



Stockholm Centre for Dependency Disorders

We see the individual, not just the addiction



It is estimated that in Sweden there are:

330,000 people with alcohol dependence

80,000 with drug dependence, of which 29,000 are heavy users

65,000 with an addiction to pharmaceutical drugs.

Source: Missbruksutredningen (Abuse Inquiry)
(SOU 2011:35)

Treatment for substance use disorders helps people and saves lives

The Stockholm Centre for Dependency Disorders is the County Council's clinic for specialized care for substance use disorders. With a high level of medical expertise and the broadest range of interventions in the country, we offer treatment and support to individuals with problems related to alcohol, street drugs or pharmaceutical drugs.

As Sweden's largest treatment provider for substance use disorders, we are in a unique position to treat and help patients with harmful use, abuse and dependence. With the right treatment and a holistic view of the individual, we support our patients and their families towards improved quality of life. We see the individual – not just the addiction.

Our staff extends a warm welcome!

Johan Franck

HEAD OF CLINIC



Substance dependence is a disease and must be treated as such

Dependence is an acquired, chronic disorder, which in the vast majority of cases is treatable. Considering the knowledge available today, dependence should be seen primarily as a health issue rather than a social issue.

When a person uses an addictive substance, the brain's reward system is activated, releasing dopamine, which provides a feeling of euphoria. However, long-term abuse leads to a change in the brain and a dependence begins. Substance dependence is characterized by repeated drug seeking behaviour, compulsive drug use and losing of control over intake. In the long-term, this leads to an emotionally negative state with anxiety, irritability, suicidal thoughts, sleep disorders and cravings, in which the individual's will or motivation is to some extent out of the picture. The reward system is "kidnapped", so to speak.

There is no sure way of identifying "risk free" use; this relies on many different factors. Different people have different propensity of developing dependence. The time required to develop dependence also varies with individual factors and type of drug.

Harmful use, abuse and dependence. There are differences between harmful use, abuse and dependence. With regard to alcohol, for example, the diagnosis is not based primarily on how much a person drinks; it also takes into account the effect on the individual and his or her environment. Harmful use can most often be stopped through the individual reaching a clear understanding of the negative effects. Abuse and dependence are much more serious and difficult to break out of.

Harmful alcohol use is when a person drinks so much, and in such a way, that there is a risk of ill health and social problems if they continue to drink at that level. The amount of alcohol

The most common addictive substances are nicotine, alcohol, cannabis, central nervous system stimulants, opiates, hallucinogens and various pharmaceutical drugs.



The mortality rate due to drug addiction is on the increase. Each year, around 400 persons die as a result of drug addiction in Sweden.

10 % of ninth-grade pupils (15-16 years old) have tried drugs

Around 2 % of all healthy adults are addicted to pharmaceuticals

Around 2 % of Swedish people have problems related to gambling or have a gambling addiction (approximately 125,000 people)

Addiction treatment takes a long time but produces results

For us at the Stockholm Centre for Dependency Disorders, specialized medical expertise is as natural and central as empathy and respect for the patients and their life situation. Working in dependency disorder care is about helping the patients change their lives, on the basis of their own capabilities.

Harmful use can often be stopped by identifying habits and behaviours, and by providing relevant information. If harmful use is identified early on, it is easier to provide the right help and support in a timely manner, so that the patients can change their habits. However, patients who have reached the abuse or dependence stage often need additional help.

New strategies lead the way

The treatment of abuse and dependence is a long process. The treatment provider and the patient work together to change the patient's dysfunctional strategies - i.e., the abuse - and find new functional strategies for handling stress via means other than alcohol or drugs. These strategies include identifying risk situations and practicing new social skills.

The treatment includes increasing the motivation to change and to develop new behaviours, but also to understand underlying factors. It is a matter of finding the patient's strengths and highlighting the positive. In many cases, involving the family can be greatly beneficial.

When the patient breaks free of their addiction, they receive help to ease their withdrawal symptoms through the use of non-addictive pharmaceuticals. A distinction is made between detoxification, which takes place in 24-hour care, and maintenance therapy, which is handled via outpatient care.

Inquiry and care plan as the basis

We start the treatments by identifying the addiction. During the first visit, the patient meets a nurse or a psychologist as a rule, for discussion and examination. Following this, an individual treatment programme is formulated. All treatment follows a care plan. As a basis for the care plan, we conduct a careful inquiry and assessment in accordance with research-based treatment methods. Part of the initial assessments are tests in the form of AUDIT, DUDIT and other tests, where health care personnel can help patients to test their alcohol and drug habits.

