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## **Preface**

We are pleased to present you the publication of the **2016** annual report of the **Alternative Therapeutic Program for Addicted Individuals** "ARGO". This annual and public edition of the report is a pioneer project among the Services of the Greek National Health System that first started in 2014. This publication is an effort to briefly record the entire spectrum of the services of "ARGO" during this year (2016). It presents quantitative data regarding the recipients of the Program's services.

Although there was a severe Program budget reduction and a big loss of staff, during the era of austerity, "ARGO" and its staff have worked really hard and systematically in order to maintain and

develop new services. This report is being published in a printed version, but in limited copies and is always available online in the Program's website (www.argothes.gr).

This effort would not be able to be developed without the daily, effortless and systematic recording and work of our co-workers, volunteers, friends and families of "ARGO", who we would like to thank. We are all trying to help and stand by the individuals who seek our help, the members of the program who are standing against this financial and social crisis trying to stand for their lives.



## RECIPIENTS OF SERVICES



### SERVICES FOR ADDICTED INDIVIDUALS



## SERVICES FOR FAMILIES - SIGNIFICANT OTHERS

400	PARENTS	- SIGNIFICANT	OTHERS IN
188	CDOLIDS		

101 **PARENTS - SIGNIFICANT OTHERS IN** INDIVIDUAL SESSIONS

58 PERSONS IN FAMILY THERAPY



### OTHER SERVICES

SCHOOL UNIT STUDENTS/VOLUNTEERS

## **Summary of 2016**

"ARGO" offered its services in: prevention, counseling, rehabilitation, social reintegration, family support, school and pre-vocational training and professionals' training and research.
A new service of "ARGO" was launched, the "Program for Employed People".
The planning for "ARGO"'s Social Startup Enterprise that aims to the labor integration for ex-addicts was completed.
There was a slight increase in people's attendance in all "ARGO" services.
Specifically, in the Dual Diagnosis Unit there was a significant increase (50%) of people's attendance, especially during the last four months of the year.
An increase in multiple use (44%) and a slight decrease in opioid use (31%) were recorded. Cannabis as a main substance remained at the same level as the previous year (18%).
The number of staff members in "ARGO" is currently the same as in 2014 (28 persons), due to the recruitment of five (5) special therapists for four (4) years.
The Program's budget has suffered a 30% decrease from 2010 and on, with annual costs coming around 650.000€, remaining stable as they were in 2013.
Several cultural, athletic and artistic activities were held, collaborating with city's Authorities, which made "ARGO" an active member of the local society.
Two (2) European Erasmus+ Programs were held, collaborating with the University of Macedonia, the University of Nimes and Therapeutic Rehabilitation Programs from England and the Czech Republic.
The collaboration with the European Federation of Therapeutic Communities (EFTC), the Educational Network ECETT and the twinning Programs Herzogsägmühle and Haus Röhling was continued and strengthened through the year.
"ARGO" remains a full member of the Network of Prevention and Therapy of Dependencies of the Municipality of Thessaloniki and the "CO+OPERATION FOR EMPLOYMENT" network.
There was co-operation with the Non-Governmental Organizations: Doctors without Borders (Medecins sans Frontieres), Solidarity Now, Praxis και Arsis, in actions dealing with the refugee crisis.



ARGO: Alternative	Thorangutic Drogram	For Addicted	Individuale
ARGO: Alternative	merapeutic Program	For Addicted	maividuais

In collaboration with organizations and University Faculties, "ARGO" offered high quality education to students, rehabilitation staff and Social Scientists of Greece and other countries.
"ARGO" entered the Interdisciplinary Committee against Drugs of the "Aristotle University of Thessaloniki".
The Friends' and the Family-Volunteers' association of "ARGO" has offered their precious support in all of the Programs' activities, through the whole year.

## BRIEF PRESENTATION OF "ARGO"



## What is "ARGO"

"ARGO Alternative Therapeutic Program for Addicted Individuals" is a non Residential, drug-free therapeutic program. It pertains to the Greek National Health System and, specifically, to the General Hospital of Thessaloniki "G. PAPANIKOLAOU" - Organic Unit Psychiatric Hospital of Thessaloniki. It deals with any kind of dependency from illegal drugs (heroin, cocaine, cannabis, stimulants etc.) and other addictive behaviors (internet addiction, gambling, prescription medicine etc.), offering its services free of charge to people over 18 years old.

- □ It is the **1**<sup>st</sup> **Program** providing ambulatory (non residential) therapy to individuals in Thessaloniki and it was founded in May 1998
- ☐ It meets the terms and conditions of the Law
  2161/93 Article 6, which approves the program as
  a Rehabilitation Program (Council's approval of
  OKANA and feasibility approval on behalf of the
  Ministry of Health)
- ☐ Services are provided **free of charge**
- Services are provided without any kind of discrimination, regardless of race, beliefs, creed, sex, nationality, sexual preferences, physical disabilities, political tendencies, criminal record or financial status
- ☐ "ARGO" does not dispense any kind of substitutes during the therapeutic procedures.
- ☐ The addict is not treated as a patient, but as a person who is encouraged to assume their responsibilities, to adapt a new way of life and behavior and a new value system in order to live a life without any kind of dependency.

## **Philosophy - Therapeutic Goals**

The Program's philosophy is based on three fundamental principles: personal freedom, collectivity and creativity.

The free and willing encounter with the others. *Personal freedom* is not an individual characteristic, but it is essential within the frame of collectivity.

**Collectivity** offers the social conditions for personal freedom.

*Creativity* is about personal freedom and collectivity in all aspects of life.

