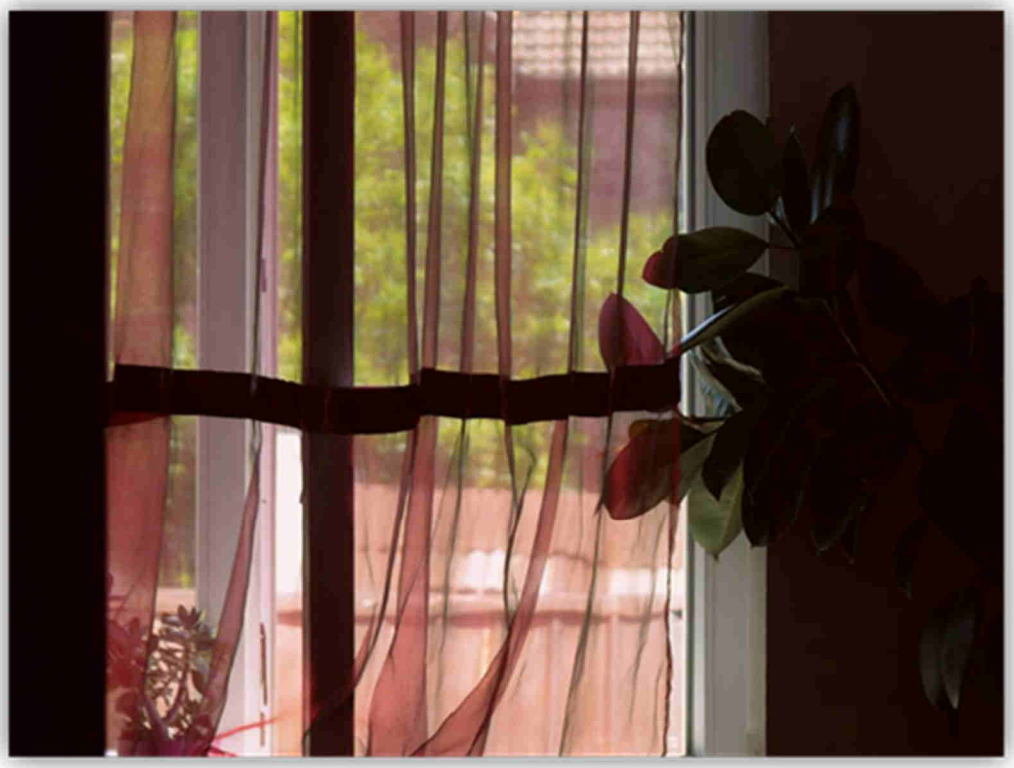
Association "Fracarita Bulgaria"
Sofia 1000, 1, Ekzarh Yosif str.,
Tel.:+359 2 971 99 20, +359 884 38 99 30,
+ 359 879 47 42 24
E-mail: info@solidarnost-bg.org
http://www.solidarnost-bg.org
http://www.drugsinfo-bg.org

Summary of "Fracarita Bulgaria" Association Activities Report for 2017



Association "Fracarita Bulgaria"
Sofia 1000, 1, Ekzarh Yosif str.,
Tel.:+359 2 971 99 20, +359 884 38 99 30,
+ 359 879 47 42 24
E-mail: info@solidarnost-bg.org
http://www.solidarnost-bg.org
http://www.drugsinfo-bg.org

I. From "Solidarnost" to "Fracarita Bulgaria": developments.

1. Installation of "Fracarita Bulgaria" as a new name of the organization and association to the "Fracarita International" Association.

After two-year negotiations with the Brothers of Charity Congregation, we reached the point of association to the network of organizations of Association "Fracarita International". Bulgaria is the second country on the Balkan Peninsula after Romania to attract the interest of the Congregation. The General Assembly of "Solidarnost" Association approved the association to "Fracarita International". The Brothers of Charity work with disadvantaged people and therefore the programs of "Solidarnost" are included in their mission.

Last year we have made changes to the Statutes that bind us more deeply with the mission and aims of "Fracarita International". New people from the Brothers of Charity and "Fracarita International" have been elected as members of the Management Board and General Assembly and they will support the management of the organization and our financial resources in order to achieve a management and financial stability, development of the services in accordance with the aims of "Fracarita International". The court approved the changes and they entered into force as from the beginning of March 2017 our organization officially bears the name "Fracarita Bulgaria".

"Solidarnost" will be kept as name of our project, which includes "Solidarnost" Therapeutic program and all the other services of the organization.

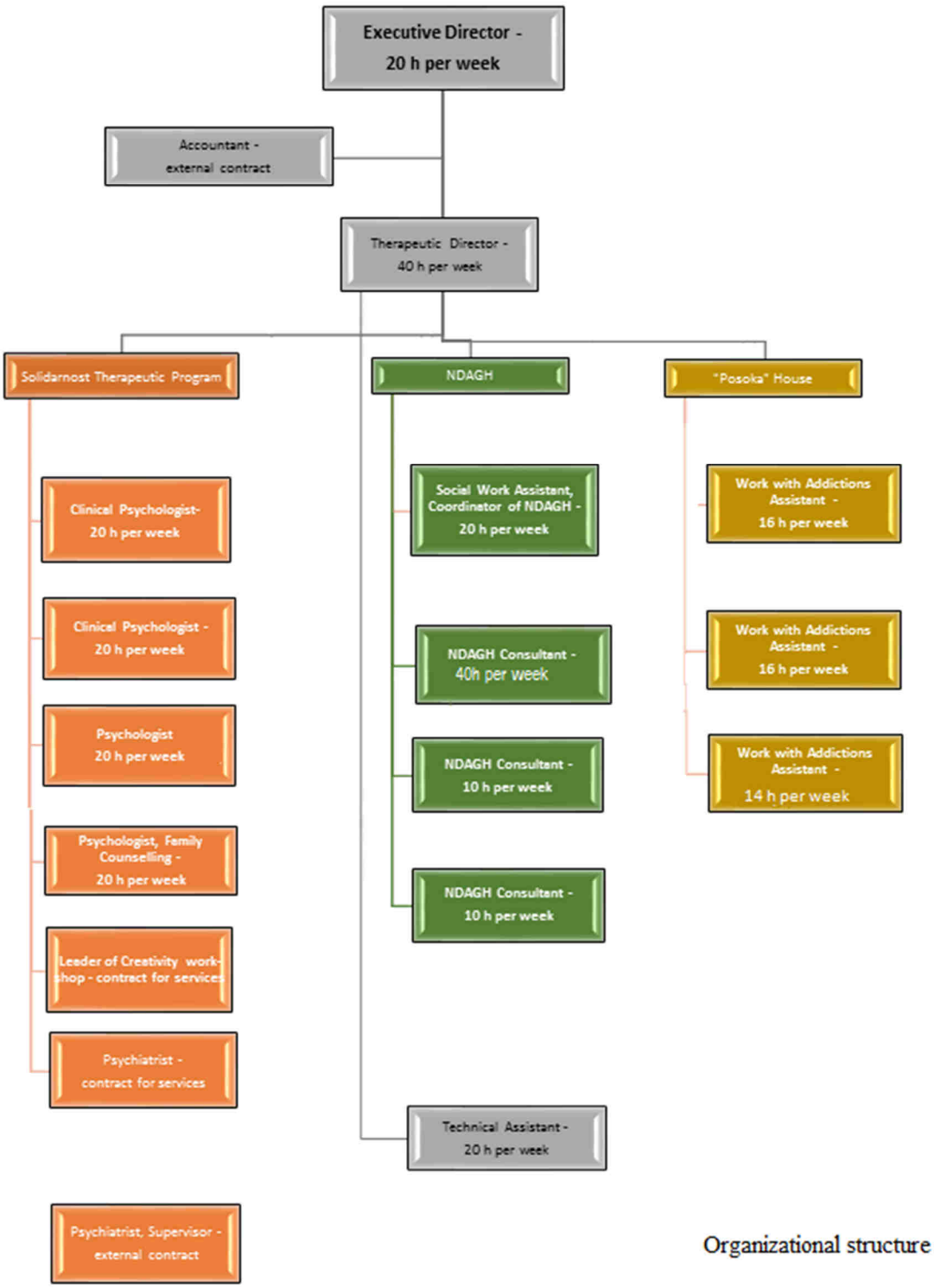
2. Development of a new website - http://www.solidarnost-bg.org/.

The new website of Fracarita Bulgaria was launched on 4 May, 2017. Most of the texts in Bulgarian and English were updated and a great number of photos were published in the "Events" section. The website has links to all the organization's social media, as well as an opportunity for donations. There are two versions – in Bulgarian and English. The website is maintained by the team of the National Drugs, Alcohol and Gambling Helpline.

In 2017, the website was visited 27,867 times. The number of the unique visitors was 23,131.

