



*Women's Organisations
Committee on Alcohol and Drug Issues*

Gender Treatment Recovery Future Challenges

Executive Director Leena Haraké
Gothenburg May 14, 2018

WFAD / ECAD



What is WOCAD?

- WOCAD/Women's Organisations Committee on Alcohol and Drug Issues is the Swedish women's organisations collaborating body for issues concerning alcohol, narcotics and addictive drugs founded in 1943. WOCAD's main work is preventive. Our target groups comprise girls and women.
- WOCAD is a politically independent and non-denominational organisation with 39 member organisations. WOCAD embraces a total of 320,000 women.
- Dependency on alcohol, narcotics and drugs is a national health problem, girls and women being the most vulnerable groups. Research is largely based on men as well as various forms of treatment and care. WOCAD's activities concentrate on girls and women.



WOCAD's statutes

AIMS

WOCAD wishes to contribute to a social environment without harm and abuse as a result of alcohol, drugs and other addictive substances such as sleeping pills and tranquilisers.

WOCAD is primarily involved in preventive activities in these subject areas from a woman's perspective with the following aims:

- Disseminating information
- Increasing understanding of the connection between use and harm
- Stimulating debate
- Influencing attitudes and values
- Following and supporting research
- Working with these issues at national and international levels



WOCAD – also a member of other organisations / networks



Sveriges Kvinnolobby (SKL) –
Swedish Women's Lobby



CAN – Swedish Council for
Information on alcohol and
other drugs

www.folkrörelsermotdroger.nu

Folkrörelser mot droger –
NGO's working for a restrictive drug
policy



EUROPEAN WOMEN'S
LOBBY
EUROPEEN DES FEMMES

European Women's Lobby (EWL) -
WOCAD is a member of European
Women's Lobby through the
membership in Swedish Women's
Lobby. EWL is an association for
women's organisations in Europe.



WOCAD – also a member of other organisations / networks (cont.)



International Council on Alcohol and Addictions (ICAA) –
International network for prevention and reduction of harmful use and effects of alcohol and other drugs.



World Federation Against Drugs (WFAD) – an international organisation that works for a world free from illegal drugs.

The Vienna Non-Governmental Organization committee (VNGOC)



NordAN –
Nordic Alcohol and Drug Policy Network.





Focus on Women - the Convention on the Elimination of All Forms of Discrimination Against Women (CEDAW)

- Adopted in 1979 by the UN General Assembly, ratified by Sweden in 1980
- Is often described as an international bill of rights for women
- Consisting of a preamble and 30 articles
- Defines what constitutes discrimination against women
- Sets up an agenda for national action to end such discrimination



CEDAW for girls and women with drug problems?

Sweden has had 37 years to fulfil the Convention.

In spite of this:

- there is no access to early prevention measures
- there are few gender specific treatment methods
- there is no protection against being hit, raped, sold, abused and even insulted by professionals



...WOCAD advocates for gender-informed treatment

Treatment for women-only with focus on

- building self esteem
- dealing with anxiety and depression
- creating a safe environment for working with feelings of guilt and shame
- supporting their responsibilities within the family

Traditional treatments usually do not include these methods.

(Christina Scheffel Birath)



...with 6 Key Principles of a Trauma-Informed Approach

A trauma-informed approach reflects adherence to six key principles rather than a prescribed set of practices or procedures. These principles may be generalizable across multiple types of settings, although terminology and application may be setting- or sector-specific:

1. Safety
2. Trustworthiness and Transparency
3. Peer support
4. Collaboration and mutuality
5. Empowerment, voice and choice
6. Cultural, Historical, and Gender Issues



...Trauma-Specific Interventions

Trauma-specific intervention programs generally recognize the following:

- The survivor's need to be respected, informed, connected, and hopeful regarding their own recovery
- The interrelation between trauma and symptoms of trauma such as substance abuse, eating disorders, depression, and anxiety
- The need to work in a collaborative way with survivors, family and friends of the survivor, and other human services agencies in a manner that will empower survivors and consumers.

(Substance Abuse and Mental Health Service Administration)



...and trauma-informed approach

A program, organization, or system that is trauma-informed:

