

# WACAT – Newsletter 5/2019

NEWSLETTER  
November 2019 No.5

## **World Association of Clubs on Alcohol Treatment**

Working According to the  
Hudolin Concept



## WACAT OFFICERS FOR THE PERIOD 2019 TO 2023

**President:** Zoran Zoricic

Croatia

**Vice President:** Aniello Baselice,  
Italy

**Board members:**

Maria Medvedova - Russia

Lasse Rossen - Denmark

Nicoletta Regonati – Italy

Wilson Chamwa, - Ecuador

Francesco Piani - Italy

**Substitute member:**

Soontaree Srikosai - Thailand

**Nomination Committee for the next  
WACAT Congress**

Marco Orsega - Italy

Birgit Juul Nielsen - Denmark

Anto Orešković - Croatia

**International secretary**

Francesca Francalacci - Italy



## Beautiful Bohinj framed WACAT Congress 2019

**The Slovenian Club Association hosted the Congress of WACAT 2019 at Bohinj, a very beautiful place in Alpine Slovenia.** Immediately before and including the congress they also organised the biannual Alpe-Adria-Balkan conference on treatment and prevention of dependencies in the same excellent hotel. This conference has alternated between countries in the region for many years. A substantial number of scholars from both the region and a number of other WACAT member

associations participated. The combination manifested the status of the Hudolin methodology as a scientifically based treatment strategy, with a long history of practical experience. The seminar was a very useful meeting between professional and voluntary elements in the sector. Natasa Sorko and her co-workers in the Slovenian Association did a marvellous job in organising the events. They obviously have a prominent place in the Slovenian work on dependencies. The last day of the seminar was participation in the congress of WACAT, which started with a discussion on the **current terminology** in the club work. The other issues of the agenda are cited below.

## Excerpts from the World Congress minutes

The Congress opens with a welcome by the Slovenian organizers, led by Natasa Sorko and by an introductory speech by the WACAT President Helge Kolstad.

This is followed by a presentation of the history and legacy of clubs and of Hudolin's work and message by Francesco Piani, WACAT Board member and also President of the European School of Alcoholology. Then a presentation is shown by the WACAT Vice President Zoran Zoricic regarding the origins of the Hudolin Club Concept and its developments in Yugoslavia and in Post-Yugoslavian Countries. The presentation also highlights the evolution of practice from full medicalization to the introduction of volunteers. After that, the WACAT Board member Aniello Baselice shows a further presentation regarding how Clubs work in Italy, from early developments to present practice, including a survey of the "Lexicon of Club Terms" to be discussed in the following work groups.



*Some of the current WACAT Board members. From left Wilson Chamba, Ecuador, Nicoletta Regonati, Italy, Aniello Baselice, Italy, Maria Medvedova, Russia, Zoran Zoricic, Croatia, Francesco Piani, Italy and past president Helge Kolstad, Norway.*

After discussion in groups, a report is presented by each group leader, showing an overall insight from each group regarding the main issues and terms included in the Lexicon and Charter and proposing a new version including both the approved sections and some changed and newly suggested ones in one document to be spread internationally as a new recognized common basis for club work, from theoretical to practical matters. In particular, great focus and emphasis is given to simple and effective communication and the use of terms, which must not necessarily be the same for every country but especially respectful of language and culture specific features and focusing more on common shared content than barely on the words used. Some examples are the word *Club assistant* instead of *servant teacher* for some countries where ‘servant’ would take on a negative connotation and the interchanging terms of *Club* and *Multifamily Community*, in the case that more emphasis needs to be given to the family approach. Other terms, such as *Social Ecology*, *Antropological Spirtuality* and *Demedicalization* need to be followed by simple, direct, and easily recognizable definitions in order to favour common adoption and practise on world basis. \*

An important phase of the Congress is also represented by the introduction and presentation of club work by the main representatives of many member countries present at the meeting, namely the Scandinavian, Russian, Latin American and of course Slovenian representatives.

The elections were done as follows: **Zoran Zoricic** as President, **Aniello Baselice** as Vice-President. The rest of the Board was confirmed as such with the substitution of Irena Chubukova with **Maria Medvedeva** for Russia and likewise **Wilson Chamba** from Latin America substituting Pubudu Sumanasekera from Sri Lanka. **Lasse Rossen**, **Nicoletta Regonati** and **Francesco Piani** were re-elected as board members, and **Soontaree Srikosai** from Thailand was re-elected as substitute member. **Francesca Francalacci** was confirmed as secretary. **Birgit Juul Nielsen** was confirmed as member of the Nomination Committee.

The next WACAT World Congress will take place in four years and the next WACAT Board meeting will be held in Scandinavia, on a date still to be confirmed.

