

Drug Prevention in Greece

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Greek REITOX Focal Point

- European Monitoring Centre for Drugs and Drug Addiction (EMCDDA, www.emcdda.eu.int)
- REITOX: 27 MS, Norway, EC and candidate countries
- University Mental Health Research Institute (UMHRI, www.epipsi.gr)
- Main objective: to collect, analyse and disseminate reliable and comparable drug-related data at national and European level

www.ektepn.gr



Data collection system in Greece

- Drug situation
 - 5 key epidemiological indicators
 - Other core data sets (e.g. drug trends in youth, drug-related crime, drug-related social exclusion, availability of illicit drugs)
- Responses to drug use
 - Prevention
 - Harm reduction
 - Treatment
 - Social reintegration
- Drug policy and law
- Early warning system



Drug prevention in Greece (1)

- 71 Prevention Centres OKANA / local authorities
- Ministry of Education

NGO's

- KETHEA
- Hellenic Centre for Cross-cultural Psychiatry and Care
- Hellenic Red Cross

State agencies

- 18 ANO Dependence Treatment Unit / Attica Psychiatric Hospital
- Thessaloniki Psychiatric Hospital



Drug prevention in Greece (2)

Voluntary organisations

- PROTASI Movement for another lifestyle

Church agencies

- DIAKONIA Foundation for Psychosocial Education and Support of the Archbishopric of Athens
- ST. LUKE OF CRIMEA Health Promotion Organisation of the Holy Bishopric of Etolia and Acarnania

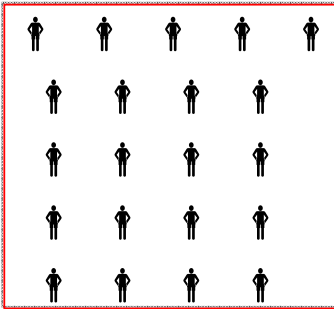


Types of prevention

- Universal prevention
- Selective prevention
- Indicated prevention
- Environmental prevention



Universal prevention



Addresses the **entire population**

Aim: to **deter or delay** substance use through information and skills

No prior screening

7

Universal prevention

- School-based prevention
 - the most popular form of universal prevention
 - access to a large number of young people
 - educational setting
 - well-organised setting
- Family prevention
 - parents' evenings, lectures, seminars and workshops for parents
- Community prevention
 - not a universal principle throughout Europe regarding the participatory character of community-based prevention

source: www.emcdda.europa.eu

8

Effectiveness in universal prevention

- Well-designed and structured universal prevention interventions can be effective.
 - School-based prevention is effective within **standardised prevention programmes**
 - **Advantages:** fix curriculum; defined content for each session; support material; facilitate teachers' training; cover large school populations
 - Implemented by trained teachers
- Interventions (e.g. mass media campaigns): little evidence for effectiveness and detrimental effects
- Delivery: interactive, intensive

source: EMCDDA Annual Report 2010

9

School-based prevention in Europe

- Plethora of **small, short-term, one-off** activities and interventions
- **No stable or science-based structure**
- **Only a small set of ingredients** of those used for drug prevention **actually work**

source: www.emcdda.europa.eu

10

School-based prevention in Greece

- Programme-based interventions
- Primary and secondary education
 - Health Education Programmes (HEPs) of the Ministry of Education
 - Interventions by the Prevention Centres run by OKANA/local authorities, as well as by other agencies active in the field of drug prevention, in cooperation with local schools
- Needs and future developments
 - evaluation
 - supporting framework for more, more long-term and more effective school-based prevention interventions

11

School-based prevention in Greece 2009 (1)

Table 3.1: Data on universal school-based prevention interventions in primary and secondary education in the school year 2008-2009.

	Primary education			Secondary education		
	Number of schools	Number of teachers	Number of students	Number of schools	Number of teachers	Number of students
Interventions implemented under the HEPs of the Ministry of Education (aggregated data from the Ministry of Education)	185	185	4,505	190	190	4,201
Interventions by Prevention Centres run by OKANA/local authorities, as well as by other agencies, in schools operated by the Ministry of Education outside the context of HEPs	71	-	2,531	155	-	9,298
Interventions by Prevention Centres run by OKANA/local authorities, as well as by other agencies, in schools operated by OIAED or by Ministries other than the Ministry of Education	-	-	-	8	-	519
Total	256	185	7,036	345	190	13,459
School population (National Statistical Service 2009)	11,484	75,589	792,433	3,977	82,765	688,155
Percentage of the school population participated in universal drug prevention school-based interventions in relation to the total school population of the country	2.2%	0.2%	0.9%	8.7%	0.2%	2%

Source: Greek REITOX Focal Point 2010

12

School-based prevention in Greece 2009 (2)

Table 3.2: Data on teacher training seminars and support sessions in primary and secondary education in the school year 2008-2009.

