

## 2020 Legacy Essay Competition

# 'I don't want to go to rehab'

'Rehab' is often mentioned in the context of alcohol and other addictions but what do we actually mean by this term? What models exist other than a twelve-step based approach? What is the availability of rehab in the UK and what is the evidence for its effectiveness? Who gets rehab and who might benefit the most? To what extent are motivation or other factors critical in achieving a successful outcome?

The MCA Legacy Essay Competition is held every year on a different alcohol related topic.

This competition is open to all UK medical students.

To view previous winners please go to [www.m-c-a.org.uk](http://www.m-c-a.org.uk)

2020

## Legacy Essay Competition

Entrants must be current medical students in the United Kingdom.

Word count must not exceed 3,000 words, in the Vancouver referencing style (*references and title not included in word count*).

### The winning essays will receive:

|           |      |
|-----------|------|
| 1st Place | £500 |
| 2nd Place | £300 |
| 3rd Place | £200 |

All winners will be invited to attend the MCA 2020 AGM and CPD-approved Symposium and be awarded a signed certificate.

The winning essay will also be published in the MCA Annual Report.

## Application

To apply send your essay to [info@m-c-a.org.uk](mailto:info@m-c-a.org.uk) (*in MS Word format only*). Please remember to include the following:

- Full name
- University/Medical School
- Name of course and year of study
- Contact telephone number
- Contact address



Opening date: 1 January 2020

Closing date: 1 May 2020

## Contact Information

### The Medical Council on Alcohol

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