## Hudolin Concept Terminology

Clubs are working for the minimization of pains connected to dependencies and substance abuse, and to show that a good life does not require intoxication. Over the more than 50 years clubs have been operating, the language which is used to describe the pains and the possible solutions has changed many times. When the movement started, alcoholism was the more or less universal term. Since then, many more substances have been commonly abused, and dependencies have been detected connected to gambling, games, eating and many other risky behaviours. Even when it comes to describing causes and possible measures, some terms have gone out of use, and others have been introduced. This may sometimes have a scientific reason, but more often it is a matter of changing focus and risk of stigmatization. The Hudolin methodology

has been relatively constant, and especially the basic contents of the club practice has prevailed. But not all elements are easily understood everywhere, and sometimes we need to explain by using more common terminology. This was the content of the discussions which took place at the beginning of the congress. An Italian version of the terminology was presented, and a few alterations were suggested in order to make them universally useful. Some revisions have already been made. The WACAT Board will continue to work on this.

## **Active WACAT Period**

The previous Board presented a full report about its work over two years. There have been five full meetings of the board, and a steady secretariat has been established.

Among the most important activities have been a large seminar for club work in the Post-Yugoslav countries, a conceptual seminar in Romania, several meetings for key persons in charge of the training of club workers etc., an inquiry to member organisations on training practices, eight issues of the newsletter, and several visits of WACAT officers to member associations. A collation of relevant club relevant educational material has been initiated.

## **Ambitious Plan of Action for two years**

**The Congress decided that WACAT should arrange and promote the following during 2019-21:**

- Launce a WACAT website with three separate functions
  - Essential texts on the Hudolin methodology, including texts from the original set-up, updated articles on club practice and concepts, as well as a survey of studies, evaluations etc of club work and its results. The contents should be available in digital form.
  - WACAT documents, including minutes from the WACAT board and other material issued by WACAT
  - Newsletters and other information on WACAT activity and club work
- Complete enquiry on training of Club workers and work out training guidelines based on the findings. The advisory programme for training decided by the previous Congress is still valid.
- Urge organisers of Training Programmes to include WACAT as a co-organiser. Seek to implement club methodology in IOGT training sessions.
- Continue work on a programme for distant education based on experience form the Russian Club Association. The condition for this is that such a programme only should be used when large distance and high costs prevent the ordinary training sessions. It is also a condition that proper observation of club work is included in the programme.



- Continue the gathering of educated trainers who are active in training programmes for club workers (servant-teachers) in Member Associations.
- Performing contact work with club associations and single clubs as broadly as possible, and improve the quality of reporting and means of communication.
  - Improving contacts with Associations which are struggling or are relatively new in the WACAT collaboration
- Collecting and collating of evaluations and other fair reports of club work, and make such material available in condensed form in English.
- Continue the work with the instruments for WACAT collaboration and promotion, including
  - Further developing the International Executive Board
  - Making and publishing a list of members and maintaining a communication system
  - See to it that member Associations and clubs add the agreed addition to their names, namely: “Working according to the Hudolin methodology”
- Make a recommendation of the terminology which should be used in the training of club workers. This should be based on the seminar at the Congress in Slovenia 2019, and edited by a group of experts appointed by the Board.
- Make good use of the secretarial capacity provided by AICAT
- Holding at least two board meetings per year, connected with seminars and congresses.
- Continuing collaboration with the European School of Alcoholology and Ecological Psychiatry. Participate in annual international training seminars.
- Continuing collaboration with IOGT International and make use of IOGT gatherings to educate club workers and promote club work.
- Issue regular newsletters, a least two issues per year.
- Preparing the next congress to take place in Scandinavia

## **Advisory Programme for training of club workers and other specialists (bullet No 2 of the Plan of Action)**

1. A definition of how to become a qualified trainer of trainers should be developed
2. Regularly, trainers should go through a career from assisting group leader at a training course for servant teachers, to group leader, to assisting course leader and finally to a responsible arranger of training courses
3. Experience in club work and/or formal qualifications in relevant subjects should be expected
4. Club associations should maintain a list of people who have such qualifications, and make use of them in their training.
5. Participants from countries where they have no qualified trainers should be invited to trainings in other countries.
6. WACAT, by means of the European School, should provide courses for servant-teachers in English at regular intervals.

7. Club Associations and/or WACAT should arrange gatherings of qualified trainers at convenient occasions.
8. WACAT should propose agendas for trainers' meetings, and seek collaboration with major club associations to keep up a common standard
9. WACAT should provide a list of available training personnel at International level
10. Highest priority is to maintain a standard for servant-teacher training. Programmes for more advanced training etc. may come later
11. Issuing WACAT certificates to persons who are qualified as trainers in club programmes/keep a list of qualified trainer
12. See to it that servant-teachers and other club workers are connected in networks, and that they continue in-service training and have regular up-dating.

