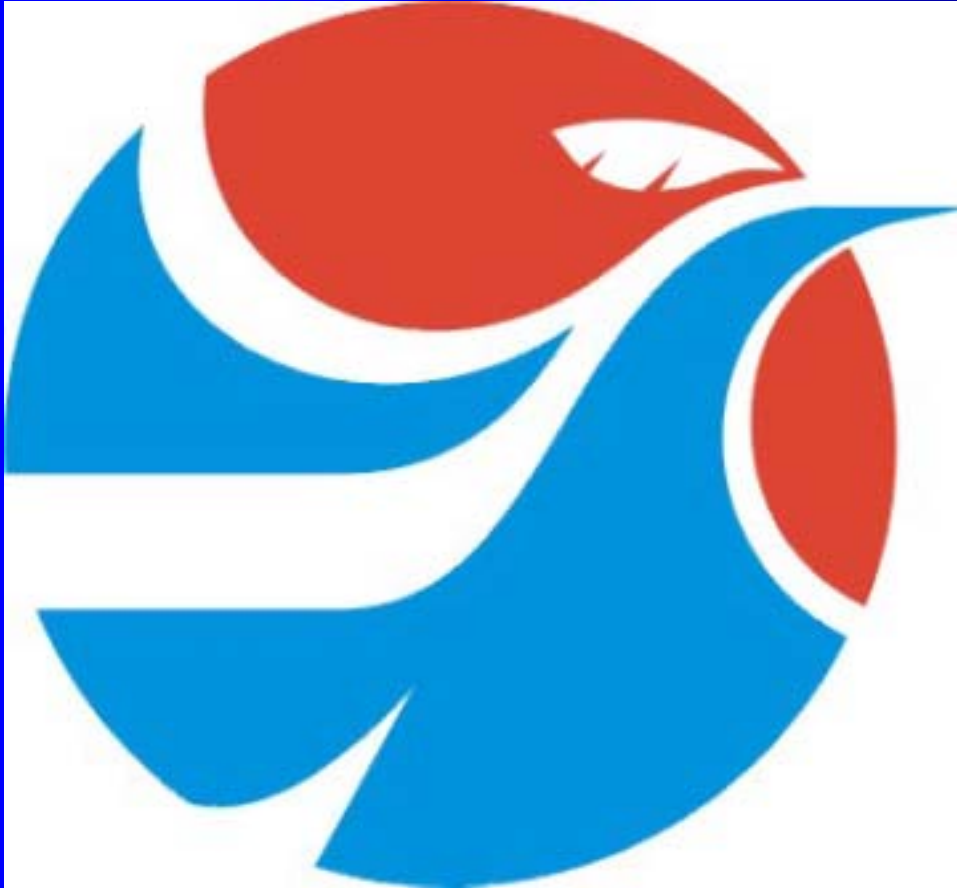




I'm Mrs. Tatiana
Bochkareva and I'm
the Doctor of
Medicine from Russia

My native town is Samara.

Samara is situated on the left
side of the great russian river
Volga.



- I was teaching at the Medical Institute and now I work in Samara Teacher's Retraining and Staff Development Institute (SIPKRO) at the problem of healthy way of life. I am the Director of the Volga Federal Center.



• Rector of the Samara
Teacher's Retraining and
Staff Development
Institute

• Dr. IGOR A. NOSKOV



- I would like to start my speech with the extract from the Bible: “ And the Lord said to the people: “ I offered you Life and Death; Blessing and Damnation. Choose Life for you and your posterity to live...”



