



# Addiction Conference

## 40th Anniversary of SÁÁ

October 2-4, 2017, Hilton Reykjavík Nordica







Guðni Th. Jóhannesson, President of Iceland

## Opening remarks

Life begins at forty, the saying goes. For many, life truly begins, or at least takes a great turn for the better, when they decide that enough is enough, that it is time to seek help to tackle alcoholism, that destructive illness. For forty years, SÁÁ (SAA, Society of Alcoholism and other Addictions) has helped people in Iceland on this journey from disease and acknowledgement to treatment and recovery. At forty, the society has already proven its worth and is ready and willing to continue its noble task, to help individuals, their families and society in general.

Nobody wants to be an alcoholic. Nobody wants to be an addict. In the struggle against alcoholism and addiction we need to work together – public representatives, social and medical experts, all concerned and conscious citizens who want to improve our society.

Society is the key word, homo sapiens is a social being. From time immemorial, humans have used and abused various stimulants, often on the assumption that it makes them more at ease in social circumstances. But people have also realized the perils involved. "Don't pass judgement when you drink beer", we can read in Sumerian texts, among the oldest scriptures on earth. Here in Iceland, we have preserved the Hávamál, the wise sayings of Odin, the most revered god of the ancient Nordic and Germanic pagan faith. There we can read that "A more tedious burden than too much drink, a traveller cannot carry." We also have the equally astute judgement that "A man knows less the more he drinks, becomes a befuddled fool."

I welcome you all to this conference, this commendable initiative which is a testimony to our steadfast determination to seek remedies against all addictive diseases. No one is a lost cause, everyone deserves assistance. Our life begins every day.

## Upphaf nýrra tíma

Á 40 ára afmæli SÁÁ er efst í huga þakklæti til þeirra kröftugu einstaklinga sem stóðu að stofnun samtakanna. Þetta fólk hefur þurft hugrekki til að stíga fram inn í veröld fordóma og skilningsleysis. Þá hefur einnig þurft gott innsæi allra hinna sem studdu við bakið á þessum öfluga hópi. Saga SÁÁ er baráttusaga sem lituð er af stuðningi og velvild samfélagsins – sem og háðsglósum og dylgjum sama samfélags. Hlátur og grátur í bland.

Á 40 árum hefur þekking og skilningur á eðli fíknisjúkdómsins vaxið stöðugt – ekki með stökkbreytingum eða kraftavörkum heldur hægt og örugglega með afli náttúruvísinda auk félagsvísinda. Þess vegna stendur SÁÁ í dag á þröskuldi nýs upphafs. Við höfum öðlast viðurkenningu læknasamfélagsins á starfi okkar sem ómissandi hluta af íslensku heilbrigðiskerfi og með nýrri og glæsilegri meðferðarstöð á Vík endanlega komist út úr gömlum og úr sér gengnum húsum.

Það er einlæg von okkar að þessi afmælisráðstefna marki þau tíma-mót að leikir og lærðir komi saman úr ólíkum áttum til að skoða í sátt og samlyndi ráðgátuna um fíkn.

Fyrir hönd SÁÁ býð ég ykkur öll velkomin á ráðstefnuna. Með þakklæti fyrir ómetanlegan stuðning í 40 ár!



Arnþór Jónsson  
formaður SÁÁ

# SÁÁ

## STOFNFUNDIR

### í Háskólabíó 1. október 1977 kl. 14

#### Stutt ávörp og ræður flytja:

Fundarstjóri: **Egbert G. Þorsteinsson** alþingismaður    **Skúli Johnsen** borgarfræðingur

