

## THE WAYS AND METHODS OF MAINTAINING SPIRITUAL AND MORAL VALUES AMONG YOUNG PEOPLE AS THE MAIN ANTISUICIDAL FACTOR

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Suicide is one of the current problems of modern society and especially among young people. The problem of suicidal behavior is not limited only to psychiatric science, but affecting the sphere of education, law and order, social and spiritual life. The main thing to prevent suicide is the strengthening of the life position in the mind of a teenager, that is directly connected with the formation of spiritual values. Plans for interdepartmental cooperation were drawn up and implemented. In 2015-2017 in the municipality of Novorossiysk to implement effective prevention of suicide among teenagers. Plans of cooperation were agreed between the health and education services, the Ministry of Internal Affairs, the media and the Novorossiysk diocese. As a part of this program, the psychiatric service conducts joint suicide prevention activities and actively interacts with the Novorossiysk diocese in several ways. 1) Giving lectures on the territory of the temple, for all comers (about the risks of crisis and suicidal behavior, the prevention of mental disorders, the problems of upbringing children, conflictology).

2. Participation in the events "Lesson of legal knowledge", where law enforcement officers, education, social service employees provide information on the prevention of crime and alternative leisure activities, employees of the psychiatric service inform about the availability of psychiatric care, about the service "helpline", and the clergy representatives tell about the spiritual foundations of life.

3. Project "Spiritual and moral problems of modern society». These are conferences in which young people take part aimed at addressing current spiritual and moral problems of society (different specialists talk about problems of passions, dependent behavior).

4. Psychiatrist annually takes part in the Spiritual-educational Sergeyev readings-giving lectures for clergy on symptoms of mental disorders and their prevention.

5. Counseling parishioners (in accordance with the Law of the Russian Federation "On psychiatric care to the citizens and their rights of its provision") and guiding psychoneurological dispensary patients to the temple in order to heal their souls. 6. Employees of the psycho-neurological dispensary conduct "round tables", trainings for teenagers and their parents to strengthen antisocial factors, to search for resources at overcoming difficult life situations. As a result of the work the ways and methods to maintain spiritual and moral values among young people as the main antisuicidal factor, the possibility of wide coverage and involvement of specialists from neighboring services in the suicide prevention system were found, ways of interaction between psychiatry service and the Russian Orthodox Church were shown.

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## SUICIDES IN PATIENTS OF PSYCHIATRIC HOSPITAL

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The questions of prevention of suicides remain relevant for psychiatrists. The discharge from a psychiatric hospital of such patient is always serious and crucial decision of the attending physician. Especially it concerns those cases when patients are hospitalized for the first time in life or, as in our research, with suicide behavior.

Publications on a subject of hospital suicides are not enough; it is even less researches of suicides in early period after discharge from a psychiatric hospital. According to the data from various sources, about a half of the contingent of suicides asked for mental health services shortly before death. According to the expert opinion, the suicide risk was estimated only at 2% of cases as high that indicates lack of criteria of his assessment and insufficient training of specialists.

The research has been conducted on the psychiatric hospitals. Cases of the suicide committed within two weeks after discharge from a psychiatric hospital were analyzed.

45 episodes of suicide behavior from which - 7 suicides were studied. Middle age of patients was 35.3±13.2 years. 46% of cases of suicide behavior were registered directly in a hospital, 4% - during the medical holiday, 30% - on treatment in a day hospital and 20% - within 7 days after discharge. The analysis of a temporary factor, two critical moments for realization of suicide intentions: the first week of hospitalization (23%) and hospitalization period in hospital more than 60 days (62%). The analysis of the pharmacotherapy appointed to suicidents showed the following negative tendencies: absence or rare correc-