



Alcohol and Drug Abuse in the Czech Republic

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The Czech Republic

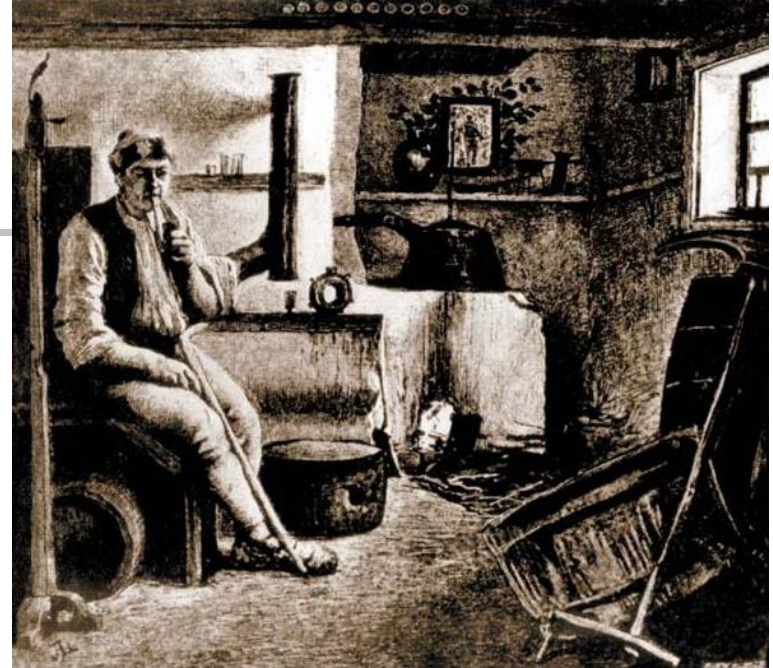


Cultural particularities

Long history of distilling strong alcohol at home

Slivovice – Plum brandy with alcohol range 50 – 70%

Currently not legal, but in some regions every fifth household has illegal distilling equipment



Cultural particularities

40 years of communist regime 1948-1989

- full employment
- not enough possibilities for personal growth and independence
- excessive free time
- closed borders
- cheap alcohol
- drug problems officially don't exist





Current situation

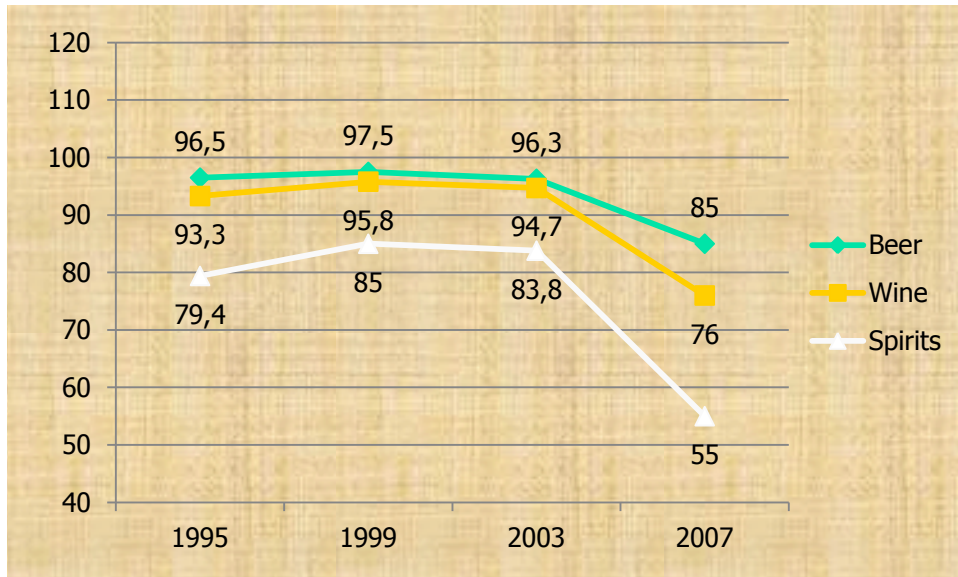
Cheap alcohol – in bars and restaurants, it is not uncommon to find beer cheaper than soft drinks

Average prices in bars and restaurants

Bottle of beer	1.20\$
Glass of wine	1.50\$
Whisky (shot glass)	2.00\$
Pepsi	1.50\$