**Pétur Sigurðsson** alþingismaður    **Hilmar Helgason** verslunarmaður

**Jóhannes Magnússon** bankafulltrúi    **Matthías Bjarnason** heilbrigðisráðgjafi

**Vilborg Helgadóttir** hjúkrunarkona    **Indriði Indriðason** stórtæmlar

#### Við undirritaðir borgarar skorum á aðra borgara að gerast félagar og taka þátt í störfum SÁÁ:

Abelheður Bjarnfréðsdóttir, formaður Söknar	Jóhannes Magnússon, bankafulltrúi
Adla Bára Sigfusdóttir, veituvæðingur	Jóhannes Þorpe, deildarstjóri
Andrea Þorðardóttir, forstöðukona	Jón Björnsson, lönverkamadur
Albert Guðmundsson, alþingismaður	Jón Kjarfannsson, forstjóri
Arni Gunnarsson, ritstjóri	Jón Hákon Magnússon, forstjóri
Arni Viðlínsson, prófessor	Jón Skúlason, pósti- og símannalastjóri
Ágúst Ólafsson, forstjóri	Jónas Jónsson, dagkrárfulltrúi
Birgir ísl. Gunnarsson, borgarstjóri	Jónas Þorsteinsson, forstjóri Farm. og fiskim.samb. ísl.
Bjarni Bjarnason, endurskoðandi	Jónna Þorlínisdóttir, kennari
Bjarni Jakobsson, formaður Lögju	Karl Sigvaldsson, hjólistaradur
Björgvör Guðmundsdóttir, forstjóri	Korral Guðmundsson, heilbrigðisráðgjafi
Björgvör Guðmundsdóttir, borgarfulltrúi	Kristín Magnúsdóttir, húsmóðir
Björn Bjarnason, frýggjgavirfræðingur	Kristín Benediktsson, borgarfulltrúi
Brynildur K. Andersen, húsmóðir	Kristján Chasson, formaður Félags blökkimíða
Dávid Scheving Thorsteinsson, framkvæmdastjóri	Kristján Ragnarsen, formaður LÜ
Einar Guðmundsson, alþingismaður	Magnús Torf. Ólafsson, alþingismaður
Einar Guðmundsson, skiptistjóri	Matthías Ólafsson, borgarfulltrúi
Eiríkur Tómasson, hafi	Matthías Bjarnason, ráðgjafi
Erlendur Einarsson, forstjóri SIS	Matthías A. Mathiesen, ráðgjafi
Erling R. Guðmundsson, stjómur	Ólafur Jónsson, ráðgjafi
Eyðliffur Jónsson, skrifstofustjóri	Ómar Ragnarsen, fréttafari
Eyðliffur Jónsson, fyrrv. ráðgjafi	Óskar Vigfússon, formaður Sjómannaasamb. ísl.
Garðar Jóhann Guðmundsson, prentari	Páll Björnsson, hafnysgjafur
Garðar Sigurðsson, þjálfari	Páll Guðmundsson, fyrirtakur
Garður Þorsteinsson, vörðmaður	Páll Sigurðsson, ráðgjafi
Grímur Grímsson, söknarprestur	Páll Stefánsson, augnfréttastjóri
Guðlaug Bergmann, verslunarmaður	Pjetur Þ. Maack, forstöðumaður
Guðlaugur Guðlaugsson, formaður Styrir fél. Íslands	Ragnar Júlíusson, skólastjóri
Guðmundur H. Garðarsson, formaður VE	Ragnhildur Helgadóttir, alþingismaður
Guðmundur J. Guðmundsson, formaður Dagsbrúar	Sigurður Ágústsson, lögfræðingur
Guðmundur Jóhannsson, félagsráðgjafi	Sigurður Einarsson, biskup
Guðmundur A. Jóhannsson, prentimálastjóri	Sigurður Haukur Guðjónsson, söknarprestur
Guðrún Erlendsdóttir, hafi	Sigurður Ingimundarson, forstjóri
Guðrún Haraldsdóttir, húsmóðir	Sverrir Garðarsson, formaður FÍH
Gunnar Huseby, verkamaður	Valdís Daníelsdóttir, húsmóðir
Gunnar Möller, framkvæmdastjóri	Valur Júlíusson, tæknir
Halldór Gröndal, söknarprestur	Vigdís Finnbogadóttir, leiðtoga
Haraldur Sigurðsson, bóndi	Vigdísur Möller, tv. skrifstofustjóri
Harsten Pálsson, forstjóri	Vilhjálmur Heðdal, yfirlitastjóri
Hilmar Guðjónsson, málari	Vilhjálmur Heðdal, yfirlitastjóri
Hilmar Jónsson, formaður Sjómannafél. Rvíkur	Vilhjálmur Heðdal, yfirlitastjóri
Indriði Indriðason, stórtæmlar	Vilhjálmur Heðdal, yfirlitastjóri
Jóhannes Nordal, seðlabankastjóri	Vilhjálmur Heðdal, yfirlitastjóri