## **Very nice social gathering**

Members from 10 national associations were able to participate. Especially the Croatian participation was significant. We also had guests from several other countries due to the AlpeAdriaBalkan conference. Together and in groups participants experienced a rich social life in a very friendly atmosphere. A very big Thank You to the Slovenian Club Association!



*The Congress assembly was well attended. Here we see in the foreground Francesco Piani and Marco Orsega, Italy, and Maria Medvedova and Alexej Baburin, Russia*



*Congress participants had due opportunity to visit sites in the beautiful Bohinj region. Here is a group out dining consisting of participants from Italy, Ecuador, Denmark and Norway*

## **Vote of thanks from President Zoran**

Dear friends and associates,

It is my duty to thank everyone for their congratulations on the election of WACAT President at the Congress held in Bohinjska Bistrica, Slovenia, September 14, 2019. There is no doubt that the choice of President of the World Association of Clubs working on Hudolin's methodology is a great recognition and honor for me. All of us who have inherited the methodology of working for Hudolin clubs feel the need for their activities to evolve in the future. With recognition and pride, this choice is, for me, primarily a commitment to support the work of national alliances over the next few years, to continue working to unify and standardize terminology, and to provide further training for club assistants and families and the entire community.

As newly elected President, I would like to thank my predecessor, Mr. Helge Kolstad, who, over the past term of four years, has invested enormous effort in stabilizing the work of WACAT and supporting national associations. Without Helge, we would not have the current structure or



motivation to continue working. At the same time, I would like to thank all the members of the Board, who have unselfishly supported the work by sacrificing their own spare time and sometimes even their own finances.

I would also like to point out the relevance of Ennio Palmesino, a colleague and friend of ours who has patched his back for the benefit of WACAT over the years, as well as Francesco Piani, who has made a major contribution through the activities of the European Alcohol School, but also again of the Board as a whole.

ACAT, the Italian Association of Clubs, has also made a relevant contribution to the work of WACAT through the funding of the activities of Secretary Francesca Francalacci, which significantly contributed to the quality of work and networking of the members.

At the same time, I would like to thank the representatives of the clubs from the countries of the former Yugoslavia, then Scandinavia, Russia and other countries, who have followed us over the past.

WACAT faces the challenge of approaching and standardizing terminology, publishing a book on Hudolin and opening a Website. However, only current challenges are here outlined. The biggest challenge I see in the future is the need to find new strength in national alliances that will implement the motivation for clubs and training at all levels. This is where we will take the main exam.

As the first among equals, the one who wants to be in the service of the organization, I invite all of you to help me to preserve and further develop the great work left by Professor Hudolin. I am convinced that together with my colleague and associate Aniello Baselice, Vice President, and the members of the Board, I will make every effort to achieve this.

Sincerely thank you very much for the trust we have been shown!

Zoran Zoričić

## Report form North Macedonia



**ZDRUŽENIE NA KLUBOVI NA LEKUVANI  
ALKOHOLIČARI NA R. MAKEDONIJA**

11 Oktomvri br.42a Skopje  
tel: 02/3165542  
`-ska:300000000106639,  
edb:4030984208767  
deponent : Komercijalna banka A.D.

### **ASSOCIATION OF RECOVERED ALCOHOLICS OF THE REPUBLIC OF MACEDONIA (ACRAM)**

The organization was **established** in February 1974 on the initiative of the treated alcoholics, members of their families and their therapists. The organization started to work as Clubs of treated alcoholics in 1969.

So, I can say that **ACRAM** organization was one of the first NGO Associations in our country. At this moment, it is the only one organization that provides support to family members with alcohol related problems.

The ACRAM has been acting for almost forty years as a non-governmental, non-profitable organisation on a voluntary basis, refinanced by state budget, donations, membership fee, and by the realised projects...

The particular **mission** of the ACRAM is to support family members who want to make their families more functional and healthier. During the psycho-social group work family members learn how to improve their quality of life, how to cope with the alcohol related problems and how to gain more self-confidence.

The **focus** of the ACRAM is to provide assistance in adaptation to normal, social life of the alcohol addicts and members of their families in the long-term post-hospitalization treatment and to support their involvement in the entire social life.

#### **The activities of ACRAM are:**

- An alcohol-abstinence maintenance
- To help the treated alcoholics under relapse risk
- Increasing the society consideration about the raise of the alcohol related problems in the society, and to prepare activities in order to introduce an alcohol- free style of life.

