

## Historical Background to the Establishment of the Anton Proksch Institute in Vienna

In the years following World War II there was a sharp rise in the number of people suffering from alcohol use disorders in Austria. Mental and physical concurrent disorders and secondary complications were treated in psychiatric, neurological and internal medicine departments.

**1953** The president of the Austrian Society for Mental Hygiene Univ. Prof. Dr. Hans Hoff sent a letter to the Ministry of Social Affairs announcing his intention of founding the association *Verein Trinkerheilstätte*. The first meeting of the proponent's committee took place on 9 December.

**1954** A draft of the statutes was sent to the Federal Ministry for Social Affairs and was approved.

**1956** The request that the costs for detoxification treatment be borne by the Main Association of Austrian Social Security Institutions was denied on the following grounds: "Alcoholism is not a disease, it is a weakness of will which can be influenced and eliminated by suitable education measures and therefore does not require medical treatment".

The same year, H. Hoff and W. Solman published an article in the *Wiener Medizinische Wochenschrift* entitled *Die Errichtung einer Trinkerheilstätte* and which contained the following statement:

"In the considerations as to how alcoholics can be treated more effectively than in the past the project of an inebriate asylum plays a special role. A type of institution ought to be created with a legal status that ensures that the patient's social situation cannot be harmed by admission and treatment. For this reason alone, we advocate a strict physical and organisational separation of psychiatric clinics and sanatoria and nursing institutions. We would even wish that such an institute would have the most neutral name possible. The institution should of course be run by psychiatrists, as dipsomania is a symptom of psychiatric disorders. The inebriate asylum should be a place and perhaps a centre of research".

### Founding of the Sanatorium in Kalksburg

**1956** Univ. Prof. Dr. Hans Hoff gained the support of Anton Proksch, the Minister for Social Affairs, for his idea of founding a sanatorium for alcoholics. This resulted in the establishment of the *Stiftung Genesungsheim* board of trustees, which held its constituent assembly on 5 December under the auspices of Anton Proksch. The board of trustees comprised 12 founding members and 6 founding institutions.

#### Founding Members

##### President:

Anton Proksch, Minister of Social Affairs

##### Deputy President:

Univ. Prof. Dr. Hans Hoff

Hofrat Dr. Neubauer

### Board of Trustees

- His Eminence Archbishop DDr. Franz König
- Dipl. Ing. Karl Waldbrunner, Federal Minister for Transport and Electricity
- Franz Jonas, State Governor and Mayor of Vienna
- Johann Böhm, Member of Parliament, President of the Austrian Trade Union Federation
- Karl Maisel, former Federal Minister, President of the Austrian Chamber of Labour
- Dr. Emil Tuchmann, senior health officer, head physician, Main Association of the Austrian Social Security Institutions
- Dr. Wilhelm Baier, health officer, head physician
- Dr. Christian Broda, lawyer

### Founding Institutions

- Federal Ministry for Social Affairs
- Federal Ministry for Transport and Electricity
- Main Association of Social Security Institutions
- City of Vienna
- Chamber of Labour
- Austrian Trade Union Federation

## 1957

Hans Hoff took over the management of the Kalksburg sanatorium, which developed what at the time was a revolutionary concept for the treatment of alcohol addiction, based on three main elements:

1. Voluntary hospitalisation
2. Treatment within a therapeutic community
3. Non-residential after-treatment

This concept represented a major change in the treatment of alcohol and medication addicts not only in Austria but in the entire German-speaking world.

Premises for the new sanatorium were provided by the Social Security Administration for Workers at Mackgasse 7-9 in the 23rd district of Vienna.

## 1961

On 17 January the sanatorium opened with 65 beds for male patients. Univ. Prof. Dr. Hoff entrusted Univ. Prof. Dr. Kryspin-Exner with responsibility for running the institution. The first team comprised 19 members, among them two doctors and four nurses.

On 20 March the management committee, consisting of Univ. Prof. Dr. Hans Hoff as the chairman, Federal Minister of Justice Dr. Christian Broda and Hofrat Dr. J. Neubauer, took up its work. The committee's task was to take care of day-to-day financial, administrative and medical matters.

The sanatorium was officially opened by the Federal President Adolf Schärf on 5 May.

With the deed of donation dated 22 November ownership of the building was transferred to the foundation *Genesungsheim Kalksburg*.

