



Alexandre Kieslich da Silva

Conectados pela Vida
*VNGOC member organisation since
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Supported by:
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Candidate for:
Deputy Treasurer

Hello! My name is Alexandre Kieslich da Silva. Since 2016 I work as an addiction psychiatrist in Porto Alegre, south Brazil.

Currently, I am working at my private office and I am teaching at the medical school at the University of Taquari Valley

I've also been working at an NGO named Connected for Life, we have already developed 3 projects

Project 1: "Psychiatry and the School"

In a partnership with the Secretary of Education of the State of Rio Grande do Sul and the Psychiatry Association of Rio Grande do Sul, the NGO Conectados pela Vida financed the enrollment of 100 teachers from the public school system of Rio Grande do Sul in the online course "Psychiatry and the School", which addresses the main mental disorders affecting children and adolescents. The goal was to train teachers to identify and guide students and their families, improving mental health and decreasing the risk of substance use and abuse.

Project 2: "Pedagogy of Love"

All the students from the Langendonck Elementary School, from low-income backgrounds in Porto Alegre, were attended. The goal is to reinforce the importance of physical health, in the treatment and care of your personal space (body) of caring for the body of the other, and through yoga techniques to help calm the mind, control anxiety and deal better in situations of conflict through listening and non-violent communication. The circus techniques worked in the workshops help in collaboration, and team spirit and encourage them to challenge themselves and get out of their comfort zone. Playful exercises using materials such as juggling and also developing one's creativity.

Project 3: "Connect Yourself"

This project has the participation of all the students of the Professora Marta Tavares Elementary School, in the city of Rio Negrinho (SC, Brazil). The project aims to strengthen the bonds and coexistence among peers and in the family, promote the prevention of drug

and alcohol use, risky sexual behavior and its consequences (early pregnancy and sexually transmitted diseases), co-optation by crime, bullying in the school context, self-mutilation, and suicide prevention.

As psychiatrist I am interested in finding new ways to improve the sustainability of the wellbeing of the community especially for the new generations.

In the board I don't see anybody from our South America in last terms. I think regional balance is crucial, because we have various public policy issues in South America, especially in drug policies and these policies are open to improvement in a perspective that values sustainable development goals. Moreover, I'll be in collaboration with my regional cso contacts to increase the number of members in South America. I have connections across the countries in South/Latin America, and also know people from different NGO's and could help to spread of more in my region the activities carried out by the VNGOC.