Recurring elements of the treatment are usually individual talks, medical treatment and relapse prevention. Where required, the patient is also offered psychotherapy.

Swedish men drink twice as much as Swedish women



See the individual, not just the addiction

The Stockholm Centre for Dependency Disorders is Sweden's largest clinic for treatment of substance use disorders, and is commissioned to conduct specialized care for all of Stockholm county. Based on our motivation to increase patients' quality of life, as well as that of their families, we offer evidence-based treatment throughout the healthcare chain. Our task includes large sections of the outpatient dependency disorder care and 24-hour care, as well as emergency care for those of the county's patients who have substance use problems. The main target groups are people with alcohol, drug or pharmaceutical dependence. Many use several drugs, and many have other psychiatric or medical problems, often as a direct result of their addiction.

Between 5,000 and 7,000 Swedes die from alcohol-related illnesses or injuries each year

A broad range of care services and continuity in the healthcare chain

We operate in some 70 locations across the county and on three levels: local outpatient care, emergency- and 24-hour care, as well as highly-specialized programmes. Our intention is to be close to the patient, to have a high level of availability and to provide different types of care to patients with different needs, in the way that suits them best. As patient needs change, we are constantly evaluating and developing our range of services and our treatment methods. With the breadth we offer, we can integrate the care throughout the chain, to the greatest extent possible, and maintain a sense of continuity for the patient.

To be able to provide patients with a cohesive and functioning care, our operations also have close cooperation with psychiatric care, primary healthcare, social services and the Swedish Prison and Probation Service – a cooperation which we are constantly developing and improving.

Local operations close to users

Our clinics are located close to the users, out in the municipalities and city districts. They are most often integrated with social services and we work together with psychiatric care and primary healthcare. The clinics act as a qualified resource for people with alcohol, pharmaceutical and drug dependencies. We also have dedicated local clinics for young people.

Outpatient clinics can be applied to directly, but the patient may also choose to go via their occupational physician or medical centre. The patient may choose the outpatient clinic best suited for him or her. If the patient needs to be admitted for detoxification, both emergency clinics and outpatient clinics can refer the patient to one of our departments for 24-hour care.

Emergency care, 24 hours a day, 365 days a year

Patients who require emergency care for substance related problems, who need to sober up, receive a detoxification programme or be admitted, come to Beroendekuten Stockholm (BAS), a substance abuse-related emergency department, to stay in one of our wards. BAS is located at S:t Görans Hospital and is open 24 hours, every day of the year. After receiving emergency care, patients can go to the outpatient clinic that best suits them.

For patients with addiction to pharmaceutical drugs (e. g. benzodiazepines or pain killers), there is a specific ward open on weekdays at Sabbatsberg Hospital. Maria Ungdom, which is targeted at young people up to 20 years of age, has a 24-hour emergency clinic and specialized outpatient care.

Emergency and 24-hour care is primarily voluntary, but in some cases care is implemented in accordance with the compulsory care legislation (see the Compulsory Mental Care Act - LPT - and the Forensic Mental Care Act - LRV).

Highly-specialized programmes for different patient groups

The Stockholm Centre for Dependency Disorders also offers care with a high level of medical specialization.

Patients can apply to the highly specialized programmes directly or through their local dependency clinic, though in certain cases a referral is required.

Long-term medication-assisted care. Highly specialized medication-assisted care for patients with an opiate addiction is available in the **Methadone Department**, where we offer evidence-based rehabilitation for opiate dependent patients, through methadone or buprenorphine treatment. Patients are referred from local outpatient clinics, the Swedish Prison and Probation Service, the non-custodial care system and the municipal infection clinics. A unique aspect is that patients can also apply for treatment if they are in prison.

In addition to their addiction, patients often have poor psychological and physical health. Complex care needs, and long-term treatment relationships place high demands on treatment providers. With long-term rehabilitation we help the patients to break free of their dependency, stabilize their social situation and achieve improved physical and psychological health.

Maria Ungdom never sleeps. **Maria Ungdom** is specialized in helping young persons and their families with problems related to alcohol, drugs and psychological ill health related to dependency. Young persons up to 20 years of age are welcome. These activities are operated in close cooperation with the social services, the police and the emergency medical services.

At the emergency clinic, which is open 24 hours a day, we receive young persons under the influence of alcohol or drugs, in order to help them to sober up and stabilize. We also carry out planned 24-hour care for young persons who require a longer programme of detoxification, support and investigation. Maria Ungdom also offers telephone advice to the public 24 hours a day, to youth clinics with specific knowledge on young people in risk environments, and to outpatient clinics throughout the county; known as the "MiniMarias".