Programme in Icelandic

## Samtal um fíkn og áhrif hennar á samfélagið - fjögur málþing

### Fíkn og afbrot

09:15 - 09:30	Helgi Gunnlaugsson, prófessor HÍ
09:30 - 09:45	Páll Winkel, fangelsismálastjóri
09:45 - 10:00	Þráinn Farestveit, framkvæmdastjóri Verndar

### Samtal, spurningar og umræður

Stjórnandi: Hjalti Björnsson, dagskrárstjóri SÁÁ

### Fíkn og stofnanir

10:30 - 10:45	Sigurður Örn Hektorsson, yfirlæknir fíknigeðdeildar Landspítalans
10:45 - 11:00	Jón Magnús Kristjánsson, yfirlæknir bráðadeildar LSH
11:00 - 11:15	Funi Sigurðsson, forstöðumaður Stuðla

### Samtal, spurningar og umræður

Stjórnandi: Þóra Björnsdóttir, hjúkrunarforstjóri SÁÁ

12:00 - 13:00	Hádegishlé
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### Fíkn og konur

13:00 - 13:15	Steinunn Hrafnisdóttir, dósent HÍ
13:15 - 13:30	Regína Ásvaldsdóttir, sviðsstjóri velferðarsviðs Reykjavíkurborgar
13:30 - 13:45	Esther Helga Guðmundsdóttir, M.Sc. át- og matarfíkniráðgjafi
13:45 - 14:00	Kristín I. Pálsdóttir, talskona Rótarinnar

### Samtal, spurningar og umræður

Stjórnandi: Ingunn Hansdóttir, yfirsálfræðingur SÁÁ

### Fíkn og pólitík

14:30 - 14:45	Rafn Magnús Jónsson, verkefnastjóri áfengis- og vímuvarna hjá Landlækni
14:45 - 15:00	Kári Stefánsson, forstjóri Íslenskrar erfðagreiningar
15:00 - 15:15	Dagur B. Eggertsson, borgarstjóri
15:15 - 15:30	Katrín Jakobsdóttir, alþingismaður

### Samtal, spurningar og umræður

Stjórnandi: Þórarinn Tyrfingsson, læknir

16:00	Samantekt
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09:00 - 09:15	<b>Opening, honorary remarks</b> - Óttarr Proppé, Minister of Health
09:15 - 10:00	<b>Addiction Is a Chronic Brain Disease - What We Know Today</b> - Nora D. Volkow, MD, Director of the National Institute on Drug Abuse (NIDA) at the National Institutes of Health (NIH)  <b>Session Chair</b> - Ingunn Hansdóttir PhD, Chief Psychologist at SÁÁ
10:00 - 10:30	<b>Treating Addiction in General Medical Settings: From Research to Policy</b> - Patrick G. O'Connor, MD, MPH, Professor of General Medicine, Chief, General Internal Medicine, Yale School of Medicine
10:30 - 10:50	Coffee break
10:50 - 11:20	<b>SÁÁ's 40 years of addiction treatment</b> - Þórarinn Tyrfingsson MD, past Medical Director at SÁÁ
11:20 - 11:40	<b>New patterns in addiction in Finland and challenges for the addiction treatment system</b> - Kaarlo Simojoki MD, PhD, Chief Medical Officer of the A-Clinic Foundation
11:40 - 12:00	<b>What We Know &amp; Don't Know About Technology for Assessment, Pharmacotherapy and Contingency Management?</b> - David R. Gastfriend, MD, DFASAM, Chief Architect, CONTINUUM - The ASAM Criteria Decision Engine™; Chief Medical Officer & Co-Founder, DynamiCare Health, Inc.; Scientific Advisor, Treatment Research Institute
12:00 - 13:00	Lunch  <b>Session Chair</b> - Berglind Guðmundsdóttir Chief Psychologist Landspítali University Hospital, Assistant Professor University of Iceland
13:00 - 13:20	<b>International research on addiction treatment</b> - George Woody MD, Professor, Department of Psychiatry, Perelman School of Medicine at the University of Pennsylvania
13:20 - 13:40	<b>Estimation of community drug abuse in the Reykjavík metropolitan area by wastewater analysis</b> - Arndís Sue Ching Löve PhD student MS Pharm
13:40 - 14:10	<b>Developments in prescription opioids in the Nordics and Norway and trends in overdose deaths</b> - Thomas Clausen Professor, Dr. Med, University of Oslo
14:10 - 14:25	<b>Opioid epidemic in the US</b> - Patrick G. O'Connor, MD, MPH, Professor of General Medicine, Chief, General Internal Medicine, Yale School of Medicine
14:25 - 14:40	<b>Opioid addiction in Iceland</b> SÁÁ - Valgerður Rúnarsdóttir, MD, Medical Director at SÁÁ
14:40 - 15:00	Coffee break