II. Organogram of "Fracarita Bulgaria" Association at 31.12.2017.

Association "Fracarita Bulgaria"
Sofia 1000, 1, Ekzarh Yosif str.,
Tel.:+359 2 971 99 20, +359 884 38 99 30,
+ 359 879 47 42 24
E-mail: info@solidarnost-bg.org
http://www.solidarnost-bg.org
http://www.drugsinfo-bg.org



Organizational structure

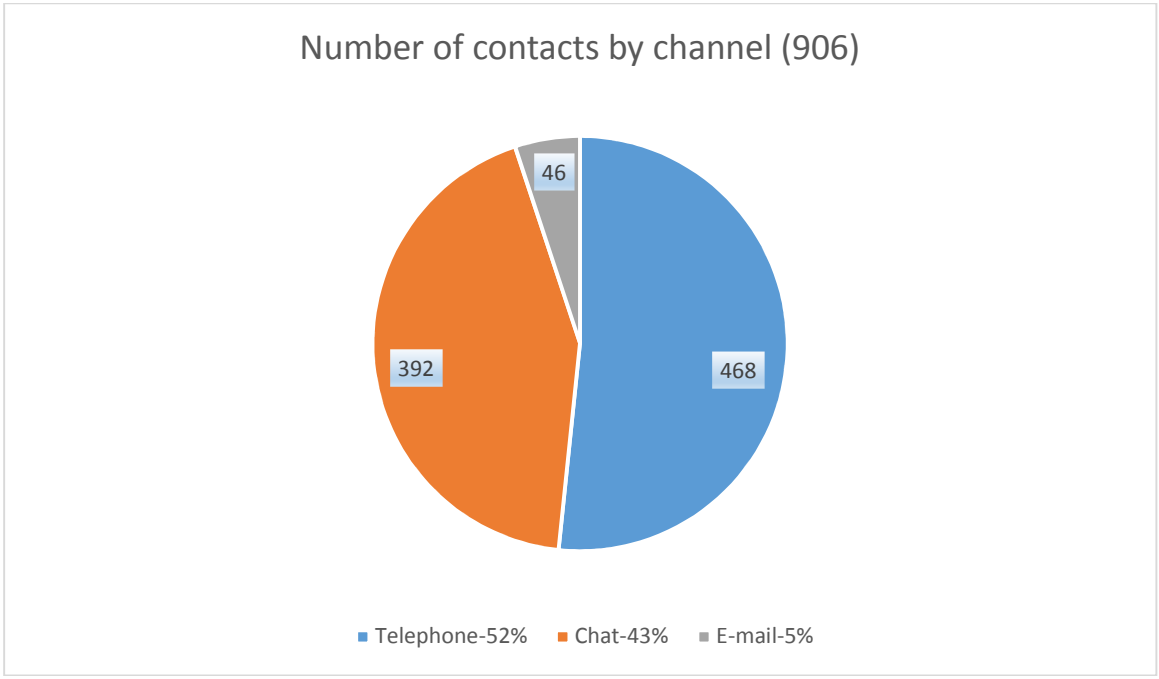
Association "Fracarita Bulgaria"
Sofia 1000, 1, Ekzarh Yosif str.,
Tel.:+359 2 971 99 20, +359 884 38 99 30,
+ 359 879 47 42 24
E-mail: info@solidarnost-bg.org
http://www.solidarnost-bg.org
http://www.drugsinfo-bg.org

Note: As of July 2017, the clinical psychologist of "Posoka" House (16 hours per week) is in maternity leave. She is temporarily replaced by a new member of the team: a work with addictions assistant (14 hours per week). In 2017, one of the team members left and a new employee was hired – both of them work with addictions assistants.

III. National Drugs, Alcohol and Gambling Helpline (NDAGH) Activities Report for 2017.

1. Statistics.

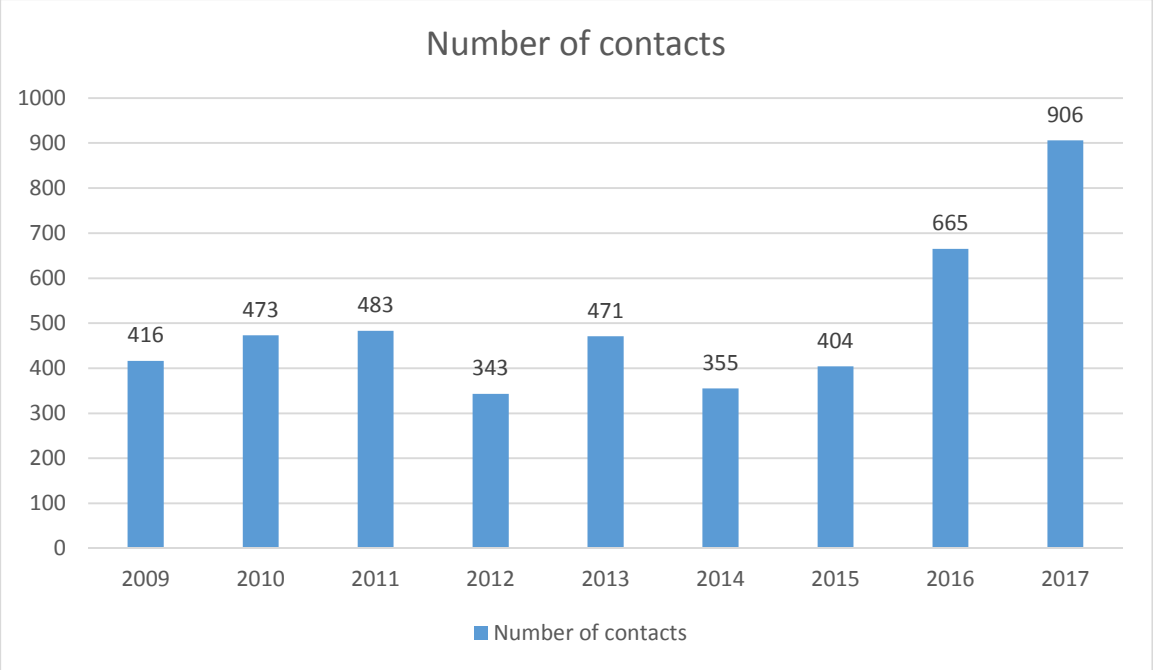
1.1 **Total number of contacts:** The total number of contacts for 2017 is 906 (there is an increase in comparison to 2016 when there were 665 contacts). We registered 468 telephone calls, 392 chats и 46 emails. As you can see on Graphic 1 the telephone calls are 52% of the total number of contacts, chats – 43%, and emails – 5%.



Graphic 1

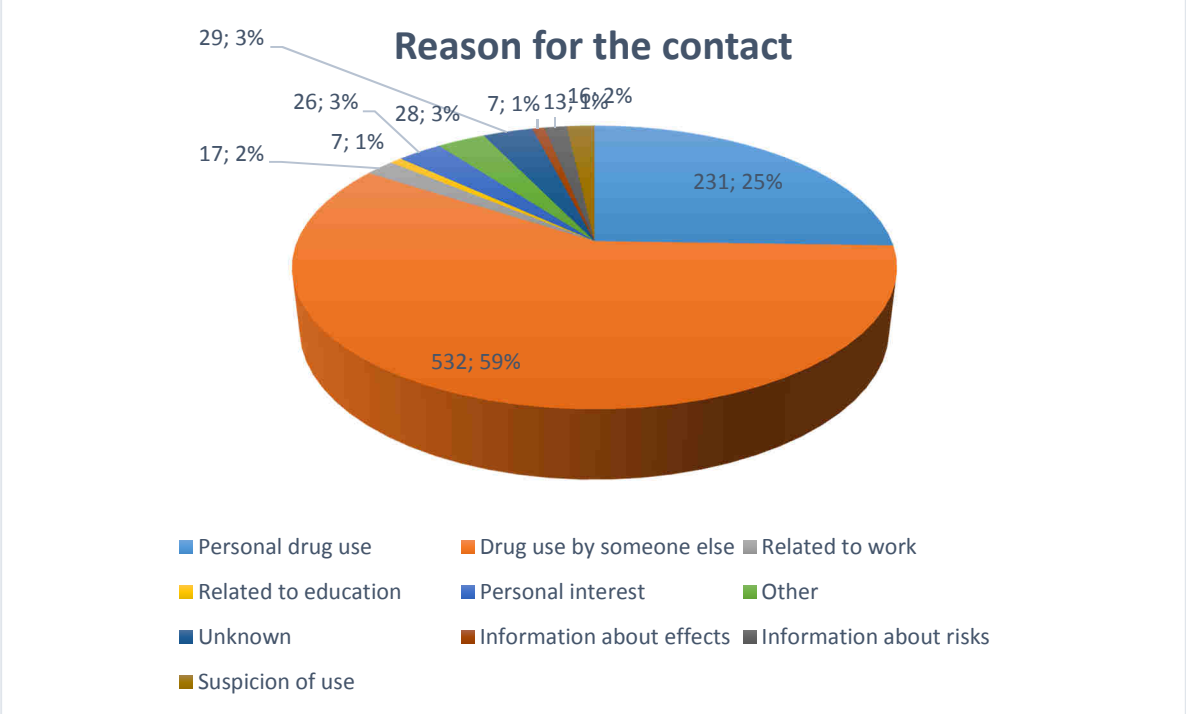
Association "Fracarita Bulgaria"
Sofia 1000, 1, Ekzarh Yosif str.,
Tel.:+359 2 971 99 20, +359 884 38 99 30,
+ 359 879 47 42 24
E-mail: info@solidarnost-bg.org
http://www.solidarnost-bg.org
http://www.drugsinfo-bg.org

1.2 Comparative statistics for the number of the contacts in the period 2009-2017:



Graphic 2

1.3 **Cause of contact:** The leading cause for 2017 as well as for 2016 was "Drug use by someone else" – 532 contacts (59%) and in 49% of these cases the contact concerns a child of the caller. The second most frequent cause is "Personal drug use" – 231 contacts (25%).



