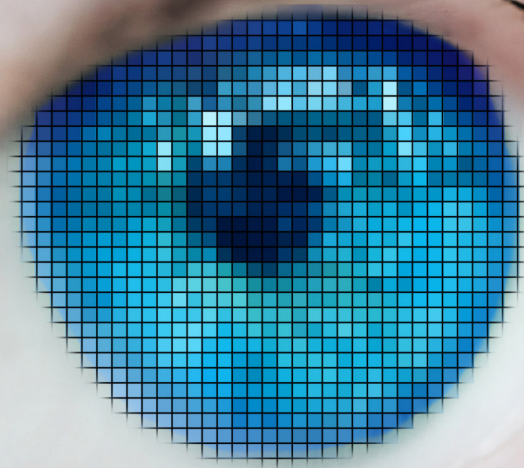


Lx19

#LxAddictions19

THE LISBON ADDICTIONS CONFERENCE MAGAZINE



Looking to the
FUTURE
of addictions research

Sustainability

Lisbon Addictions 2019 (#LxAddictions19) is all about looking to the future. For the conference organisers this also means sustainability.

As you walk around the conference centre you will see we are making efforts to reduce the impact our event will have on the environment.



We have printed less, reduced the use of plastics and increased the number of recycling points.

We want to do our bit to contribute to a better future, so please join our efforts!

WiFi access

Network: Addictions2019
Password: Addictions2019

App & web

All you need to know about #LxAddictions19 including the detailed programme and last-minute updates!



Conference programme and more

The Lisbon Addictions Conference Magazine is published by the EMCDDA and SICAD as organisers of the Lisbon Addictions Conference.

The views expressed in this magazine do not necessarily reflect the views of SICAD or the EMCDDA. All information is correct at the time of going to press.

Printed by IDG on FSC paper.

All photos in the magazine are from free to use sources, except cover photo: iStock; main photo p. 3: Nuno Saraiva; photos p. 5: iStock, except FuturiZe.

Organisers



European Monitoring Centre
for Drugs and Drug Addiction



Welcome

This magazine is a new addition to our communications portfolio. It is a mix of practical information, conference news, tips about visiting Lisbon, details on competitions and more. We hope it will help enhance your overall Lisbon Addictions experience and also help you to use effectively the linked app and social media channels. Together these are intended to be your guide to #LxAddictions19, allowing you to develop a personalised programme, network with other delegates and make your visit to Lisbon more productive and more enjoyable.

We could say that the Lisbon Addictions 'machine' is now well-oiled. However, although the conference grows and develops each time (this is the third edition), our goal is always to try and improve and innovate. The focus of #LxAddictions19 is the future of addictions. The sessions held over the next three days will encourage us all to consider how adopting better practice, science and methods in the addictions field can help contribute to an improved society. We recognise that the issues that shape the future, both in the addictions area and more generally, are often interlinked.

Lisbon Addictions first and foremost is intended as a space for networking across the addictions

field. This is why the conference programme allocates ample time for coffee and lunch breaks, and includes a cocktail on Wednesday and a dinner on Thursday evening.

We believe that this sort of face to face contact can be a valuable catalyst for creativity and provide opportunities for tomorrow's collaborations and innovative work. To achieve this, we hope that over the course of the conference and the social programme you are proactive and make new connections that we hope will contribute positively to both your professional and personal future journey.

In the words of Abraham Lincoln:
The best way to predict the future is to create it!

Please enjoy this first magazine, and send us any feedback you may have. And we hope to see you again at #LxAddictions21!

Manuel Cardoso, SICAD
Paul Griffiths, EMCDDA



The story so far...



Lisbon Addictions has really filled the gap in terms of EU research across the addictions field, and the response has been beyond any expectation!

Anne Line Bretteville-Jensen, Norwegian Institute of Public Health



We believe that Lisbon Addictions can help inform the current EU research agenda, whilst also predicting how it may develop in the future.

Marina Davoli, National Agency for Health Services, Italy

Several years ago, two esteemed members of the EMCDDA's Scientific Committee – Marina Davoli and Anne Line Bretteville-Jensen – observed that there was a gap in the addiction conferences circuit. European researchers publish primary and secondary research in a range of journals but at the time there was no major multidisciplinary event in Europe where these professionals could meet to share the results of their work whilst networking and developing partnerships. In an era where virtual communication prevails, the EMCDDA Scientific Committee believed that there should be a physical place in Europe where the scientific community could present and discuss both preliminary and published research.