## **Seminar: Cannabis**

Chair - Jag Khalsa, MS, PhD, National Institute on Drug Abuse, NIH

15:00 - 15:30

### **Cannabis and society - can science guide public policies?**

- Nora Volkow, MD, Director of the National Institute on Drug Abuse (NIDA) at the National Institutes of Health (NIH)

15:30 - 15:50

### **Medicinal Marijuana, Policy and Physician**

- Gregory Bunt, MD FISAM, President, International Society of Addiction Medicine Diplomate, American Board of Psychiatry and Neurology, Clinical Assistant Professor of Psychiatry, NYU School of Medicine, New York, NY

15:50 - 16:10

### **On synthetic cannabis**

- Jag Khalsa, MS, PhD, Chief, Medical Consequences Branch Division of Therapeutics and Medical Consequences, National Institute on Drug Abuse, NIH

16:10 - 16:30

### **Cannabis addiction in Iceland**

- Þórarinn Tyrfingsson MD, past Medical Director at SÁÁ

16:30

### **Panel discussion:**

Gerður Aagot MD general practitioner, Rafn Magnús Jónsson, Project Manager at the Directorate of Health, politicians and policy makers and other interested parties.

## **Social programme**

17:15 - 19:00

### **Welcome Reception on Tuesday, October 3, 2017, 5-7 pm**

at the Whales of Iceland Museum <http://whalesoficeland.is>  
At the end of the first day when the congress is in full swing we would like to invite you to a reception in order to socialize while at the same time enjoying the great blue whale - it should make for a memorable evening.

## **Seminar: Genetics of Addiction**

Chair - Erna Milunka Kojic, MD, Professor at Division of Infectious Diseases, Icahn School of Medicine at Mount Sinai

08:30 - 10:00

### **Genes, brain and behavior.**

#### **The Decode SÁÁ research collaboration: what have we learned?**

- Kári Stefánsson, MD, Decode Genetics
- Thorgeir Thorgeirsson, PhD, Decode Genetics

10:00 - 10:20

Coffee break

10:20 - 10:40

### **New approaches to developing medications for helping smokers quit**

- Frank J. Vocci, PhD, President, Friends Research Institute

## **Seminar: Viral infections and addiction, HIV and Hepatitis C**

Chair - Þórólfur Guðnason MD, PhD, Chief Epidemiologist, Centre for Health Security and Communicable Disease Control, Directorate of Health

10:40 - 11:20

**A Structural Intervention to Improve Substance Abuse Diagnosis and Treatment Practices in HIV Clinic Settings. Treatment Adherence through the Advanced Use of Technology, preliminary findings** - Judith A. Aberg, MD, FIDSA, FACP, Professor of Medicine, Chief, Division of Infectious Diseases, Icahn School of Medicine at Mount Sinai and Erna Milunka Kojic MD, professor at Division of Infectious Diseases, Icahn School of Medicine at Mount Sinai