Graphic 3

Association "Fracarita Bulgaria"
Sofia 1000, 1, Ekzarh Yosif str.,
Tel.:+359 2 971 99 20, +359 884 38 99 30,
+ 359 879 47 42 24
E-mail: info@solidarnost-bg.org
http://www.solidarnost-bg.org
http://www.drugsinfo-bg.org

1.4 **Referrals:** In 2017, the largest part of referrals were to a psychologist or social workers (285). Second are the referrals to places for treatment and rehabilitation of people suffering from addiction (191). 45 people were referred for detoxification, and 24 – to the website of the NDAGH.

1.5 **Gender, age, city:** In 2017, the tendency from the previous years continues and our services are sought by mostly women. They are 58%, men – 32%. In 10% of the cases, the gender of the caller remained unknown and these people contacted us through the chat on our website or email. In these cases, we cannot always determine whether they are male or female.

In 2016, the proportion was almost the same: 56% women, 34% men and 10% unknown gender. In our opinion, more women seek our services because of several reasons:

a) In Bulgaria, the main person, who takes care of the family and its members, is the woman (mother, wife, sister, grandmother);
b) The women much more frequently become victims of violence committed by the users/addicts, who are more often men, and the women are forced to seek help;
c) The Bulgarian men do not tend to seek help out of the family or prefer not to engage very much with the solving of serious family problems.

The average age of the people who contacted us is 39 years. The average age of the women is 41 and that of the men – 36. The oldest person who contacted us was 70 years old, and the youngest – 13 years old. Most of the callers belong to the age group 40-44, the second group is 35-39 and then the groups 45-49 and 30-34 follow with minimal difference in frequency between them.

In 2016, the average age of the people was the same – 39 years.

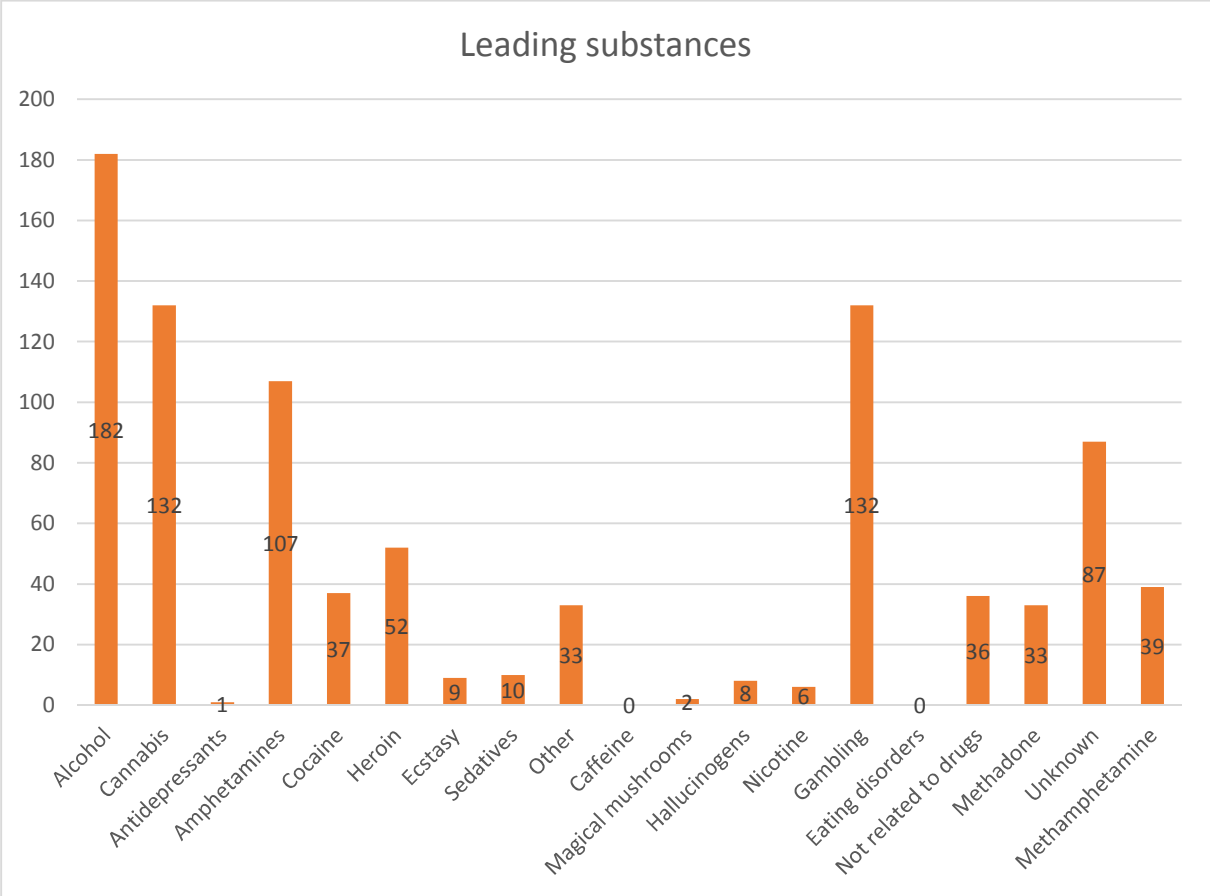
The largest number of contacts come from Sofia – 302. Second are the contacts from another city (251) and on third place are the contacts coming from unknown cities – 120.

In 2016, the largest number of contacts came also from Sofia and the reason is that almost 30% of the Bulgarian population lives in the capital city.

1.6 **Origin of the contact:** The largest part of the contacts come from the Internet – 769 (85%). On second place are contacts coming from a previous call – 94 (10%). The third place is for contacts of another origins – 25 (3%).

Association "Fracarita Bulgaria"
Sofia 1000, 1, Ekzarh Yosif str.,
Tel.:+359 2 971 99 20, +359 884 38 99 30,
+ 359 879 47 42 24
E-mail: info@solidarnost-bg.org
http://www.solidarnost-bg.org
http://www.drugsinfo-bg.org

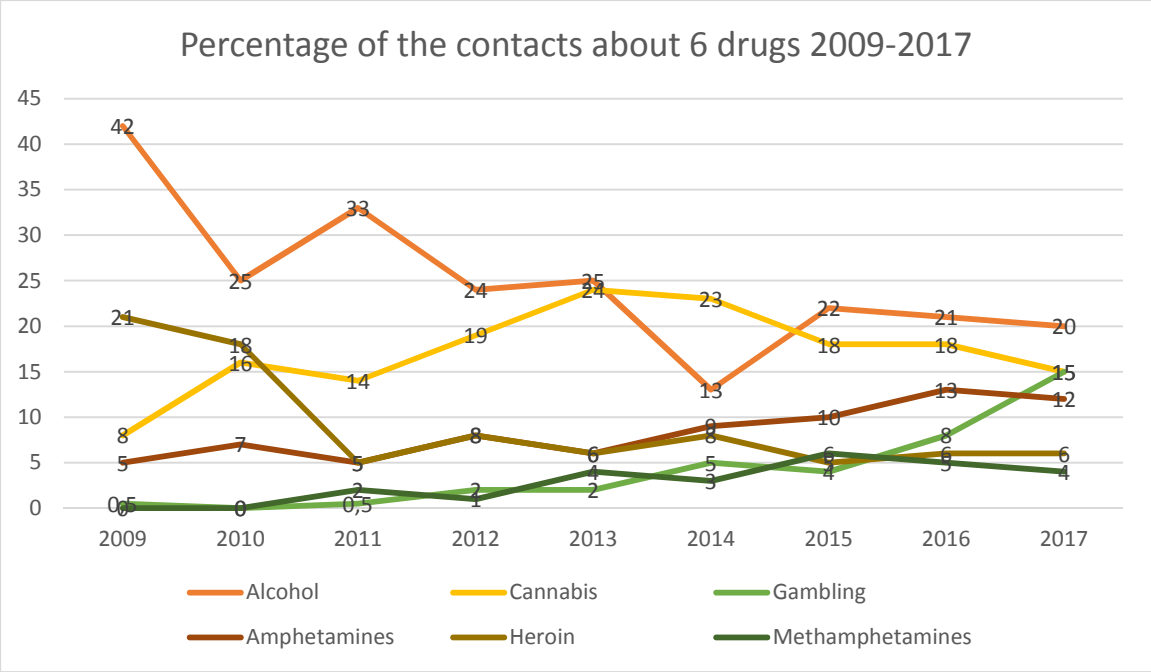
1.7 **Substances:** The largest number of contacts in 2017 were related to alcohol – 182 (20%). The second place is shared between cannabis – 132 (15%) and gambling – 132 (15%), and on third place are the amphetamines – 107 or 12%. The contacts with an unknown substance are next – 87 or 10%. If we add together the contacts for amphetamines and methamphetamine we can see that they are 16% of all contacts.