The idea came to life during an informal meeting between EMCDDA Scientific Director Paul Griffiths and Robert West, Addiction journal's editor-in-chief. They worked on a concept for a biennial European multidisciplinary conference bringing together researchers, practitioners and policymakers, in order to advance common interests and synergies. Following conversations with João Goulão and Manuel Cardoso from SICAD it was felt that the EMCDDA and SICAD were ideally positioned to develop this.

Richard Pates and Michal Miovský (ISAJE), Maria Moreira (EMCDDA) and Sofia Santos (SICAD) joined the group and the idea slowly grew and matured until the time seemed right to launch and organise the event, in September 2015. This was only possible due to support received along the way from major European and international stakeholders, including the European Commission and the Portuguese government.

From the outset, Lisbon Addictions has been about stimulating and promoting high quality scientific debate, showcasing leading European addiction research in the specialist areas of illicit drugs, alcohol, tobacco, gambling and other addictive behaviours.

The conference has always been a non-profit-making event and the organisers remain committed to this approach.

The Lisbon Addictions story shows how partnership and collaboration can work miracles. Now with its own clear identity and an established reputation for scientific excellence, people come to Portugal every two years to see what Lisbon Addictions has to offer!

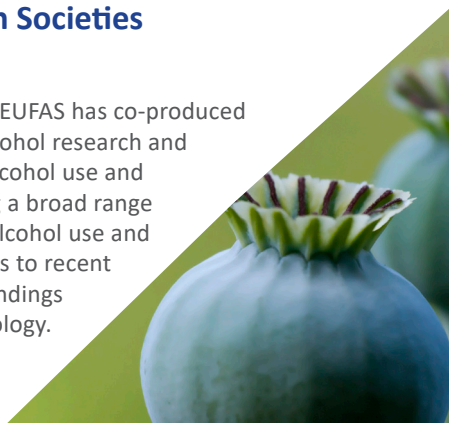
Meet the co-producers



In order to shape the Lisbon Addictions programme, for the 2019 edition the conference organisers decided to adopt a co-production approach. Working closely with the co-producers, the conference team has developed a rich, diverse and innovative programme by organising thematic tracks around selected topics. The co-producers have built coherent packages of topical strands, sessions and guided poster tours. Use the tracks and keywords in the app to create your own conference journey.

European Federation of Addiction Societies (EUFAS)

Within the conference programme, EUFAS has co-produced the track entitled 'Progress in alcohol research and treatment'. This focuses on alcohol use and related disorders, covering a broad range from epidemiology of alcohol use and alcohol use disorders to recent neuroscientific findings and pharmacology.



Society for the Study of Addiction (SSA)

The thematic track developed by SSA will focus on opioid-related deaths, mainly in Europe and Australia. It will include discussion of data from countries where opioid-related deaths have been increasing, as well as emerging trends in terms of age and gender distribution, the contribution of polydrug use, and the proportion of deaths attributable to pharmaceutical opioid drugs.

International Society for the Study of Drug Policy (ISSDP)

The ISSDP co-produced thematic track entitled 'Improving the data, methods and analysis used to inform drug policy' emphasises high-quality research that develops robust data, improved monitoring approaches, and multidisciplinary analytical methods that can provide a strong scientific basis for the development of new drug policies, and improve the implementation and evaluation of their impact.



FuturiZe

The FuturiZe track activities will be hosted in a dedicated area of the conference venue, the Futures zone. This area will host sessions on forward-looking trends and topics, including digitalisation, future drug policy, innovative monitoring and new therapeutic horizons. There will also be hands-on technology demonstrations, participatory brain-writing and interactive workshops.

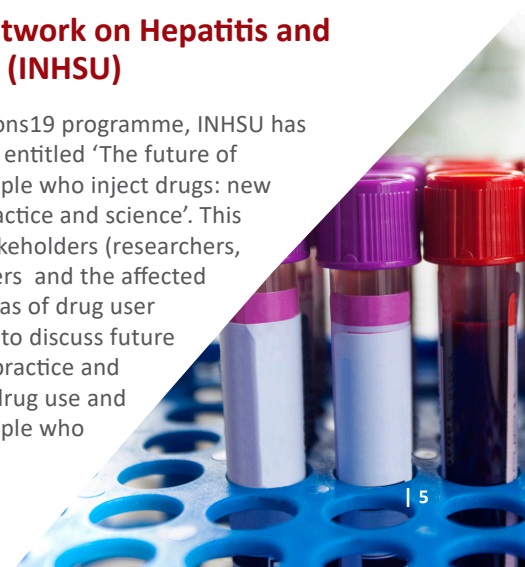
International Society for the Study of Behavioural Addictions (ISSBA)

The track co-produced by the ISSBA addresses the growing interest in the study of behavioural (i.e. non-substance-related) addictions. These include gambling, problematic video game use, internet addiction and compulsive buying. The track will introduce the disorders (including their phenomenology, etiology, assessment, epidemiology) and discuss the main issues emerging in connection with these phenomena.