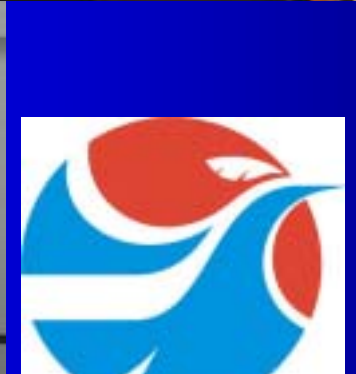
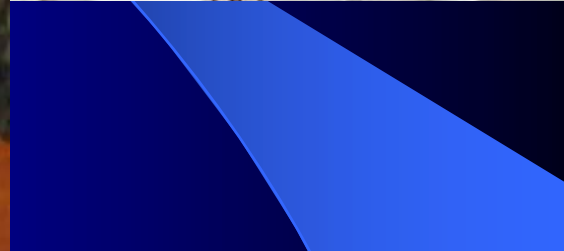
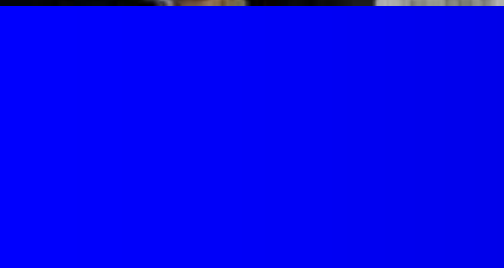
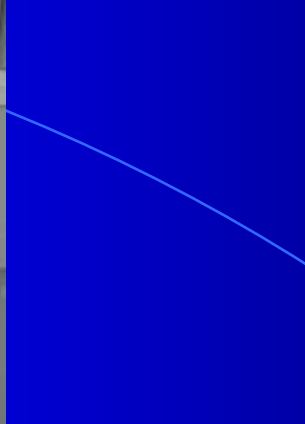
- Alcohol, drug abuse spread like epidemic at the beginning of the XX century.
- According to the information of the World Health Organization the total amount of the patients with the diseases caused by using of different psychoactive agents is more than 500 million people except tobacco smokers.



- The problem of drug abuse really became the problem of life and death. The use of alcohol and drugs by young people under age became the problem, causing a serious threat to the health of the population, to the economy of the country, the social sphere and the legal order during the last decade in Russia.
- Drug addiction steadily becomes “younger”. 8% of the young people use the drugs periodically in RUSSIA according to the most of social researches.



- The Volga Federal Center is created on the basis of Samara Teacher's Retraining and Staff Development Institute for prevention the addiction behavior of the children and young people. The Center arranges qualification improvement of the employees of the Federal Volga district educational institutions on the problems of drug abuse preventive measures at the educational environment.



The Volga Federal district



- The Volga Federal district consists of 15 subjects of Russian Federation (including the republics of Mordovia, Udmurtia, Chuvashia, Tatarstan, Bashkortostan).

BASIC INFORMATION

TERRITORY	AREA – 1 035 900 sq. Km (6,1% of Russian Federation)
POPULATION	SIZE OF THE POPULATION – 32 017 800 people (21,9 % of Russian Federation population of the year 2000) DENSITY OF THE POPULATION – 30,9 people/sq. km
THE MAIN CITIES:	Nizhnij Novgorod, Samara, Ufa, Kazan, Perm, Saratov, Togliatti, Ulianovsk, Izhevsk, Penza (there are 191 towns at the territory of the district)

The Volga Federal district takes the 5th place out of the 7 Federal districts according to the drug abuse of the population (Samara region is the first among the 89 subjects of Federation). The average level of drug abuse in Russia is 221,3 people for the population of 100 000 and 614 people for the population of 100 000 in Samara region.



- The education in the Federal Center is held for psychologists, social teachers, deputy directors of the schools. The education is carried out on the “immersion” principle at the tourist hostel “Hope”. There are all necessary conditions for the education, rest and health improvement here. The tourist hostel is situated at the picturesque pine forest near the Kondurcha River at the distance of 45 km from Samara.



- There are study rooms, dining room, gymnasium, sauna, swimming – pool there. So, it is possible to arrange the process of education, forming the healthy way of life of the learners.





- 450 people were prepared according to this education system during the year 2002.



- The active specialists were organized, working in this direction. They were taught to use the latest technologies of leading the preventive work with the children and young people, including the active and interactive methods of work.



- The experience showed that one of the most effective approaches is the “motive – change of behavior”. The main method of work here is the training. The training makes possible to form the stability skills for the pressure from outside and the safe behavior skills. That is the straightest way to achieve a necessary personal contact between an adult and an adolescent , the lack of which brings to the serious mistakes by both sides.