Leading treatment of patients with addiction to prescription drugs. The Stockholm Centre for Dependency Disorders is a leader in the treatment of patients with an addiction to pharmaceutical drugs. The programme offers outpatient care and a ward with 24-hour care open on weekdays. Treatment components include phasing out prescription drugs, and support for family members. Interventions are coordinated with psychiatric care, primary healthcare, social services, occupational healthcare and the Swedish Social Insurance Agency.

Women's clinics. We have a number of clinics specifically for women, including the **EWA clinic** for women with alcohol-related problems who have children under the age of 18. Rosenlund's prenatal care team offers specialist prenatal care for prospective parents with harmful use, abuse and/or behaviour-related problems, and for pregnant women undergoing medication-assisted care. We also offer counselling and measures to prevent STI/HIV.

With the aim of reaching more patient groups and meeting a wider variety of care needs, we also have several other specialized programmes, including:

HBT clinic for homosexual, bisexual and transgender persons with harmful use, abuse and dependence.

Konsultmottagningen I66, a consultation clinic with highly specialized outpatient care and consultation for patients with substance use problems and concurrent somatic disease.

Livsstilsmottagningen [Lifestyle Clinic] for young adults aged 18-30 whose lifestyle and health are being negatively affected by alcohol or drugs.

Magnus Huss-mottagningen [the Magnus Huss Clinic], which specializes in research and development of new treatment methods for persons with alcohol or drug-related problems.

Mångbesökarteamet [the Multi Visitor Team], who help patients who repeatedly seek emergency clinic treatment and who have difficulties accessing regular outpatient treatment.

Neuropsykiatriska mottagningen [the Neuropsychiatric Clinic] is a resource for all of Stockholm Centre for Dependency Disorders, carrying out assessments and pharmacological 'second opinion' on neuropsychiatric functional impairments.

Riddargatan 1, which receives patients with alcohol-related problems but an otherwise functional social life.

ITOK (Integrated Team for opiate dependent Prison and Probation Service clients), **SMADIT** (Cooperation against alcohol and drugs in traffic),

Stadshagsmottagningen [Stadshagen clinic] and local drink-driving clinics for persons offered care as a result of substance abuse-related crime.

Smärtteamen [two pain clinics] for patients who have become dependent on analgesics, owing to primary pain-related problems.

Spelberoendebehandling [Gambling Addiction Treatment] for persons who have developed a destructive addictive behaviour with regard to gambling.

Support for the family

The Stockholm Centre for Dependency Disorders also offers programmes with information and training for patients' families. These may be husbands/wives/partners with children, but also parents, siblings or close friends. Our programme *Anhörigstyrkan* [support for relatives] helps the family gain a better understanding of how addictive disorders work and how they affect the individual. As with all healthcare, we are also obliged to contact social services if a patient has children living at home, who are at risk of ill health as a result of their parent's addiction, or that of a relative.



In Stockholm, there are:
approx. 80,000 people
with an alcohol addiction
approx. 15,000 people
with a drug addiction

The Stockholm Centre for Dependency Disorders in figures

Eight sections, with a total of 75 units and clinics

A total of 680 employees: 250 nurses, 100 doctors of which 80 are specialist doctors and 20 residents, 180 nurses in psychiatric care, 35 psychologists, 40 medical secretaries, and midwives, welfare officers, psychotherapists, behaviourists, occupational therapists, R&D personnel and administrators.

Healthcare production in average figures in 2011:

patients (individuals): 19,000

visits to outpatients programmes: 277,000

overnight stays: 24,000

emergency unit visits, 24-hour care: 12,000

A high level of competence and high standards result in good care.

Knowledgeable and committed staff

At our clinics there are specialist doctors in the areas of addiction medicine and psychiatry, nurses with specialist training, and psychologists with special competence in neuropsychological assessment. The first person our patients meet is most often one of our medical secretaries or receptionists, who assist with practical matters.

Case managers are often available at the clinic. They work with patients who have special needs, to coordinate treatment and support. At some clinics we also have occupational therapists who can help our patients to attain a functioning daily life.

The Stockholm Centre for Dependency Disorders is run by an Operations Manager, with a central administration. Each operational area/department (geographical and specialized) is run by a department head and a department administrator.

Education and research

The Stockholm Centre for Dependency Disorders is a university clinic which conducts teaching and research. In these areas, we cooperate with Karolinska Institutet through the Stockholm Centre for Psychiatric Research and Education. We also have clinical education facilities for healthcare and medical students, including internships and residencies for doctors, and clinical training of nurses and psychologists.

Internally, we conduct professional education and training in order to ensure that our employees have the expertise and develop

the required expertise. We continuously strive to enhance our clinical skills and the quality of our programmes, based on available scientific evidence.