International Network on Hepatitis and Substance Users (INHSU)

Within the #LxAddictions19 programme, INHSU has co-produced the track entitled 'The future of hepatitis C among people who inject drugs: new frontiers for policy, practice and science'. This will bring together stakeholders (researchers, politicians, policymakers and the affected community) in the areas of drug user health and hepatitis C to discuss future challenges for policy, practice and science in relation to drug use and hepatitis C among people who inject drugs.



Day 1 | Wednesday 23 October

08:45 ● **Welcoming remarks**, with *Alexis Goosdeel* and *João Goulão* 📍 Main stage

Plenary I: New frontiers for addiction science

Chair: *Antoni Gual*

09:00 ● Introducing Lisbon Addictions 2019: The future is here, it's just not evenly distributed yet, *Paul Griffiths*
Future perspectives on the positive and negative effects of cannabinoids and health, *Marilyn Huestis*

📍 Main stage

● (09:30 to 11:00) REMOTE digital monitoring for risk of relapse – FuturiZe test-drive experience

10:30



● Focus on the EU borders	● Understanding and improving health and social outcomes	● Depot medications for unmet treatment needs in opioid use disorder
● Innovative methods for exploring new drug-related trends	● Cannabis beyond psychosis	● Stimulants — use, harm and interventions
● Development of a core outcome set for treatment of substance use and addictive behaviour disorders	● Alcohol: epidemiology and adolescence	● Addiction in a digital world – FuturiZe thought leader round table
● Emerging issues in the study of behavioural addictions	● Opioid-related deaths in Europe and Australia	● Challenges for harm reduction I
	● Definition of disorders	● Analysis and monitoring of ongoing darknet drug purchases – FuturiZe discussion and demo
	● Insights in biology	

12:20



● (12:40 to 13:20) FuturiZe technology tours

● 2009-2019 — A crucial decade in international drug policy	● European Research Area Network on Illicit Drugs	● Digital health multi-sector co-ideation game jam
● Nicotine harm reduction	● Improving the validity of drug-related deaths data for policy making	● Speculative Addictions I
● A global network of universities as the future of addiction education	● Alcohol-related brain damage and its relation to deshabilitation treatment response	● Treatment — challenges, determinants and responses
● The future of hepatitis C among people who inject drugs	● Improving delivery of healthcare programmes	● Modelling the impact of decriminalisation
	● Risk behaviours in context	● The challenges of monitoring new drugs

14:50

Break

● Enhancing the role of drug treatment services for HCV elimination among people who inject drugs	● New clinical profiles in gambling disorder in Europe	● Modernisation, stagnation or roll-back
● Progress in alcohol research and treatment	● Implementation of supervised drug consumption facilities in Zurich: a success story	● New psychoactive substances
● Needs-based planning for substance use treatment systems: The new generation of principles, methods and models	● Drug policy and human rights	● Innovative communication – FuturiZe thought leader round table
● Epidemiology of hepatitis C among people who use drugs — data to inform future planning	● Improving responses to opioid-related harm	● Prevention strategies
	● Virtual Reality (VR) facilitated cue exposure to reduce craving – FuturiZe discussion and demo	● Therapeutic horizons I
		● Improving youth OUD treatment through family engagement and assertive outreach

16:30



● Migration, drug use and treatment	● Alcohol: short communications on policy and treatment	● An epidemiological overview of new psychoactive substances use in Europe
● Gender and drugs in Europe	● Harm reduction across addictions: recent results and future directions	● My virtual reality in counselling: digital reading & writing in text-based online-addiction-counselling
● Closing the gaps: HIV and Hepatitis continuums of care with a focus on people who inject drugs	● Big data and innovative monitoring – FuturiZe thought leader round table	● Developing tools for monitoring of drug policy and practice from the view point of civil society organisations in Europe
● Digital health multi-sector co-ideation game jam	● Extending the evidence-base of opioid substitution treatment	● Nicotine harm reduction: opportunities and challenges
● Theoretical and epidemiological considerations in gambling and other behavioural addictions	● Getting your addiction research published	
● Responding to vulnerability and special needs		

