

• **A** • **S** • **P** •

Assoziation Schweizer Psychotherapeutinnen und  
Psychotherapeuten  
Association Suisse des Psychothérapeutes  
Associazione Svizzera degli Psicoterapeuti  
Associaziun Svizra dals Psicoterapeuts

Prevention and  
early intervention  
for alcohol-related  
harm

# Facts and Figures

4 % of the Swiss population drinks alcohol in a risky way chronically (women 2 and men 4 glasses per day) .

About 250 000 persons in Switzerland are addicted.

Men are drinking with more risk than women, but women are catching up.

• **A** • **S** • **P** •

Assoziation Schweizer Psychotherapeutinnen und  
Psychotherapeuten

Association Suisse des Psychothérapeutes

Associazione Svizzera degli Psicoterapeuti

Associazion Svizra dals Psicoterapeuts

# Facts and Figures

Less teenagers up to 15 years are consuming alcohol, but the rate of adolescent people between 15 and 24 years, who are drinking alcohol in a risky way, has strongly increased.

Every 4<sup>th</sup> teenager (that is 26%) between 15 and 19 years drinks at least once a month too much alcohol. 38% of adolescents' between 20 and 24 years are drinking too much alcohol at least once a month.



Assoziation Schweizer Psychotherapeutinnen und  
Psychotherapeuten  
Association Suisse des Psychothérapeutes  
Associazione Svizzera degli Psicoterapeuti  
Associazion Svizra dals Psicoterapeuts

# Facts and Figures

Every 12<sup>th</sup> case of death in Switzerland is caused by alcohol consumption.

3 out of 5 cases of death are caused by chronic alcohol abuse.

Every 8<sup>th</sup> traffic accident either fatal or with seriously injured persons is caused by alcohol abuse. At the weekends its every 2<sup>nd</sup> accident.

• **A** • **S** • **P** •

Assoziation Schweizer Psychotherapeutinnen und  
Psychotherapeuten

Association Suisse des Psychothérapeutes

Associazione Svizzera degli Psicoterapeuti

Associazion Svizra dals Psicoterapeuts

# Facts and Figures

Alcohol abuse causes annual costs of about 4.2 billion of Swiss Francs (= 3.8 billion Euro).

The biggest part are losses to the economy as the productivity is reduced. About 2.2 billion of CHF loss is caused by early deaths, illness and early retirement. Further loss of about 1.2 billion of CHF is due to absence from work or a reduced job performance.

The direct costs for the health system are 600 million CHF, for treatments of diseases caused by alcohol abuse, accidents and addiction treatments.

Further 250 million of CHF are caused by prosecution.



Assoziation Schweizer Psychotherapeutinnen und  
Psychotherapeuten

Association Suisse des Psychothérapeutes

Associazione Svizzera degli Psicoterapeuti

Associazion Svizra dals Psicoterapeuts

# Swiss Scientific Studies

**Cost and Benefit Analysis of Population-Based Disease and Accident Prevention and Health Promotion, C. Meier , R. Stähli , T. Szucs, 2006.**

**Report about addiction and prevention with migrants in canton Zurich, J. Oggier, M. Ideli, 2005.**

**• A • S • P •**

Assoziation Schweizer Psychotherapeutinnen und  
Psychotherapeuten

Association Suisse des Psychothérapeutes

Associazione Svizzera degli Psicoterapeuti

Associaziun Svizra dals Psicoterapeuts

# Legal Provisions

In Switzerland the union (der Bund) and the cantons are entrusted with alcohol politics. Therefore, every canton has its special alcohol policy with regulations and laws.

• **A** • **S** • **P** •

Assoziation Schweizer Psychotherapeutinnen und  
Psychotherapeuten

Association Suisse des Psychothérapeutes

Associazione Svizzera degli Psicoterapeuti

Associazion Svizra dals Psicoterapeuts

# Legal Provisions

These regulations are:

- Limitations of alcohol sales regarding shops, time and age of the customer.
- Alcohol is not permitted to be given to teenagers under 16 or 18 from any adult.
- Alcopops are not allowed for teenagers under 18 years.
- The canton authorizes test purchase of alcohol.
- Limitation of alcohol advertisement.
- Special trade tax for alcohol.