Graphic 4

Association "Fracarita Bulgaria"
Sofia 1000, 1, Ekzarh Yosif str.,
Tel.:+359 2 971 99 20, +359 884 38 99 30,
+ 359 879 47 42 24
E-mail: info@solidarnost-bg.org
http://www.solidarnost-bg.org
http://www.drugsinfo-bg.org

Tendencies: On graphic 5 you can see the tendencies in calls concerning the six most frequent substances: alcohol, cannabis, gambling, amphetamines, heroin, and methamphetamine.



Graphic 5

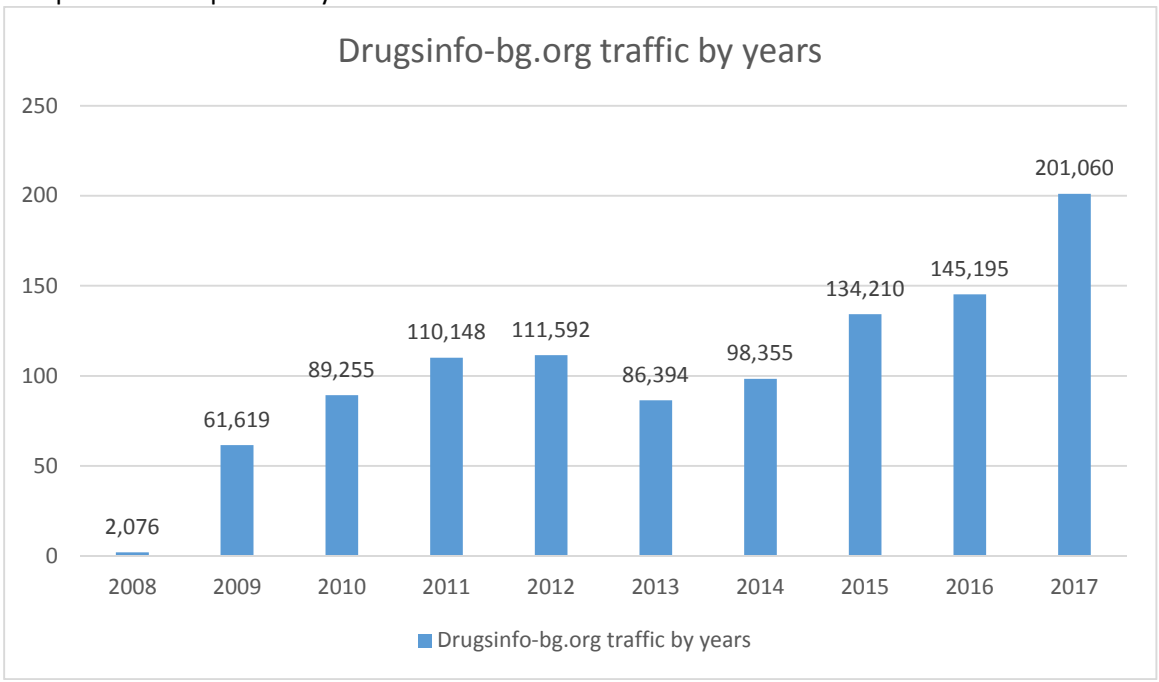
2. **Supervision:** In 2017, three case supervisions were carried out by Ruud Bruggeman – a Belgian addiction expert, worked for many years in TC "Trempoline" and a member of the Board of Managers of "Fracarita Bulgaria".

3. **Team trainings:** In December 2017, part of the National Helpline's team attended a training on Brief Interventions and Short-term Psychotherapy Approaches carried out in the National Center for Addictions (NCA). NCA is an expert body in the field of the drug addictions to the Ministry of Health.

4. **Maintenance of the NDAGH website**: Throughout the year, we continued updating the articles in our website:
   - 4.1 We updated "Who we are" and other texts because of the change of our organization's name to "Fracarita Bulgaria".
   - 4.2 We were adding new information in the "Where to find help" list and on the map of the country all the year round.
   - 4.3 We updated 8 articles from theBulgarian "Drugs ABC": LSD, PCP, Nicotine, Alcohol, DMT, DXM, Ibogaine, and Drugs in general.
   - 4.4 We translated and published 99 articles in the "News" section.

Association "Fracarita Bulgaria"
Sofia 1000, 1, Ekzarh Yosif str.,
Tel.:+359 2 971 99 20, +359 884 38 99 30,
+ 359 879 47 42 24
E-mail: info@solidarnost-bg.org
http://www.solidarnost-bg.org
http://www.drugsinfo-bg.org

5. **Website traffic - www.drugsinfo-bg.org:** In 2017, the NDAGH website was visited **201,060** times. The number of the unique visitors was **153,207**. The website traffic has increased with 38.5% compared to the previous year.



Graphic 6

Possible reasons for the traffic increase:

a) In the end of March 2016, the new NDAGH website was launched. The new website is mobile-friendly and given that 63% of the visits in 2017 are made from smartphones, it serves the needs of the users.
b) The NDAGH website is the biggest platform in Bulgaria, related to drug and alcohol use and addiction, and problem gambling.
c) For the past three years, the team of NDAGH have increased greatly their work on the website maintenance, which includes constant updating of the content and adding new information and articles.
d) For the past five years, the team of NDAGH have created and have been constantly maintaining a social media network, including a blog, which additionally promote the NDAGH website on the Internet.

6. **Maintenance of advertisement campaigns provided by Google for NGO:** Because of the importance of the free of charge advertisements provided by Google for "Fracarita Bulgaria" our account is regularly maintained – at least once a month we visit it and make changes. When necessary different ads are created or stopped. In the end of 2017, a contract with a firm specializing in optimization of Google Ads was made.

7. **Creation of advertisement materials:** In 2017, no new advertisement materials of the NDAGH were printed.

Association "Fracarita Bulgaria"
Sofia 1000, 1, Ekzarh Yosif str.,
Tel.:+359 2 971 99 20, +359 884 38 99 30,
+ 359 879 47 42 24
E-mail: info@solidarnost-bg.org
http://www.solidarnost-bg.org
http://www.drugsinfo-bg.org

8. Dissemination of information about the NDAGH and PR.

8.1 **Contacts with other institutions, organizations and specialists.**

8.1.1 During the summer of 2017, we contacted via email and telephone approximately 50 psychologists with a private practice in the country in order to broaden our database of professionals to whom we refer the clients of the NDAGH. Only six of them confirmed that they work with people who use psychoactive substances and people suffering from addiction.

8.1.2 We sent information about events organized by "Fracarita Bulgaria" to the National Patients' Organization for their bulletins.

8.2 **Dissemination of materials:** In June and September 2017, we sent 700 brochures of the NDAGH to Dolni Chiflik Municipality.

8.3 **Social media:** The descriptions of the organization were updated in all social media profiles and pages due to the changed name of the organization. The team of the NDAGH maintains the following social media:

8.3.1 Facebook page Drugsinfo-bg.org – page of the NDAGH.

8.3.2 Facebook page PartyFriends BG – page of the NDAGH created during a European project.

8.3.3 Facebook page Solidarnost Association – the page of the organization.

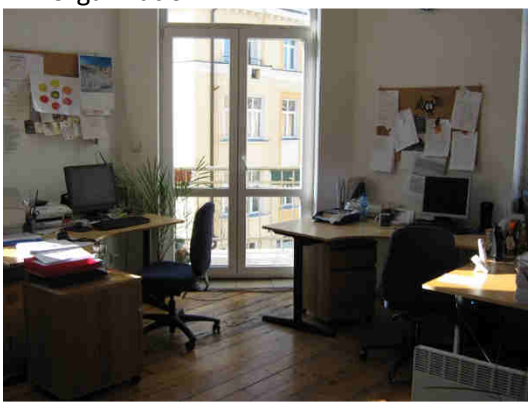
8.3.4 Google+ - page of the NDAGH.

