

Prevention that **WORKS!**

Healthy and safe development of
children and youth



Evidence-based prevention based on the International Standards on Drug Use Prevention - UNODC/ WHO Second Updated Edition

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UNODC



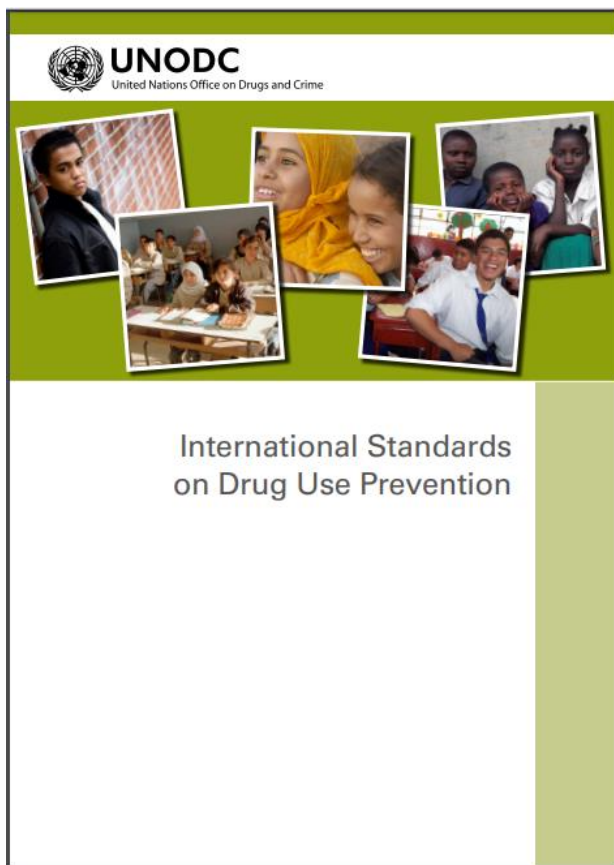
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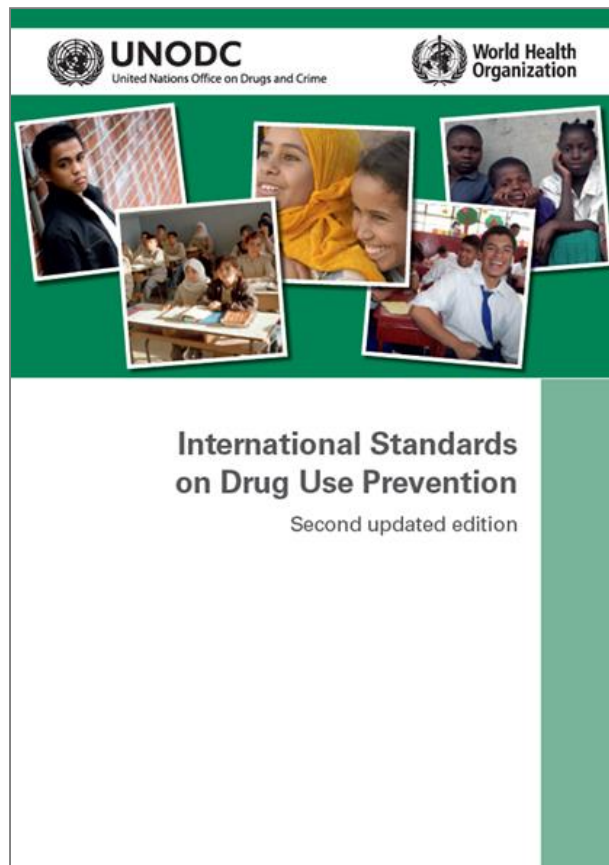
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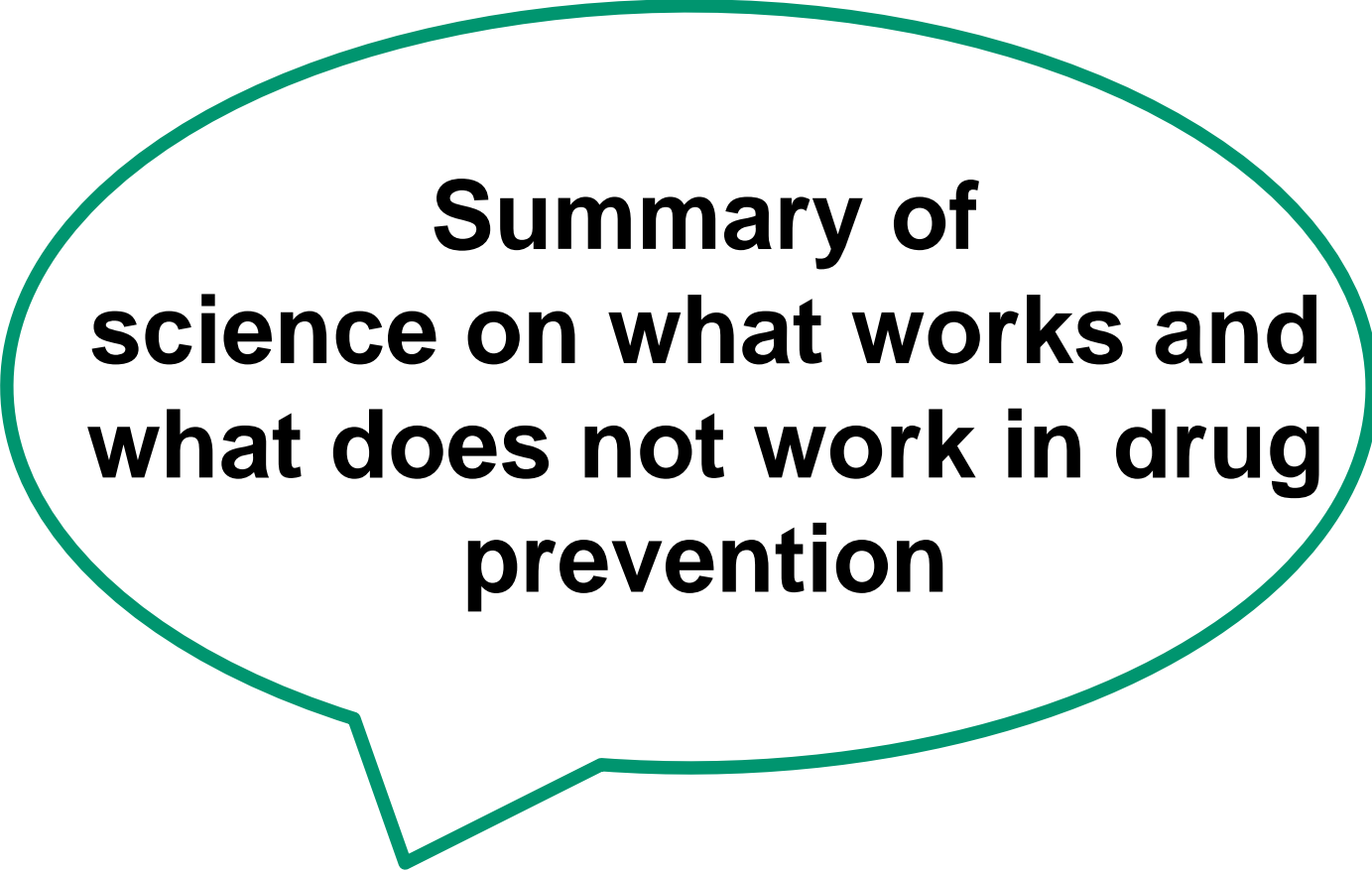
First edition – SECOND EDITION