Current situation

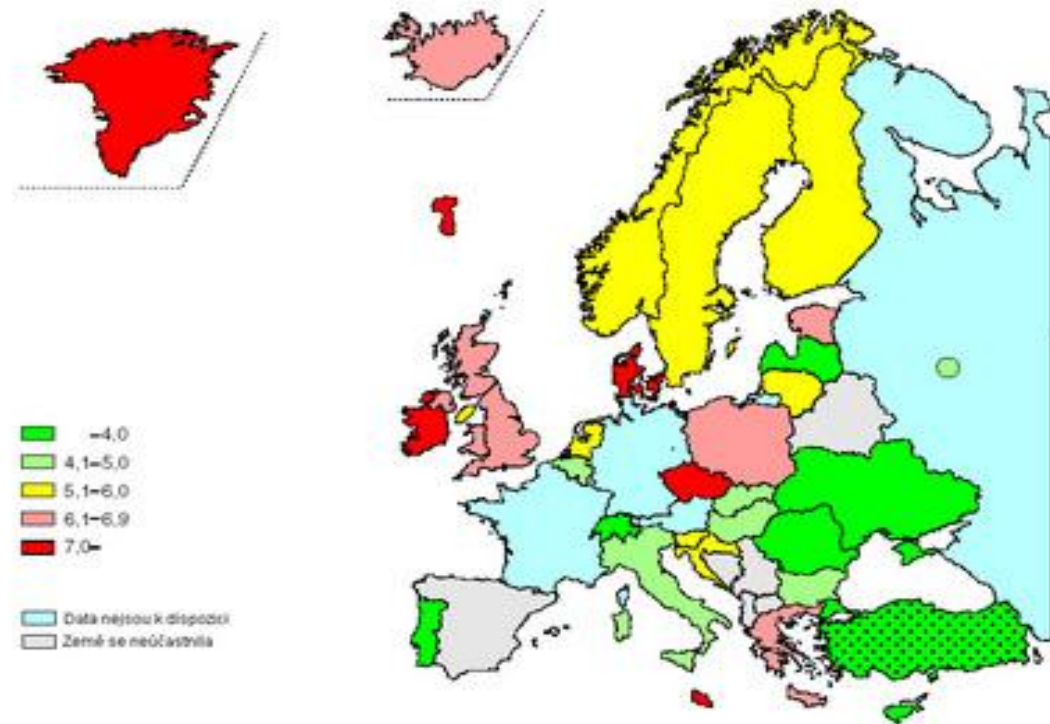
Legal drinking age (18) is not efficiently enforced by law



It is easy or very easy to buy alcohol. (survey of 16-year-old students) 35% of them drink at least once a week

Current situation

- Regions with high unemployment
- Open borders – free flow of drugs
- Extreme pressures to be successful
- Carving for new experience (not available before 1990)



The average amount of alcohol consumed when drinking (survey among 16-year-old students)



Statistics

Alcohol consumption - pure 100% alcohol per adult in liters

- 1 [Uganda](#) 19.47
- 2 [Luxembourg](#) 17.54
- 3 [Czech Republic](#) 16.21 (4.3 gallons)
- 7 [France](#) 13.54
- 43 [United States](#) 8.51 (2.3 gallons)

(WHO, 2004, counted for adults 15 and older)



