

Objective

Achieve an ideology free and effective policy that takes all psychoactive substances into account. Presenting a model which helps to control the coherence of the policy implemented in the future. The report "psychoaktiv.ch" presents options and possibilities for the Swiss policy on psychoactive substances of the coming years. The report does **not** take position on the use of psychoactive substances but describes them from their actual social reality.

Basis: The Swiss Four-Fold Approach (The Pillar Model)



From the Pillar Model to the Cube

A: New definitions of the 4 pillars used before

Prevention

New name: **Protection of Health, Promotion of Health, Early Identification**

Reasoning: Substance abuse must be identified at an early stage and accordant measures must be taken.

Treatment

New name: **Therapeutic Options**

Reasoning: Therapy should not only start after health damages or dependency are already existent. The aim of therapy has to be, that the treated person can live autonomous and integrated in our society. Abstinence is neither the first nor the only goal.

Harm reduction

New name: **Individual (i.e. needle exchange program) and Social (i.e. smoke-free environment) Harm Reduction**

Reasoning: Harm reduction aims on one side at stabilizing the health of the person concerned or protects against the negative effects of the substance use (individual harm reduction).

On the other side harm reduction protects the society of the annoyances and damages caused by the consumption of a third (social harm reduction).

Repression

New name: **Control of the Market with special attention to protect the youth**

Reasoning: The State should use all market instruments to regulate the use of psychoactive substances (taxes, prescription, age limit, ...). The aim of politics should be to regulate the market of each substance, prohibition can be one way of regulation.

B: Integrating substance-use patterns

Low-risk use:

Low-risk use is defined if a substance is moderately consumed and adapted to the situations.

Problematic use:

Problematic use manifests itself in episodic and/or chronic above average consumption as well as consumption in inadequate situations. Problematic is the consumption also for persons who should, not consume psychoactive substances at all, such as children or sick people.

Dependency:

Definition according to WHO (ICD-10).

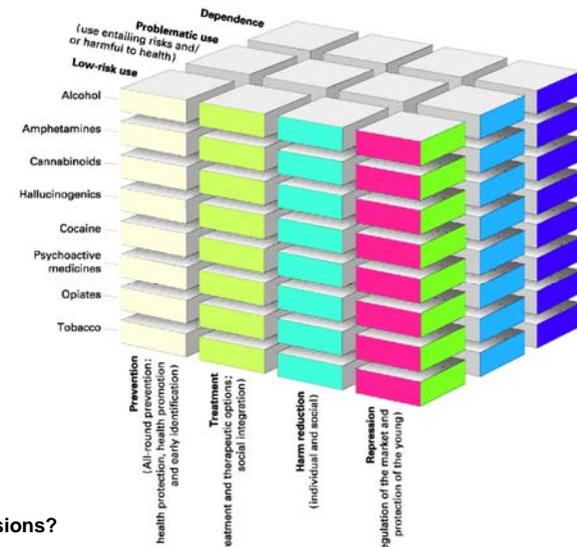
C. Integrating all psychoactive substances (illegal and legal)

The new model should be applied to every psychoactive substance. Different substances might need different strategies, but only where justified.

The Swiss Federal Commission for Drug Issues is advising the Swiss government on the directives for implementing the narcotics legislation. The report "psychoaktiv.ch" has been established by additionally consulting the Swiss Federal Commission for Alcohol Issues and the Swiss Federal Commission for Tobacco Prevention.

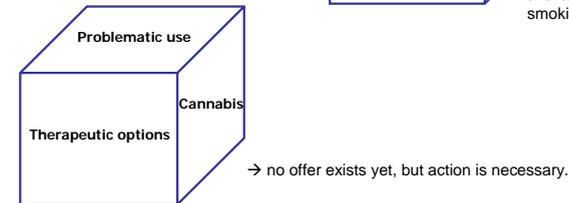
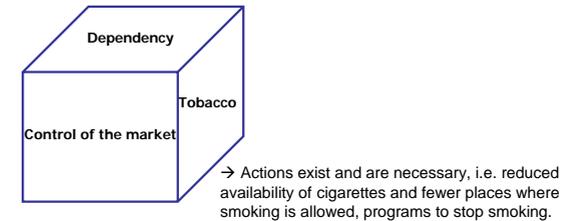
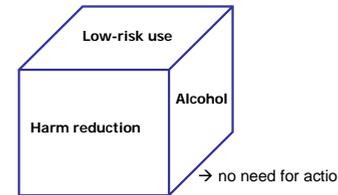
For more information go to: www.bag.admin.ch or www.psychoaktiv.ch

The Cube



Why three dimensions?

Each side of the cube describes a field of activity and helps to decide, if the State has to become active.



The cube serves as an instrument to define...

1. On which aspect is action needed?

- ✓ Where is action needed? → do we need to take actions for problematic use and harm reduction in the field of alcohol? → yes
- ✓ Does this action exist? → yes → e.g. designated driver programs.
- ✓ Are there any gaps on the side: "problematic use and harm reduction"? → all other substances than alcohol, e.g. why do campaigns against drinking and driving exist for alcohol but not for other drugs?

2. Comparison of the different policies

- ✓ Does it make sense to use strategies for controlling the market for low-risk alcohol use? → no (and there is no such policy)
- ✓ Does it make sense to use strategies for controlling the market for low-risk cannabis use? → no (although there are several strategies)
- ✓ Therefore regulation of the market only makes sense for any substance if consumption is problematic or if there is dependency.