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Cannabis abuse treatment: A challenging aspect of an outpatient individual drug abuse therapeutic program

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The Counselling Center offers an outpatient drug counselling individual psychotherapeutic program. Specifically for cannabis users, the program allows the adjustment of the treatment intervention to the specific demands of this group, whereas treatment for other drug abuse does not always recognize or effectively treat cannabis abuse.

In Greece, the great majority of the detoxification therapeutic programs addresses to heroin users and includes therapeutic communities and maintenance programs.

A primary problem is the difficulty to motivate users to seek treatment, because although they have already developed dependence to cannabis use, they often fail to make the association between their use and its symptoms. So they seek treatment after decompensation of academic, social and occupational performance or after involvement with the legal system.

Because of the high frequency of comorbidity among cannabis-dependant individuals, the users often seek treatment from a mental health service, where their abuse is ignored, and this results in rapid relapse while their dependence is still present.

Treating cannabis abuse without diagnosing and treating the underlying disorder or symptomatology is not effective. Thus, treatment programs for cannabis dependence should include a dual diagnosis component in order to treat the user as a whole.

The establishment of such drug abuse programs offering treatment to people whose primary drug abuse is cannabis (or who are primarily addicted to cannabis) seems to be a necessity. Those addicts constitute a rapidly increasing population with particularities in recognition and in treatment of their dependence, something that is associated with physical and psychosocial consequences.

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Drug abuse prevention programs for high school students: Factors that enhance their effectiveness

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The Counselling Center applies drug abuse prevention programs for high school students, which aim at the development of basic skills for handling difficult situations and the encouragement of students to adopt a healthy way of life. Experiential techniques are used in the groups, which are coordinated by a specialist or a trained teacher.

The approach of this age group within the school and the incorporation of the meetings in the school program give the opportunity for an intervention which is regardless of socio-demographic characteristics.

The programs include 5–7 two hours sessions, but can be expanded since they are part of a broader health education program which includes creative activities and activation of students in the

community by sensitizing others in issues such as drug abuse, racism, social exclusion, etc.

The active involvement of students in such activities reinforces effectiveness of prevention programs and willingness for participation. One more factor that plays positive role in the effectiveness of such programs is the participation not only of specialists, but of trained and sensitized teachers as well.

It seems that the careful planning of prevention programs, the incorporation of the interventions in the school program, and the active participation of the educational community contribute greatly to the achievement of the programs' objectives which are the change of the attitudes towards drug abuse through the development of social and personal skills, as well as the adoption of principles such as respect of self and others, cross-cultural communication and support.

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Obstetric management including the impact of substance misuse on the fetus, service models and policy context

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Substance misuse in pregnancy is a complex issue requiring multi-agency working between drugs agencies and obstetric services.

The Confidential Enquiries into Maternal Deaths (2000-2002) found that, when all deaths up to 1 year from delivery were taken into account, psychiatric illness was not only the leading cause of indirect death, but also the leading cause of maternal deaths overall.

Moreover, misuse of alcohol and illicit substances during pregnancy has been associated with significant obstetric maternal, fetal and neonatal complications. These include low birth weight, prematurity, fetal alcohol syndrome, fetal loss, and antepartum haemorrhages. Substance misuse also increases the risk for other conditions, for example, sexually transmitted diseases, hepatitis B, hepatitis C, HIV, and domestic violence. These associated problems can present significant risk to the pregnant mother and her unborn child in themselves.

The National Treatment Outcome Study has provided substantial evidence that treatment for adult drug misuse does work in that it reduces drug use, improves health and reduces criminality which benefits individuals, families and communities. Data from our multidisciplinary PDU service demonstrated that there was a statistically significant association between antenatal attendance at the PDU clinic and birth weight centile possibly by enhancing the much needed stability in the often chaotic lives of these young women since it gives them the opportunity not only for substitute medication but also to resolve housing, employment and other social issues and so limit the untoward effects of these factors on pregnancy outcomes.

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Efficiency of trazodon in treatment of alcoholics

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Depression is old as a humanity, it is the disease that has been described in the early days of medical history. Depression is the most common disorder nowadays. Sometimes alcoholism and narcomania can mask depression. The aim of our work was to find out about the