18:20

Break

● Workforce development and training	● Social robots as motivational interviewers – FuturiZe discussion and demo	● Consumption rooms: overcoming implementation challenges
● Innovative approaches for assessing or impacting demand for substances	● Smoking and health	● Treatment in the justice system
Big debate: Will changes in cannabis policy result in greater costs or greater benefits? Moderator: <i>Florence Ranson</i> Panel: <i>Laura d'Arrigo, Jennifer Price, Robin Murray, Wayne Hall and Tom Blickman</i>		

19:30 ● **Welcome cocktail**

📍 Networking zone

COMPLETE PROGRAMME



Day 2 | Thursday 24 October

	● Cannabis and causality — using multiple methods to unpick links between cannabis and neurobiology, cognition and mental health	
09:00	Plenary II: Learning from the past to meet the challenges of the future Future perspectives for reducing tobacco related harm – what have we learnt?, <i>Karl Lund</i> The future of prevention science, <i>Johanna Gripenberg</i>	Chair: <i>Eilish Gilvarry</i> 📍 Main stage
10:30	☕	
10:50	● Towards a consensus approach to opioid substitution treatment outcomes and how they are monitored ● Drug-related interventions in European prisons ● Understanding behaviours, risks and harms ● Candidates of behavioural addictions ● Monitoring trends and developments ● Gender perspectives	● Methods and approaches to inform drug policy and practice ● Individually-tailored support and education for safer injection ● Building a professional workforce for drug demand reduction ● Stimulating the brain – FuturiZe thought leader round table ● The European Mosaic: prescription drug misuse across borders ● Understanding pathways to stimulant use: a mixed methods examination of the individual, social and cultural factors shaping illicit stimulant use across Europe ● Using evidence to better respond to drug problems: a call for action ● Funding opportunities for early career/experienced researchers
12:20	🍴	
13:20	● Post-marketing prescription drug mosaic surveillance ● Addicted to work: the use of cognitive enhancers in the workplace and the implications for occupational safety and health ● Alcohol: harms and policies ● Infusing policy with evidence ● Reducing drug-related deaths	● Regulating the low-THC cannabis market in Europe ● Cannabis — risks and responses ● Enhancing hepatitis C treatment outcomes among people who use drugs ● Opioid-related deaths: learning from pharmacology, laboratory-based studies and physical assessments ● Treatment adherence ● (12:40 to 13:20) FuturiZe technology tours ● How to inform policy and decision makers about evidence-based prevention ● Injecting, risk and reducing harm ● Focus on prescription drugs I ● Policy and treatment ● Using new technology and innovative methods to measure substance use and related harm
14:50	Break	
15:00	● Global changes in cannabis products ● Future addictions project game jam ● Emerging issues in the management of conflicts of interest ● Alcohol: comorbidity, risk and consequences ● Safer drugs? – FuturiZe thought leader round table	● The cannabis policy kaleidoscope ● Problematic usage of Internet: from assessment to intervention ● Take-home naloxone — its role in preventing opioid-related deaths in Europe ● Drug markets ● Electronic cigarettes/vaping devices ● Exploring comorbidities in addiction ● Insight into the dynamics of substance use (research) in nightlife settings ● Treatment interventions ● Youth pathways ● Transcranial Magnetic Stimulation (TMS) – FuturiZe discussion and demo
16:30	☕	
16:50	● Prison and drugs in Europe ● European Drug Emergency Network Plus (Euro-DEN Plus) ● Factors influencing recovery ● How to support the implementation of a comprehensive policy for alcohol, narcotics, doping, and tobacco from a public health perspective ● New methods	● New perspectives on cannabis use disorders and their treatment ● Focus on the EU borders ● Alcohol policies and preventions ● Gambling research ● Methods and measurement of economic cost of substance use ● Recovery from problematic drug use ● Emerging health needs amongst adolescents who regularly use alcohol, cannabis or tobacco ● Alcohol: short communications on basic science, adolescence and comorbidity ● Issues for cannabis policy ● Striving towards the future elimination of Hep C among people who use drugs
18:20	Break	
18:30	● Software-automated approach to monitoring online e-shops offering new psychoactive substances ● Developing new prevention strategies to improve the situation of clients and employees of harm reduction services ● Drug-checking technology – FuturiZe discussion and demo	● Measuring and monitoring drug policy for research, surveillance and practice ● Opioids — current and emerging lessons ● Speculative addictions II: quantifying addiction futures ● Nightlife, festivals and other recreational settings ● Cannabis labelling and health warnings: use and impacts ● Challenges for harm reduction II ● Prevention science and measurement of demand reduction quality standards
19:30	Big debate: Industry friend of foe? Can industry contribute to better addiction science, policy, and actions? Moderator: <i>Florence Ranson</i> Panel: <i>Henrietta Bowden-Jones, Axel Klein, Niamh Fitzgerald, Paul Wallace and Ian Gilmore</i>	
	● Networking buffet dinner	📍 Networking zone