11:20 - 11:40

### **Treatment as prevention for hepatitis C (TraP HepC): A nationwide elimination program in Iceland**

- Sigurður Ólafsson, MD, FACP, Director of Hepatology, Division of Gastroenterology, Department of Medicine Landspítali University Hospital

11:40 - 12:00

### **Treating Hepatitis C in RI's prisons**

- Josiah D. Rich, MD, MPH, Professor of Brown University, RI

12:00 - 13:00

Lunch

**Session Chair** - Reynir Arngrímsson, MD, President elect Icelandic Medical Association, Professor of Genetic Medicine and Consultant Clinical Geneticist

13:00 - 13:20

### **Telemedicine in Clinical Care and as a tool in addiction medicine**

- Andrew H. Talal, MD, MPH, School of Medicine and Biomedical Sciences, University at Buffalo, New York

13:20 - 13:50

### **The complexities of managing people with addictions**

- Jeffrey Goldsmith MD, DLFAPA, DFASAM, past president of ASAM

13:50 - 14:20

### **Physicians with substance use disorder:**

#### **Can this model be effectively applied to other populations?**

- Paul Earley MD, DFASAM, Medical Director of the Georgia Professionals Health Program, in the U.S.

**Seminar: Training of professionals in addiction medicine.**

Chair - Valgerður Rúnarsdóttir MD, Medical Director of SÁÁ

- |               |  |
|---------------|--|
| 14:20-14:50   | <b>Addictions Nursing: What it is, and why it matters</b> - Stephen Strobbe PhD, RN, PMHCNS-BC, CARN-AP, FIAAN, Clinical Associate Professor, University of Michigan School of Nursing, President (2016-2018), International Nurses Society on Addictions (IntNSA)   |
| 14:50 - 15:10 | Coffee break   |
| 15:10 - 15:40 | <b>Physicians: What is needed to get board certified in addiction the US today</b><br>- Jeffrey Goldsmith MD, DLFAPA, DFASAM   |
| 15:40 - 16:10 | <b>Counsellors: What is needed to get certified as an addiction counsellor in the US today</b> - Gerard J. Schmidt, MA, LPC, MAC, President of NAADAC, The Association for Addiction Professionals and the Chief Operations Officer at Valley HealthCare System in Morgantown WV   |
| 16:10 - 16:50 | <b>Panel discussions: Lecturers and professionals in addiction, officials, program directors</b> - Thomas Clausen Professor, Dr. Med, University of Oslo. Dr. Steinunn Hrafnisdóttir, Associate professor, Faculty of Social Work, School of Social Sciences, University of Iceland. Gisli Kort Kristofersson, PHD, RN, PMHNP-BC Assistant Professor, School of Health Sciences, University of Akureyri, Hjalti Þór Björnsson, NCAC, program director at SAA |
|               | <b>Social Programme</b> (participants must register)   |
| 17:15 - 19:00 | <b>Reception at Decode Genetics headquarters</b>   |
| 17:15 - 19:00 | <b>Site visit - SÁÁ's treatment facilities</b>   |



# Social Programme

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**Welcome Reception on Tuesday,  
October 3<sup>rd</sup> 2017, 5-7 pm  
at the Whales of Iceland Museum  
<http://whalesoficeland.is>**

At the end of the first day when the congress is in full swing  
we would like to invite you to a reception in order to socialize  
while at the same time enjoying the great blue whale  
- it should make for a memorable evening.

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**Sight-seeing at your own leisure,  
October 4<sup>th</sup> 2017**

At the end of the conference you are free to make your own plans.  
For further information on things to do check this link:

**<http://reykjaviksightseeing.is>**

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**Reception and site visit,  
October 4<sup>th</sup> 2017**

17:15 - 19:00 - **Reception at Decode Genetics headquarters**  
*(participants must register)*

17:15 - 19:00 - **Site visit - SÁÁ's treatment facilities**  
*(participants must register)*

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**SÁÁ's 40th Anniversary Conference  
October 2-4, 2017, Hilton Reykjavík Nordica - Iceland**