Alcohol case

ALIAT - Alliance for the Fight against Alcoholism and Drug Abuse
DATA ABOUT ALCOHOL CONSUMPTION

- WHO 2018 (Global status report) - 12.6 l (11th)
- WHO 2017 (World health statistics) – 13.7 l (5th)
- WHO 2014 (Global status report) – 14.4 l (5th)
- WHO 2012 (Alcohol in the EU) – 16.3 litres (2nd EU)
- WHO 2011 (Global status report) – 15.3 l (4th)

In 2018 unrecorded consumption was declared at 2.2 litres
DATA ABOUT ALCOHOL CONSUMPTION

- 15,175 deaths annually (76% men) (Rehm, J., 2012)
- The highest standardized mortality rate in the EU attributable to alcohol among women
- 4th in men
- In 2012, nearly 70,000 cases of alcohol-related pathology were discharged, totalling 572,549 days
- Romania ranks 2nd in terms of victims of alcohol-related physical assaults
- 78% of 16-year-old Romanian adolescents have consumed alcohol at least once in their life, and nearly one-third have been through multiple episodes of intoxication (ESPAD)
STATE SUPPORT TO ALCOHOL PROBLEMS

- Detox in county hospitals and psychiatric hospitals, with insurance and referral from family doctor or to emergency services
- Health Insurance House reimburses psychiatric consultations for people with AUD and 3 psychological consultations/day/psychiatrist
- Zero tolerance on drinking and driving
- No selling alcohol for under 18
- Drinking alcohol in public places is prohibited
- In March 2015 the Government set up the National Council for Coordination of Policies and Actions to Reduce Alcohol Consumption in Romania (President, Secretary of state from Ministry of Health)
- National awareness month, by INSP

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OTHER ORGANIZATIONS CONTRIBUTION TO THE FIELD

- AA groups aprox 50
- Several NGO’s
- Up to 5 rehab centers
- Psychiatry/Psychotherapy clinics
ALIAT CONTRIBUTION

- 1993, NGO of mental health professionals
- ALCOINFO Centers
  - ALCOLINE short number 021/9335
  - ALCOHELP e-health
  - ALCOHELP Caravan
  - ALCOHELP App
- THE CHILL TENT - Harm reduction in recreational settings
- Ambulatory Treatment Clinics / 1 residential treatment
- National screening day 2019
- School prevention
- GP’s, nurses, psychologists, psychiatrists training

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ALCOHELP CARAVAN

- 2010
- 150 visited communities and 10 student campuses
- 6,500 AUDIT tests
- early detection of abusive alcohol consumption, information for low risk drinking
- Brief intervention for abusive alcohol use
- 3,000 counseling sessions
- 100,000 leaflets
- 7 partnerships with local NGOs
Since 2009

- 10 online sessions (decisional balance, high risk, craving, depression, anxiety, peer pressure)
- Journal
- Contact the specialist
- 4571 online beneficiaries
- Biggest online forum: 4422 members, 73,000 posts / over 1.5 million page views
- 59% of users extremely harmful drinking

ALCOHELP.RO E-HEALTH

ALCOHOLINE 021.9335

Prevenire
- Generarea Alcohel a ajutat peste 10.000 de locuitori din Romania.

Asistenta
- Centralele Alcohelp sunt prezentate la 170 iesuri din tara. Afili camere.

Tratament
- 100 de sedinte online, evaluarea consumului, jurnal de boli, contact cu medicul.
ALCINFO CENTERS

- 2013
- 6 General Hospitals, 1 trained psychologist, part-time
- WHO A.U.D.I.T. screening
- Information, AUDIT score 0-7
- Psychoeducation, short interventions, counselling, referral, AUDIT score >7
- 1400 beneficiaries in 2018
- 630 short intervention
- 1300 information and psychoeducation
- National Health programme 2018
THE CHILL TENT

- harm reduction activities in recreational settings (music festivals or sea side resorts)
- 14 events, 60 days
- Multidisciplinary team
- Freebies
- 26,800 visits at the Chill Tent
- 3265 AUDIT tests
- 1100 hours of medical, social and psychological counseling

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ALCOLINE 021.9335

- short number phone line for people with alcohol use disorders and their families and friends
- the team includes psychologists and social workers but also former users and co-dependents
- program 10.00-17.00, Monday to Friday.
- more than 1000 calls and 250 hours of telephone counselling and referral
- more than 500 email contacts
- 80% - calls are from partners/relatives/family, 20% users
- 33% - minors are involved
- 81% of users are men
ALCOHELP APP

• 2018
• > 1000 users
• AUDIT TEST – drinking objectives
• Motivational, mindfulness messages
• Journal
• Panic button (craving count down, relapse, high risk situation, strong feelings)
• Emergency plan (021.9935, whatsapp, forum, emergency contacts)
• Resources (decisional balance, depression, anxiety)

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NATIONAL AUDIT DAY

- 5TH of June
- INSP, MoH
- influencers
- 40 county centers + Hospitals + Drug store network + organizations
- www.ziuaudit.ro
- Online training AUDIT
- Testing map

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THANK YOU

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