- Training can teach an adolescent to achieve his private purposes, to demonstrate himself to be a “grown – up” person with the acceptable ways. The training for the drug abuse preventive measures belongs to the active education type. It is supposed, that 70 % of the material will be mastered, that is the education by the action practice.



The following methodical kinds of training were held for the specialists within the limits of the program:



- the assertive behavior training (confident, affirmative behavior, leading to the purpose achievement) teaching the skills of constructive communication and carrying on the discussion of the adolescents and young people, the correction training of the aggressive behavior.



The most important direction of the preventive base model is the sphere of work with the family. Karl Vitaker wrote: “ I don’t believe in the individuals, I believe only in the family.” The published work’s analysis for drug addiction and alcohol problems convinces exactly, that the least effective preventive work is impossible without the work with the family.



- We teach the forms and methods of work with the family for drug abuse preventive measures, we get the listeners to know the algorithm of the preventive work.



It turned out traditionally in Russia that the school is the second home and the family for a child. Not only the education is achieved here, but the formation of the values of the child's life. That is why the professional health of the teacher is the most important factor of the positive relations between a teacher and a child.



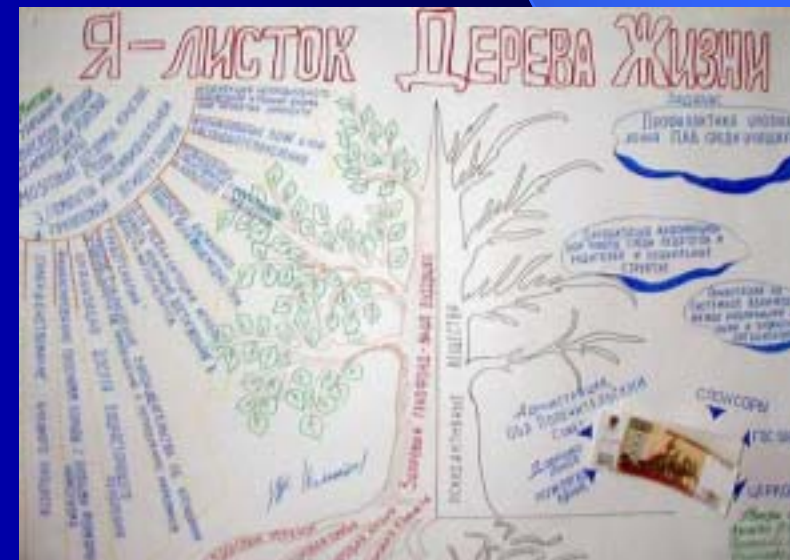


- We teach the psychological and pedagogical methods of the teacher's health improvement.





- The result of the education activities is the development of the preventive system of drug abuse for the children and young people. The listeners have developed the local projects of drug abuse prevention in different spheres: education, pedagogic, family and leisure.





- The folk wisdom says, that: “ Who has health – has hope, that who has hope –has everything”.
- The listeners have received not only knowledge, but also an immense store of energy, sincere affection. They have found the devoted friends at the tourist hostel "Hope"

- Everybody knows that one person becomes a drug addict and another one doesn't, one has the strength of will to understand that it is terrible and unappeasable, and another hasn't. The children become drug addicts from both the prosperous families and the unfortunate ones. What is the gist of the problem? Which of the children forms the risk group?





- We tried to find the answers to these and many other questions while analyzing the state of the primary schoolchildren physical health at first. This is the basis of the further formation of the adolescent's moral and social health.



- Every child wants to be loved, to be praised, he wants to be a leader, wants to be a good one. That is necessary for socially mature individual formation.



