



Managed alcohol program in the low-threshold daily facility in the City of Brno, Czech Republic

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Starting conditions

- **City of Brno = 380 000 inhabitants**
- **More than 2000 homeless people**
- **40 – 60 % unhealthy alcohol use**
- **10 - 20 % severe alcohol use disorder**
 - Limited access to social and health services
 - Source of public outrage
- **COVID-19 pandemic**
 - April 2020 - urgent request for solution
- **Low-threshold daily facility**
 - All day stay / Regular food / Showers / Clothes
 - Counselling / Case management / Basic health care
 - Free time activities

POZOR!
SNIŽENÁ VÝŠKA
TROLEJOVÉHO VEDENÍ





Alcohol management

Tolerated alcohol consumption

- Limited amount of alcohol at entrance
- **Managed alcohol programme (MAP)**
 - Basic individual motivation for change
 - Extended **Michigan Alcohol Screenig Test**
 - Liver function tests
 - 150 – 300 ml unfortified wine / each hour, i.e. 2 – 4 L / a day
 - 9 months period
 - Regular counselling
 - Regular voluntary support group



Tolerated alcohol consumption in practice

Benefits

Extremely low barriers

Respect for client's decision

Natural environment

Disadvantages

Conflicts

Highly negative impacts for health

– Binge drinking, almost zero control of consumption, overdoses in the end of the day

Worse relationships in neighbourhood

Police and emergency intervention often necessary

Negative impact on people who don't drink too much



MAP in practice

Benefits

More information

Less conflicts

Higher alcohol consumption control

Significantly less overdoses

Positive influence on clients currently out of programme

Disadvantages

Need to observe and insist on rules

More barriers

Supportive factors

Staff with alcohol use disorder experience

Self-help group

Non-alcoholic drinks

Regular meals

Follow-up services





Benefits of MAP in numbers

- **Evaluation of individual benefits of managed alcohol programme in 2021**
 - 38 individuals in 9 months
 - Increasing rate of
 - Alcohol use control
 - improved housing conditions
 - motivation for change
 - Physical and mental health
- **More than 1400 people so far used the facility**
- **More than 220 people involved in managed alcohol programme**
 - 50 started treatment of alcohol use disorder in health facility
 - 20 abstain from alcohol so far



Benefits of MAP in words

- Stabilization of health condition and rate of social exclusion
- Stabilization and reduction of alcohol consumption
- Conditions for cooperation, motivation and change

- Less police contacts and police contacts leading to custody
- Less health-care emergency interventions



Challenges

- MAP for non-motivated people
- MAP in residential services
- Access to professional health care and dealing with mental health issues
- Financing of alcohol
- Empowerment of target group and advocacy