8.3.5 YouTube – shared channel of "Fracarita Bulgaria"and the NDAGH.

8.3.6 Twitter – shared account of "Fracarita Bulgaria" and the NDAGH.

8.3.7 Google My Business – official profile of "Fracarita Bulgaria".

8.3.8 Drugsinfo Blog – blog of the NDAGH. In 2017, the team published 55 articles. The blog is integrated in the Bulgarian version of the website of the NDAGH (www.drugsinfo-bg.org), and anyone can reach our social media pages through the two websites of the organization.



9. Module trainings.

9.1 Joint team of NDAGH and "Solidarnost" therapeutic program developed a program for universal prevention of psychoactive substances use designed for school students from 5th, 6th and 7th grade. In the beginning of October 2017, the program was given an approval for realization issued by the National Center for Addictions.

9.2 On 6th December 2017, joint team of NDAGH and "Solidarnost" therapeutic program carried out one-day training with a topic "Addictions" in "Aleko Konstantinov" Secondary School in the town of Pravets. 25 students between 16 and 18 years of age – members of a students' club – took part in the training as well as three teachers and the clubs' sponsor.

Association "Fracarita Bulgaria"
Sofia 1000, 1, Ekzarh Yosif str.,
Tel.:+359 2 971 99 20, +359 884 38 99 30,
+ 359 879 47 42 24
E-mail: info@solidarnost-bg.org
http://www.solidarnost-bg.org
http://www.drugsinfo-bg.org

10. Volunteers: In 2017, Elitsa Yakimova one more time helped us with the translation of texts in English for the organization's website. Nikolay Unguzov continued helping us with some technical issues.

11. Work on projects.

11.1 The work on the **project "Rehabilitation of Dependent People - Solidarnost"** continued. The duration of the project was three years – from 2015 to 2017 – and was funded by "Renovabis" – a German Catholic charity (https://www.renovabis.de/). The main part of the project's objectives were related to the work of "Solidarnost" therapeutic program and NDAGH is involved of the implementation of two of the objectives:

a) Objective 1: Information about the psychoactive substances, the addiction and the treatment and rehabilitation programs in Bulgaria.
b) Objective 2: Adequate assessment of the beneficiaries and direction towards rehabilitation programs.

The realized activities on the project included the main work of NDAGH – informing, consultation and referral of addicted people to detoxification, treatment and rehabilitation programs through telephone and Internet.

11.2 **"Skills and Knowledge Exchange Project for Drug and Alcohol Helplines (SKEPDAH)":** "Fracarita Bulgaria" – and more specifically NDAGH – participates in this project as a partner of 7 more Helplines from Ireland, Belgium, Portugal, Cyprus, Norway, the Netherlands and Germany as well as a British company specialized in training and consultancy services in the sphere of mental health, social care and addiction to alcohol and drugs.

The project is funded by the European program for education, training, youth and sport Erasmus+ through the Irish National Agency Léargas. The duration of the project is 20 months, from 31.12.2016 to 31.08.2018.

The objectives of the project are related to some of the needs of the Helpline workers, which were identified with the help of two questionnaires distributed in advance by FESAT (European Foundation of drug helplines, http://www.fesat.org/en/):

a) Topic 1: Helpline skills for new workers; Seasoned workers and burn-out prevention;
b) Topic 2: New Psychoactive Substances and the challenges for Helplines;
c) Topic 3: Drug and Alcohol Helplines and Mental Health/ Dual Diagnosis.

Curriculums on each topic will be the project's products and they can be used by each organization to create its own training program for the staff.

Five meeting are planned: in Portugal, Bulgaria, Germany, Belgium and Cyprus. In March, June, and September 2017 were held three of the meetings. The team of the NDAGH is also responsible for the dissemination of information about the project and its outcomes.

12. Conclusions and recommendations: NDAGH is the first and currently the only service in Bulgaria, designed to provide to the whole society extensive and reliable information on the types of psychoactive substances, effects and risks of drug and alcohol use, problem gambling, and on the

Association "Fracarita Bulgaria"
Sofia 1000, 1, Ekzarh Yosif str.,
Tel.:+359 2 971 99 20, +359 884 38 99 30,
+ 359 879 47 42 24
E-mail: info@solidarnost-bg.org
http://www.solidarnost-bg.org
http://www.drugsinfo-bg.org

methods for their treatment, rehabilitation centers in the country, as well as guidance for parents, relatives and teachers.

The role of NDAGH is of great importance for the society because the service helps the people across the entire country, and often from abroad, to take the first steps of seeking help, providing them with information, referral, secure space for sharing, understanding, support and professional attitude.

Our data suggests that the problems related to psychoactive substances use and gambling in Bulgaria have been worsening but in the same time, we observe the lack of a consistent state policy for their solving. During the first ten years of the NDAGH's existence, the state has funded us under the National strategy for the fight against drugs only twice.

We would like to make the following recommendations with regard to the state policies:

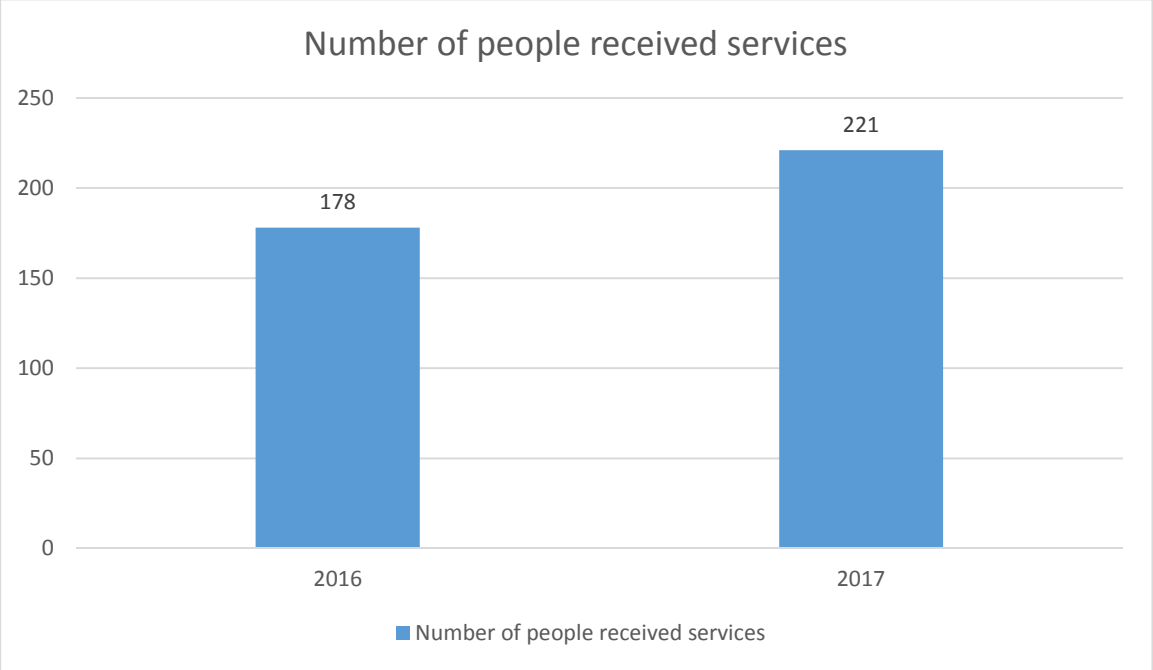
a) NDAGH should receive the annual funding, which is provided for under the National strategy for the fight against drugs 2014-2018 and is likely to be provided for in the next four-year Strategy.
b) A National strategy for the fight against alcohol abuse as well as a National strategy for the fight against problem gambling should be developed, through which the state will fund activities related to prevention and treatment.

IV. Report of "Solidarnost" therapeutic program and statistics for 2017.

1. **Statistics:** "Solidarnost" therapeutic program offers to its clients two forms of therapeutic work: day therapeutic program (based on the model of the therapeutic community) and individual psychological consultations.