Patients and relatives are offered courses to enhance their participation in the programmes.

Quality, environment and patient safety

In 2009, the Stockholm Centre for Dependency Disorders was the first health care clinic in Stockholm County to be quality certified in accordance with the international standard SS-EN ISO 9001:2008. In addition, we have for many years been environment certified in accordance with SS-EN ISO 14001:2004.

We work actively on patient safety, with an action plan that is known and accessible to all personnel. We have well-developed networks, both inside and outside of the clinic, which provide good opportunities for the exchange of experiences and constant improvement.

Between 1996 and 2010 we have seen
a 14 % increase in alcohol consumption.

CONTRIBUTING FACTORS

Saturday openings at Systembolaget, increased sales of bag-in-box drinks, increase in alcohol imports, liberal attitude towards alcohol.



Want to know more?

More information on the Stockholm Centre for Dependency Disorders can be found on our website, www.beroendecentrum.se. You can also find a PDF version of this folder – both in Swedish and in English – on the website.

Some of our specialized programmes also have separate websites: beroendemottagningenhbt.se, livsstilmottagningen.se, mariaungdom.nu and riddargatan1.se.

Up-to-date contact details for our departments and clinics can be found on www.varldguiden.se. You can also order our contact guide (in Swedish) for associated healthcare and partners, Hitta Rätt. E-mail infoberoendecentrum@sl.se, stating how many copies you would like and your postal address.

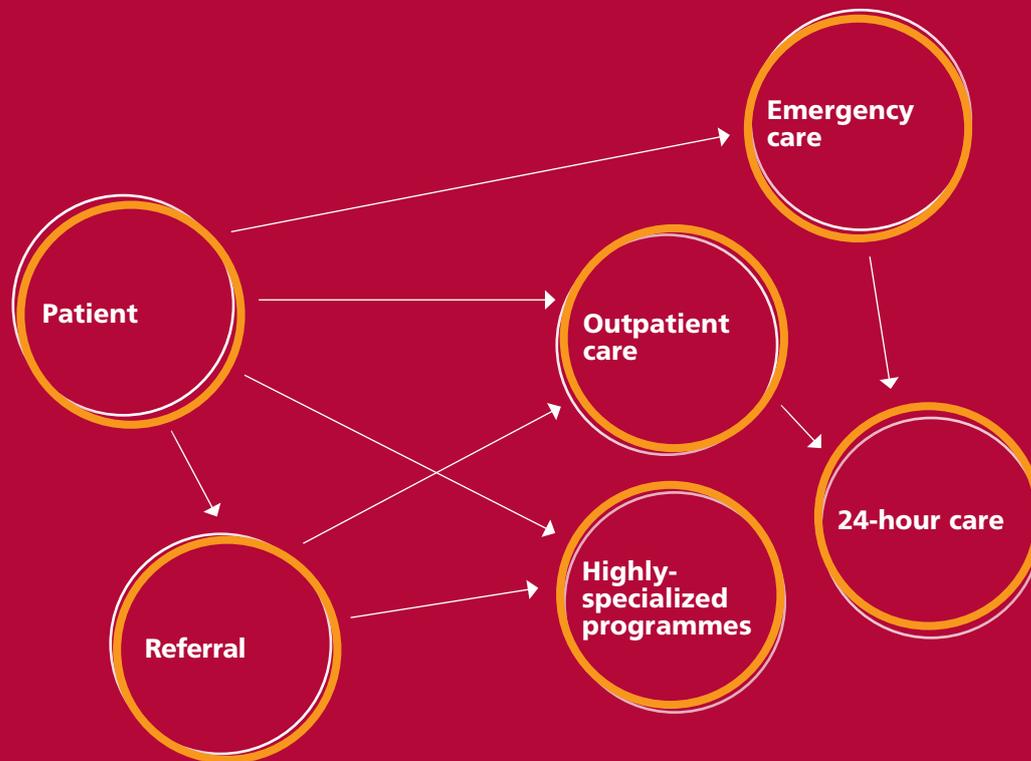
Please use the same e-mail address to order printed copies of this folder, in Swedish or in English.



www.beroendecentrum.se

How to access the Stockholm Centre for Dependency Disorders

Patients can apply to our emergency care and our local outpatient care directly, or via primary healthcare, occupational healthcare or the Swedish Prison and Probation Service. Most of our specialist units also receive first-time patients directly, but for some of them a referral is required, or prior admission as a patient to the Stockholm Centre for Dependency Disorders.



Referral from associated care such as the Swedish Prison and Probation Service, primary healthcare, psychiatric care, social services