- **When a child with the perineal pathology aftereffects, the immature central nervous system, the immature emotional and volitional sphere comes to school, he has the difficulties in school program understanding and it is hard for him to study. A teacher often expresses the negative opinion of him: - “You study badly, you are not getting well, you are the worst”. Such children are usually short with little muscle mass.**

- **The schoolchildren start to reject a child, they do not want to play with him and they are afraid to become friends with him after a teacher's negative opinion. A child feels himself an "outcaste". But a child wants to prove that he is an individual, he is a leader. If you don't respect him, then you should be afraid of him. Self-confirmation and leadership realization expectations of a 7 – 10 years old child lead to the development of such behavior features as aggression, rudeness and intolerance to the surrounding people.**

- Gradually a negative environment is formed for a child as for social individual at school and at home. The parents always hear the child's negative description from the teacher and react by punishment.
- A child has two social environments – a house and a school. Where is he to go? Anyway, he will look for the social environment without negative character, directed for him. That may be the social environment, leading by the elder pupils – disorganizes and, later on the outside group.
- The idol appears in the child's life. Unfortunately, this is not a mother, a father or a teacher, but the one, who tells him: “ If somebody offends you, just tell me...”

- And here this child, who is functionally immature and has poor emotional and volitional sphere, feels protection and strives for it. So, life forces these children to go there, to the strange and unfamiliar social environment for us, because they feel themselves more comfortable there, than together with us.

- An adolescent, being functionally immature, is growing up and he has got a wish to become an idol himself. Everybody has the leadership feeling, but to a different extent. He starts to gather around the same 1st form schoolchildren, as he was himself. It is difficult to keep the leadership and the ways to achieve it become more complicated.
- Rudeness and aggression replace physical violence over the weak, the fights and alcohol and drugs abuse. Functionally weak children, who were not understood at the primary school yet, begin to form their social status in that environment. And, certainly, one should not mention about the moral health here.

- That is why, the children from any families can become the drug addicts. That is how a social negative person can develop out of a weak, functionally immature child and adolescent.

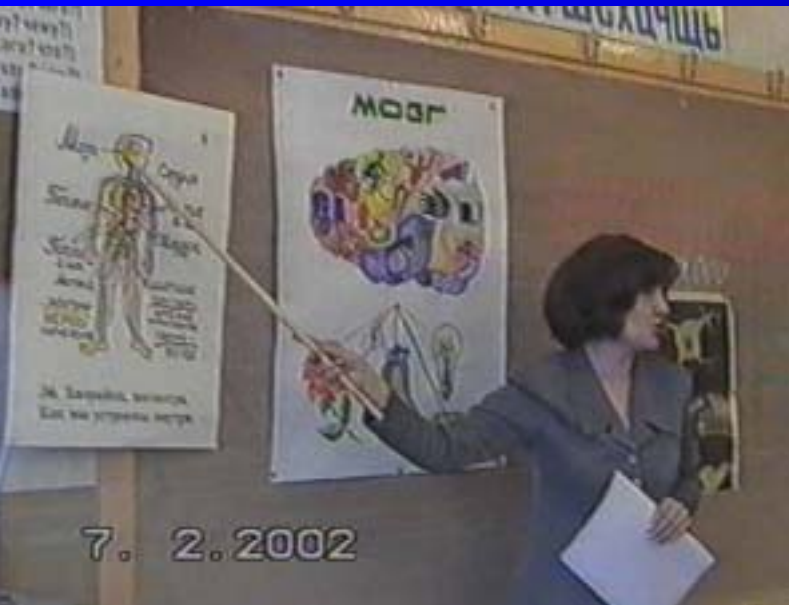


The most important in the problem of drug addiction is to understand and accept the children, to help them mature physically, mentally and morally.



- We consider, that drug abuse preventive measures should include the creation of the emotional and comfortable environment of education at the schools. The environment corrects the organs' and systems' functional disorders and helps a child to study and to communicate.

- The main condition in the process of learning and understanding the whole information of the modern life knowledge is the precise functioning of all the organs and systems of the child's organism, particularly of the central nervous system.
- The higher the maturity level of the central nervous system, the higher is the percentage of learning.





- However, the recent years' indices show the reduction of this level. 80 % of the children have the border mental and somatic derangement, such as adaptation disorder, difficulties in understanding of the school program, interpersonal relations' formation disorders.