In that sense:

**Collectivity** is the condition

**Creativity** is the means of achievement

Personal freedom is the final goal



#### "ARGO"'s basic therapeutic goals:

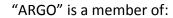
 Qualitative, specialized, complete and contemporary ways of tackling drug addiction □ Body detoxification and total abstinence from drug use □ Psychological rehabilitation ☐ Behavioral reconstruction (change of lifestyle and behaviors) ☐ Giving up on delinquent behavior Social skills reinforcement ■ Management of free/spare time ☐ Alternative ways of expression and communication (non-verbal communication) ☐ Educational and vocational guidance □ Vocational training and apprenticeship Legal support

□ Cooperation with the families and significant others





## **Collaborations - International Relationships**





**EFTC** - European Federation of Therapeutic Communities (EFTC)

www.eftc-europe.com



**ECEtt** - European Companionship in Education, training by travel

www.ecett.eu



**EDDRA** - European best practice portal EDDRA "Exchange on Drug Demand Reduction Action" of the "European Monitoring Centre for Drugs and Drug Addiction" EMCCDA

www.emcdda.europa.eu/themes/best-practice/examples

It is supported by:



**IΣN/SNF** - Stavros Niarhos Organization

www.snf.org/el

"ARGO" has been twinned with the following Programs:



Herzogsägmühle

Haus Röhling in Mittenwald, Oberbayern

**Haus Röhling** 

www.herzogsaegmuehle.de

http://www.haus-roehling.de

It has an ongoing collaboration with Greek Universities, offering high quality education and internships to new Scientists:

- □ Psychology Department of Aristotle University of Thessaloniki (A.U.Th.), Undergraduate and Postgraduate Programs of A.U.Th. Psychology
- ☐ Social Administration, Democritus University of

  Thraki
- ☐ Social Work Department, Technological Educational
  Institute (T.E.I.) of Crete
- ☐ Social Work Department, T.E.I. of Patra
- ☐ Occupational Therapy Department, T.E.I. of Athens
- □ Physical Education and Sports Science Department of Thessaloniki



It collaborates with the following Non-Governmental Organizations about the refugees' crisis:









**Praxis** 

It cooperates with the following organization for volunteer training:



N.G.O. "Ethelon"

"ARGO" is a member of the following networks:



**Prevention and Treatment of** Dependencies of the Municipality of Thessaloniki



**"CO+ OPERATION FOR** EMPLOYMENT"

"ARGO" runs two (2) Erasmus+ Projects:

Research on good practices in drug addiction and rehabilitation issues, through ECETT network

Cooperating organizations:



G.H. of Thessaloniki "G. Papanikolaou" - Organic Unit Psychiatric Hospital of Thessaloniki-"ARGO" (LEADER)



Magdalena OPS, Czech Republic



Phoenix Futures,

England



ECEtt, Belgium



2 "Strategic partnership and training on the use of Music as an additive treatment modality in the detoxification and rehabilitation processes of individuals suffering from drug dependence"

Cooperating organizations:



## **University of Macedonia, Music and Art Department** (LEADER)



G.H. of Thessaloniki "G. Papanikolaou" -**Organic Unit Psychiatric Hospital** of Thessaloniki -"ARGO"



**University of** Nimes, School of Psychology



**Partners for** Youth Empowerment, England



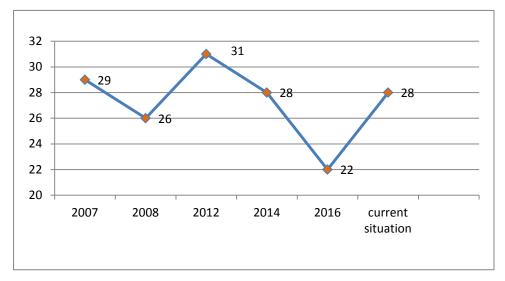


## "ARGO'S" Staff

"ARGO"'s staff is a highly qualified and educated in dealing with addiction, offering contemporary, qualitative, efficient and complete services to people with addiction problems and to their significant others. About 30% of "ARGO's" staff are graduates of recognized rehabilitation programs - special therapists - who combine personal experience with the appropriate professional training in the drug addiction area.

2007	2008	2012	2014	2016	Current situation
29	26	31	28	22	28

TABLE 1 DEVELOPMENT OF "ARGO'S" PERSONNEL



**GRAPH 1 ILLUSTRATED MANPOWER DEVELOPMENT FIGURE OF "ARGO"** 

## **Financial Data**

According to the Annual Reports of the National Documentation and Information on Drugs Center (EKTEPN), from 2010 and on, "ARGO", has suffered a severe budget decrease (about 30%).

Despite the decrease, between 2010 and 2017, "ARGO" did not constraint any of its services. On the contrary, new services were developed.

"ARGO" is a complete, qualitative and financially advantageous therapeutic proposal which aims

to confront any form of drug addiction. The program's total annual cost is about 650.000€.

The table below shows the most recent available financial data concerning "ARGO's" costs as reported by the annual report of EKTEPN for the year 2014. Ever since, the Program's costs remain **stable** in similar levels.

					2010 €	2011 €	2013 €
Alternative Individuals A	Therapeutic ARGO	Program	for	Addicted	894.808	857.424	636.088
Source: EKTI	EPN 2014 (Data	a: Ministry	of He	alth and So	cial Affairs, 2011-2	014)	

PICTURE 1 TABLE OF SERVICES EXPENDITURE OF PSYCHIATRIC HOSPITAL OF THESSALONIKI (2010-2013)<sup>1</sup>

<sup>&</sup>lt;sup>1</sup> The Status of the Drug and Alcohol Problems in Greece - Annual Report 2014, National Center for Documentation and Information on Drugs, Athens 2015

## COUNSELING AND INFORMATION CENTER

## **Counseling and Information Center**

The Counseling and Information Center is the entrance "gate" of "ARGO - Alternative Therapeutic Program for Dependent Individuals". The first contact can be made after a single phone call. The first appointment shall take place within 24 hours after the phone call. There is no waiting list. The Counseling and Information Center's facilities are in the city center.

Integration Processes of the Counseling and Information

Cen	ter:
	Phone contact
	1 <sup>st</sup> contact, within 24 hours after the phone contact
□ Req	TDI Questionnaire Completion - Indicator of Treatment uest
	Assessment process – Therapeutic Plan
	Motivational interview
	Guidance on health insurance issues
	Health check up (HIV, HCV etc.)
□ anta	Physical detoxification counseling - Dispensation of opiate agonists, if needed
□ dise	Information and guidance on personal hygiene and infectious ases

## **DUAL DIAGNOSIS UNIT**

## **Dual Diagnosis Unit**

Over the years there has been a significant increase in dependency and psychiatric problems co-occurrence. Addressing this specific population requires a new and contemporary approach. "ARGO" has established a Dual Diagnosis Unit, which offers services to these individuals in two ways:

- "Parallel support", with medical-pharmaceutical treatment as needed, alongside the addiction rehabilitation. In that case there are two-hour groups twice a week, a weekly individual session and support for the family and significant others.
- □ If a person, in co-operation with the Dual Diagnosis Unit staff, is able to cut off their medical-pharmaceutical treatment, they are encouraged to enter the Non Residential Therapeutic Community of "ARGO". During this process, the person is able to re-enter the Dual Diagnosis Unit, in case the psychiatric symptoms cannot be maintained.