Day 3 | Friday 25 October

	<ul style="list-style-type: none"> Studying the operation of new forms of cannabis supply Illicit drug markets: strategic analysis for a safer Europe 	<ul style="list-style-type: none"> Treatment of elderly alcohol dependent patients Food addiction: a transdiagnostic construct of increasing clinical interest Horizons in addiction science 	<ul style="list-style-type: none"> Does Cognitive Bias Modification help in the treatment of addictive behaviours? Contemporary issues in addictions
09:00	Plenary III: Horizons in addiction science Implications for the future of our developing understanding of addictive processes and future therapeutic options, <i>Olivier George</i> Future perspectives for new formulations for medications for opioid use disorder: hopes and fears, <i>Sharon L. Walsh</i> (09:30 to 10:30) REMOTE digital monitoring for risk of relapse – FuturiZe discussion and demo		
	Chair: <i>Michael Farrell</i>		
	Main stage		
10:30			
	Big debate: How do we get greater involvement of civil society and affected communities in shaping addiction research, policies and practice? Moderator: <i>Florence Ranson</i> Panel: <i>Mariann Skar, Marie Nougier, Tony Duffin and John McCracken</i>		
	Main stage		
10:45	<ul style="list-style-type: none"> Supporting future cannabis policy/achieving a Standard Joint Unit – FuturiZe workshop Monitoring drug trends in the EU and Australia using digital and online instruments Diversity in behavioural addictions The development and implementation of the ADVANCE intervention to reduce intimate partner violence perpetration by men in substance use treatment 	<ul style="list-style-type: none"> Approaches to support the development of an evaluative culture to promote better drug policy for the future Treatment — improving standards and outcomes Epidemiology of infectious diseases Focus on prescription drugs II Young people's addictions treatment 	<ul style="list-style-type: none"> Drug policy debates: how are routine monitoring data used? Alcohol: Alcohol Use Disorder treatment and outreach Opioid-related deaths: learning from epidemiological studies Therapeutic horizons II
12:15			
12:30	Closing session Preventing deaths from heroin overdose: better science, fuller understanding, greater impact, <i>Sir John Strang</i> Future perspectives on designing information for impact and decision-making, <i>Angela Morelli</i>		
	Chair: <i>Julia Sinclair</i>		
	Main stage		
13:30	Closing remarks, with <i>Manuel Cardoso</i>		
	Main stage		
13:45	After this session, lunch boxes will be available		

Colour code:

- Plenary session
- Big debate
- Structured session
- Workshop
- Oral presentation session
- Short communication session

Disclaimer:

