

CLUBS OF TREATED ALCOHOLICS(CTA)
KLUB LIJEČENIH ALKOHOLIČARA

Continued support with a goal:
to keep lasting abstinence
and healthy behavior patterns

Life without addiction, Responsibility
Family approach,
Engagement of Professionals
Education
Follow up
Family members involvement

CTA in surrounding

-CTA Popovača

Dom kulture Popovača
info (044)569 322 *Daily hospital*

CTA Petrokemija Kutina

Mon 15:00-16:00h
A.Vukovar 4,Kutina

CTA INA Rafinerija Sisak

Thur 17:00-18:00h
Kovačićeve 1, Sisak

CTA Kupak Sisak

Mon 18:00-19:00h
Red cross office, K.Tomislava 18

CTA Petrinja,

Mon 17:00-18:00
Hospital Petrinja

encouraging available
support in social functioning and recovery:
selfinitiative, useful behavioral
models implementation, strenghtening adaptation
and choosing the path towards stable abstinence

DAILY HOSPITAL
DAILY HOSPITAL

MULTIDISCIPLINARY TEAM

Azijada Srkalović-Imširagić /psychiatrist
M. Majnarić, S.Borovec; bacc.med.techn.
experienced study nurses,
Jasminka Matić. Clinical psychologist
Tanja Grabovac Šljubura, Soc.worker
M.Josić, A.Horčić,I.Bovcon,
working therapists

LOCATIONS

Hospital Popovača/ Dept. IIa

Mon-Thur 8:00-15:00

Health Center Caprag, Sisak

Mon-Wed 13:00-19:00

Friday 8:30-14:30

Cooperation in community

successful outcome after
treatment focused on the individual's needs
+
continued procedures and support in
community
=lasting recovery

mutual goal: „NO”to addiction



**DAILY HOSPITAL FOR ALCOHOLISM AND
OTHER ADDICTIONS**



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NEUROPSYCHIATRIC HOSPITAL
DR. IVAN BARBOT POPOVAČA
Jelengradska 1, Popovača

WHAT IS ADDICTION

WHO/"..a mental, and sometimes physical condition that arises from the interaction of a living organism and addiction agent.."

"...compulsion.."

ALCOHOL ADDICTION

-**Sick** life style caused by a permanent use of large quantities of alcohol

-damaging effects:

physical, psychological, welfare and social, material

-FAMILY DISEASE

Decreases functionality in all life aspects and makes family and society sick

-Drinking alcohol is a social ritual but every 10.th *social alcohol consumer* develops addiction!

Challenges:

-**increase in female and youth alcoholism**

increase in penalties imposed by the Court +requests for alc treatments measures!
Personal, family and public problem

BEHAVIORS INDICATING A PROBLEM ALCOHOL ADDICTION

-**Early simptoms:** Drinking faster than others
-permanent thinking about one more glass
-to much money on alcohol
-problem denial
-quilty conscience
- drinking under stress



SYMPTOMS OF ALCOHOLISM

- Strong wish for alcohol(craving)
- loss of control over drinking
- Tolerance; same effects with increased quantities
- family, job, interests neglect
- the urge to drink despite the insight of the harmful effects of alcohol
- physical addiction after cessation of drinking, tremor, nausea, anxiety, insomnia

ALCOHOLISM IS PROGRESSIVE DISEASE
with continued drinking all worsens

**MESSAGES OF THE PROFESSION
or how to make individual resilient, strong to stop drinking and continue to live normally with a family**

- drinking last for years, and recovery does not happen overnight
- don't accept promises, work with what you see
- arm yourself with patience, let the addict do what he has to do and be supportive in doing so
- don't flatter the addict, it serves him to continue drinking
- don't moralize, don't scold, don't threaten, don't cover up, ask specifically, with measure, follow up and insist on mutual respect of the agreement:

get ready for a marathon and deploy your strength

START NOW: NOT DOING ANYTHING IS THE WORST CHOICE

TREATMENTS:

Stationary(Hospital)
Daily Hospital+Club of treated alc support

DAILY HOSPITAL ADVANTAGES

-locally **available**
-**Suitable** per individual needs
-**Customer is not isolated from the family and local environment during the treatment course**

-**Enriched with education, social skills training+inclusion**
-**For replacing passive, addictive to active, responsible role**
- with Legal rights information
- wkshops in coping with daily stress
-Suitable for addicts in early stage of illness without hard damages
- Choice for customers willing to stay present in the family and job

TREATMENT CONTENTS

Triage-Multidisciplinary team
Medical follow up + pharmacotherapy
Psychoeducation about alcoholism
„Healthy styles of life“
Lectures and workshops by Psychologist
Group with psychological, therapeutical function-Family education
Psychodiagnostics/Counseling Group, Individual, Family, Group support (woman and family members)
Working therapy/ Relaxation

*trainings in communication
selfconfidence and selfesteem
-skills for coping with stress
- non-violent conflicts solving
-social skills improvement