• **A** • **S** • **P** •

Assoziation Schweizer Psychotherapeutinnen und  
Psychotherapeuten

Association Suisse des Psychothérapeutes

Associazione Svizzera degli Psicoterapeuti

Associazion Svizra dals Psicoterapeuts

# National Initiative

**Alcohol prevention campaign of the Bund from 2015 to 2017:  
“How much is too much?”**

1<sup>st</sup> step: to provide facts about abusive alcohol consumption and support the reflection of the individual alcohol consumption.

2<sup>nd</sup> step: to show, that alcohol changes the perception.

3<sup>rd</sup> step: a dialog week with information booth, cinema performances, lectures and contests for teenagers.

• **A** • **S** • **P** •

Assoziation Schweizer Psychotherapeutinnen und  
Psychotherapeuten

Association Suisse des Psychothérapeutes

Associazione Svizzera degli Psicoterapeuti

Associazion Svizra dals Psicoterapeuts

# Legal Provisions

In Switzerland alcohol is not allowed to be sold to teenagers younger than 16, liquor only to adults from 18 years onwards.

Alcohol is not permitted to be given to teenagers under 16 or 18 from adults.

Alcopops are not allowed for teenagers under 18 years.

In many cantons there are regular information programs and campaigns at schools about alcohol abuse and addiction.



Assoziation Schweizer Psychotherapeutinnen und  
Psychotherapeuten  
Association Suisse des Psychothérapeutes  
Associazione Svizzera degli Psicoterapeuti  
Associazion Svizra dals Psicoterapeuts

# Care of Alcoholics

There are many sensible regulations in Switzerland concerning the sale of alcohol but also campaigns against its abuse. A problem is that a lot of regulations are cantonal, which gives opportunities for example to buy easier alcohol in another canton where the regulation is less strict.

Swiss credo: As little regulation as possible, as they are banking on self-responsibility and self-regulation, which works on many but not on everybody.

• **A** • **S** • **P** •

Assoziation Schweizer Psychotherapeutinnen und  
Psychotherapeuten

Association Suisse des Psychothérapeutes

Associazione Svizzera degli Psicoterapeuti

Associazion Svizra dals Psicoterapeuts

# Role of Psychotherapists

Psychotherapy is part of clinical treatment specialized on alcohol addiction and abuse.

Information centre for alcohol addicts as well as their relatives with one on one psychotherapy as well as group therapy.

Health policies especially in Zurich favors outpatient treatment over inpatient treatment, therefore, the supply of outpatient treatment is increasing.

Depending on the severity of the addiction inpatient treatment is still very important and often used.

With chronic patients a good and sustainable relationship with the psychotherapist is essential.

• **A** • **S** • **P** •

Assoziation Schweizer Psychotherapeutinnen und  
Psychotherapeuten

Association Suisse des Psychothérapeutes

Associazione Svizzera degli Psicoterapeuti

Associaziun Svizra dals Psicoterapeuts

# Good Environment for Alcoholics

Bodily fitness against alcohol abuse

Being drunk should be less cool with young people

Alcohol shouldn't be easily available.

• **A** • **S** • **P** •

Assoziation Schweizer Psychotherapeutinnen und  
Psychotherapeuten

Association Suisse des Psychothérapeutes

Associazione Svizzera degli Psicoterapeuti

Associaziun Svizra dals Psicoterapeuts

# Further Development in Alcohol Prevention

Support for daily life, for example home visits from social workers and longtime psychotherapeutically treatment

Supervised forms of living

Low-threshold services concerning psychotherapeutically offers as well as social offers.

• **A** • **S** • **P** •

Assoziation Schweizer Psychotherapeutinnen und  
Psychotherapeuten

Association Suisse des Psychothérapeutes

Associazione Svizzera degli Psicoterapeuti

Associazion Svizra dals Psicoterapeuts

# Further Development in Alcohol Prevention

More outpatient treatment than inpatient treatment is a good trend that should be further developed.

Alcoholics need support in everyday life not only inpatient treatment that only helps them as long as they are in the clinic.

• **A** • **S** • **P** •

Assoziation Schweizer Psychotherapeutinnen und  
Psychotherapeuten

Association Suisse des Psychothérapeutes

Associazione Svizzera degli Psicoterapeuti

Associazioni Svizra dals Psicoterapeuts