# "NON RESIDENTIAL" THERAPEUTIC COMMUNITY

## "Non Residential" Therapeutic Community

Psychological, social, family and personal problems can lead to addiction. The main therapeutic goal for every member is to overcome difficulties and become a free person without any need to be involved with drugs or dependency habits in all their social relationships. The goal of the "Non Residential" Therapeutic Community is helping the members gain self-respect and self-confidence and to trust others, deal with stressful situations in a constructive way and to discover their abilities and skills.

The members' participation is totally **voluntary** and it is based on the **active participation** in the everyday program, which is essential for a successful treatment outcome.

The main rules of the Therapeutic Community forbid the following:

□ T	he use c	of psychotrop	ic substar	nces a	nd eve	ry dep	endency
behav	ior and h	abit (alcohol,	gambling	, interi	net add	liction	, etc.)

- Verbal or physical violence
- ☐ Last but not least, there is a set of rules for community living and cooperation.

The Therapeutic Community is the central phase of therapy and it lasts 12 months. The majority of the therapeutic activities is based on team work. The services are available from Monday to Friday 12pm to 8pm. During these hours, there is a variety of therapeutic groups and services that emphasizes in both verbal and non-verbal communication.



"ARGO" offers 18 different types of therapeutic groups during the phase of Therapeutic Community (Appendix 3: ). This variety of therapeutic groups of "ARGO" is one the Program's main advantages. In addition, these particular therapeutic groups have been integrated into the good practices database of the European education network **ECEtt**<sup>2</sup>, and most of them have received very high ratings (Appendix 4: ECEtt Good Practices).

All members have the potential to take legal advice from the group of volunteer Lawyers of the Program. A certificate of attendance may be issued for the following:

_	Judicial use
	Health Insurance issues
	Military Use
	Student Use
□ Offic	Manpower's Employment Organization (Greek Unemployment ce)
	Tax Use
	Pending Financial Issues, etc.

An important aspect of the drug addiction, besides the psychological process, is the care of the general physical health. It is possible to perform laboratory examinations and referrals to other clinics of the General Hospital of Thessaloniki – "G. PAPANIKOLAOU" - Organic Unit Psychiatric Hospital of Thessaloniki.

<sup>&</sup>lt;sup>2</sup> ECEtt-Networks, www.ecett.eu



## SCHOOL UNIT FOR EX-ADDICTS

## **School Unit for Ex-Addicts**

"ARGO", in cooperation with the Department of Higher Education, operates a School Unit within the Psychiatric Hospital of Thessaloniki for drug addicts who are in the process of rehabilitation. The School Unit is addressed to members of "ARGO" and other therapeutic programs of the prefecture of Thessaloniki (IANOS Program and Metheksis of Psychiatric Hospital of Thessaloniki, Self-help Promotion Program A.U.Th. - OKANA). The function of the School Unit highlights and underlines the role of education in achieving and maintaining the therapeutic goal of drug rehabilitation. An overwhelming number of addicts dropped out of school because of dependence, at a very young age, without having even completed compulsory education.

The initiative for the implementation of the School Unit by "ARGO" emerged through recognition of educational and training deficits and the need for these deficits to be covered. The first objective is the completion of basic education and the acquisition of a High School Diploma. Next pursuit is to reinforce the incentive to continue at higher education levels (Lyceum and Highest Education/Technical Faculties - University).

Finally, the School Unit, responding to the basic principles of the Program, is not limited to the learning of the curriculum but seeks the general intellectual cultivation of the individual in order to integrate equally in society and to claim equal opportunities in the labor market.

#### School Unit for ex-addicts

School Year	2015-2016	2016-2017 <sup>3</sup>
Attended	31	22
High School Graduates (Gymnasium)	5	-
High School Graduates (Lyceum)	7	-
Classes of Certification of Greek Language	1	-
Supporting teaching classes for Entrance in Higher Education level (University)	3	-

31

<sup>&</sup>lt;sup>3</sup> Individuals attending the School Unit in the school year 2016-2017 are expected to complete their studies in June 2017.

## SOCIAL REINTEGRATION UNIT

## **Social Reintegration Unit**

Understanding the difficulties of returning to society, from which most of the members were violently expelled because of their use, the program tries to offer support in social reintegration. Ex-addicts try to handle, with the support of the Social Reintegration staff, issues or problems which may occur during their everyday life. The main goal during this phase is for each member to function as an equal member of the society.

The Social Reintegration Unit offers the following services:

#### **Social Reintegration Groups**

Psychosocial support group, with two 2-hour meetings per week
Physical activities
Cultural activities

Therapy in the Social Reintegration Unit can last from 9 to 15 months (always offering individualized intervention, depending on each member's progress).

#### **Guest House**

During the Social Reintegration phase there is a **guest house** which can offer four (4) beds for:

Members who do not live in Thessaloniki and have problems ir
finding their own residence

- Members whose everyday co-existence with their family creates problems in their personal development and their process of rehabilitation
- ☐ Members who have completed the program and deal with serious financial problems, until they can find a job

The maximum stay in the guest house is 9 months.

#### Relapse prevention group

"ARGO" operates a special group that works with lapse/relapse issues. This group is staffed by special therapists and supports members who need help to address such issues.



#### **Educational and Vocational Guidance Office**

Emphasis is placed on vocational training and reintegration as it is a key criterion for successful social inclusion. It is also an important factor for maintaining abstinence and preventing relapse. The goal of the office is to support the persons seeking help to become better acquainted with themselves, to become aware of their qualifications, to explore alternative educational and professional options when planning their career, to set their professional goals, to make informed decisions about implementting these goals, but also to successfully overcome any obstacles that appear along the way.

### **Pre-vocational training**

In the field of Pre-vocational training there are educational and professional workshops in the following fields:

Educational organic farm of approximately 2 acres with
professional greenhouse facility, 100m <sup>2</sup> , with emphasis on
organic crops and aromatic plants.
Collection, reuse and <b>resale</b> of used items of any kind.
Cleaning services in cooperation with the cleaning services of
the Psychiatric Hospital.
Educational carpentry workshop, total area approximately
80m <sup>2</sup> , with emphasis on wooden toys manufacture and furniture
restoration.
Recycling network, mainly from offices - services within
Psychiatric Hospital of Thessaloniki, but also outside the
Hospital, such as printing houses, photocopiers, banks etc.
Technical repair group, which contributed to the reconstruction
and maintenance of the new facilities of the program.
Catering
Bee-keeping works in cooperation with the beekeeping
laboratory of the Aristotle University of Thessaloniki.