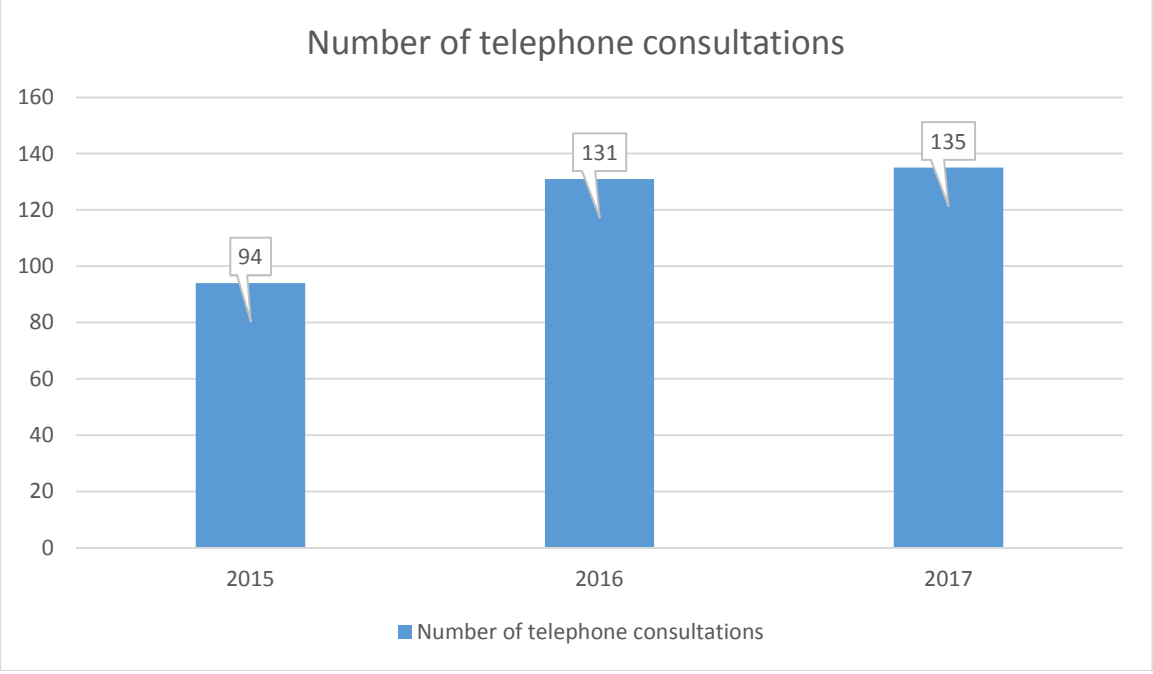
   In the period January – December 2017, the team of "Solidarnost" therapeutic program have worked with **221 people overall**. In 2016, this number was 178.

Association "Fracarita Bulgaria"
Sofia 1000, 1, Ekzarh Yosif str.,
Tel.:+359 2 971 99 20, +359 884 38 99 30,
+ 359 879 47 42 24
E-mail: info@solidarnost-bg.org
http://www.solidarnost-bg.org
http://www.drugsinfo-bg.org



Graphic 7

1.1 **135 people** were consulted through telephone interviews (131 people in 2016) and 5 persons through email consultations (8 people in 2016). The aims of these consultations are support, motivation for treatment and/or referral according to the clients' needs.



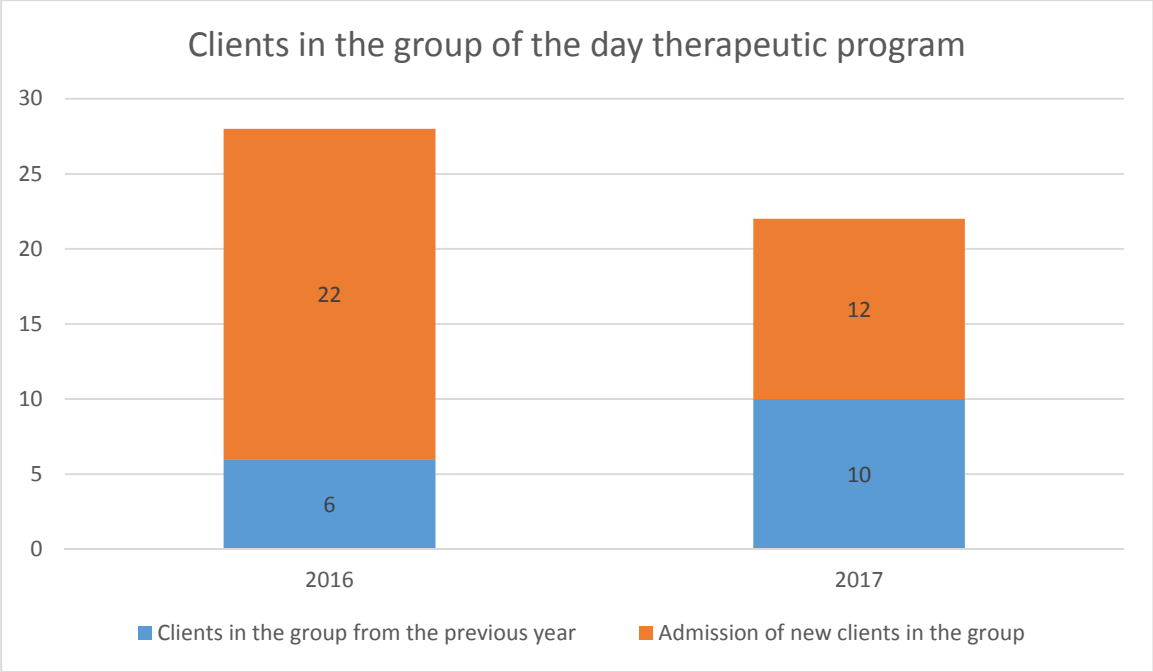
Graphic 8

Because of this, in 2017, 52 people with different addictions and 28 relatives and/or parents came for primary consultations face-to-face, taken place in the Information Center. The aims

Association "Fracarita Bulgaria"
Sofia 1000, 1, Ekzarh Yosif str.,
Tel.:+359 2 971 99 20, +359 884 38 99 30,
+ 359 879 47 42 24
E-mail: info@solidarnost-bg.org
http://www.solidarnost-bg.org
http://www.drugsinfo-bg.org

of these primary consultations are case evaluation, motivation for treatment and rehabilitation, and also referral to detoxification or referral to suitable forms of treatment and other programs for rehabilitation and similar activities. During the consultations of relatives and parents, the aims are to provide support and some directions on how to motivate their addicted relatives for treatment.

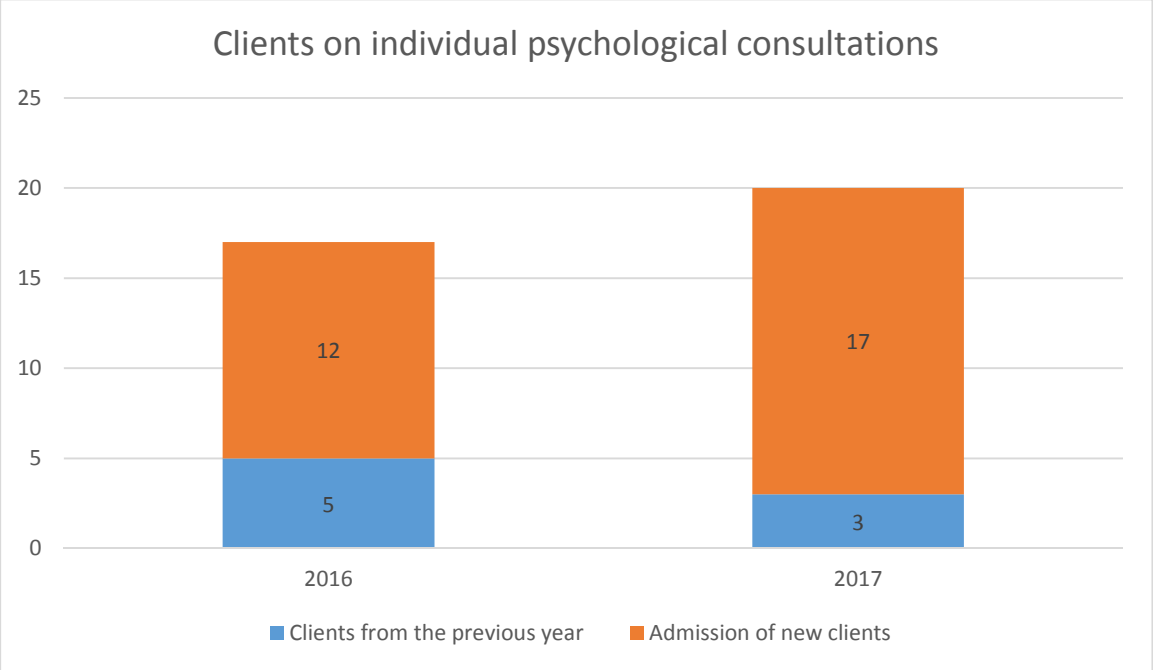
1.2 In 2017, **22 people** were in the group of the day therapeutic program with 10 people who had been in the group since 2016 year. In 2016, 28 people participated in the day therapeutic program with 6 people who had been in the group since 2015.



Graphic 9

1.3 In 2017, **20 people** were on individual psychological consultations with 3 people from the previous 2016. In 2016, 17 people were on individual psychological consultations with 5 people from the previous 2015.