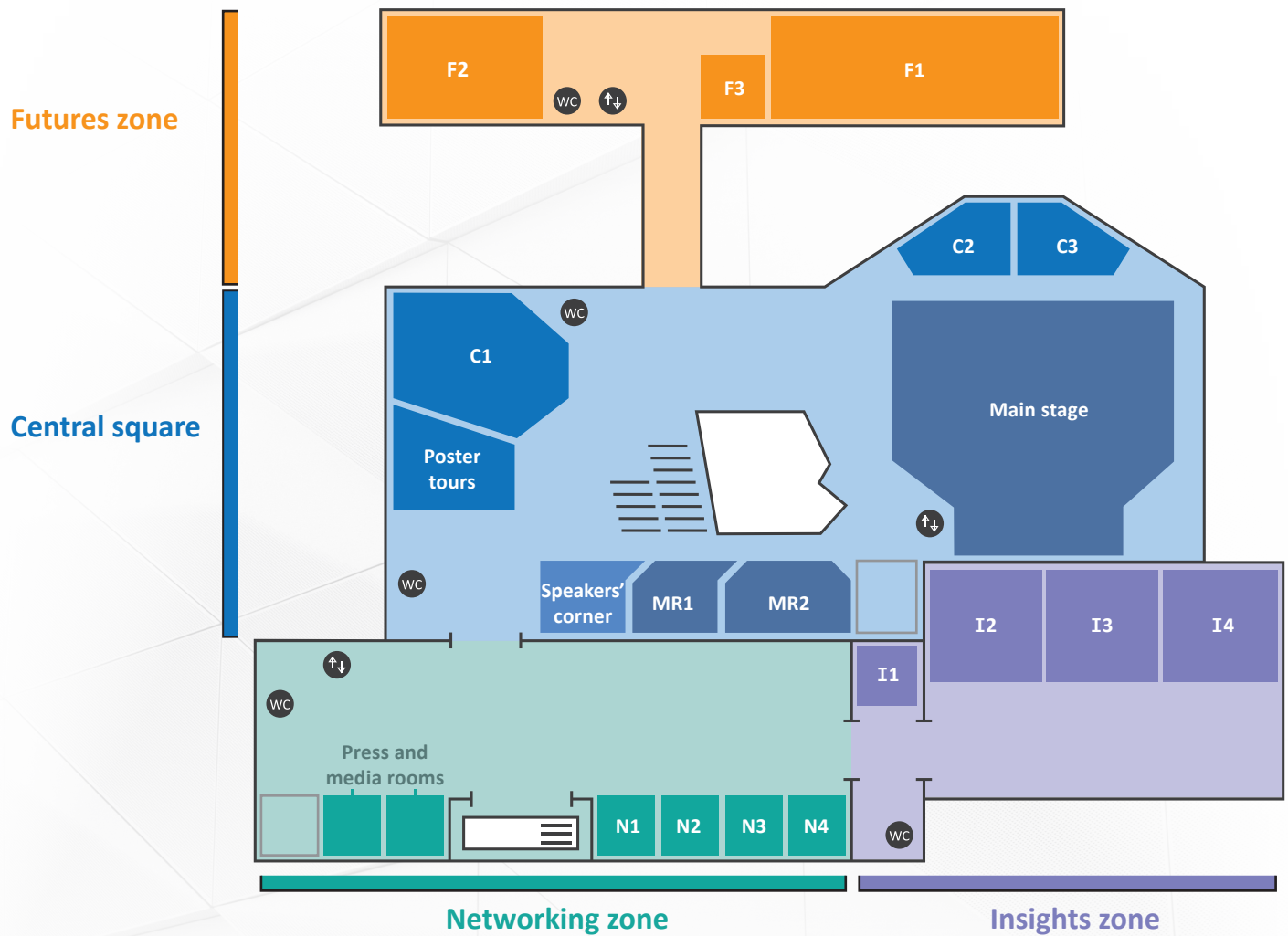
For the most recent version of the programme, go to the lisbonaddictions.eu website and app.

Visit the app and website and fill in the conference survey

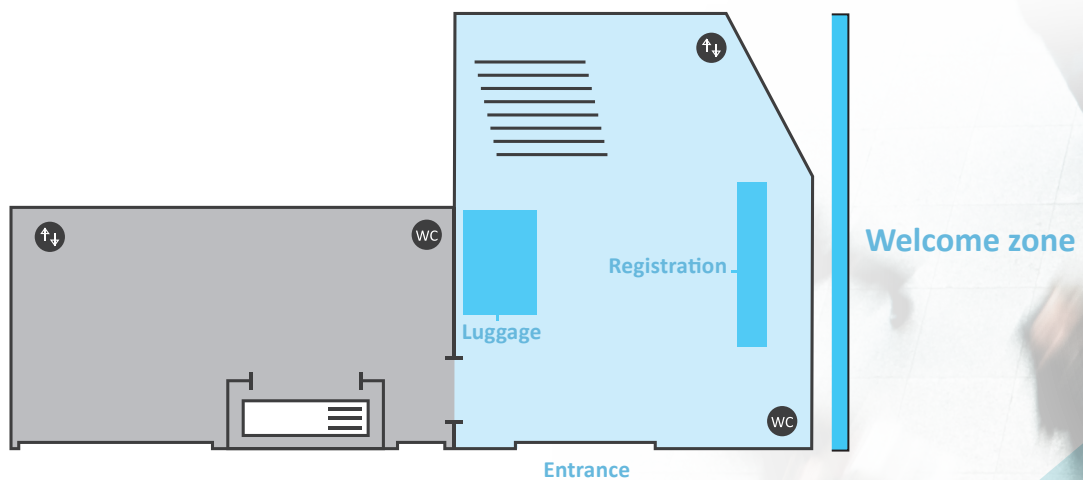


Venue

Level 1



Level 0



E-posters and poster guided tours

The poster sessions are an essential part of the Lisbon Addictions conference experience. They provide valuable networking and academic opportunities. In order to gain maximum value from the range of digital posters produced for #LxAddictions19, the organisers and partners have commissioned a consultant to help plan and enhance poster sessions, including guided and thematic poster tours.



