Thirty Years Of Experience In Alcoholism Treatment

UTRA – Unity of Treatment and Recovery of Alcoholics

LISBON ADDICTIONS 2022

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BACKGROUND

Portalegre, Alentejo – remote and mainly rural area

+ Hazardous alcohol use

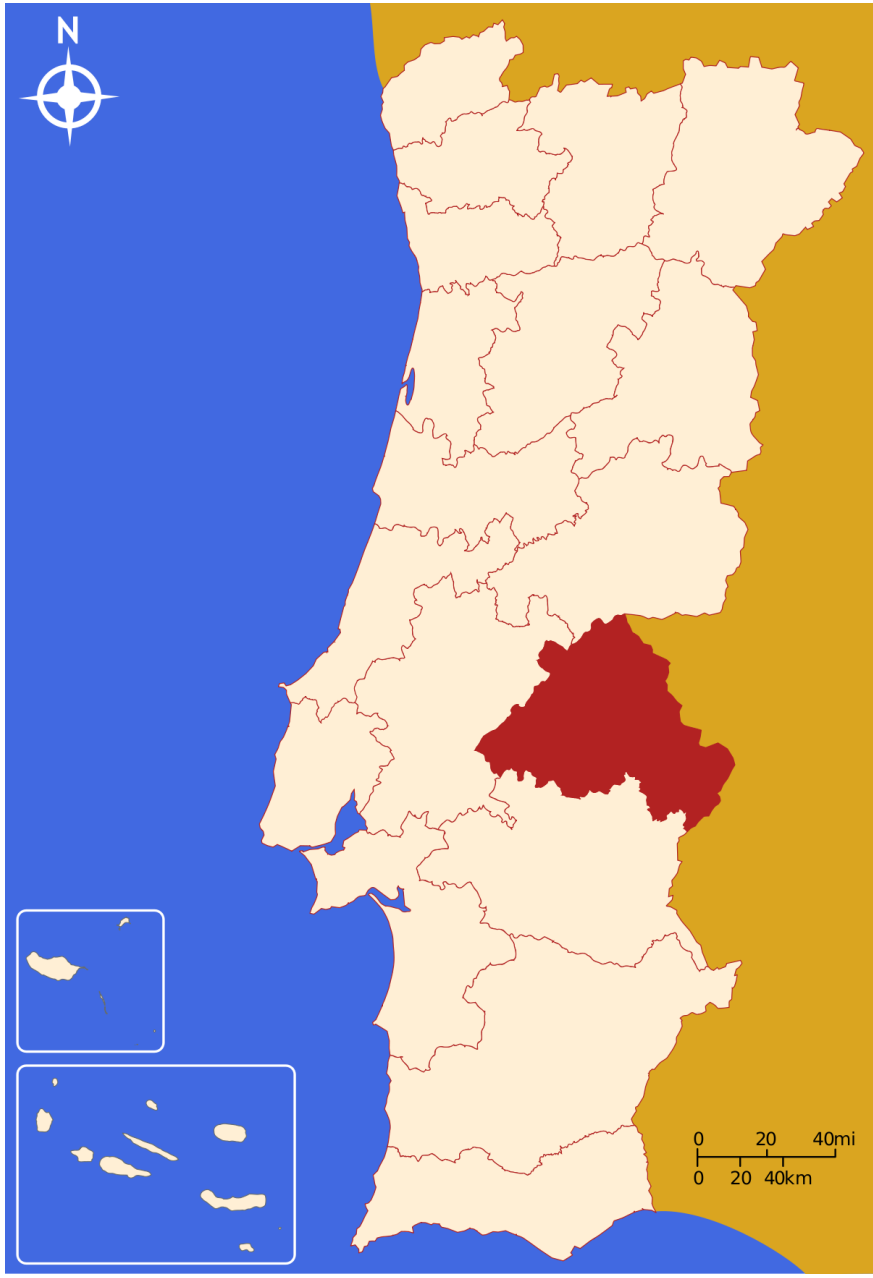
+ Alcohol-related harms

1997 – Alcoholism prevalence

National: 7%

Portalegre region: 8%

+++ Young adults



BACKGROUND

Early age onset of alcohol use

High volumes and frequency of alcohol use

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+ Alcohol use disorder

+ Drink driving

Alcohol use in rural communities

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Feeling of inclusion

Feeling of social support

Role in community events

Main risk factors:

- Male sex
- Family instability
- Low educational level

UTRA

Unity of Treatment and Recovery of Alcoholics
Since 1992

- 1 Psychiatrist
- 2 Mental Health Nurses
- 1 Family and Occupational Therapist
- 1 Social Worker

To help patients achieve and maintain alcohol abstinence

UTRA - Enrolment Criteria

Alcohol dependence alone

Patient’s wish to cease consumption

Patients wish to enrol group sessions and medical appointments

UTRA - Appointments

~ 3 years

STEP	PSYCHOEDUCATIVE GROUP
1st STEP	BIWEEKLY | +- 6 SESSIONS
2nd STEP	MONTHLY | 9 SESSIONS
3rd STEP	QUARTERLY | 4 SESSIONS
4th STEP	BIANNUALLY | 2 SESSIONS
5th STEP	ANNUALLY | 1 SESSION

- Medical appointments
- Alcohol breath test

UTRA - Appointments

1st STEP	BIWEEKLY | 6 SESSIONS

- Myths related to alcohol
- Alcohol consumption and its risks
- Social and professional consequences

2nd STEP » MONTHLY | 9 SESSIONS	3rd STEP » QUARTERLY | 4 SESSIONS

- Improve communication skills
- Share experiences, strategies and challenges

4th STEP » BIANNUALLY | 2 SESSIONS	5th STEP » ANNUALLY | 1 SESSION

- Return to a social life without alcoholic beverages
- Projects for the future

NEW CHALLENGES AND CONCLUSION

Data from 2017 that compares alcohol consumption between regions in Portugal:

- Alentejo is one of the regions with lowest prevalence of alcohol consumption in adults, below the national average
- Prevalence of consumption in Alentejo diminished more than the national average

- **The prevalence of alcohol consumption, amongst young adults, is the biggest in the country, highly above average**

» Raise awareness about alcohol dependance and its consequences since a young age

» Close contact with schools, psychologists and primary health care services

NEW CHALLENGES AND CONCLUSION

- Covid pandemic impact
- Social isolation
- Less access to medical appointments
- Economic impact

- New cases of alcoholism
- Delayed enrolments in UTRA

» Meetings in primary health care services

» Sensitize the community structures, such as employers and municipalities

» Further studies about the modifiable risk factors in rural communites » Regionally tailored approaches

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Thank you for your attention

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