

# The City of Warsaw and the problem of drug abuse



Treatment and harm reduction programmes financed by the City of Warsaw for people with drug abuse problem



# The organization and legal structure

Treatment programmes according to the Polish law may be realized only as part of the activity of Health Care Centres



# Polish specificity:

Professional therapy assistance for people who abuse drugs is carried out mainly by non-governmental organizations



## Polish specificity cont.:

Polish non-governmental organizations have become the founding bodies of the Private Health Care Centres providing health services for people addicted to drugs

# Health services provided by Health Care Centres and Private Health Care Centres in Warsaw:

- Full-time detoxifying treatment
- Full-time, short-term motivating therapy
- Substitution treatment in „day ward” conditions
- Treatment at an outpatient clinic:
  - Individual psychotherapy, group psychotherapy and „drug free” system family psychotherapy
  - Pharmacotherapy
  - Substitution treatment at an outpatient clinic




# Treatment programmes financed by the City of Warsaw

1. Psychoactive substance addiction treatment programme
2. A programme for people addicted to opioids and undergoing substitute treatment




# Treatment programmes financed by the City of Warsaw cont.

(€ 115 374,00)



## Harm reduction programmes realized by non-governmental organizations:

- Exchange of needles and syringes
- „*Streetworking*” and „*partyworking*”
- Emergency actions and psychological help for young people experimenting with drugs and their families




Programmes of needles and syringes  
exchange realized for many years by Monar  
Association and Public Assistance

Costs:

2008 – PLN 82 500 (24 336 €)

2009 – PLN 84 562 (24 944 €)

2010 – PLN 86 675 (25 567 €)



Treatment programmes and harm reduction programmes – antagonism or integration?!  
ZHealth Care Centres – broadening the scope of actions of professionals to activities connected not only with treatment („Safe Grochów” programme of the Detox Centre on Zgierska Street)

ONon-governmental organizations – elements of psychotherapy as a form of assistance, independently from Health Care Centres, for clients dealing with drug addiction (psychoeducation, support groups – Maraton)



## Ideology and pragmatism

The effectiveness of detoxification treatment programmes based on abstinence is maximum 30% in case of treatment at an outpatient clinic and 10-20% in case of full-time treatment. Substitution treatment and programmes realized according to harm reduction philosophy are effective in over 60% of cases, if by success we understand not so much abstinence as positive changes in the functioning of people addicted to drugs.

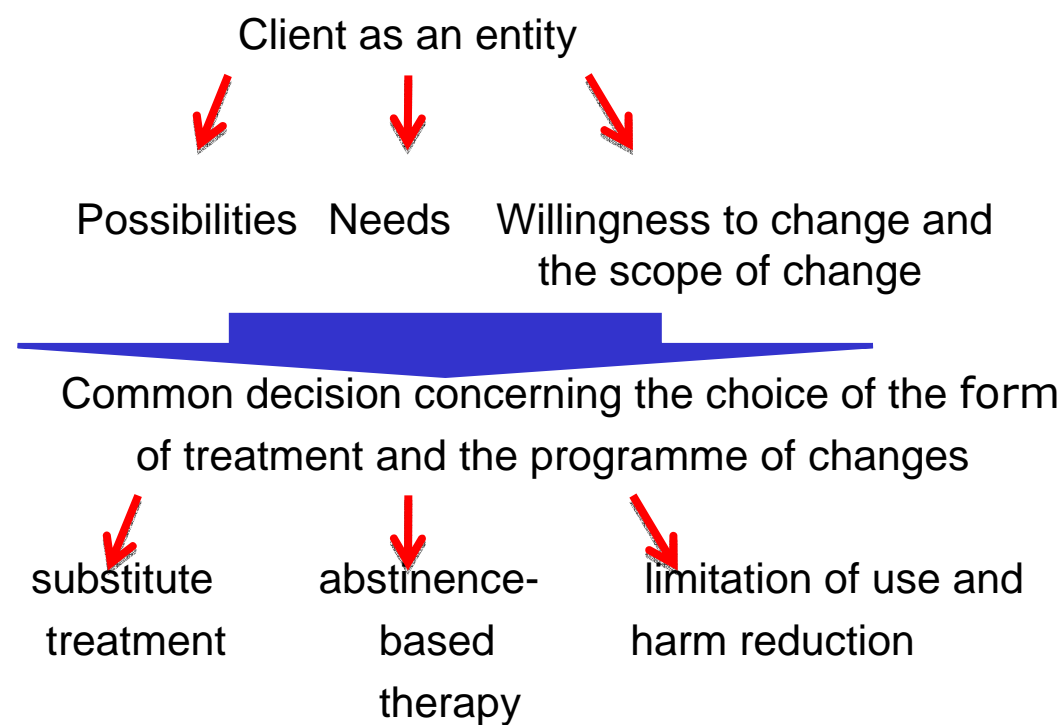
# Harm reduction philosophy

„Harm reduction constitutes a platform of assistance to people who make up the majority of those addicted to drugs, who cannot or do not want to give them up. It helps to reduce the harmful consequences of using drugs. It assumes that abstinence can be the best solution for many people, but it does not seek to emphasize it as the only goal and the condition necessary for success. As an alternative, it offers a series of slight gradual changes towards reduced harmfulness of using psychoactive substances”.

„Redukcja szkód w psychoterapii” red. Andrew Tatarsky



# Private Centre for Addiction Treatment of the „Eleuteria” Association – an attempt to integrate the approaches:





# Effectiveness – motives for cooperation and partnership

1. The City's recognition of the professionalism and experience of the organizations and institutions helping people addicted to drugs by:
  - financing of the programmes
  - consultations and forum of dialogue between the Bureau and the professionals
  - supporting and propagating the programmes on account of their effectiveness in drug abuse prevention

# Effectiveness – motives for cooperation and partnership

2. Increase of awareness of the City representatives, understanding of the importance of the problem of drug abuse and the necessity of extending the scope of actions for the prevention of drug abuse
  - improvement of qualifications and competence of officials concerning addiction issues
  - joint lobbying for effective methods of drug abuse prevention
  - granting rank and prestige to the organizations helping people addicted to drugs, especially in the presence of council members and other policy-makers



# Effective drug abuse prevention – common concern

WMutual trust, involvement and professional approach to the problem in its social dimension are a guarantee of new solutions and open the perspective of joint actions for the benefit of people dealing with drug problems but also for the benefit of the inhabitants of Warsaw and all tourists visiting the city. We hope to contribute to the development of the image of Warsaw as a friendly and safe city.



Thank you for your attention