

Round-table discussion Prevention and early intervention for alcohol-related harm: Learning from best-practice examples in Europe

**9 April 2019 in Berlin
Office of the Federal Chamber of Psychotherapists in Germany
Klosterstrasse 64,
10179 Berlin**

Europe shows the highest rate of alcohol consumption worldwide: on average, each European above the age of 15 consumes 9.8 litre of pure alcohol per year. Amongst adolescents in the agegroup of 15 to 19 years, 43.8 per cent drink alcohol regularly, with the rate of girls increasing. More than 10 per cent of all deaths in Europe are caused by alcohol abuse. Excessive drinking is a risk factor for many physical and psychic secondary diseases and increases the mortality rate in particular of people with low income. Direct and indirect costs of alcohol-related diseases are estimated at approx. 40 billion euros for Germany alone.

In cooperation with experts and members of Network for Psychotherapeutic Care in Europe (NPCE), the BPTK (Federal Chamber of Psychotherapists) plans to analyse the situation in the various European countries and consult about strategies to reduce the abuse of alcohol. Which legal regulations exist in the various countries and which factors are conducive respectively preventive to alcohol abuse? How can countermeasures such as a price increase for alcoholic beverages, restrictions on promotion, prevention programmes for adolescents, implementation of screenings as part of medical care and early treatment including psychotherapeutic interventions be promoted and be more widely applied? What happens on the EU level concerning this field and what could the European Union do in the future to prevent alcohol-related harm?

After the round table discussion, the members of the NPCE will meet to consult about perspectives and key topics of future network activities. This meeting is open to all psychotherapists interested in this initiative, including those that are no NPCE members.

Programme:

12:30 – 13:00	Lunch
13:00 – 13:10	Session start Greeting and introduction Welcoming address MEP
13:10 – 13:20	Kick-off speech: Possibilities and limitations of a European alcohol policy <i>Dr. Nikolaus Melcop, Vice President, Federal Chamber of Psychotherapists</i>
13:20 – 14:30	Reports of participants on national concepts
14:30 – 14:45	Coffee break
14:45 – 15:45	Reports of participants on national concepts (continued)
15:45 – 16:30	General discussion, findings and consequences
17:00 – 19:00	NPCE members meeting
after 19:30	Open “get-together”