



About

**Swedens
largest centre for
dependency disorders**

Our websites:

beroendecentrum.se
mariaungdom.se
alkoholhjalpen.se
droghjalpen.se



beroendecentrum.se



Stockholm Centre for Dependency Disorders
REGION STOCKHOLM

A vital mission

Stockholm Centre for Dependency Disorders is the specialized addiction care organization of the Stockholm Region and part of the national health service, NHS. Here, you can find the country's widest range of addiction care units and a high level of medical expertise gathered under the same roof.

Together, we provide support and treatment to individuals who are dependent on or have problems with alcohol, drugs, medication, or gambling for money. Sometimes our interventions are acute, and other times they are long-term. We save and change lives — not only for the patient but also for all the people close to them.



We help nearly
1000
people every day
to change their lives

Welcome!
You have come to
the right place !

Low thresholds and high accessibility

We aim to make it easy for individuals to come to us and for each person to seek medical care, in the way and at the right level for them. Low thresholds, high accessibility, and various pathways to medical care and support are something we always strive for.

"We never say no" to a person that seeks our professional help. Whether it's about assisting them within our expertise or referring them to another institution.

photo: Yanan Li

Examples of some of the treatments we provide:

- **Detoxification**
- **Medication therapy**
- **Cognitive Behavioral Therapy (CBT)**
- **Motivational Interviewing (MI)**
- **Group therapy**
- **Psychotherapy**
- **Pain management**
- **Relapse prevention**

We have a holistic approach to health, and in addition to our treatments, we also offer mindfulness, yoga, and practising how to change an unwanted behaviour.

How to get treatment for an addiction?

Since addiction encompasses many different substances, the interventions vary accordingly. It can involve acute measures such as detoxification and withdrawal management, as well as long-term interventions such as medication-assisted treatment, psychotherapy, and relapse prevention. The interventions often combine somatic and psychiatric care. Because our patient group is one of the most stigmatized and vulnerable, the way they are treated is of utmost importance. All patient interactions in our clinic are based on empathetic and respectful approaches, free from moralizing and judgment.

Our focus is on the individual

In our work, we always have a holistic view of the individual. This means that we tailor our treatments and interventions based on each person's unique circumstances, and we always consider the patient's perspective in our work. How might this experience be for the patient? What can we do to make it as good as possible? Are there other aspects of the patient's life situation that we need to take into consideration?

What is an addiction?

There are many areas in which people can have difficulty managing and feel addictive to. These can include things like video games, exercise, sex, or social media. However, these areas are not included in the disease classification of addiction disorders. The classification only applies to alcohol, drugs, addictive medications, and gambling for money.

There are different ways to define a risk alcohol consumption. ICD-10 and DSM-5 are internationally recognized classification systems for diagnosing addiction disorders. However, habits can be risky or harmful without being classified as an addiction, which is why it is important to have multiple levels of help available.

A hijacked reward system

A simplified way to describe addiction is that the brain's reward system is hijacked. Fundamentally, our reward system is designed to motivate us to do things that have favoured the human species survival throughout evolution. The reward system does this by releasing dopamine when we eat food, exercise, or engage in sexual activity. This gives us a sense of euphoria.

When an addictive substance is consumed, the brain's reward system is artificially activated. You could say that the brain is tricked into releasing dopamine. With repeated use, the system can start sending signals to us to take the substance again to achieve the same euphoric effect, even if it leads to many negative consequences in the long run. This can be likened to the reward system being hijacked. With prolonged use, these changes in the reward system can become chronic.

A disease

Addiction is a disease that requires treatment.

A "hijacked" reward system

All addictive substances have powerful effects on the brain. These effects account for the euphoric or intensely pleasurable feelings that people experience during their initial use of alcohol or other substances, and these feelings motivate people to use those substances again and again, despite the risks for significant harms.

Addiction is a chronic alteration of the brain's reward system

When an addiction develops, one's own willpower is not enough to bring about change, and things that were previously enjoyable are prioritized below the substance. Therefore, the analogy is sometimes made that the brain's reward system is "hijacked" by the drug.

Anyone can get caught

There are many factors that influence how quickly a person falls into addiction, including genetics, initiation, and comorbidity. There is no risk-free use of addictive substances.

Common symptoms

Common symptoms of addiction include increased tolerance, withdrawal, loss of control, and constant thoughts about the substance.

Risky use and harmful use

A habit can create problems before addiction develops. That's why healthcare professionals also talk about risky use and harmful use.

Swedens largest centre for dependency disorders

Stockholm Centre for Dependency Disorders is Sweden's largest clinic in specialized care for substance use disorders. We have over 50 clinics throughout the county, providing both emergency and 24-hour care, local patient care, as well as highly specialized care. We also offer online treatment and anonymous support through our helplines.

We are a university clinic

As a university clinic, our staff not only engages in clinical work but also conducts research projects and education. We also host medical students for training

dynamic working environment that constantly challenges and develops our treatment methods and work processes.

Extensive network for collaboration

Our external network is just as important as the internal one. At our local clinics, our staff works closely with the municipality and council. We also collaborate with other stakeholders to help our patients to achieve their goals. Our network includes neighboring healthcare providers, social services, correctional facilities, employment services among others.

Emergency and 24-Hour Care

We have two emergency units, one for adults over 18 years old and one for young individuals up to 20 years old. The clinics are open 24/7 all year-round. Patients who require emergency care due to severe intoxication get treated here. Those who need to be cared for over a longer period of time are admitted to the 24-hour care facility. Often, patients have complex medical conditions that require both psychiatric and somatic care.

Our clinics

We cover the entire Stockholm County. All individuals with issues related to alcohol, drugs, medications, or gambling are welcome to us. This includes both short-term and long-term treatment. Most clinics collaborate closely with the municipality and social services.

Highly Specialized Care

Within our specialized care, we provide advanced care in areas such as pain rehabilitation, care for victims of sexual abuse, and medication-assisted treatment (LARO).

Treatment online

To give treatment online is part of the care we provide. Individuals can easily seek help themselves through 1177 Vårdguiden or Alltid öppet. Examples of programs available are: the Alcohol Program, Cannabis Program, Gambling Program, and Program for close Relatives.

Treatment for youth and young adults, Maria Ungdom

For individuals up to 25 years old, we offer specialized care. We provide emergency and 24-hour care, a sexual and family planning health clinic, as well as several local clinics called Mini-Maria, in collaboration with the respective municipality. There are also clinics specifically tailored to young adults, such as the Lifestyle Clinics and Järva Youth.

Anonymous Support Hotlines

Stockholm Centre for Dependency Disorders operates the national support hotlines Alkoholhjälpen (Alcohol Help) and Droghjälpen (Drug Help). People from across the country can reach out to get anonymous support and advice. You can contact the hotline online or by telephone.

