

*Abstract : From CBT to the development of risk reduction in outpatient hospital*

Combating alcohol misuse is a public health issue. Fears related to abstinence can limit entry into care, proposing a return to controlled consumption is an effective and relevant alternative. Although the addiction outpatient hospital has demonstrated its effectiveness, the offer of care specific to risk reduction is generally limited to outpatient consultations. In a desire for innovation, our team has decided to integrate patients seeking a return to a controlled alcohol consumption. In order to overcome apprehensions, a specific therapeutic program has been established to conduct a first experiment between March and May 2019. This program was developed following the good results obtained with the CBT program "L'envol" which was presented at the Albatros congress in 2019. Self-questionnaires given out during the program made it possible to prospectively evaluate the evolution of the patients. This experience was satisfactory for the patients included and the healthcare team. Alcohol consumption decreased significantly (-51.6% for average consumption, -71.4% for occasional consumption) during the programme. No patients presented with alcohol and no negative impact was noted on patients who were abstinent from the addiction outpatient hospital. These results encourage us to integrate this objective into our care offer in a sustainable way.