# FAMILY THERAPY UNIT FAMILY AND SIGNIFICANT OTHERS' SUPPORT

# Family Therapy Unit - Family and "Significant Others" Support

Understanding the fact that family plays a major role in all aspects of life and knowing that the return of a former addict to their family is a desirable but not a mandatory goal, "ARGO" always cooperates with each member's family and significant others, in three levels:

Individual sessions, counseling and support for all family members
and significant others
Parents groups, with a goal to support their role and to understand
the connection between addiction and family relationships
☐ Family therapy groups, based on Systemic Approach and Therapy
having as goal the reconstruction of the relationship between all family
members and the redefining of the former addict's role in the family.

# Individual sessions and support meetings for the family members and significant others

Addresses parents, children and significant others who play a major role in the rehabilitation of "ARGO"'s members.

# **Parents Groups**

#### Open Parents Group

Special support is offered to the parents of those people who do not wish or are not able yet to become a part of the therapeutic process program. The participants are trying to understand, sooth and confront what they are facing, through externalization and exchanging of their personal experiences and difficulties. There are not any special requirements in order for someone to participate in this group, so everyone who needs help, is more than welcome (parents, partners, family members, friends).

# Therapeutic Community's Parents Group

The basic subject of these groups is the support of the parents' role during the major change that the member of their family is going through. "Boundaries", "conflicts", "emotions", "partners' problems", "day-to-day management" and "the connection between addiction and family relationships" are the main themes of this group.



# Social Reintegration's Parents Groups

The basic subject of this group is the support of the program member's family during this major change that an ex-addict is going through, during the phase of their social reintegration.

Self-help family Group - "ARGO" Parents'-Volunteers' Association

The group has a special goal to become a self-help group between parents, as they need to maintain the contact with the support they receive. The program's role is clearly advisory and supervisory. The most important action of this group is the foundation of "ARGO'S" Parents'-Volunteers' Association.

#### **Family Therapy Meetings**

An interdisciplinary group of family therapists based on the principles of Systemic Approach and Therapy, works with the family and the member during the rehabilitation process. The main goal is the renegotiation of the family's relationships and the former dependent's role in this family.



# EDUCATION/TRAINING - RESEARCH - SUPERVISION

# **Education/Training - Research - Supervision**

# **EDUCATION/TRAINING**

☐ Ongoing education/training of "ARGO's" staff

"ARGO's" staff training

January- February 2016	Training of all program's staff in completing EUROPASI and TPQ semi-structured clinical interview questionnaire. Instructor: Mr. Gerasimos Papanastasatos, sociologist-criminologist from KETHEA.
23-27/5/2016	5-day training for three members of the staff on therapeutic community inside prisons in <b>Phoenix Futures</b> program in England.
14/6/2016	3-hours training for the staff of the family therapy group in <b>Atomic Systemic Therapy</b> . Instructor: Mr. Psaropoulos George.
30/10- 5/11/2016	5-day training of three "ARGO"s members in <b>Magdalena OPS</b> of Czech Republic, concerning issues such as prevention, damage reduction and therapy.

☐ Cooperation with organizations and Universities for high-quality education to students, addiction professionals and social scientists.

# Education provided by "ARGO"

2/2016- 3/2016	Physical Education Students (Aristotle University of Thessaloniki  Department of Physical Education and Sports Science training, subject "Physical Activity in Special Populations", with two lectures.
28-31/3/2016	Training of <b>Herzogsägmühle's</b> staff on the alternative forms of expression – Part A.
16/4/2016	Participation in <b>Physical Education</b> congress (Aristotle University of Thessaloniki Department of Physical Education and Sports Science).



#### 15-20/5/2016

One staff member from Magdalena OPS was trained in therapeutic community functioning, giving emphasis in family therapy and dual diagnosis.

# 29/5-3/6/2016

One staff member from Magdalena OPS was trained in therapeutic community functioning, giving emphasis in family therapy and dual diagnosis.

#### 1-4/11/2016

Training of **Herzogsägmühle's** staff having as theme the alternative forms of expression - Part B.

Participation in the **Mental Health Education Program** of **Psychiatric Hospital of Thessaloniki**, with two lectures.

Informing trainee nurses in the **specialty of Psychiatry** in two lectures.

Providing internship to 1 qualified Psychiatrist and a total of 14 students: 4 undergraduate and 7 postgraduate students of the faculty of Psychology of Aristotle University of Thessaloniki, 2 students of the Social Administration Faculty of University of Thrace and 1 student of TEI of Occupational Therapy of Athens.

#### Training of **7 volunteers**.

In the framework of the cooperation with Herzogsägmühle, during the reference year, there was a knowledge and views exchange with Herzogsägmühle Consultative Station in Weilheim, with Volker Greiner and Ulrich Demel, twice a month, with about one (1) hour duration.

#### **RESEARCH**

The research sector is responsible for collecting statistical data and updating data in "ARGO"s' database. The main objective is to analyze the therapeutic results with the aim of outlining the profile of the people addressing "ARGO". The research is focused on the elements that contribute to the successful outcome of the treatment and the best prognostic indicators for achieving and maintaining the goal of abstinence and recovery.

#### **SUPERVISION**

"ARGO", recognizing the value of external supervision, is in a continuous process of external supervision since its foundation. Supervision has been undertaken by an external supervisor of similar scientific expertise (human relations). The supervisor empowers staff to better understand their problems and develop self-help mechanisms to deal with them.

# **EUROPEAN PROGRAMS**

# **European Programs**

# RESEARCH ON GOOD PRACTICES IN DRUG ADDICTION AND REHABILITATION ISSUES, THROUGH ECETT NETWORK

The program is part of the **Basic Action KA1: Learning Person's Mobility** and lasts 24 months (1/9/2015-1/9/2017). Cooperating organizations:



ECEtt Network has given the opportunity to many European associates to exchange knowledge and build a database of "good practices" concerning addiction treatment methods. The program's main goal is to allow the continuation of exchanges of "good practices" in the field of addiction.

