

SU platform - Glossary of terms

Detoxification

Medically managing the symptoms resulting from suddenly stopping the regular use of alcohol and other addictive substances.

Social re-integration

Support given - in issues of housing, education, vocational training and employment - to a person with substance use disorder to realize his/her potential, work productively and contribute to his/her community.

Rehabilitation

It is the processes of medical and psychosocial treatments aiming to support the person with substance use disorders to recover.

Harm reduction

The application of a set of public health principles aimed at preventing or reducing the negative consequences associated with drug use.

Outreach

Activities and organizations that access and engage with people in the community with specific problems (Example: Substance use) to improve their health and wellbeing and reduce the risks of drug use.

Drop-in service

A place where people with substance use disorders may call or pass by for advice or assistance.

Family support

Specialized social welfare services. Environmental factors, disadvantages and adversities, that can be prevented and treated.

Employment/income generation support

Evidence-based psychosocial and behavioral interventions.

Overdose management services

Services that need to be ensured in order to support people with drug use disorders and emphasize the need for rehabilitation, reintegration and the recovery itself.

Case Management

Ensuring continuum of care through appropriate case management, this can be done by increasing the availability and accessibility to high quality, evidence-based, gender and age sensitive prevention, harm reduction, treatment, rehabilitation and social re-integration services.

Group counseling

Form of psychosocial treatment through being in a group setting with a group counselor.

Psychological interventions

Cognitive behavioral therapy (CBT)

Cognitive Behavioral Therapy (CBT) is a talking therapy that can help persons manage their problems by changing the way they think and behave. It is most commonly used to treat anxiety and depression, but can be useful for other mental and physical health problems.

Motivational enhancement therapy (MET)

The clinician assumes an advisory, rather than an authoritative role, and seeks to understand what the patient values - this process builds empathy and fosters a therapeutic alliance from which it may be possible to promote behavioral modifications. It reduces high-risk behaviors. The approach consists of 6 or more sessions since the patient is considered to have severe drug use disorders.

Inter-personal therapy (IPT)

Interpersonal Psychotherapy (IPT) is an empirically validated treatment for a variety of psychiatric disorders. The evidence for IPT supports its use for a variety of affective, anxiety, and eating disorders, and for a wide age range, from children to the elderly.



Prevention interventions

Interactive substance use awareness sessions

Consists of an informative session about the types of drugs and their subsequent effects delivered to a group of people in an interactive way.

Life skills programmes

A combination of sessions targeting children and youth through building their skills delivered by teachers in school setting or during PSS in areas such as problem-solving, conflict resolution, setting goals and communication to enable them to deal more effectively with the demands and challenges of everyday life, and to prevent psychological distress, mental disorders and risky behaviors such as substance use.

Non-interactive substance use awareness sessions

Consists of an informative session about the types of drugs and their subsequent effects delivered to a group of people as a lecture.

Peer-to-peer education programmes

A form of skill-building whereby persons are trained to provide promotion and prevention activities to persons of the same age group, social group or who might share similar life experiences.

Media campaigns

Preventive interventions using media (social media, TV etc.), that are visible and have the potential to reach a large number of people relatively easily.

Entertainment venues related prevention activities

Preventive interventions targeted towards persons in entertainment venues such as pubs, bars or concerts.

Internet-based prevention programmes

Form of psychosocial treatment through internet and webs (applications, websites).