## Expansion of the Kalksburg Sanatorium under Hans Hoff

- 1963** The first outpatient clinic for after-treatment opened on the sanatorium's premises.
- 1965** A counselling centre belonging to the Mental Hygiene Service of the municipal Health Office of Vienna was opened. The medical director of the centre was a physician from the Anton Proksch Institute. Almost two thirds of the centre's patients had received prior residential treatment at the Kalksburg sanatorium.
- 1966** A counselling centre belonging to the Socio-Medical Advisory Service of the Catholic charity Caritas was opened. The medical director of the centre was a physician from the Anton Proksch Institute. 420 patients, approximately one third of them former patients of the Kalksburg sanatorium, received non-residential treatment in the years up to 1968.
- 1967** The construction of a new building, which was inaugurated by the Federal President Franz Jonas, brought the total number of available beds to 110.
- The rehabilitation programme was expanded by the construction of workshops, such as woodworking, metalworking or painting workshops and by adding leisure facilities such as mini-golf, a bowling alley, swimming pool, sauna and a tennis court.
- 1968** A psychology laboratory and an EEG station were installed and a documentation centre was established. The site at Breitenfurterstraße 517 was purchased and converted into a half-way house (night hospital) for eight patients following their release from residential treatment.
- Women were admitted for the first time; however, there were no separate accommodation facilities for them. The outpatient clinic on Wiedner Hauptstraße was opened.

### **The Kalksburg Sanatorium under Cornelius Kryspin-Exner**

- 1969** Following the death of Univ. Prof. Dr. Hans Hoff the management of the Kalksburg sanatorium was taken over by his colleague Univ. Prof. Dr. Cornelius Kryspin-Exner.
- A small women's ward with 6 beds was opened in the main building and the premises were extended by the acquisition of an adjoining piece of land.
- 1971** The Ludwig Boltzmann Research Centre for Addiction Research was founded. It was headed by Univ. Prof. Dr. Kryspin-Exner.
- 1972** The Ludwig Boltzmann Research Centre for Addiction Research was reorganised as the Ludwig Boltzmann Institute for Addiction Research.
- The first long-term treatment unit for drug addicts was opened at Breitenfurterstraße 517 with 15 beds.
- 1973** Prim. Dr. Rudolf Mader took over as deputy director of the Kalksburg sanatorium.
- 1974** A separate women's ward with 30 beds on the Kalksburger Kirchenplatz was opened in the former restaurant "Klausenhof" which had been acquired by the foundation.
- Furthermore, a physico-medical department and a sight and sound studio complete with a language lab were installed for the audio-visual retraining of patients.

### **Renaming as the Anton Proksch Institute**

**1975** Following the death of Anton Proksch on 29.4.1975, the sanatorium was renamed the Anton Proksch Institute in his honour. Prim. Dr. Ingrid Leodolter, Federal Minister for Health and the Environment, became president of the foundation.

### **The Anton Proksch Institute under Rudolf Mader**

**1976** Cornelius Kryspin-Exner became head of the Department of Psychiatry and Neurology at the University of Innsbruck.

Prim. Dr. Rudolf Mader became Director of the Anton Proksch Institute, while Univ. Prof. Dr. Alfred Springer became Director of the Ludwig Boltzmann Institute for Addiction Research.

**1978** In cooperation with the City of Vienna a half-way house for drug users was established with 12 beds.

**1979** In accordance with Paragraph 2D, section 6 of the Medical Practitioners Act, the Anton Proksch Institute became a recognised training centre for physicians specialising in psychiatry and neurology.

**1980** The capacity of the long-term therapy centre for drug users was increased to 50 beds when the centre was moved to Mödling.

**1981** A third department with 30 beds for the treatment of male alcohol and medication addicts was opened in a new building, thus increasing the capacity to 160 beds.

A 10-bed half-way house for alcohol addicts was opened.

The Federal Minister Dr. Ingrid Leodolter died on 29 November 1986. Alfred Dallinger, the Federal Minister for Work and Social Affairs became the new president of the foundation.

**1988** A short-term therapy centre for drug addicts with 10 beds plus one emergency bed was opened.

**1989** On 23.2.1989 Alfred Dallinger was killed in a plane crash. Dr. Walter Geppert, his successor as Federal Minister for Work and Social Affairs, became the new president of the foundation.

