

Contact Netz – an Overview

Contact Netz is a non-profit organization acting as a network, dedicated to prevent drug addiction and to help and support the youth and their families in this issue. Contact Netz coordinates six centres, which work in drug prevention, counselling and rehabilitation. To coordinate the centres Contact Netz maintains a main office and a research and development department. Contact Netz consists of a foundation board, whose members are sent by the municipalities of the city and the canton of Bern, development assigned personalities and staff members. The business management surveys the work of the different regional centres.

- Counselling
- Therapy
- Schooling/Education
- Outpatient Clinic for Addiction
- Work reintegration
- Housing assistance
- Damage minimization

Counselling

Contact Netz supports and helps people affected from drug addiction and the people around them. The main focus of the counselling and prevention work is placed on illegal drugs. Main areas of work in the centres are:

- consultancy for teens, parents or people with a background of substance abuse
- Therapies for people with psychical disorders
- Stationary therapy and rehabilitation at guest families
- Education
- Work projects
- Housing assistance
- Medical support
- Survival help
- Management
- Research and development

The goal is to find solution by information, consultancy, mediation and motoring. The services are free of charge.

Therapy

Therapies offered:

- Single ambulant psychological therapy and family therapy
- Prisma: stationary therapy for people with drug and other personal problems who can't manage their life by themselves. The participants live with a guest family who normally run a farm.
- Prisma plus: Half stationary option for those participants with a job or who are attending an education and can't do a stationary therapy.

Schooling/Education

The school project offers people who quit school or their education due to drug addiction a chance to catch up and finish their studies. The service contains private school lessons and coaching. Beneficiaries attend school or further education at official schools and get a chance to be reintegrated into society and gain chances on the job market.

Outpatient Clinic for Addiction

A therapy with methadone or other substitutes like buprenorphin can open up new perspectives for people addicted to heroine. The assistance of doctors, social workers and care personal as well as the fact of not being stressed to find new supply and stabilization of health, help to pursue a reduction of drug consumption until total abstinence.

Taking methadone or other substitutes like buprenorphin enables the patients to abandon Heroin and gives them the chance to reintegrate into social structures, as methadone doesn't trouble awareness. Goals of the therapy are start of a medical and psychosocial stabilisation, alienation from the drug scene, HIV prevention and prevention of physical deprivation symptoms.

Work reintegration

Drug addiction and the relating health, social and psychical problems often cause unemployment. Contact Netz offers drug addicts sheltered working places in the fields of wood and textile processing, handcrafts, constructing and selling. These sheltered places provide a daily routine and chances for integration into job market.

Housing assistance

Housing opportunities accomplish an important contribution to the social reintegration of drug addicted persons and families. People live as independent as possible and are assisted in the way they need it, e. g. cleaning, administration, daily routine etc.

Damage minimization

The bad social and health situation caused by drug addiction can be minimized by low threshold survival assistance. This assistance contains sheltered drug injection rooms, clean injection material, counselling and information. The aim is to secure survival, the prevention of infectious diseases and motivation for social reintegration. There are different contact addresses in Bern and neighbourhood.

Projects

Pilot p: Prevention and drug-checking in the party scene. Aims are to sensitise and inform young party visitors at location about party drugs and to improve the cooperation with the organizers of the parties as well as the knowledge and resource transfer with different institutions.

LaStrada: The mobile helpdesk for drug addicted sex workers. The helpdesk distributes sanitary products, preservatives, needles etc. and acts as recovery place to exchange experience and information. A care team consisting of two people is there for conversation and counselling. The main aims are to prevent violence against drug addicted sex workers, sensitisation of the public on issue, prevention of sexual transmitted diseases.

Drug project in Uzbekistan: Harm reduction project in Uzbekistan.

Migration and addiction - specific counselling/therapy for migrants: This project was financed for three years and addressed people and families with a migration background who had troubles with drug abuse. The ambition was to open the centres and projects of Contact Netz for migrants too.

LaGare – Place for Alcoholics: This place offers without forcing consummation simple meals, snacks and non alcoholic drinks, entertainment and little medical care. There are also possibilities for collective trips, film evenings etc. There is a psychological counselling and other support and help.