E-posters

Throughout the conference, delegates will be able to consult the digital posters from any of the 15 screens available throughout the venue. Poster tracks and searchable keywords make it easier to find posters that are interesting and relevant to your field of work.

Guided tours

There will be a number of guided poster tours at specific times during the conference. The tours will take place in the room adjacent to room C1 on the Central square. During these sessions, authors of posters from a track will briefly describe their poster and a facilitator will moderate discussion and summarise the session. The tours provide opportunities to make connections and find out more about each poster from its authors. The focus of each tour is shown in brackets, after the name of the organiser:

Day 1 | Wednesday 23 October

- 10:50 ● Progress in alcohol research and responses - EUFAS session 1
- 12:20 ● Measuring drug use to monitor trends in different populations - ISSDP session 1
- 13:20 ● Problematic gaming and digital media use - ISSBA session 1
- 15:00 ● Behavioural addictions: reasons, risks and responses - ISSBA session 2

Day 2 | Thursday 24 October

- 10:50 ● Alcohol perspectives and prevention - EUFAS session 2
- 12:20 ● Making better use of existing data through standardisation, methods and analysis - ISSDP session 2
- 13:20 ● The Reitox network session
- 15:00 ● Opioid-related deaths and other harms: current and emerging lessons - SSA session

Less paper

Digital, multimedia posters comprise much more data and require no printing = less wasted paper. This meets with the conference's dual aim of being innovative and limiting its impact on the environment.

Get involved in the big debates!



New to this year's Lisbon Addictions conference is the introduction of daily debates on key questions related to the addictions field



The objective of these interactive sessions is to stimulate discussion and consider a topic from different, possibly conflicting, perspectives. Panellists have been invited to be provocative, to push the boundaries and engage with the audience. The opinions presented will be those of the panellists, speaking from their own experiences and on their behalf.

To guide the discussions we are proud to have Florence Ranson on board — an experienced moderator who has accepted to take up this challenge. Here are some words from Florence and we look forward to your active participation in these sessions.

Dear participants,

I am delighted to be moderating the big debates at this third Lisbon Addictions conference.

I am specialised in European affairs and the link between communications and policymaking and influencing. I am convinced of the necessity to hear out all points of view and to understand as much as possible what is at stake in order to make the best possible decisions. Providing detailed and thorough information to the public is key to developing and implementing efficient policies.

As a moderator, I have worked on many different topics but never on the specific issue of addiction.

To prepare myself for these debates, along with background reading and research, I have discussed the issues of gambling, cannabis, alcohol and tobacco with experts, friends and teenagers and I have observed people around me, trying to understand motivations and choices, whatever they were.

None of us probably has the right answer to the questions we will tackle in the debates, however combining knowledge and expertise will lead to a hopefully fruitful outcome of our conference.

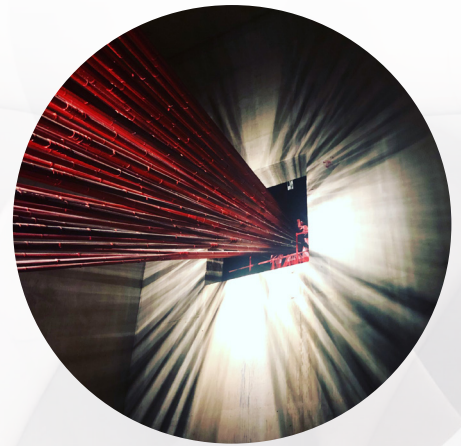
I believe we have the perfect line-up of speakers to help this understanding.



Florence Ranson

Discover Lisbon

Reportedly built on seven hills and a subtle mix of tradition and modernity, Lisbon has a lot to offer. Here are some ideas on how to unwind while at #LxAddictions19.