The goals of the training program are:

The transfer of experience between the therapeutic communities

The Exchange of good practices through international exchanges

The improvement and acquirement of knowledge and experience on related issues



Two educational trips were carried out in 2016, within the program's framework:

23-27/5/2016 Phoenix Futures, England

30/10-5/11/2016 Magdalena OPS, Czech Republic

"STRATEGIC PARTNERSHIP AND TRAINING ON THE USE OF MUSIC AS AN ADDITIVE TREATMENT MODALITY IN THE DETOXIFICATION AND REHABILITATION PROCESSES OF INDIVIDUALS SUFFERING FROM DRUG DEPENDENCE"

The program belongs to the **Basic Action KA2: Collaboration for Innovation and Good Practices' Exchange** and lasts 36 months (from 01-09-2015 until 01-09-2018).

Collaborating organizations:



University of Macedonia, Faculty of the Science of Music and Art (LEADER)



General Hospital of Thessaloniki "G. Papanikolaou" -Organic Unit Psychiatric Hospital of Thessaloniki - "ARGO"



**University of Nimes**, School of Psychology



Partners for Youth Empowerment, England

The aim of this program is the preparation, the development and the implementation of an educational/training program on the use of music as a complementary therapeutic intervention during the process of drug addiction rehabilitation.

Two 7-day seminars were held during the program's framework in 2016:

13-19/6/2016	1 <sup>st</sup> 7-day seminar	University of Macedonia, Greece
14-19/11/2016	2 <sup>nd</sup> 7-day seminar	University of NIMES, France

The aim of the 7-day seminars was to provide know-how, specialized knowledge and good practices by researchers, experts and practitioners in the specific field of music use as an interventional therapeutic approach to the drug addiction and reintegration process of drug addicts. Each cycle of seminars lasts 39 teaching hours and at the end of each cycle a certificate of attendance is given.

# **ACTIVITIES**

# **Activities**

**January** 

Educational visit to a ceramics workshop in Trilofos, Thessaloniki

**February** 

Open sea sailing, in collaboration with the Blue Aegean School



March

"ARGO"'s Members Graduation, at "Christos Tsakiris" Cultural Center



May

Participation in the 10km running race of the Municipality of Pavlos Melas, Menemeni-Ampelokipoi





World Day against Drugs Event in Thessaloniki





"Defkalion" Annual Football Meeting of Addiction Therapeutic Programs of Thessaloniki



Members and staff Visit in the twinning program of Germany Herzogsägmühle







**August** 

Visit to the Archaeological Museum of Thessaloniki

**September** 

Members' camping in Metamorfosi, Chalkidiki



**October** 

A.U.Th. Festival "Dealing with dependence, winning life"



**December** 

Building a tree from milk - Participation in the annual activity of "Doctors of the World/Médecins du Monde"



Christmas Bazaar in the city center

# **NEW SERVICES**

# **New Services**

#### **Program for Employed People**

During the years of austerity, the old therapeutic value "rehabilitation first and then comes the job" has been weakened. An important finding of the past years' annual reports was the loss of a significant number of users who came to "ARGO" with a request for treatment but were unable to join the Program services due to their work commitment in particularly demanding hours.

The pilot phase of the new service began in September 2016 and addresses people who, despite their dependence on a psychotropic substance, manage to maintain their working capacity in the workplace.

In order to support these people, a new service was developed, with two-hour groups taking place twice a week, as well as an individual weekly session.

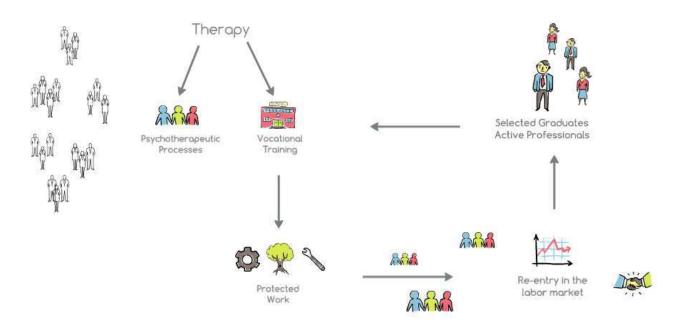
By the end of 2016, eight members had joined the **Program for Employed People**.

#### "ARGO"'s Social Startup Enterprise

The occupational integration/reintegration of people, completing a long and painful attempt to rehabilitate, given the severe austerity in Greece, is now a central target of "ARGO". It is the vocational integration/reintegration, which essentially leads to self-sufficiency, autonomy and freedom of the person. Especially for people, such as addicts, who abruptly interrupted their educational and professional career.

The main objective of the proposed **Social Startup Enterprise** is the completion of "ARGO'S" therapeutic proposal. In particular, it aims to provide vocational training, apprenticeship and certification for this educational process, as well as job placement. The above target has always been a challenge for treatment programs, but turns into a dominant and main target of the program in the current socio-economic conditions.





#### PICTURE 2 GRAPH OF THE SOCIAL STARTUP ENTERPRISE'S GOALS

With the aim of setting up "ARGO"'s Social Startup Enterprise in 2016, the following actions took place:

- Cooperation with the Municipality of Thessaloniki for the allocation of 2 spaces for the operation of "ARGO"'s Social Startup Enterprise. In the reference year, an area for the operation of the professional workshops of the Program was granted to "ARGO" and an area for the operation of a showroom - a shop for products.
- Cooperation with the "Green Farm" for the development of organic farming and production in the educational farm of the Program, as well as for the door-to-door distribution of a basket of organic fruits and vegetables.
- Cooperation with G.H. of Thessaloniki "G. Papanikolaou" Organic Unit Psychiatric Hospital of Thessaloniki and G.H. of Thessaloniki "HIPPOKRATEIO" for the recycling of the paper waste of the 2 hospitals.



# "ARGO'S" FRIENDS ASSOSIATION

# "ARGO'S Friends Association

This Association was established in **31/03/2003**, as a method of supporting the social and therapeutic work of the Program.

Aiming at the enhancement of all the Program's activities in Primary Prevention, Research, Therapy, Social Reintegration and Family Support of its members, it organizes events, lectures, discussions of scientific interest, artistic or cultural events. It plans social gatherings for the dissemination of the services provided by the Program.