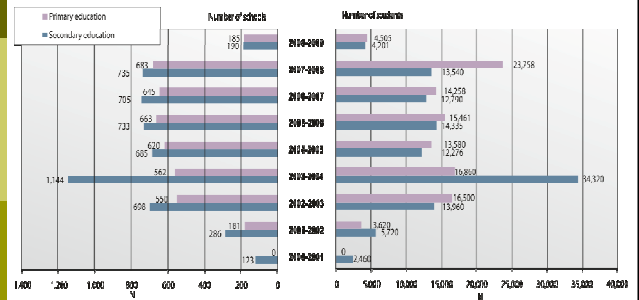
	Primary education		Secondary education	
	Number of schools	Number of teachers	Number of schools	Number of teachers
Training seminars on HEP implementation	917	1,890	197	412
Supervision sessions during HEP implementation	349	336	59	98
Training seminars and support sessions in view of mainstreaming prevention principles in school subjects	190	298	273	883
Total	1,326	2,324	529	1,403

Source: Greek REITOX Focal Point 2010

13



HEPs on drug prevention: 2000-2001 until 2008-2009



source: Greek REITOX Focal Point 2010



Family-based prevention in Europe

- Most family-based prevention is universal.
- Parents' evenings, lectures, seminars and workshops for parents.
- Attracting rather the well-off families with protective psychosocial background whereas families which are actually at risk do rarely attend such seminars.

source: www.emcdda.europa.eu

15



Family-based prevention in Greece

- Parents are one of the main target groups for prevention interventions
- Two types of interventions for parents
 - Information and awareness interventions
 - Training interventions (parents' groups / schools)

16



Family-based prevention in Greece 2009

Table 3.3: Detailed data about universal drug prevention interventions for parents in 2009.

	Number of interventions	Number of participants	Average duration (months)	Average number of meetings
Information / awareness interventions	39	5,567 (284 groups)	2	2
Training interventions	122	4,842 (321 groups)	4	11

Source: Greek REITOX Focal Point 2010

17



Community-based prevention in Greece (1)

Table 3.4: Detailed data about universal prevention interventions in preadolescents and adolescents in the year 2009.

	Number of interventions	Number of participants	Average duration (months)	Average number of sessions
Interventions for children aged 4-12	18	1,075 (47 groups)	2	8
Interventions for adolescents aged 10-18	19	798 (30 groups)	3	9

Source: Greek REITOX Focal Point 2010

18



Community-based prevention in Greece (2)

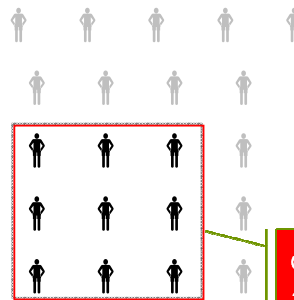
Table 3.5: Data about universal community-based prevention interventions in the year 2009.

Target group	Data for 2009	
	Number of interventions	Number of participants
Volunteers	19	370
Law enforcement	8	633
Armed forces	5	520
Health professionals	5	233
Youth leaders	4	138

Source: Greek REITOX Focal Point 2010

19

Selective prevention



Addresses: **specific** sub-populations

Significantly **higher** risk than average

20

Effectiveness in selective prevention

- Evidence of the effectiveness of selective prevention is still limited.
- Evidence for effectiveness regarding interventions for vulnerable families.

source: EMCDDA Annual Report 2010

21

Selective prevention in Europe

- Limited provision of selective prevention
- Most interventions targeting
 - young offenders
 - vulnerable families
 - ethnic groups

source: EMCDDA Annual Report 2010

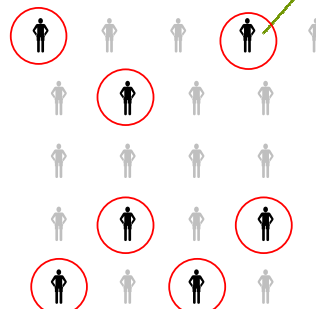
22

Selective prevention in Greece

- Youth
 - with poor academic performance
 - with psychosocial problems
 - culturally different groups and immigrants
- At-risk families

23

Indicated prevention



INDIVIDUALS AT RISK

focus on **individuals**

risk of **developing substance abuse later** in their life

early **signs** of substance use

symptoms do not fulfill the DSM-IV criteria for dependence

24

Effectiveness in indicated prevention

- Usually evaluated
- High levels of effectiveness

source: EMCDDA Annual Report 2010



Indicated prevention in Europe

- Limited provision
- Interventions:
 - for children with attention-deficit/hyperactivity disorder or disruptive behaviour (6 countries)
 - individuals who have started using drugs (10 countries)

source: EMCDDA Annual Report 2010



Indicated prevention in Greece

- Counseling to
 - youth with behavioural problems
 - youth who have started using drugs
 - parents facing difficulties in the family



Environmental prevention

- Aims at altering the immediate cultural, political and social environment in which people make their choices about drug use.
- Individuals do not become involved with substances solely on the basis of personal characteristics.
- Rather, there are influences by factors in the environment such as:
 - acceptable or expected behaviour
 - norms and values
 - rules and regulations
 - advertisements
 - accessibility



Effectiveness in environmental prevention

- Aims at altering the immediate cultural, political and social environment in which people make their choices about drug use.
- Effective in altering normative beliefs and, consequently, substance use.

source: EMCDDA Annual Report 2010



Thank you

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