- We are completely sure, that absolute disorganizers do not enter a school, who violate discipline at the lessons specially and refuse to make the tasks on principle. This category of children is mainly with the aftereffects of perineal pathology (with the immature central nervous system, MMD). These disorders are displayed in a high motive activity, in the decrease of attention concentration and memory, in the increased fatigability. It is impossible to call this category of children to order by any moral pressure. The quality of their work won't be better, if they rewrite the home-task or retell the text several times.

- As a result, a child becomes a target for a negative opinion of the teacher and for the parents, who try to make their child perform all school requirements more often by summary punishment. Finally, a vicious circle is formed, where the school acts as the factor of chronic stress and the family – as the negative emotional background in connection with the unwarranted expectations of the parents. It is necessary to fight with the problem of poor school progress not only with the strength of the parents, teachers, psychologists and social workers, but the doctors should be also involved in this problem.

- If we couldn't help a child during 3-4 years in the primary school, then the somatic health disorders of the primary schoolchildren will lead further on to the mental health disorders in the secondary school. (The interpersonal relations formation disorders, the peculiarities of behavior reactions such as aggression and conflicting reactions).
- And the same group gives deviations in the social health of the adolescents.



- We consider that the real way of the child's health preservation is the balance formation between the educational environment at school and the physiological processes of the child's organism.





The first task, which is necessary to solve, is the coordination of the pedagogical process with the mental, physiological and hygienic basis of activity. Its realization can reduce the fatigue degree very much and also the possibility of over-fatigues.



- The second task is to change the usual teacher's opinion concerning a child as for the subject of the pedagogical process. A child's biological and social origin should develop in harmony. Only in this case the physical and mental health of a child won't change for the worse and the pedagogical process can be performed successfully.



It depends only on a teacher, if the school environment will be comfortable for a pupil, as a teacher should be competent in the problems of the physical, mental and social health of the rising generation.

- The problem of children health improvement has developed into a big social problem from a pure medical one and has become one of the directions of the state policy. Lately the education sphere was rather actively involved into solving of this problem together with the sphere of health protection.



- The work on the creation of the unified health improvement and social rehabilitation environment is held at Samara region schools by SIPKRO (Samara Teacher Retraining and Staff Development Institute) with the active participation of the head psychologist of Samara I.V. Abramova.





- Each environment element, created at the health improvement classes, is directed on the chronic pathology formation prevention, the fatigue removal out of intellectual work.





- The informative and methodical subsystem is created for the problems of the healthy way of life formation for the parents, teachers and pupils.

The elements of the health improvement environment:

- Recliners for correction of the disturbances of the locomotor apparatus.



The elements of the health improvement environment:



- Contrasting rugs under the feet for stimulation of the foot vault formation, for the preventive measures of respiratory pathology, for removal the exhaustion out of intellectual work.



The elements of the health improvement environment:



- Phyto-bar with the use of sedatives, health improving and vitaminized remedies.

The elements of the health improvement environment:

- Aerophyto-therapy for the preventive measures of respiratory pathology and as the element of the sedative influence.



The elements of the health improvement environment:

- Musical therapy, fairy tales' therapy.



The elements of the health improvement environment:

