was established at the Faculty of Medical Sciences, Goce Delčev University – Štip. The Hub welcomed all interested students, professors, assistants, and youth who would like to contribute to multidisciplinary fields of Neuroscience, especially in CBT Psychotherapy, Clinical Psychology, Psychiatry, and Psychopathology. Different scientific, extracurricular activities were organized in order to empower universities, families, and communities to act with the knowledge, skills, and resources they need to support the mental health and well-being of the youth as a sustainable developmental goal.

On April 7, 2023, celebrating the Day of World Health and the Day of CBT, an online webinar was held on the topic “Eating disorders and efficacy of the CBT/REBT Psychotherapy treatment”. The workshop was organized by CBT& Neuroscience Hub and SOMA. The lecturer and mentor was Prof. Lenče Miloševa. Over 200 young people attended the event on the Microsoft Teams platform.

On May 19, 2023 with the same organization with students from the Faculty of Medical Sciences, UGD, another online webinar titled “Mindfulness integrated in CBT/REBT treatment of anxiety among youth” was held. The Lecturer and mentor was Prof. Lenče Miloševa. Over 250 medical students attended the event on the Microsoft Teams platform.

As part of the project activity, CBT & Neuroscience Hub and SOMA-Faculty of Medical Sciences invited Ph.D. and resident student in Psychiatry Dr. Dijana Miloševa to give a lecture in an online webinar titled “*Depression and Youth- From Youth to Youth*”. The online webinar was held on 22.09.2023 with great interest and participation of Graduated and PhD medical students. The goal was to establish and strengthen a network between PhD and Graduate students in the area of Mental health and well-being as a sustainable goal. The idea behind this workshop is that „Today volunteer tomorrow will become a leader“.

On 12.10.2023, at the Faculty of Philosophy, UKIM, Skopje, the student conference MEET was held. As a part of the CBT& Neuroscience Hub's project activity, Dr. Dijana Miloševa and Bojana Kacarova presented their scientific paper titled: *The effectiveness of cognitive-behavioral therapy (CBT) in the treatment of perinatal depression: a systematic review*.

Volunteer action took a part on 19.10.2023. Volunteers from CBT& Neuroscience Hub, Goce Delčev University, Štip, visited State High School Iskra, Štip, for education and rehabilitation. They donate medical balls and equipment for physical activities to the

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pupils from this school, spending time and enjoying with them in physical activities and conversation.

The final project activity took place at the Goce Delčev University. A Seminar titled „Youth Mental Health and well-being as a Sustainable Developmental Goal: Contribution of Cognitive Behavioral Therapy and Neuroscience,“ in the organization of Prof Miloševa, CBT & Neuroscience Hub, SOMA, Faculty of Medical Sciences, Goce Delčev University, Štip, was held on 20.10.2023. It was a huge interest for the event.

During the introductory motivational speech, the host, Prof Miloševa shared her successful professional and personal story connected with the benefits of the JFDP fellowship program, support from the American Embassy in Skopje, MAAA, the benefits of the collaboration with American Universities and colleagues, emphasizing how important is to contribute on voluntary base to the society .

Special guests at the seminar were the president of the MAAA, Ms. Verica Jordanova, and Mr. Gazmend Ilazi, the American Embassy in Skopje. Ms. Jordanova gave a speech about the importance of the project encouraging CBT & Neuroscience Hub to continue with their volunteer work in society.

Mr. Ilazi explained exchange programs, supported by the American Embassy in Skopje, and support from the State Department, giving the event an additional positive and encouraging message, for the young volunteers as leaders.

In the first part of the seminar, the invited expert in the field of Neuroscience, Prof MD Sašo Stojčev gave a lecture titled: *Stroke is not anymore related to only the elderly! What are the causes?* After the lecture, in an interesting discussion, Ph.D. students, assistants, graduate students, and residents discussed the prevention of brain stroke among young people.

Prof. Dr. Lenče Miloševa, REBT/CBT psychotherapist, and expert in the field of Clinical Psychology and Psychopathology, Faculty of Medical Sciences, Goce Delčev University, Štip, give a lecture titled: *Why Cognitive Behavioral Therapy is the Current Gold Standard of Psychotherapy?*

Mental health and well-being are the focus of interest of most young people who need to be heard, to share their experiences, to be taught how to preserve their and others' mental health, to prevent mental health difficulties, and to flourish in society.

In the spirit of the student's extracurricular and voluntary activities, and the logo: „Today volunteer tomorrow will become a leader“ the second section of the event was dedicated to the presentations of 8 Medical graduate students and Ph.D. students, the Faculty of Medical Sciences, and members of the CBT & Neuroscience Hub. Under Prof Miloševa`s mentorship, they presented their papers and analyses on different psychiatric disorders through Movie Arts with specific mental health thematics. The goal was to creative thinking, developing transversal skills to present mental

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illnesses from another, human perspective, raising awareness for youth`s mental
health, and fight against stigma.

<https://fmn.ugd.edu.mk/index.php/mk/vesti/166-mentalno-zdravje>

[https://mailchi.mp/af321686d0db/maaa-newsletter-
8776594?fbclid=IwAR3JM3Kyok14ZYwfiXrBMUFTmlmhmtLXY6BQSKtzzr1B6rgLsKPtbaXqzHM](https://mailchi.mp/af321686d0db/maaa-newsletter-8776594?fbclid=IwAR3JM3Kyok14ZYwfiXrBMUFTmlmhmtLXY6BQSKtzzr1B6rgLsKPtbaXqzHM)

Prof.Dr Lenče Miloševa and CBT & Neurosciences Hub, Faculty of Medical Sciences
are grateful for the opportunity to contribute to strengthening the cooperation and
building the bridges between the United States and North Macedonia.