Having a legally approved fund, it collects financial grants, donations and other

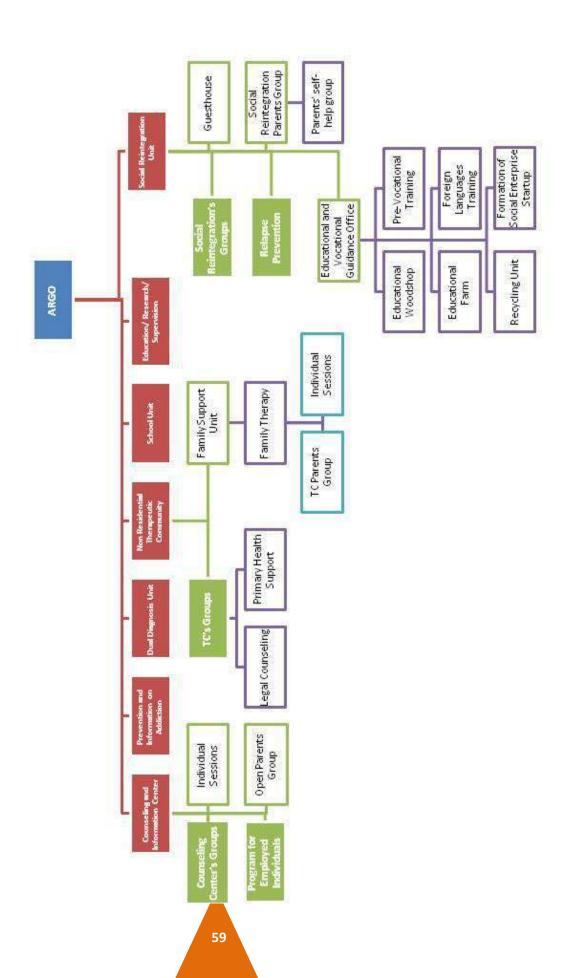
material benefits that can help "ARGO" to operate more efficiently.

Lastly, it has contacts with individuals, competent bodies and services of the public or private sector, seeking support for the Program's graduates.

The Association is open to new members. All that someone has to do, is call (+302310 - 668616 or +302310 - 540 353), send a fax (+302313 - 324651) or contact us through an email (argo@psychothes.gr), so that they can apply for registration.

APPENDIX 1: ORGANOGRAM OF "ARGO"

# Appendix 1: Organogram of "ARGO"





**APPENDIX 2: RECIPIENTS OF** "ARGO" **SERVICES** 

# **Appendix 2: Recipients of "ARGO" Services**

#### **Counseling And Information Center**

Beneficiaries	Total
In therapy at the beginning of the reference year	40
New entries	145
Re-entries <sup>4</sup>	65
Total	250
Therapeutic process	
Therapeutic groups (average duration: 2 hours, 3 groups/week, average time of stay 4 months)	1291
First contact sessions (average time/duration 1 hour)	2024
Information via phone and counseling	2902
Members' benefits <sup>5</sup>	
Certificates	60
Laboratory urine tests	1843
Blood/Biochemical tests	39

TABLE 2 RECIPIENTS OF THE SERVICES OF THE COUNSELING AND INFORMATION CENTER IN 2016

#### **Dual Diagnosis Unit**

Beneficiaries	
In therapy at the beginning of the reference year	11
New entries	15
Re-entries	2
Total	28
Therapeutic process	
Therapeutic groups (average groups duration: 2 hours)	961
Individual sessions	253

TABLE 3 RECIPIENTS OF THE SERVICES OF DUAL DIAGNOSIS UNIT IN 2016

<sup>4</sup> Re-entries are counted for the persons' in-takes during the reference year but were re-introduced in previous years and removed before the reference year.

<sup>&</sup>lt;sup>5</sup> These figures concern both the members of the Counseling and Information Center and the members of the Dual Diagnosis Unit.



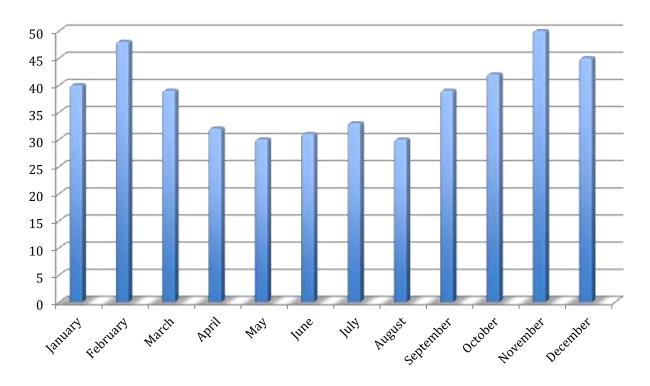


FIGURE 2 MEMBERS IN THE COUNSELING AND INFORMATION CENTER IN 2016

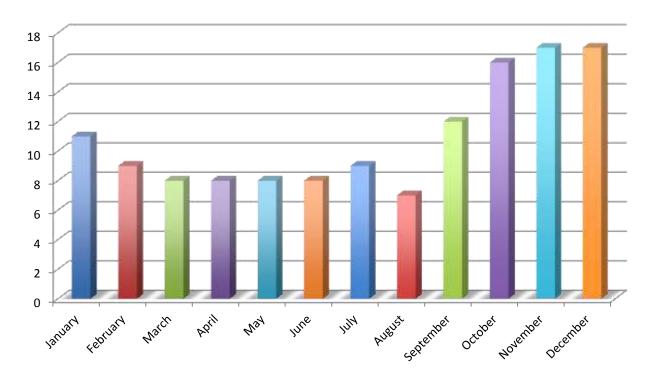


FIGURE 3 MEMBERS IN THE DUAL DIAGNOSIS UNIT IN 2016

# **Non Residential Therapeutic Community**

Beneficiaries	
In therapy at the beginning of the year of reference	30
New entries	23
Re-entries	6
Total	59
Therapeutic Process	
Therapeutic Groups (groups average duration: $1^{1/2}$ hours, daily, duration of stay: 12 months)	3173
Individual sessions	472
Benefits for the members <sup>6</sup>	
Legal Counseling	44
Certificates	286
Laboratory urine tests	212
Blood/Biochemical tests	54
Referrals to other clinics	14

TABLE 4 RECIPIENTS OF THE NON RESIDENTIAL THERAPEUTIC COMMUNITY SERVICES IN 2016

 $<sup>^{6}</sup>$  These figures concern both the members of the Non Residential Therapeutic Community and members of the Social Reintegration Unit.



