

PRESS RELEASE

Rising drug consumption in Germany - luxury treatment center THE BALANCE RehabClinic warns of dangerous trend

- **Hard facts: Cannabis consumption in Germany reaches record levels**
- **Drastic increase in cocaine use**
- **Renowned treatment center THE BALANCE RehabClinic reacts to increasing drug use in Germany**

(Wiesbaden/Mallorca/Zurich, February 2025) Whether as an escape from stress, pressure to perform or social expectations - the use of drugs is increasing worldwide. Germany is no exception: according to the German Monitoring Center for Drugs and Drug Addiction (DBDD), around 9.6 percent of the population aged 15 to 64 used illegal substances in 2024.* Cannabis remains particularly widespread, with 8.7 percent of adults using it. THE BALANCE RehabClinic, a luxury treatment center for mental health and addiction disorders, confirms the trend: “In general, our German clientele has increased by 50 percent compared to 2023, which is huge. In particular, we recorded an alarming 18% increase in marijuana addiction in 2024,” reports Managing Director Abdullah Boulad. According to the DBDD, cocaine use in Germany is also rising significantly, which THE BALANCE can confirm with a 25 percent increase in treatment between 2023 and 2024. In view of the drastic developments, the DBDD is calling for greater cooperation between the federal and state governments in order to expand health protection as well as prevention and treatment services. Abdullah Boulad even goes a step further and appeals: “The focus should not only be on treating the symptoms, but also on strengthening mental and physical health facilities that address the underlying emotional problem that causes drug addiction in the first place.”

This is a key point, particularly in connection with the legalization of marijuana use in this country, as the figures here are particularly alarming. The increasing and often careless use of cannabis is causing more and more health and psychological problems. While the substance was long

regarded as supposedly harmless, current figures show that more and more people are having to seek therapeutic help due to addiction and the psychological consequences of consumption.

Cannabis: a growing challenge

This development is also confirmed by the team at THE BALANCE. “We are seeing an increase in all age groups. At the same time, there is a total lack of education about marijuana. Many people consume it in the belief that since it is legal, it is harmless, like aspirin for headaches. That is extremely dangerous,” says Abdullah Boulad. According to the DBDD, the drug is particularly widespread among young adults between the ages of 18 and 24, and the trend has been rising since decriminalization and partial legalization on 1 April 2024. Abdullah Boulad observes a broader group in his clinic. The youngest patient in 2024 was 23 years old, the oldest patient 70. However, he is particularly struck by the growing trend among people in the middle age group of 45 to 65 years, who made up the majority of patients in the area in 2024. The causes of addiction are often the same regardless of age: life crises, sleep disorders or chronic pain and stress.

Cocaine still on the rise

There is a worrying increase not only in the growing use of cannabis, but also in cocaine abuse. The DBDD reports that around 10 percent of consultations and treatments related to illegal substances involve cocaine users, with the majority of those affected being men. Abdullah Boulad makes a similar observation: “We see that CEOs and top managers in particular are using performance-enhancing substances such as cocaine,” explains Boulad. In our target group, 96 percent of clients seeking support for their cocaine addiction are managing directors or investors and CEOs. The other 4 percent are their children, especially daughters of fathers in these positions. The pressure often affects the family dynamic at home. The youngest client we treated for cocaine addiction in 2024 was a 21-year-old young woman, the oldest client a 48-year-old man. Most of them are between 35 and 48 years old - in other words, at the peak of their careers. Boulad lists the following reasons for addiction: “On the one hand, as major executives, they are under extreme pressure to perform and social pressure and supposedly cannot afford any weakness or breaks. On the other hand, cocaine is an expensive drug, which makes it more attractive to wealthy people in the limelight and successful decision-makers in finance and business.” In light of these worrying developments, the question arises: what can sustainable and effective treatment for cannabis or cocaine addiction look like?

THE BALANCE RehabClinic observes dual epidemic

Conventional therapies often only treat the symptoms - THE BALANCE RehabClinic's approach goes deeper. "Addiction is not an isolated problem, but often an expression of deeper psychological stress," explains clinic founder Abdullah Boulad. Many patients also suffer from anxiety disorders, panic attacks or psychosis. "If you want to stop consumption in the long term, you have to understand and treat the mental causes." Boulad and his team rely on a combination of intensive research into the causes, modern psychotherapy, holistic treatment methods and intensive aftercare to reduce increasing consumption and the relapse rate in the long term. The luxury clinic's recipe for success is a holistic treatment approach combined with the offer of guaranteed anonymity and exclusivity, which is also reflected in the clientele: Alongside royals, prominent artists and well-known top athletes, CEOs and top investors make up the largest patient group at around 70 percent. Abdullah Boulad: "No matter how wealthy or successful - at THE BALANCE RehabClinic, the focus is on the individual. Our aim is always to treat body, mind and soul as an inseparable unit. This is the only way we can achieve personal growth."

*Source: REITOX Annual Report 2024, link: www.dbdd.de; last accessed on 29.01.2025

About THE BALANCE Rehabclinic:

THE BALANCE Rehabclinic is a luxury retreat on Mallorca that specializes in exclusive and discreet rehabilitation measures. The founder and managing director of THE BALANCE Rehabclinic is the Swiss entrepreneur Abdullah Boulad (45). With a multidisciplinary team of around 150 doctors, psychotherapists, physiotherapists, personal managers and a whole range of complementary therapists, he has created one of the world's most renowned therapy facilities for addiction problems, mental illness and health issues. Here he offers his clients individually tailored cures in luxurious surroundings. The offer comprises the three pillars of addiction therapy (alcohol, drugs, medication, sex, etc.), mental illness (anxiety disorders, burn-out, depression, trauma and post-traumatic stress disorder) and health treatments (stress, anti-ageing, chronic pain, sleep disorders, etc.). One focus of THE BALANCE Rehabclinic's evidence-based medical concept is also the use of the latest scientific and technology-based therapeutic approaches, such as neuro- and biofeedback systems or transcranial direct current stimulation, for which the company is constantly investing large sums in new technologies and medical equipment. The medical director is Dr. Sarah Boss. THE BALANCE is exclusively for private patients. <https://balancerehazentrum.de/>