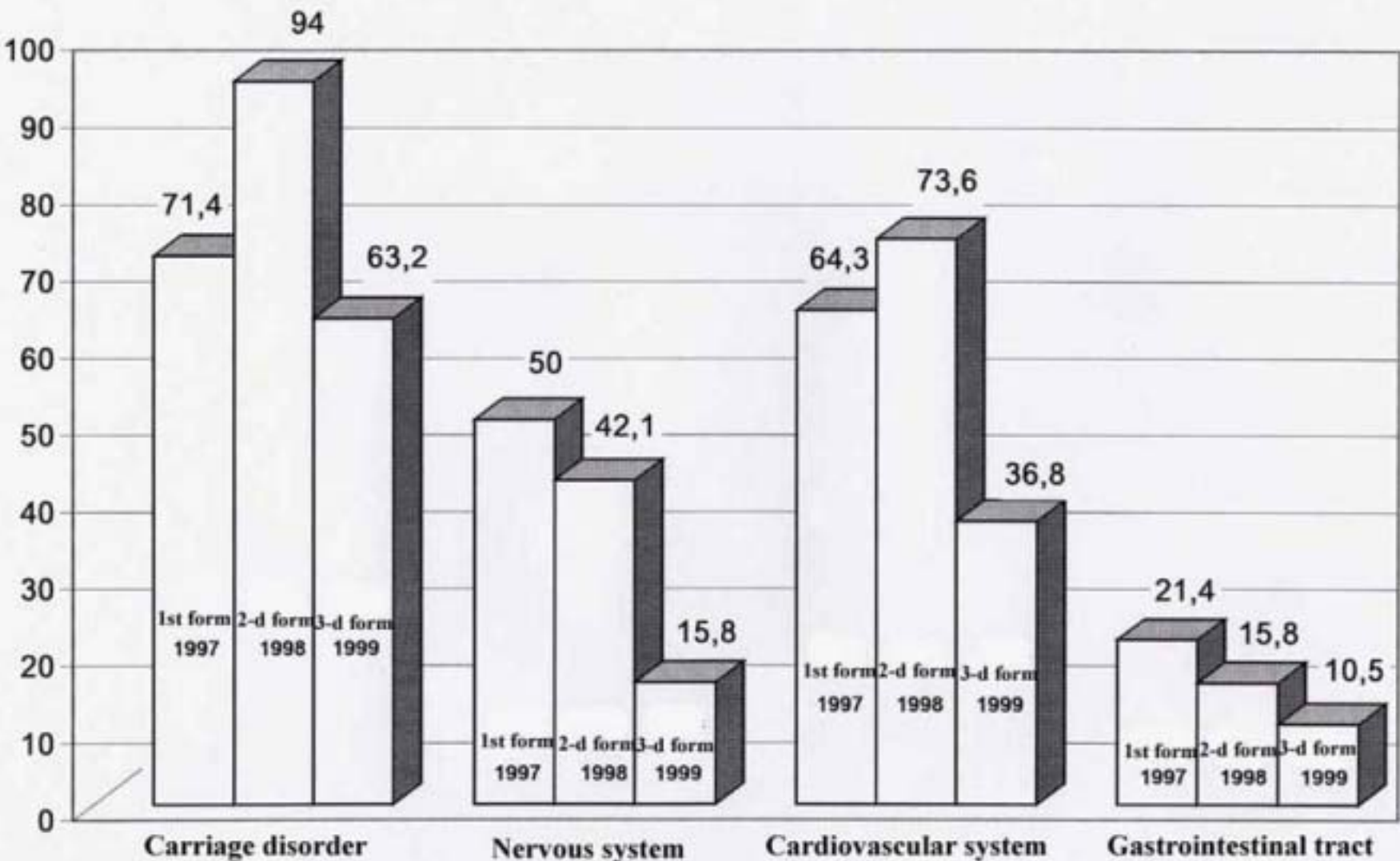


Eyes gymnastics at the lesson and gymnastics according to Avetisov's method during the break.