# **Social Reintegration Unit**

Beneficiaries	
In therapy at the beginning of the reference year	16
New entries	20
Re-entries	0
Total	36
Therapeutic Process	
<b>Therapeutic Groups</b> (average duration: 2 hours, 2 groups/week for 9-15 months)	720
Relapse Prevention Groups (duration of stay 4-6 months)	
New entries	9
Benefits for the members	
Guesthouse	6
Job placement	16
Participation in subsidized seminars	2
Foreign language lessons (English)	7

TABLE 5 RECIPIENTS OF SOCIAL REINTEGRATION'S UNIT SERVICES IN 2016

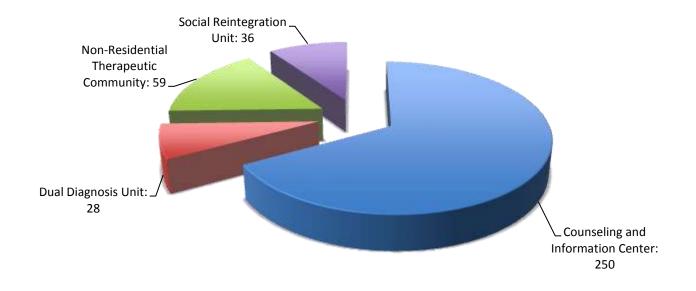
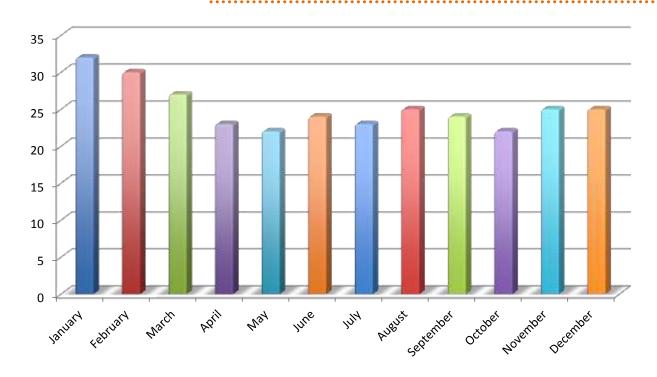


FIGURE 4 NUMBER OF INDIVIDUALS ADDRESSED THE SERVICES OF "ARGO" IN 2016



# FIGURE 5 MEMBERS IN THE NON RESIDENTIAL THERAPUTIC COMMUNITY IN 2016

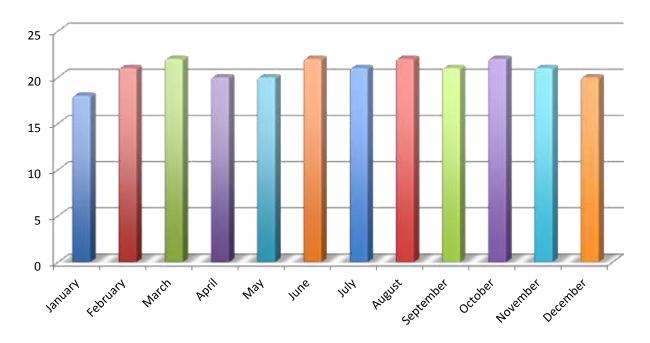


FIGURE 6 MEMBERS IN THE SOCIAL REINTEGRATION UNIT IN 2016



#### Gender

	Male	Female	
Counseling And Information Center	79%	21%	
Dual Diagnosis Unit	77%	23%	
Non Residential Therapeutic Community	83%	17%	
Social Reintegration Unit	83%	17%	

TABLE 6 CHARACTERISTICS OF "ARGO'S" MEMBERS IN 2016: GENDER

#### Age

	18-34	35-49	50-64
Counseling And Information Center	60%	38%	2%
Dual Diagnosis Unit	54%	46%	-
Non Residential Therapeutic Community	52%	42%	6%
Social Reintegration Unit	51%	43%	6%

TABLE 7 CHARACTERISTICS OF "ARGO'S" MEMBERS IN 2016: AGE

# **Working status**

	Unemployed	Employed	Students
Counseling And Information Center	73%	26%	1%
Dual Diagnosis Unit	73%	27%	-
Non Residential Therapeutic Community	70%	28%	2%
Social Reintegration Unit	68%	29%	3%

TABLE 8 CHARACTERISTICS OF "ARGO'S" MEMBERS IN 2016: EMPLOYMENT STATUS

### **Educational Status**

	Unedu cated	1 <sup>st</sup> Degree/Pri mary	Interruption of Primary	2 <sup>nd</sup> Degree/ Seconda ry	Interruption of Secondary	3 <sup>rd</sup> Degree/ Higher	Interruption of Higher
Counseling And Information Center	3%	16%	2%	51%	18%	7%	3%
Dual Diagnosis Unit	-	4%	7%	65%	20%	4%	-
Non residential Therapeutic Community	-	4%	3%	57%	34%	2%	-
Social Reintegration Unit	-	5%	5%	58%	26%	3%	3%

TABLE 9 CHARACTERISTICS OF "ARGO'S" MEMBERS IN 2016: EDUCATIONAL STATUS

# Main Substance Use of "ARGO" members

	Opioids	Cocaine	Cannabis	Multiple Use	Hypnotics/ Sedatives
Counseling And Information Center	34%	4%	15%	45%	2%
Dual Diagnosis Unit	-	-	23%	69%	8%
Non Residential Therapeutic Community	33%	3%	20%	40%	3%
Social Reintegration Unit	31%	6%	26%	31%	6%

TABLE 10MAIN SUBSTANCE USE OF "ARGO'S" MEMBERS IN 2016

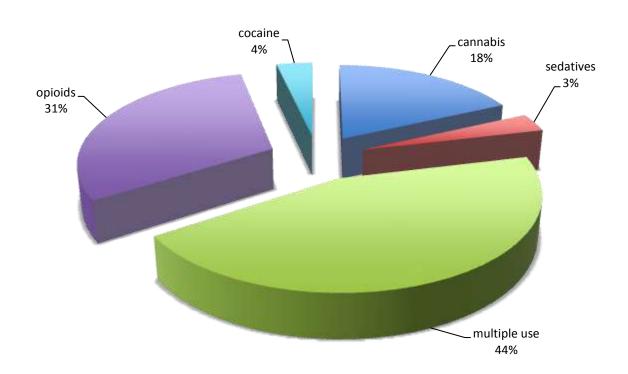


FIGURE 7 MAIN SUBSTANCE USE OF "ARGO" MEMBERS IN 2016



# **Family Unit**

Persons in individual sessions in the Counseling And Information Center	111
Persons in individual sessions in The Open Parents Group	101
Persons in the Open Parents Group	50
Persons in the Therapeutic Community Parents Group	17
Persons in the Social Reintegration Parents Group	13
Persons in Family Therapy	58