Association "Fracarita Bulgaria"
Sofia 1000, 1, Ekzarh Yosif str.,
Tel.:+359 2 971 99 20, +359 884 38 99 30,
+ 359 879 47 42 24
E-mail: info@solidarnost-bg.org
http://www.solidarnost-bg.org
http://www.drugsinfo-bg.org



Graphic 10

1.4 In 2017, the team worked with **34 parents and relatives** of the participants in the day therapeutic program as well as relatives of the clients on individual consultations. 10 of them were from the previous 2016. The parents and the relatives are also direct users of the "Solidarnost" therapeutic program services. They are provided with opportunities for acquiring additional information and skills for good parenting and for delivering efficient preventive messages regarding the drug abuse to their children and young relatives.
In 2016, the team worked with 20 parents and relatives of the participants in the day therapeutic program as well as relatives of the clients on individual consultations.

1.5 In 2017, **5 people** from the day therapeutic program were in re-entry phase (1 person had been in re-entry phase since the end of 2016; the other 4 entered this phase in 2017 after they had completed the rehabilitation phase).
In 2016, there were 2 people in re-entry phase.

Association "Fracarita Bulgaria"
Sofia 1000, 1, Ekzarh Yosif str.,
Tel.:+359 2 971 99 20, +359 884 38 99 30,
+ 359 879 47 42 24
E-mail: info@solidarnost-bg.org
http://www.solidarnost-bg.org
http://www.drugsinfo-bg.org

2. Tendencies for 2017.

2.1 In 2017, 80 people (52 addicted people and 28 parents or relatives) came for primary consultations. In 2016, 80 people came for primary consultations too.

2.2 New clients in the day therapeutic program in 2017 – 12 people; four of the clients of the day program successfully completed it in April, June, October and November respectively, and continued in re-entry phase; one person had been preparing himself for the re-entry phase in 2018.

2.3 New clients admitted for individual psychological consultations for the period – 13 persons. In 2017, 6 persons successfully finished their consulting process.

2.4 Almost all clients who did not enter "Solidarnost" therapeutic program, according to their needs, were referred to hospitals for detoxification or other organizations, better suited to their clinical profile.

2.5 In 2017, the average group size in the day therapeutic program is over 10 people.

2.6 Five people from the day therapeutic program were in the re-entry phase.

2.7 All the people, who had come in the Information Center, received a plan with possible alternatives, information and contact details where and how to continue after the evaluation of their problem.

2.8 25 people were admitted in the day therapeutic program or for individual psychological consultations. 12 people were admitted in the group of the day program and 13 people were admitted for individual consultations.

2.9 In 2017, there were 189 family meetings and 22 groups for parents – 2 groups per month.

3. Working with volunteers and trainees: In 2017, we had 5 people as volunteers in "Solidarnost" therapeutic program. All of them have participated in the training program and have taken part in all the activities of the day therapeutic program. Three people successfully completed their internship program. In April 2017, part of the volunteers of "Solidarnost" therapeutic program participated in the Social forum for volunteers "A Person for Example", organized by Teach for Bulgaria.

4. Workshops: The workshops are part of the pedagogical work in "Solidarnost" therapeutic program. During the workshops, the participants enter in various relationships and learn new skills and values. They represent the "school of life", where relationships between participants allow apart from everything else effective therapeutic work in groups like group for meeting (Encounter) and focus groups.

4.1 **Canis activities workshop:** The Canis activities are supportive method used in a group of children with different disabilities, at which a special trained dog is used as a motivator for

Association "Fracarita Bulgaria"
Sofia 1000, 1, Ekzarh Yosif str.,
Tel.:+359 2 971 99 20, +359 884 38 99 30,
+ 359 879 47 42 24
E-mail: info@solidarnost-bg.org
http://www.solidarnost-bg.org
http://www.drugsinfo-bg.org

contact with other children and staff. 18 children with disabilities are involved and they are separated in two groups. In these activities participate special educators, clinical psychologists, family consultant, speech-therapist and leaders of the dogs. Parents of children participate in a group for mutual support.

Two clients of "Solidarnost" therapeutic program took part as volunteers in the Canis activities in groups for children with special educational needs. They were engaged in making photos of the group meetings and also helping some of the children during the meetings. The purpose of their participation as volunteers is to participate in the group work with children and trained dog as a motivator and also to be able to interact with the team and the parents of the children.

4.2 **Creativity workshop:** The main activity of Creativity workshop is impartible connected with the participants in "Solidarnost" therapeutic program and their relationships. The general objective of this workshop is to give expression to the inner world of the client, to the connection between their experiences and the outside world. This happens in a protected environment and is governed by the rules of the group psychosocial work. Within that framework and with the help of trained process facilitators, clients can recreate the scene of his or her own life, and every client can be himself or herself or play a role in the lives of the others. Participants attend various exhibitions and take part in various creative tasks. Part of the activities helped directly the activities of the photographic workshop during the organization and holding of the photographic exhibition "Help us Grow" in the period July-September 2017.

4.3 **Photography workshop (FotoFozzie):**
http://solidarnost-bg.org/groups_and_workshops/services/en
http://www.fotofozzie.com/

Workshop PhotoFozzie is the newest workshop in "Solidarnost" therapeutic program and was created in 2015 by clients successfully completed the Program and moved on in re-entry phase with the participation and constant help of the team of "Solidarnost" project and volunteers. Since its creation, this workshop is an essential part of the therapeutic process of people in rehabilitation and their transition to adaptation and realization in their lives after the treatment process. The touch with the photographic art gives many of the participants new perspectives and helps them to unleash their potential in a new and creative activity.

The Workshop has the following aims: to provide creative products – original photographs – and to promote the organization's activities and people involved in them; training and developing skills in photography for the clients in "Solidarnost" therapeutic program; developing skills for public appearance and in the media in people, who are in re-entry phase; developing skills for organization of some public events and for team working; inclusion of the clients of "Solidarnost" therapeutic program into the social life. Since April, a volunteer – a

Association "Fracarita Bulgaria"
Sofia 1000, 1, Ekzarh Yosif str.,
Tel.:+359 2 971 99 20, +359 884 38 99 30,
+ 359 879 47 42 24
E-mail: info@solidarnost-bg.org
http://www.solidarnost-bg.org
http://www.drugsinfo-bg.org

professional photographer – has been participating in the workshop and he has been leading two photographic seminars per month to the clients of "Solidarnost" therapeutic program.

4.3.1 In June, a new website was launched for this workshop - http://www.fotofozzie.com, from which the people who are involved in the cause can help by choosing and purchasing photos. From the very beginning of this workshop, there is a Facebook page, which is maintained by the participants. It publishes materials related to upcoming exhibitions, photography history, curious facts and photos - https://www.facebook.com/fotofozzie/.

4.3.2 In 2017, four professional photographers supported the activities of this workshop donating their own photographs: Dimo Dimov, Alexander Nachev, Ivo Daskalov and Martin Gunchev.

4.3.3 In July, the participants in the workshop attended Photosynthesis – a photo gallery – to see the photos of the famous Bulgarian photographer – Yordan Yordanov-Yuri, and to be acquainted with the author of the biographical novel about him – Georgi Karamanev.

4.3.4 In August, the participants visited the Photo Book Platform PUK! in the Hip Hip Library in Sofia with selected photographic magazines from his collection. They were able to look at various issues of the American magazine Aperture, the Dutch Foam, the French The Eyes, Fisheye and 6 Mois, the British Journal of Photography and the boutique Japanese magazine IMA.

5. Organization of and participation in public events.

5.1 This year's first public event for the photographic workshop was the "Help us Grow" charity photographic exhibition, which continued from July to September at the Center for Culture and Debate "The Red House". The opening of the exhibition was on 04.07.2017.

With its exhibition, "FotoFozzie" supported the activity of the low-threshold drop-in center "Posoka House", which as a free social service also has the greatest need of public and donor support. The exhibition is part of the "Help us Grow" campaign, with which we raise funds to strengthen and expand the range of services that the Center offers to this vulnerable social group.

In addition to the exhibition, the first charitable drawing of postcards with original photographs was created. The financial means of their sale support all the organization's social projects in dealing with the problems of addictions, drug use, alcohol and gambling.

5.2 The second charity drawing of postcards with authored photographs was prepared and realized in December on the occasion of Christmas and the meeting of the New Year.

Association "Fracarita Bulgaria"
Sofia 1000, 1, Ekzarh Yosif str.,
Tel.:+359 2 971 99 20, +359 884 38 99 30,
+ 359 879 47 42 24
E-mail: info@solidarnost-bg.org
http://www.solidarnost-bg.org
http://www.drugsinfo-bg.org

5.3 In November, FotoFozzie's flyers were distributed during the VIII National Congress of Psychology, which took place at Sofia University "St. Kliment Ohridski".

