

GENERALIZED ANXIETY DISORDER AND ALCOHOL DEPENDANCY

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The case study presents a 48 year old patient that has been in continuous psychiatric treatment due to anxiety related symptoms and subsequent alcohol addiction for several years.

Clinical presentation is dominated by a combined anxiety syndrome: panic attacks, elevated generalized anxiety, anticipatory anxiety, and abundance of somatizations. Due to excessive worrying and tension, social and work functioning is preserved only through avoidance of specific situations which in turn requires intensified effort. The patient controls the overwhelming anxiety with overuse of alcohol and has developed an alcohol dependence syndrome hence feeling significant guilt and shame.

The patient has been hospitalized several times and treated with different combinations of psychopharmacotherapy and was included in outpatient hospital treatment for addiction disorders. At the moment, the patient is abstinent of alcohol for two months and is regular in his medication, socio-therapy and alcoholics' meetings.

Generalized anxiety disorder has high rate of psychiatric comorbidity, mostly psychoactive substance use, and is therefore diagnostically and therapeutically challenging.

GENERALIZIRANI ANKSIOZNI POREMEĆAJ I OVISNOST O ALKOHOLU

U ovom radu prikazati ćemo 48-godišnjeg bolesnika koji je unatrag niz godina u kontinuiranom psihijatrijskom tretmanu radi smetnji iz anksioznog kruga uz posljedični razvoj ovisnosti o alkoholu.

Kliničkom slikom dominira kombinirani anksiozni sindrom, uz panične napade, pojačanu tjeskobu generaliziranog tipa, anticipirajuću anksioznost te obilje somatizacija. Radi pretjerane brige i napetosti socijalno i radno funkcioniranje uspijeva održavati uz izbjegavanje određenih situacija, a što mu iziskuje pojačani napor. Preplavljujuću anksioznost bolesnik kupira prekomjernim pijenjem alkoholnih pića i razvojem alkoholnog ovisničkog poremećaja, radi čega potom osjeća izrazitu krivnju i sram.

Bolesnik je u više navrata bio bolnički liječen uz različite kombinacije psihofarmakoterapije, te je bio uključen u Dnevno-bolnički program za liječenje bolesti ovisnosti. Aktualno apstinira od alkohola unatrag dva mjeseca, redovit je medikaciji, u socioterapijskoj grupi te u KLA.

Generalizirani anksiozni poremećaj ima visoku stopu psihijatrijskih komorbiditeta, najčešće ovisničke poremećaje, što predstavlja dodatni terapijski i dijagnostički izazov.

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MENTAL HEALTH PROTECTION OF YOUNG PEOPLE - EFFECTIVE PREVENTION OF ADDICTION

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Mental health is part of general health - there is no health without mental health.

Since the basis for good mental health is largely formed in the first years of life, mental health promotion for children and young people is an investment in the future.

Education begins in the family by creating a safe and stimulating environment. Children should be raised for the confident and responsible behavior through which they preserve and improve their own physical but also mental health. We must love them, set clear boundaries and discipline them with love. If something (or all) of this lack we have dysfunctional families that are regularly recognized in the background of each addict. Taking addictive substances (legal or illegal) is now considered to be the most common and the most influential cause of both physical and mental health impairment and people's behavior disorders.

Numerous preventing programs for young people are directed towards promoting health and personal development, the development of life skills and acceptable models of behavior as well as to early detection and help in the prevention of risk factors for mental health.

In Teaching Institute of Public Health in Primorsko-goranska County (NZJZ-PGŽ), in the Department of Mental Health and Addiction Prevention, the Mental Health Screening has been performed for eight years, whereby 10-15% of children, from the target group, who show possible behavioral and mental health disorders are excluded. Children and parents are advised to meet with a psychologist or child psychiatrist who will use their psychotherapeutic treatment to help solve current or prevent future difficulties.

It is essential that there are places, counseling centers, where young people, their parents and all those who work with young people can talk to professionals in an open and confidential manner. Our common goal is to strengthen the health of children, young people and their parents before some of the disorders develop.

ZAŠTITA MENTALNOG ZDRAVLJA MLADIH - UČINKOVITA PREVENCIJA OVISNOSTI

Mentalno zdravlje dio je općeg zdravlja - nema zdravlja bez mentalnog zdravlja.

Obzirom da se podloga za dobro mentalno zdravlje u najvećoj mjeri oblikuje u prvim godinama života, unapređenje mentalnog zdravlja djece i mladih ulaganje je u budućnost.

Odgovorno ponašanje kojim čuvaju i unapređuju vlastito tjelesno ali i mentalno zdravlje. Treba ih voljeti, postaviti jasne granice i disciplinirati ih s ljubavlju. Ako nešto (ili sve) od ovoga nedostaje imamo disfunkcionalne obitelji koje redovito prepoznajemo u pozadini svakog ovisnika. Uzimanje sredstava ovisnosti (legalnih ili ilegalnih) danas se smatra najčešćim i najutjecajnijim uzročnikom oštećivanja tjelesnog i mentalnog zdravlja i poremećaja ponašanja ljudi.

Brojni preventivni programi za mlade usmjereni su na promicanje zdravlja i osobnog razvoja, razvoj životnih vještina i prihvatljivih modela ponašanja te rano otkrivanje i pomoć u suzbijanju rizičnih čimbenika za mentalno zdravlje.

U NZJZ-PGŽ u Odjelu za zaštitu mentalnog zdravlja i prevenciju ovisnosti, osmu godinu za redom provodi se screening za mentalno zdravlje kojim se izluči 10-15 % djece iz ciljane skupine koja pokazuju moguće poremećaje u ponašanju i mentalnom zdravlju. Djeci i roditeljima preporuča se susret sa psihologom ili dječjim psihijatrom koji će im psihoterapijskim tretmanom pomoći u rješavanju trenutnih ili sprječavanju budućih teškoća.

Nužno je da postoje mjesta, savjetovašta, gdje će mladi, njihovi roditelji i svi oni koji rade sa mladima moći razgovarati sa stručnim osobama otvoreno i povjerljivo.

Naš zajednički cilj je ojačati zdravlje djece, mladih i njihovih roditelja prije nego se razvije neki od poremećaja.

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GAMES OF (NON)LUCK FOR MINORS IN THE AREA OF RIJEKA AND PRIMORSKO-GORANSKA COUNTY (PGŽ)

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In the past six-year period, the 45-minute workshops for the 2nd grade high school students have been systematically implemented in the area of Rijeka and *Primorsko-goranska County*. It has been noticed that one 45 minute workshop for 2nd graders is not enough, in order to control actual and potential problems resulting from adolescents playing NONluck games/gambling/betting.

Six years of work on the prevention of juvenile gambling has shown that the number of students playing some of the games of chance is continuously growing.

Students regularly state that games of chance and gambling is very available to them, and that gambling places mainly allow them, as juveniles, to play the most diverse games of chance. We must keep in mind that by law juveniles are not allowed to enter the places where games of chance are played. The law allows the registration of all persons who enter such places, which is the measure designed to stop minors from accessing games of chance. The gross violation of the "Law of games of chance" is just in favor for juvenile gambling - since the age of the juveniles is not being checked. Some students state that gambling or betting is one of the acceptable ways to have fun and spend some free time, although some of them believe that there is nothing good in games of luck.