#### **1. Purpose:**

Assistance to R. of North Macedonia in reducing the number of alcohol addicts.

#### **2. Aim**

- Psychosocial protection and support to the families with alcohol related problems, within the Treated Alcoholics Social Clubs in bigger cities in the country (in the moment

in Skopje-5, Bitola-1, Kumanovo-1, Negotino- 1 and Prilep-1), for the purpose of longer abstinence maintenance, better family functioning and better social functioning.

### 3. Description

- The families having a member who has alcohol abuse problems, require help, support and acceptance
- In accordance with the reforms in the Public Health Organizations, regarding , reduction in the number of beds in the hospitals, as well as reduction in the number of the days, spent in the hospitals, the activities of the Social Clubs in Macedonia are very important . Their activities are connected with contacting the alcohol addicts and their families. This is the most adequate and world wide accepted method of treating the patients, as it is performed as close as possible to the alcohol addicts' place of living , by expansion of the professional obligations and without isolating the families, which is not the case in a hospital treatment.

### 4. Activities

- Identification of the families, having alcohol related problems in the local communities
- Informing through the media and preparation of printed material, easily distributed to the population
- Visiting the identified families
- Consulting centers activities
- Educational activities-seminars, meetings, for people interested in working in the social-therapy clubs ( therapists and volunteers)
- Info-line for telephone calls and offering help to the families, having alcohol related problems
- Establishment of help and self-help groups, i.e. Treated Alcoholics Social clubs in all bigger cities in R. of North Macedonia

### 5. Problem definition

- The epidemiological researches show that there are about 60- 80.000 alcohol addicts in R. of Macedonia and that a very small number of them apply to the hospitals for treatment (about 600 in a year) . Besides, 75% of them are married, even 91% have disturbed family relations, so that the number of people who require help is four times bigger (about 250.000).
- In our country the alcoholics treatment in voluntary and the number of the institutions performing organized alcoholics and their families treatment is very small- only in a five cities in Macedonia
- The reforms in the Public Health Organizations give priority to the out-of-hospital treatments. On the other hand, in the praxis, it has been proved that the treatment in the Social Clubs is the most adequate method both for the addicts and their families, and in the same time it is the most financially feasible method.
- The Treated Alcoholics Social clubs can deal the problems very successfully as they have trained members, such as therapists and long-term abstinent, who already have

overcame the problem. This is the main reason for the necessity of exceeding the number of Social Clubs in Macedonia.

## **6. Results**

- The families understand the problem caused by the alcohol abuse of one of their members
- The families early identify the problem
- The families look for trained help on time
- The Treated Alcoholics Social Clubs are easily approachable for offering adequate help to the families
- The Public Health Organizations obtain help in reducing the number of the patients and the duration of the alcohol addicts and their families treatment
- The establishment of an organized network of Treated Alcoholics Social Clubs for supporting the families, having alcohol related problems in Macedonia, represents a beginning in developing the possibility for a complete treatment of the problem, representing a significant assistance to the medical care reforms, but also through improvement of the quality of the family functioning, followed by improvement of the social quality of life.

## **7. Activities directions**

- Establishment of 10 new Social-therapeutical Clubs intended for acceptance of the families, having alcohol abuse problems in Macedonia (Tetovo, Gostivar, Ohrid, Kriva Palanka, Stip, Radovis, Kumanovo, Veles, Demir Hisar and Negorci)
- The activities of the Social Clubs will be performed in the afternoons, 120 minutes, once a week, in premises which are easily approachable and are not used for any other purpose at that time (Red Cross Organization premises, local community premises, cultural clubs etc)
- Visiting the identified families, having alcohol abuse problems, in cooperation with the local communities and the Social work Centers.
- Informing the population through the local radio and TV network about the alcohol abuse problems
- Preparation and distribution of printed material, such as brochures and flyers, written in simple style with clear and short information
- Establishment of consulting centers in form of educational workshops, working 4 hours, once a week
- Establishment of an info-line
- Including the self-help applicants in the Social Clubs, where they can get a long-term help and support and can learn how to deal with the problem

## **8 . Evaluation**

- The activities are followed by team work from all persons included in the project by: team planning of the activities, using standardized questionnaires, minutes during performance of the activities, making lists of the participants in the workshops, registration of each telephone call and meeting in the Consulting Centers or in the home of the families. For this purpose special forms will be prepared, which later will be used for daily, monthly and annual reports.
- Permanent evaluation of the achieved results, by precise narrative reports, will be prepared. The project activities will be supervised by trained people with academic titles in the field of alcoholology.

President of the Association of  
Clubs of Recovered Alcoholics of the  
Republic of Macedonia

.Dr. Olivera Subotin Popovska  
psychiatrist