TABLE 11 TOTAL NUMBER OF BENEFICIARIES OF FAMILY UNIT IN 2016

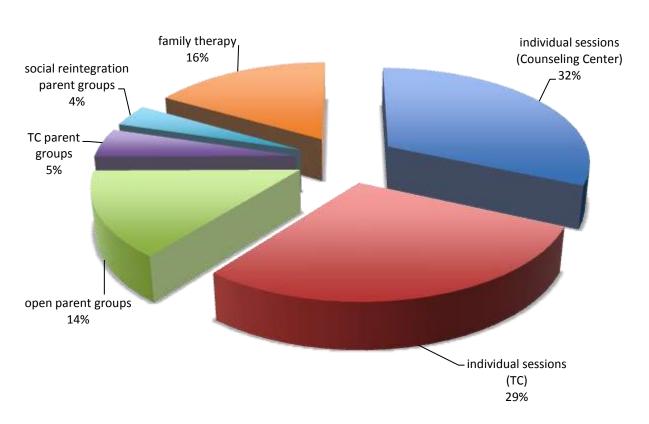


FIGURE 8 BENEFICIARIES OF FAMILY UNIT OF "ARGO" IN 2016

# Individuals who approached "ARGO" in 2016

These data refer to the strict recording of the different persons who approached "ARGO" in 2016, regardless of the number of different services they received.

Psychotropic substances users	264
Parents/Significant others	151
Individuals in the School Unit	53
University Students/Volunteers	22
Total number of Beneficiaries	490

TABLE 12 INDIVIDUALS WHO ADDRESSED "ARGO" SERVICES IN 2016

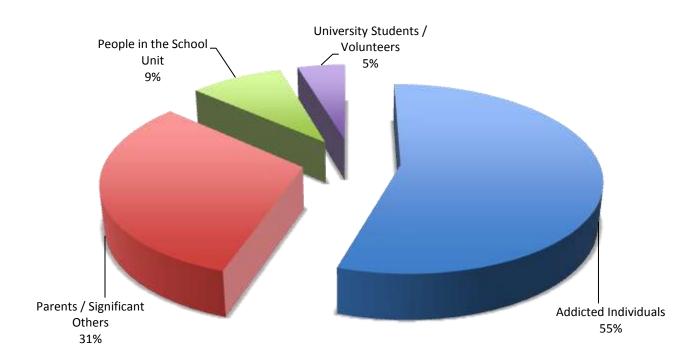


FIGURE 9 PEOPLE WHO ADDRESSED "ARGO"'S SERVICES IN 2016

APPENDIX 3: THERAPEUTIC GROUPS OF "ARGO"

# **Appendix 3: Therapeutic Groups of "ARGO"**

The treatment groups held on a weekly basis within "ARGO" are the following:

# **Counseling and Information Center Groups**

Incentive reinforcement and abstinence from the use of psychotropic substances

Preparation for the admission in the Non Residential Therapeutic Community

# **Non Residential Therapeutic Community Groups**

Self-Help Encounter

Behavioral Reconstruction Community Meeting

24hour Review/Planning Black Theater

Weekend Review/Planning Members Organization

Individual and Group Sports Radio Expression

Experiential Reflection Photogram

Art Therapy Digital Empowerment

Expression through the Rhythm (Percussion Psychodrama

instruments) Social Skills Reinforcement

Corporal Expression & Communication

# **Social Reintegration Unit Groups**

**Psychosocial Support** 

# **Dual Diagnosis Unit Groups**

**Psychosocial Support** 

Social Skills Reinforcement

# **Program for Employed People Groups**

**Behavioral Reconstruction** 

24h Review/Planning

**Psychosocial Support** 

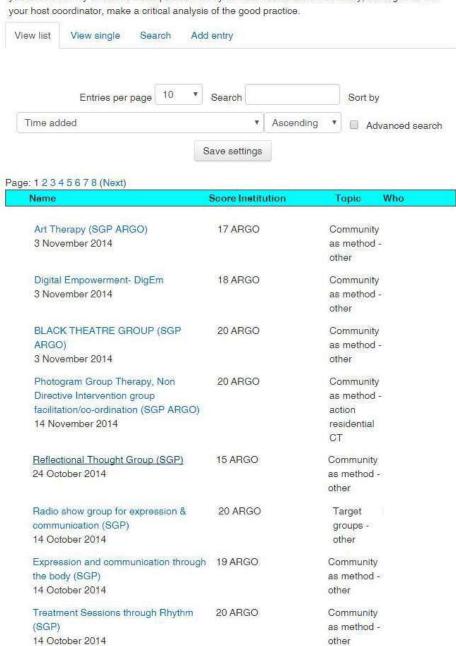
APPENDIX 4:
DATABASE OF
ECETT GOOD
PRACTICES

# **Appendix 4: ECEtt Good Practices Database**



# My GOOD PRACTICE (3c).

While visiting your host institution, choose a good practice, state its general objective, explain why you chose it and select the eventual TC standards it is related to. Then, describe the good practice you observed. Try to do this in cooperation with your host coordinator. And finally, still together with your host coordinator, make a critical analysis of the good practice.





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# **Counseling and Information Center**

Giannitson 52, 5<sup>th</sup> floor, 54627 Thessaloniki # +302310 540 353

# **Non-Residential Therapeutic Community**

Lagkada 196, 564 30 Stavroupoli

**2** +302313 324 651, +302310 668 616, +302313 324 321

# **Dual Diagnosis Unit**

Giannitson 52, 5<sup>th</sup> floor, 546<mark>27 Thessaloniki</mark>

**\*** +302310 540 353

# **Social Reintegration Unit**

Lagkada 196, 564 30 Stavroupoli

**\*** +302313 324 202

#### **Program for Employed People**

Giannitson 52, 5<sup>th</sup> floor, 54627 Thessaloniki

**\*** +302310 540 353

# **Relapse Prevention**

Giannitson 52, 5<sup>th</sup> floor, 54627 Thessaloniki

**\*** +302310 540 353

#### School Unit

Lagkada 196, 564 30 Stavroupoli

**\*** +302313 324 339

# **Educational and Vocational Guidance Office**

Lagkada 196, 564 30 Stavroupoli

**\*** +302313 324 649

### **Prevention and Information against Addiction**

Lagkada 196, 564 30 Stavroupoli

**\*\*** +302313 324 651

# **Research and European Programs**

Lagkada 196, 564 30 Stavroupoli

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