

FIRST DRUG ABUSES AND TRANSITION PROGRAM (FROM PREVENTION TO EARLY, INTENSIVE, TREATMENT): A PROSPECTIVE STUDY

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50% patients of addictive disorders units started substance abuse at adolescence but clinical intervention is delayed as far as 5 years, besides it has more a transversal effect so a cronic courses quite frequent, because the vulnerabiliy pattern is not changed, so patients usually get ill again with the same or different syndromic presentacion.

Delayed time to intervention affects illness course, worsening clinical outcome and transversal vision hides the real effectiveness of our interventions.

We know that golden goal in psychosis is early intervention so illness may be evaluated and treated as soon as possible and we could state that, for all pathologies, complete long term recovery is a common objective.

However, poblational screening and clinical treatment have failed to achieve these goals.

In order to solve these questions the Toledo university Hospital developed two years ago an especific program, the abuse/transition program which focused on:

- transition (main vulnerable period)

- drugs abuse(alarm sign)

The hypothesis was that combining both we would achieve better results.

Our transdisciplinary longitudinal brief program diagnosis, monitorize and treat late adolescents with drug abuse, unifying:

- poblational characteristics (adolescence)

- pathology(substance abuse)

- intensive, brief intervention

The motivation was that we know that as far as 2/3 of mental illness exist at late adolescence or young adult but just 15% of our consults assist that population.

Objectives were:

- detect and treat patients as soon as possible.

- use a combination of proved effective interventions inside a brief high intensity model to get a higer response.

We have analysed our first program results(n=120), which shows a good way to early prevention, as it has achieved a 11% psychosis detection vs the usual 3,5%,media age of 16,7 years,detecting also many other risk factors as traumatic experiences(40%)...so transition/drug abuse programs could be a good response to poor course and delayed intervention.

