

**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  
Kovačičeva 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

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**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

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