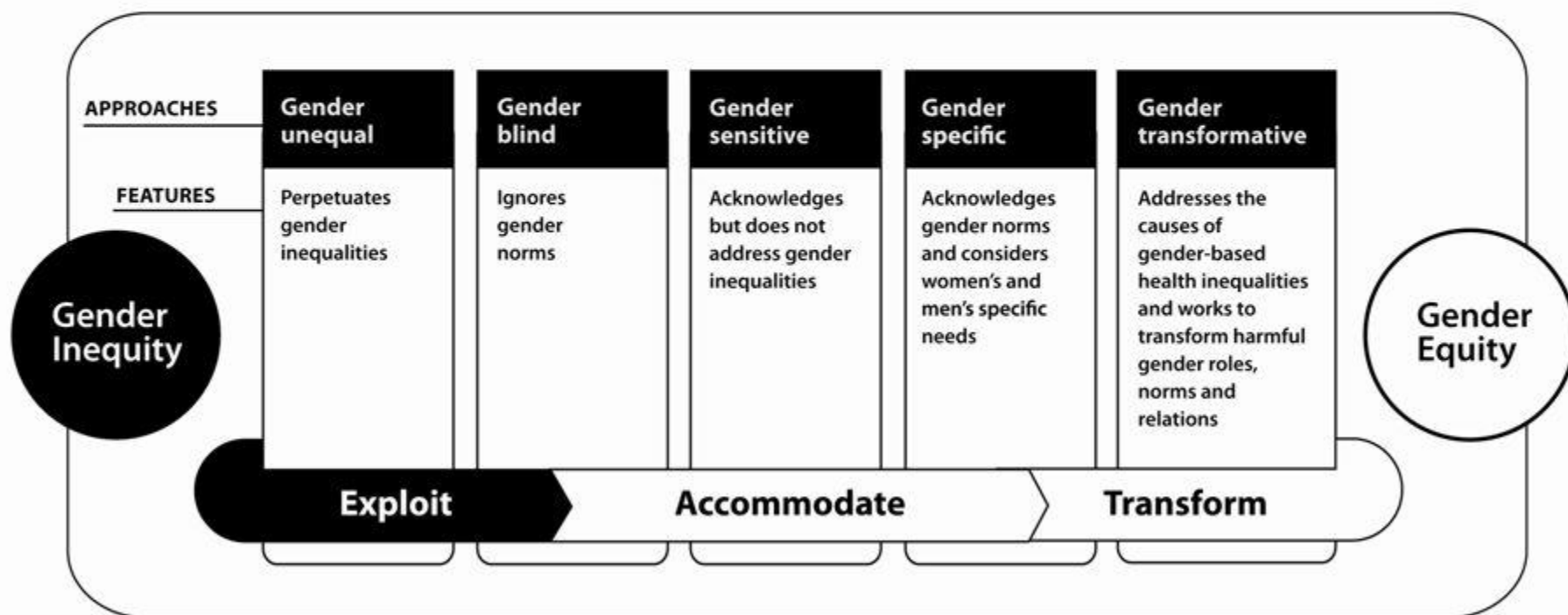
- **Realizes** the widespread impact of trauma and understands potential paths for recovery;
- **Recognizes** the signs and symptoms of trauma in clients, families, staff, and others involved with the system;
- **Responds** by fully integrating knowledge about trauma into policies, procedures, and practices; and
- **Seeks to actively resist *re-traumatization*.**

A trauma-informed approach can be implemented in any type of service setting or organization and is distinct from trauma-specific interventions or treatments that are designed specifically to address the consequences of trauma and to facilitate healing.

(Substance Abuse and Mental Health Service Administration)

Continuum of Approaches to Action on Gender and Health

A Continuum of Approaches to Action on Gender and Health



Inspired by remarks by Geeta Rao Gupta, Ph.D, Director, International Center for Research on Women (ICRW) during her plenary address at the XIIIth International Aids Conference, Durban, South Africa, July 12, 2000:

#metoo

#tystnadtagning
#medvilkenrätt
#tystiklassen
#visjungerut
#imaktenskorridorer
#teknisktfel
#närmusikentystnar
#vardeljus

#Tyst dansa: Dansare
#Vi kokar över:
Restaurangbranschen
#Time out: Idrottsbranschen
#Orosanmälan:
Socialarbetare
#Räck upp handen:
Gymnasieelever
#Tyst i klassen: Lärarkåren
#På våra villkor:
Försäkringsbranschen
#Deadline: Journalistkåren
#Icke godkänt: De som
arbetar inom skolan



The future actions

- It is already defined what constitutes discrimination against women
- It is time to set up an agenda for national and international action to end such discrimination even concerning drug issues!
- Why not start now?



Our demands to UN

WOCAD in cooperation with ICAA has sent following demands:

1.

THAT a better recognition be given to the Convention on the Elimination of All Forms of Discrimination Against Women* to ensure that the sex and gender-specific particular needs of girls and women in all areas of policy-making, research concerning education, empowerment skills, prevention and treatment of the harmful misuse of psychoactive substances are addressed.

2.

THAT all global conventions on psychotropic substances emphasizes on the necessity to be gender sensitive and specific.



Our demands to UN

3.

THAT all countries commit to develop policies and strategies to reduce or eliminate the burden of health and crime caused by the targeted marketing of alcohol and other psychoactive substances, whether legal or illegal, to adolescents, young women and other vulnerable populations.

4.

THAT indigenous and minority peoples who are disproportionately represented in the field of problematic psychoactive substance use and the criminal justice system be consulted and that their needs be met with appropriate and accessible, gendered and culturally sensitive care and research in order to reduce this incidence.



Our demands to UN

3.

THAT all countries commit to develop policies and strategies to reduce or eliminate the burden of health and crime caused by the targeted marketing of alcohol and other psychoactive substances, whether legal or illegal, to adolescents, young women and other vulnerable populations.

4.

THAT indigenous and minority peoples who are disproportionately represented in the field of problematic psychoactive substance use and the criminal justice system be consulted and that their needs be met with appropriate and accessible, gendered and culturally sensitive care and research in order to reduce this incidence.



Our demands to UN

5.

THAT the policies on research and project funding be reviewed to ensure that they are gender-balanced and inclusive.

6.

THAT an action plan be designed from a women perspective to ensure that treatment of addicted women in conflict with the law is respectful, gender and culturally specific and trauma-informed.

7.

THAT training curricula for judges, attorneys, prosecutors, criminal justice and social service workers, law enforcement personnel, and others responding to the needs of girls and women ensure that they acquire the knowledge, sensitivity and respect to produce effective and proactive interventions.



Our demands to UN

8.

THAT an action plan be designed and implemented to ensure the availability of appropriate treatment, prevention, support and empowerment for mothers with young children.

9.

THAT each country intensifies their efforts to implement CEDAW and to examine all social service, medical and criminal justice practices to ensure that all addicted women receive treatment based on social justice, respect with full recognition of their cultural and gender needs.



Thank you for your attention!

Leena Haraké

leena.harake@ksan.se

+46 708 62 74 95

info@ksan.se

+ 46 8 10 10 51

www.ksan.se

WOCAD/KSAN

Östermalmsgatan 33

S-114 26 Stockholm

Sweden