Statistics

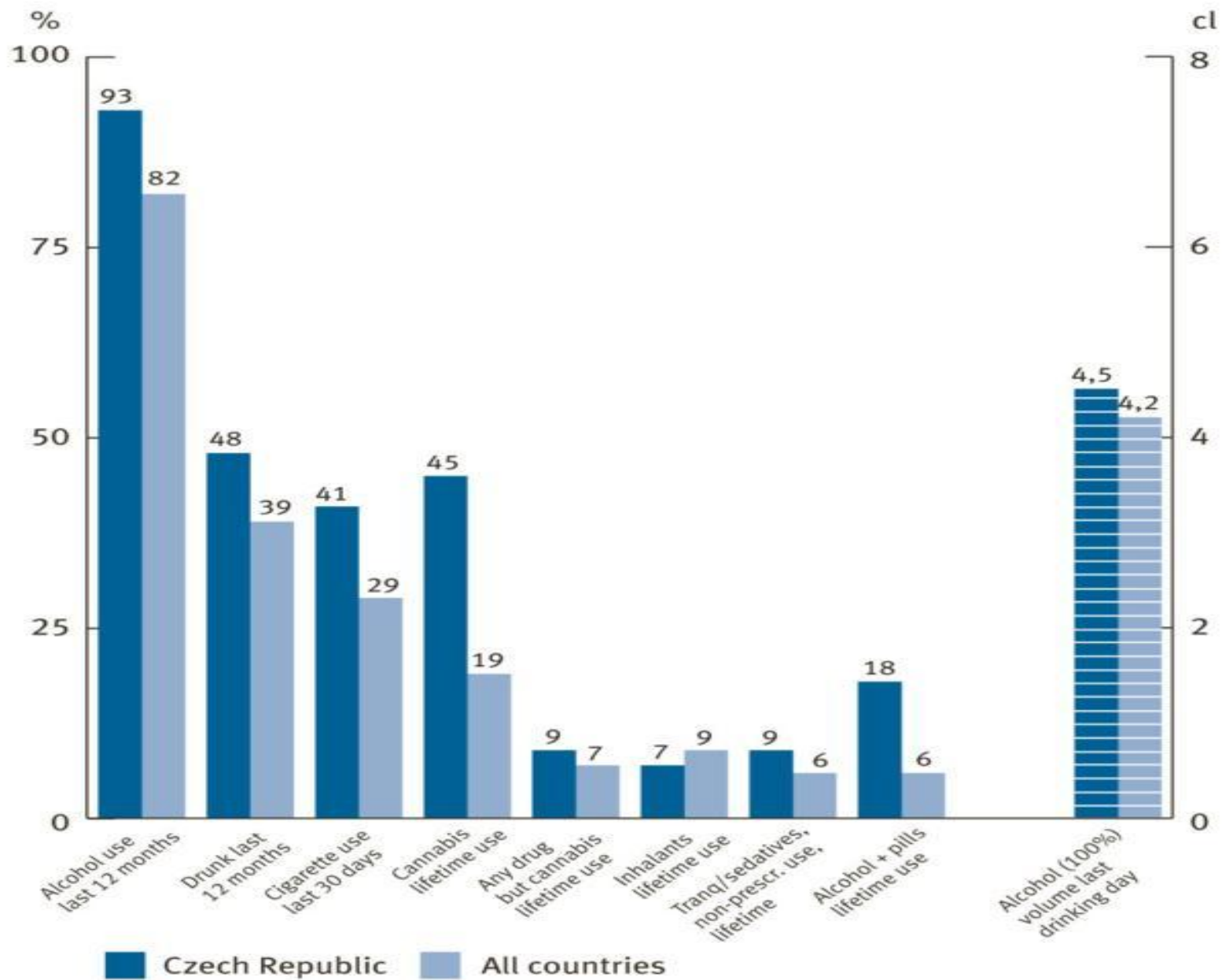
Alcohol

- Addiction 5% of the population
- Problems with alcohol 10% of the population

Illicit drugs

37 000 problem users

(12 000 heroin, 20 000 Pervitin – methamphetamine,
5000 other drugs)





Support groups

AA and NA

27 groups of AA, 10 of them in Prague

1 group of NA in Prague

Only about 5% of people with alcohol problems or addiction have experience with self-help support groups



Treatment and counseling

Out-patient treatment

-368 psychiatric offices

-19 non-governmental institutions

Pharmacotherapy, psychotherapy, socio-therapy – medical staff + social worker

In-patient treatment (3-6 months)

Structured time and rules

-in psychiatric units of hospitals

-50 adult units (1275 beds)

-4 child and youth units

- Medical treatment – majority of the employees are medical professional
- Psychotherapy – group therapy, community life of
- Work therapy – actual work for the hospital
- Free time activities – learn how to spend free time



Treatment and counseling

Detox units – 19 attached to central hospitals

- Pharmacotherapy – detoxification
- Psychotherapy – motivation
- Psychotherapy – referrals to treatment centers

Therapeutic communities (long term)

24 places with 223 beds

Aftercare agencies

- Psychotherapy – motivation, dealing with traumatic experience, learning new behavior and strategies for staying drug-free
- Social Work – practical problems: money, work, accommodation



Thank you for your attention
