

HARM REDUCTION AND ALCOHOL PROBLEMS: WHAT IS NOT YET BUT IT CAN TURN OUT TO BE

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**LISBON
ADDICTIONS
2019**



Ruth Dreifuss

“It is past high time to accept the fact that a society without drugs is an illusion and that we must now lay the foundations, based on scientific evidence, for their legal regulation. Let us now focus on what constitutes the real legitimacy of drug policy: life, health and security for all”

Ruth Dreifuss

Chair of the Global Commission On Drug Policy

The Global Commission On Drug Policy “Classification of Psychoactive Substances: When science was left behind” (June 2019)

Dainius Pūras

“Good mental health and well-being cannot be defined by the absence of a mental health condition, but must be defined instead by the social, psychosocial, political, economic and physical environment that enables individuals and populations to live a life of dignity, with full enjoyment of their rights and in the equitable pursuit of their potential.”

Dainius Pūras

Special Rapporteur

“Report of the Special Rapporteur on the right of everyone to the enjoyment of the highest attainable standard of physical and mental health” (June 2019)



AND WHAT IF WE INCLUDE HARM REDUCTION PRINCIPLES FOR ALCOHOL IN TREATMENT FACILITIES?

The recognition that treatment must start from the client's needs and personal goals and that all change that reduces the harms associated with substance use can be regarded as valuable, whether pro or against abstinence.

UNIDADE DE ALCOOLOGIA DE LISBOA

WAY OF WORK



UAL | DICAD, ARSLVT, IP
Specialized Unit for Alcohol Related Problems

Multidisciplinary TEAM:

- ✓ Psychologists
- ✓ Social Service Workers
- ✓ Psychiatrists
- ✓ Physicians
- ✓ Nurses

OFFERS 4 Levels of Intervention

THE HARM REDUCTION TEAM:

- ✓ 2 Clinical Psychologists
- ✓ 1 Social Worker

OFFERS 2 Levels of Intervention

- ✓ Inside UAL
- ✓ Outside UAL @ DICAD HR BIG TEAM

Everything nicely cuddled by HR principles



AND WHAT IF WE INCLUDE HARM
REDUCTION FOR ALCOHOL IN OUR
TREATMENT FACILITY?

“Come as you are”





New Structured & Pragmatic HR Program "COME AS YOU ARE"

- ✓ Open Group → 1h30, weekly
- ✓ Lead by 2 members of HR TEAM
- ✓ Psychoeducation & Health Literacy
- ✓ Harm Reduction Tools & Practical Strategies
- ✓ Treatment of harmful conditions associated to use (somatic & psychological)
- ✓ Harm Reduction Psychotherapy
- ✓ Individual referral after group session (e.g. medical doctor, social worker, psychologist, etc.)

Evaluation

- ✓ 3 different times: 0M, 6M, 12M

**“Any step is
a good step
as long as is
in the right
direction”**

(Logan & Marlatt, 2010)



We truly believe that bringing HR into a treatment unit specialized in alcohol-related problems is putting HR in favor of the National Health service users!



OUR GOAL: Alcohol being no longer “the poor relative” of Harm Reduction in Portugal.



THANK YOU!

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