



SOPA project brings together over **600 expert representatives of different fields**, who are regularly faced with problems related to excessive drinking in Slovene society. The SOPA project began in October 2016 and ends in December 2020. The Slovene Ministry of Health managed to obtain 6 million euros of European funds for the SOPA project via operational implementation of the European cohesion policy for 2014–2020. The main goal of the project is to **reduce the excessive drinking of Slovene adults** and thus prevent the negative consequences of hazardous and harmful alcohol consumption for an individual, his relatives and broader society.

## Linking locally, regionally and nationally



### SOPA plan in numbers:

**Country level:**

60.000 people screened for H&HAD  
9.000 treated individuals

# Three brief interventions of the SOPA approach

## Brief intervention Nr. 1 – an in-depth conversation with an individual

- family doctor, occupational physician, registered nurse/registered family caregiver, registered nurse/registered community caregiver, individual consultant in the health education centre or health promotion centre, workshop performer in health education centre or health promotion centre, associate professionals in social care centres

## Brief intervention Nr. 2 – (training for) brief advice: informing and guiding an individual.

- obstetrics and gynaecology specialist, cardiology specialist, healthcare worker in urgent care centres, healthcare worker in blood establishments, dentist, oncology specialist, gastroenterology specialist, otolaryngology specialist

## Brief intervention Nr. 3 – informing individuals and the public

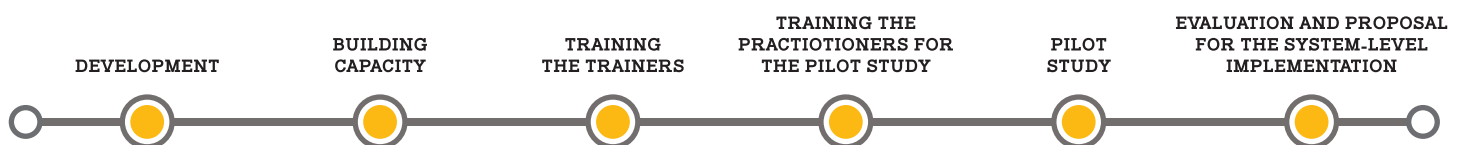
- non-governmental organisations that work in different fields and carry out programmes which also deal with vulnerable groups. The Slovene Employment Service is participating in the SOPA approach with experts from the field of career orientation, employment and unemployment



- the media who report responsibly
- the healthcare sector acting in the fields of health and welfare
- the social sector caring for quality of life and relationships
- non-governmental organisations working for inclusion
- municipalities establishing healthy communities
- the police ensuring safety and accountability
- the Slovene Agency for Employment by notifying people of employment opportunities

## Aim and specific goals

- to tackle hazardous and harmful alcohol consumption in adult Slovenians, to protect the individuals from the potential job loss/in case of existing unemployment, treat H&HAD for empowering individuals, this wise, to entry the labour market
- strengthen the existing and build new capacities
- develop, train and pilot the screening and brief intervention approach
- raise awareness in media representatives, general and professional public
- propose the implementation of the approach on a system level



Pilot study started  
in October 2018 and  
will last till February 2020