

# **The need for „wet rooms“**

**Harm Reduction  
for alcohol users who are heavily  
drinking (in public spaces)**

Fixpunkt e.V.

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# Harm Reduction and Alcohol

The difference to opioids

- Alcohol itself is toxic
  - there is no substitute but hopefully medicine to reduce craving (Acamprosate, Baclofen, Codeine, Nalmefen, Naltrexone)
- + Alcohol is legal, the use is socially accepted and integrated which prevents addiction or is prolonging the development of addiction
- + Alcohol is not injected

# Harm Reduction and Alcohol

## Traditional Strategies

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- Reduce drinking to reduce harm
- Don't drink and drive

## There is more: social (re)integration

- Rebuild structures of daily life
- Employment/occupation while drinking
- Stable housing and shelters where drinking is tolerated
- Reduce public nuisance caused by public drinking

# Wet room in Berlin - really nothing special!



## Situation in Berlin

- Public places: who is allowed to use them?
- Spandau: why the first wet room opened in this suburb?
- Fixpunkt – local NGO with HR experiences in IDU for 25 years (syringe vending machines, NSP and DCR ( mobile/cafés), work

## Aims of SPAX

- Improve living conditions of people who misuse alcohol
- support socially accepted behavior and conditions
- Reduce public nuisance caused by public drinking

## Offers of SPAX

- Contact store
- Work, employment on daily basis
- Social and health counseling
- Special: smoker's room



# Wet room - professional standards needed!



## Situation

- Alcoholics are served by homeless shelters which are not specialized and professionalized in addiction issues
- Public order issues dominate or are in conflict with the needs of alcoholics

## Standards

- Professional workers, interdisciplinarian team
- Network: counseling, treatment and public order
- Health promotion
- Working facilities for alcoholics
- Management of complaints
- Interventions which aim to improve conditions for the community



# Challenges

- Tension between social work and public order issues

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- Wet rooms: workplace issues
  - Professional skills and identity
  - Safety and health promotion for work force
- Harm Reduction if people continue to drink: Support the regain control of alcohol use
  - Gain minutes and hours before the next drink is needed
  - Give alcohol to alcoholics!?
  - Discuss Vitamin B treatment

More Information?

see [www.fixpunkt-berlin.de](http://www.fixpunkt-berlin.de)

Projects „SPAX“ und „MAX“

Thanks for the attention!

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