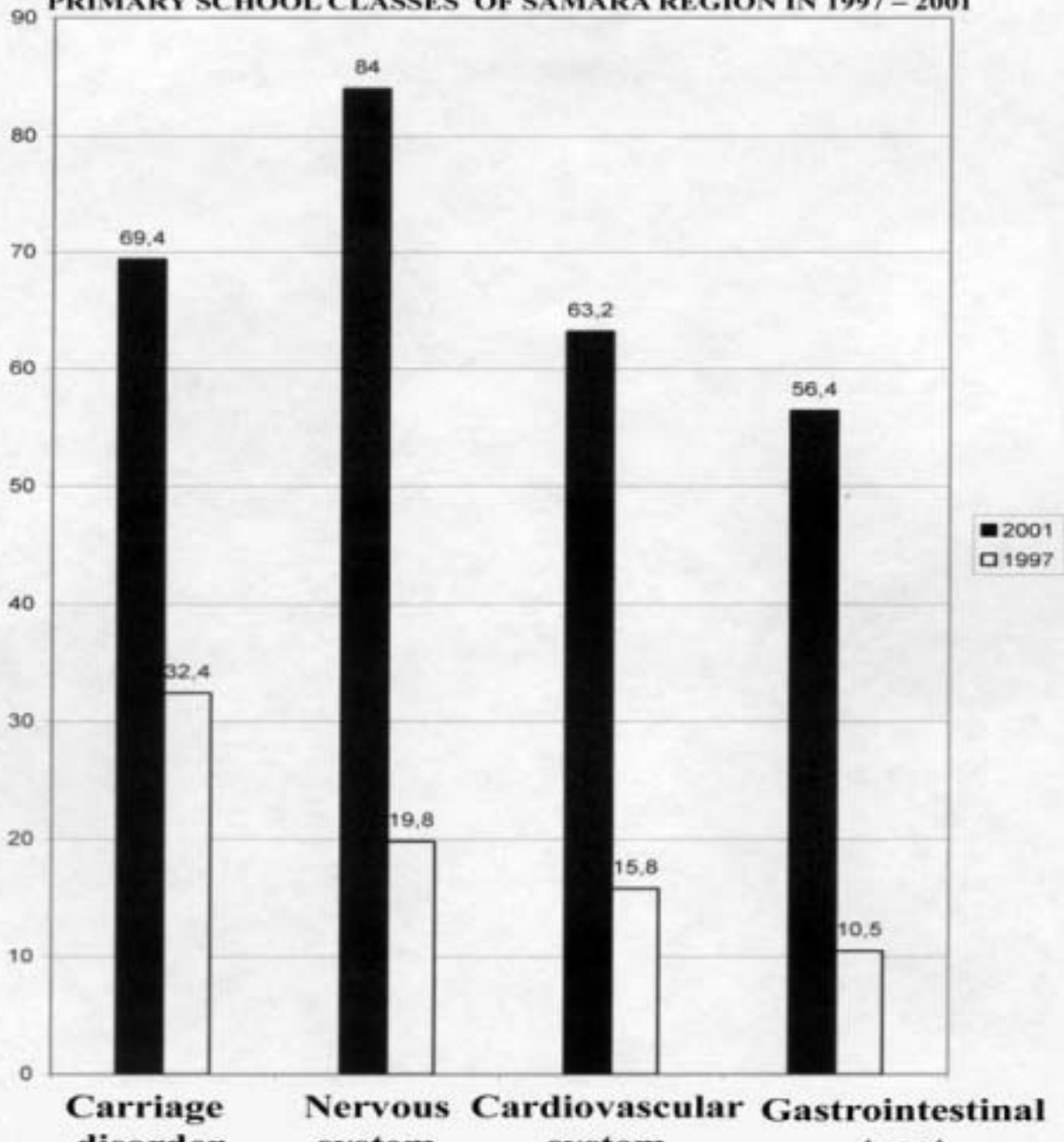
- One of the most important principles at the children health improvement work was taken into consideration during this program introduction. The principle of possibility to involve maximum of the children at the minimum material expenditures and active parents' participation in this process.
- The medical monitoring data show the effectiveness of the health improvement environment, created at schools. That is proved by some figures.

- It is well known that a child's stress state decreases the immunity.
- That, as a result, leads to the frequent respiratory diseases. Creation of the healthy comfortable for learning environment made it possible to decrease the percentage of frequently ill children from 36,4 % (the 1-st form) to 22 % (the 2-d form). There was no group of frequently ill children at the health improvement class in the 3-d form. The amount of the complaints of the neurological character has decreased according to the years of education (1 – 3 forms) – from 59 % to 42,1 % - to 15,8 % etc.

