

Project : The Youth Mental Health Project : Understanding & Supporting Youth Mental Health through lens of CBT (Cognitive-behavioral therapy) and Neuroscience, MAAA

Project manager: Prof. Dr Lenče Miloševa, Faculty of Medical Sciences, Goce Delčev University, Štip, MAAA member



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. Dr Lenče Miloševa, CBT & Neuroscience Hub, Student Organized Medical Association -SOMA, Faculty of Medical Sciences, Goce Delčev University, Štip, and Macedonian American Alumni Association (MAAA) was held on 20.10.2023 at the Goce Delčev University.

It was the final project activity from Prof. Miloseva`s small grant project in the frame of the „*Alumni encouraging community services and extracurricular activities*“, Macedonian American Alumni Association (MAAA) project supported by American Embassy in Skopje, Republic of North Macedonia. It was a huge interest for the event.

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

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, Medical Faculty, UKIM, Skopje**, 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, from 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 thematic. The goal was to creative thinking, developing transversal skills to present mental 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=IwAR3JM3Kyok14ZYwfiXrBMUFTmlmhmtLXY6BQSKtzr1B6rgLsKPtbaXqzHM>

**Prof. Dr Lenče Miloševa and CBT & Neurosciences Hub** at the Faculty of Medical Sciences, that was launched during this project, are grateful for the opportunity to contribute to strengthening the cooperation and building the bridges between the United States and North Macedonia.