5.4 On August 28, "Solidarnost" therapeutic program participated for the third year in the football tournament "4:0 for the people" organized with the support of the Bulgarian Football Union to help addicts who have decided to defeat dependency and return to a meaningful way of life in society. The main message of the event was, "Not all people are dependent, but all dependent are people." The tournament was attended by people who had been participating in drug and alcohol treatment and rehabilitation programs as well as volunteers dedicated their lives to help people involved in the trap of addiction. Also among the invited guests were Sofia Municipality and the Preventive and Information Center on Drug Addiction Problems-Sofia. The tournament was closed by players of the National Football Team of Bulgaria.

6. Conclusions and recommendations:

a) Last year we had an increase in the number of people who successfully completed "Solidarnost" therapeutic program. They were twice the average number for the previous years. This is the result of two factors: firstly, the experience and professionalism of the team, and secondly, the highly successful primary consultations in 2016.

b) The increase in the number of contacts with new clients remained stable, and there was a drastic increase in contacts with parents and relatives of people suffering from addiction who refuse to enter treatment.

c) The fact that we have a functioning group for resocialization is positive.

d) It was not surprising that in 2017 the funding with which the Government supported the participants in "Solidarnost" therapeutic program was minimal. This funding was not only partial in relation to the whole rehabilitation process, but was also unstable and it was hard to plan it according to the needs of the clients.

We would like to give the following recommendations regarding the national policies:

a) The "Solidarnost" therapeutic program should receive year-round funding via the National strategy for the fight against drugs 2014-2018, as well as the next 4-year

Association "Fracarita Bulgaria"
Sofia 1000, 1, Ekzarh Yosif str.,
Tel.:+359 2 971 99 20, +359 884 38 99 30,
+ 359 879 47 42 24
E-mail: info@solidarnost-bg.org
http://www.solidarnost-bg.org
http://www.drugsinfo-bg.org

Strategy. If the funding were year-round, it would reach more people who need it and would cover the whole rehabilitation process.

b) A National strategy for the fight against alcohol abuse and a National strategy for the fight against problem gambling should be created and through them, the Government should fund the psychosocial rehabilitation of people suffering from addiction to alcohol and gambling.

V. Low-treshold drop-in center "Posoka" House": Functioning and activities report 2017.

1. Functioning in 2017.

1.1 **Number of clients.**

1.1.1 **A total number:** In 2017, **126** clients visited the Center. Compared to 2016, the increase in the clients' number is double when they were 63.

1.1.2 **New clients:** There were **63** clients visiting "Posoka" House for the first time.

1.1.3 **Regular use of the services: 67** of the clients visited the Center more than once. **22** clients came more than 20 times, and **14** people were regular clients (visiting between 40 and 133 times). In 2016, the clients, who visited the Center more than once, were 38. This increase is in direct proportion to the increase of the number of the clients in 2017.

1.1.4 **Gender and age: 39** were women with an average age of 36 (in the range of 19 to **61). 87** were men with an **average** age of 36 (in the range of 18 to 58). In 2016, the women were 20 and the men – 43. Their average age was also 36.

1.2 **Services.**

1.2.1 **Providing shelter:** Every working day for the period (148 days), clients who visited the Center found shelter and support in a clean and protected environment, and were provided with food, hot and refreshing drinks, vitamins and informational leaflets.

1.2.2 **Laundry and dryer:** They were used 203 times.

1.2.3 **Psychiatric consultations:** Two were provided upon clients' request.

1.2.4 **Juridical consultations:** Two were provided upon clients' request.

1.2.5 **Social work:** Social work consultations were provided daily. Staff counseled clients with regards to their day-to-day challenges, newly occurring situations, as well as dealing with conflict situations in the Center and outside of it. The staff gave out donated clothes on 297 occasions upon clients' request. One client was accompanied and assisted in visiting an administrative institution.

1.2.6 **Trainings:** In 2017, the staff conducted 7 training groups. The groups were positively received by the clients and they willingly participated in them. The topics covered were Safe use of drugs, HIV/AIDS, Tuberculosis, Healthcare rights, Human rights and rights during police detention or arrest, Social services rights, Hepatitis.

1.2.7 **Health care:** The staff assisted 14 clients in making medical appointments and accompanying them to medical centers. A total of 30 medical visits were provided. All medical services were free of cost for the clients. In collaboration with Caritas mobile team, clients were provided with free wound dressing by a professional nurse at the Center.

Association "Fracarita Bulgaria"
Sofia 1000, 1, Ekzarh Yosif str.,
Tel.:+359 2 971 99 20, +359 884 38 99 30,
+ 359 879 47 42 24
E-mail: info@solidarnost-bg.org
http://www.solidarnost-bg.org
http://www.drugsinfo-bg.org

2. **Organizing of events:** In 2017, there were two major celebrations in the Center – Easter and Christmas. Twenty clients attended the Christmas party. Every one of them received lots of presents.

3. **Volunteers and donators:** "Posoka" House cooperates with TimeHeroes (www.timeheroes.org) – an online platform for volunteering and doing good.

3.1 In 2017, 11 people have volunteered their time assisting the team at the Center for varying periods.

3.2 Eighteen people participated in the donation campaign for personal hygiene materials and cosmetics, supported by TimeHeroes.

4. **Popularization of the "Posoka" House activities.**

4.1 Together with collaborating organizations, several outreach trips in Sofia were taken to provide information about "Posoka" House among people dealing with addiction.

4.2 In November 2017, the Bulgarian television "Bulgaria on Air" made a reportage about the Center and its activities: https://www.bgonair.bg/video/kashta-posoka-se-okazva-podslon-i-podkrepa-za-horata-sas-zavisimost (video).

What are the public's reactions and what is our conclusion?
The services of "Posoka" House was not popular enough among the general public. Popularization is a slow and difficult process mainly due to the stigma in society towards people who use drugs. The report about the activity of the Center broadcasted in November 2017 on Bulgaria on Air was a step in this direction. The fact that people enrolled in the charity campaigns on the platform TimeHeroes (donations of hygiene products and volunteer work) suggests that the attitude of the general public is ameliorating.

Working for the popularization and acceptance of the services and activities of "Posoka" House by the general public is of great importance. This would help for the recognition of the Center and its importance by the state and municipal structures that currently do not support the activities of "Posoka" House.

5. **Team-work:** Despite changes in the team in 2017, there were no major challenges with regards to teamwork. The new members have adjusted well and were very well received by the clients. There has been a high level of trust in the team. Individuals' skills and knowledge complement very well. The communication among the team is good and provides grounds to provide effectively services to the clients.

Association "Fracarita Bulgaria"
Sofia 1000, 1, Ekzarh Yosif str.,
Tel.:+359 2 971 99 20, +359 884 38 99 30,
+ 359 879 47 42 24
E-mail: info@solidarnost-bg.org
http://www.solidarnost-bg.org
http://www.drugsinfo-bg.org

6. **Conclusions and recommendations:** "Posoka" House offers a unique service for Bulgaria, designed for people who are in active use of psychoactive substances, and it is fully in line with the needs of the clients. Our recommendations are the following:
   a) The service of the "Posoka" House is necessary for the Bulgaria society and we recommend the state and the municipality to support its existence.
   b) It would be advisable to increase the working time of "Posoka" House. The daily provision of the services would lead to an increase in the number of the clients as well as to a more complete satisfaction of their social needs.

VI. Financing.

1. Financing from Bulgarian.

1.1 The National Center for Addictions funded a project for socially disadvantaged people who do not have the resources to pay their participation fees for the rehabilitation program.

1.2 The Union of Brewers in Bulgaria provided a part of the funds needed for the development of the new website of "Fracarita Bulgaria".

1.3 The International Women's Club funded a project for medical services of the clients of Posoka House.

2. Financing from abroad.

2.1 "Compagnons de Trempoline" provided the funds needed for the rent and overhead expenses of "Solidarnost" Program.

2.2 "Futur 21" funded a large part of the activities of the rehabilitation program, The National Drugs, Alcohol and Gambling Helpline (NDAGH) and "Posoka" House.

2.3 "Renovabis" funded a part of the activities of the rehabilitation program.

2.4 L'Abbaye de Leffe funded a part of the activities of the rehabilitation program and "Posoka" House.

2.5 "Solvay Sodi" supported current expenses of "Solidarnost" Program.

2.6 Private donors supported the activities of the rehabilitation program and the NDAGH through the "Roi Baudouin" Foundation.

2.7 The Skills and Knowledge Exchange Project for Drug and Alcohol Helplines (SKEPDAH) is funded by the European programme for education, training, youth and sport (Erasmus +) through the Irish National Agency "Léargas" and then through the HSE Drugs/HIV Helpline, Ireland (the Coordinator or the project).

The Management Board and the team of Fracarita Bulgaria would like to express their deep gratitude towards all people whose donations enabled us to continue our work and to help the people suffering from addiction in Bulgaria!

Note: We can provide the entire report of the activities in Bulgarian language. To ask it, please write to us at elena@solidarnost-bg.org or info@solidarnost-bg.org.