**1993** The Anton Proksch Institute became a training centre for clinical and health psychologists.

**1997** "Treffpunkt" - a drug counselling and pre-care, specialised outpatient clinic for substitution was founded.

**1999** Prim Dr. Rudolf Mader became a professor.

**2001** In November 2001 Prof. Mader entrusted Univ. Prof. Dr. Michael Musalek as the senior consultant at the Anton Proksch Institute with the management of Department II for male alcohol and medication addicts.

## The Anton Proksch Institute under the Medical Directorship of Michael Musalek

**2004**

Following the retirement of Prim. Prof. Dr. Rudolf Mader., Prim. Univ. Prof. Dr. Michael Musalek was appointed Managing Director and Medical Director of the Anton Proksch Institute.

By now capacity had increased to 266 beds and the Institute had four departments for alcohol and medication addicts with 223 beds, one drug department with a total of 43 beds and one department for outpatient treatment.

The Anton Proksch Institute Academy was founded.

**2005**

The Institute began treating non-substance related forms of addiction, such as pathological gambling, Internet addiction and shopping addiction.

The addiction counselling centre in Neunkirchen was opened.

A residential unit for young women and a mother-child-unit were set up as part of the women's ward.

Support programmes for family members were extended and linked up with other facilities.

The first summer party for residential and non-residential patients and their relatives took place at the Anton Proksch Institute in Kalksburg.

**2006**

The addiction counselling centre in Wiener Neustadt was opened

For the first time there was a mixed ward for both women and men with its own treatment concept, including a combination of common and gender-specific therapies.

The learning centre was approved by Österreichische Computer Gesellschaft, OCG, as a test centre.

The working group *Medical Humanities* and the first *Café Philosophique* for residential patients were founded.

**2007**

The congress *Youth, Addiction and Culture* took place at the Palais Ferstel on 26 and 27 January.

**2008**

The congress *Addiction, Comorbidity and Treatment* took place at the Palais Ferstel on 25 and 26 January.

The addiction counselling centre in Mödling was opened.

The Wiedner Hauptstraße outpatient clinic became the Anton Proksch Institute's main outpatient clinic.

The *Society of Friends and Supporters of the Anton Proksch Institute Addiction and Culture - Culture and Addiction* was founded.

**2009**

The congress *The Future of Addiction Treatment – Complexity, Innovation and Utopias* took place at the Palais Ferstel on 30 and 31 January.

A new and innovative treatment concept called the Orpheus Programme became the basis for therapeutic work at the Anton Proksch Institute.

Implementation of the "517 new" concept at the detox ward "517" permitted the integration of abstinence-based and drug substitution treatments for illicit substance addicts for the first time in a residential setting.

The Nursing Care for Addictions course was run for the first time by the Academy of the

- Anton Proksch Institute.
- 2010** The congress *Putting People First in Addiction Treatment, Changing Paradigms in Counselling, Treatment, Rehabilitation and (Re) Integration* took place at the Palais Ferstel on 29 and 30 January.
- The Brisant project, which takes its name from the German acronym for Professional Reintegration of Alcohol-Dependent Patients following Successful Residential Treatment, was launched.
- The mother-and-child unit was closed.
- 2011** The congress *Transcultural Addiction Treatment – Current Situation and Future Vision* took place at the Palais Ferstel on 28 and 29 January.
- 2012** With the approval of Municipal Department 40 the Anton Proksch Institute Foundation Vienna transferred the residential non-profit special hospital Anton Proksch Institute to the API Betriebs gemeinnützige GmbH in December 2012.
- The congress *Burnout – Causes and Consequences* took place at the Palais Ferstel on 27 and 28 January. The social enterprise *gabarage upcycling design* became part of the social - design - business Verein zur Förderung der Sozial- und Kreativwirtschaft organisation.
- 2013** VAMED acquired a 60 percent interest in the API Betriebs gemeinnützige GmbH. The original foundation remains a minority shareholder with 40 percent of the shares.
- The congress *Mental Health Disorders of Addicts* took place at the Palais Ferstel on 25 and 26 January.
- 2014** The congress *Changing Treatment Goals* took place at the Palais Ferstel on 24 and 25 January.
- 2015** The congress *Treatment and Rehabilitation Strategies – New Developments* took place at the Palais Ferstel on 30 and 31 January.
- 2016** The congress *Depression and its Comorbidities* took place at the Palais Ferstel on 29 and 30 January.