Urban renovation

A 10-minute walk from the conference venue is the Lx Factory. Take in the food, shops, and urban art, all in a converted warehouse setting. Sip a cocktail on the rooftop bar and admire the view! Stop off on the way at the Pilar 7 Bridge Experience and for a few euros learn more about Lisbon's iconic landmark. More info: /lxfactory.com — visitlisboa.com/en.



Neighbourhoods

For a night out, go to Principe Real and Bairro Alto. Pause and admire the view over the old town at the Miradouro de São Pedro de Alcântara. Take in some Fado.

Historical centre

Stroll around the Restauradores and Don Pedro IV squares and drink a 'bica' at Café Nicola. Admire the ancient castle on the hill before going to the Marquês de Pombal square via the Avenida de Liberdade and its designer boutiques.

Nature and art

Walk along the river from the conference venue to the East and you'll arrive in Belém. Admire the Jerónimos Monastery, the Padrão dos Descobrimentos monument, along with several museums and the Belém Cultural Centre. Check out the MAAT building with its futuristic design.

Cultural Lisbon

Up one of the city's hills is Chiado, a cosmopolitan and chic neighbourhood. Also home to the ruins of the Convent of Our Lady of Mount Carmel. Dance, music and cultural events are taking place here as part of October's *Festa no Chiado*: see e-chiado.pt.

Yacht spotting

Along the river to the West of the conference venue are the docks. A great place to admire yachts, eat, drink and dance, located just under the 25th April bridge!



Enjoy your stay...

Get snapping and win a prize!

#LxAddictions19 is all about engaging and connecting. This year we want to challenge your creativity, as well as your scientific skills. Take a photo with your mobile phone, post it to Twitter and win a Lisbon Addictions polo shirt. Capture the event's formal and less formal moments and share them in the Twittersphere...



Competition rules

The Lisbon Addictions 2019 logo must feature somewhere in the photo (the icosahedron shape) either in part or its entirety. Be creative!

The photo must be posted on Twitter with the **#mylisbonaddictions19** hashtag.

The photo with most interactions (likes and/or retweets) will win the contest.

The competition will run from 8 am on 23 October to 11 am on 25 October.

The winner will be contacted by Twitter message and must be free to pick-up the prize at the closing session which starts at 12.30 pm on 25 October.

Networking

One reason we are here is to network and build new relationships. Use the app contact scanner to connect and meet in the networking hotspots!



Follow-up

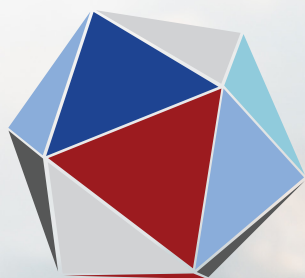
Keep updated on Lisbon Addictions news once you leave the conference. Sign up to the conference newsletter and you will be the first to learn about **LxAddictions21!**

Make sure you follow live conference information, including tweeting from the sessions, by following @LxAddictions and #LxAddictions19. Feel free to join the conversation and share your conference moments. See also our LxAddictions Facebook account and dedicated events page.

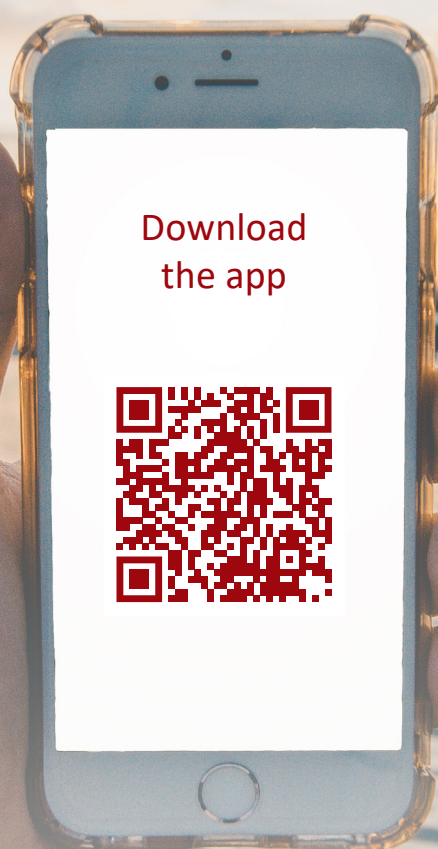


PASSION LED US HERE

See you in 2021!



CREATE PARTICIPATE NETWORK



LX19

Download the #LxAddictions19 app for full information on presentations, posters, sessions, speakers, tracks and partners • **Build your personal agenda** • [Interact](#) • Expand your professional network and stay up-to-date!