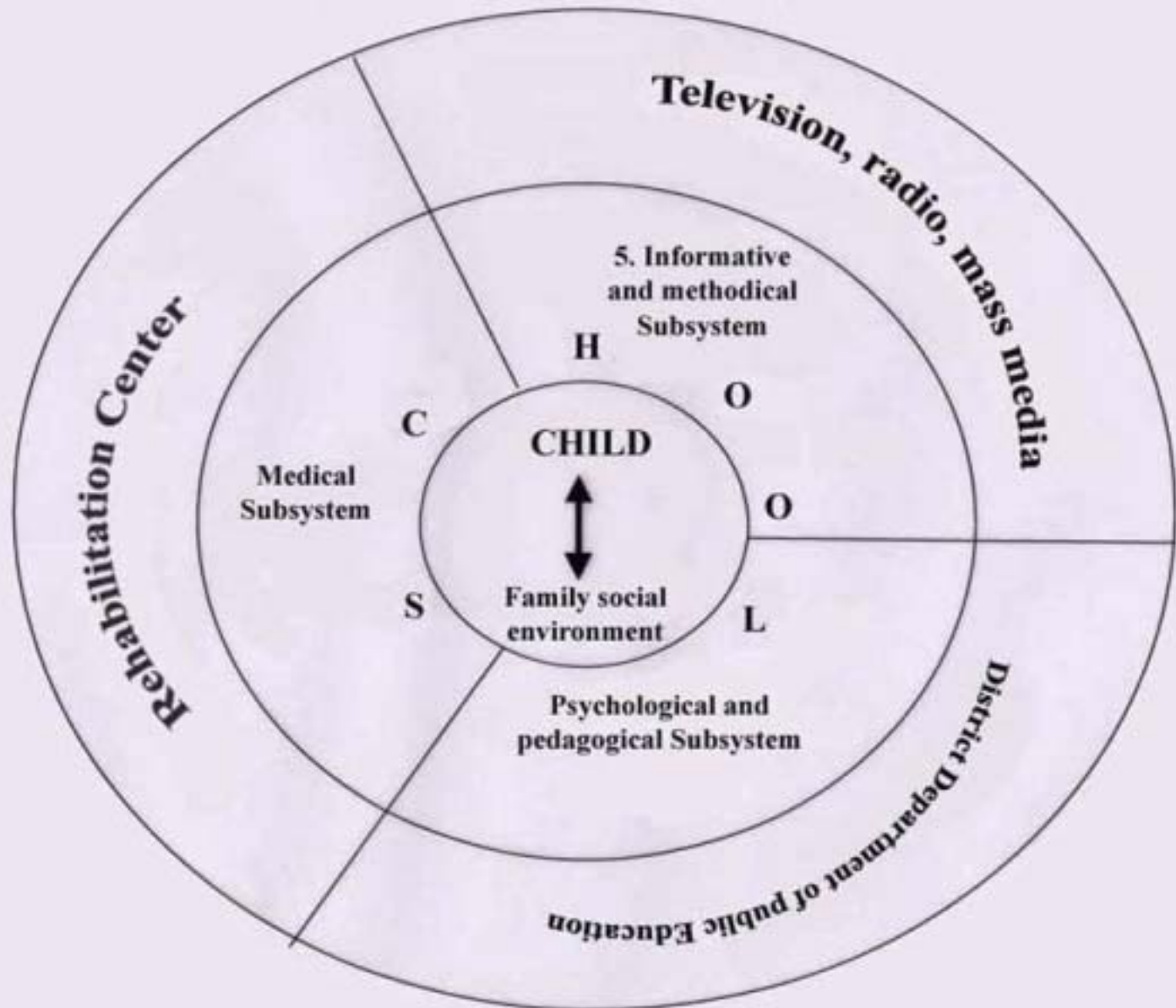
HEALTH IMPROVEMENT ENVIRONMENT INFLUENCE FOR THE DISORDER STRUCTURE IN DYNAMICS (1 – 3 FORMS)



**HEALTH IMPROVEMENT ENVIRONMENT INFLUENCE
FOR THE DISORDER STRUCTURE AT THE EXPERIMENTAL
PRIMARY SCHOOL CLASSES OF SAMARA REGION IN 1997 – 2001**



FUNCTIONAL SCHEME OF THE UNIFIED DEVELOPMENT ENVIRONMENT CREATION



ALGORITHM OF SOCIAL HEALTH FORMATION