2013



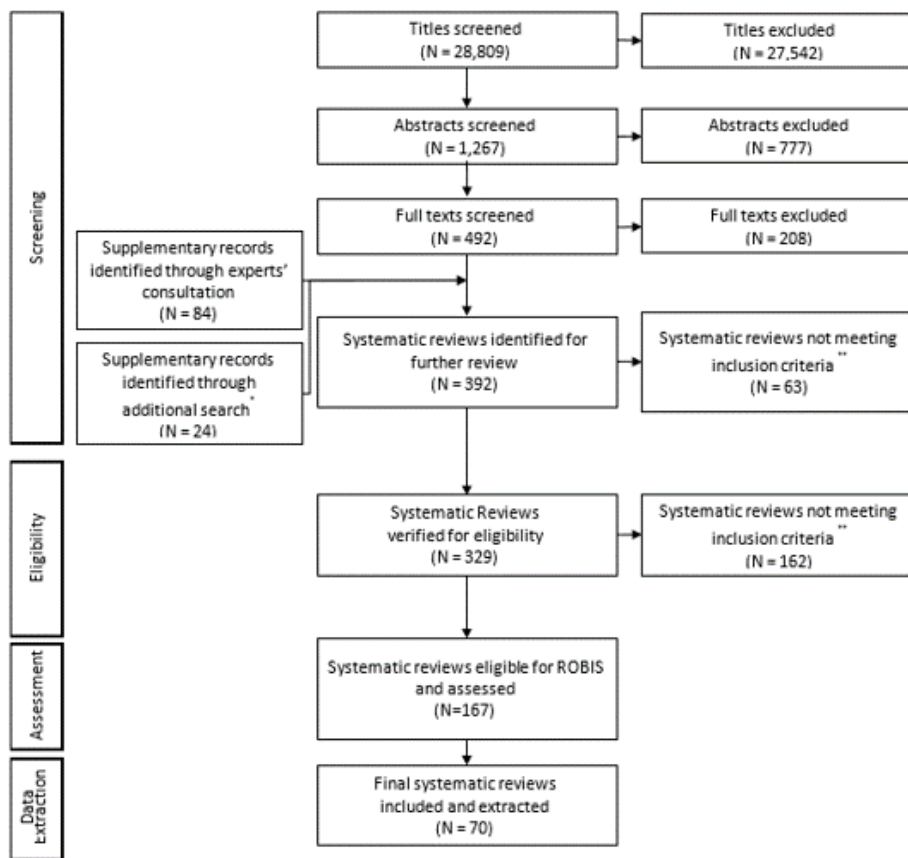
2018



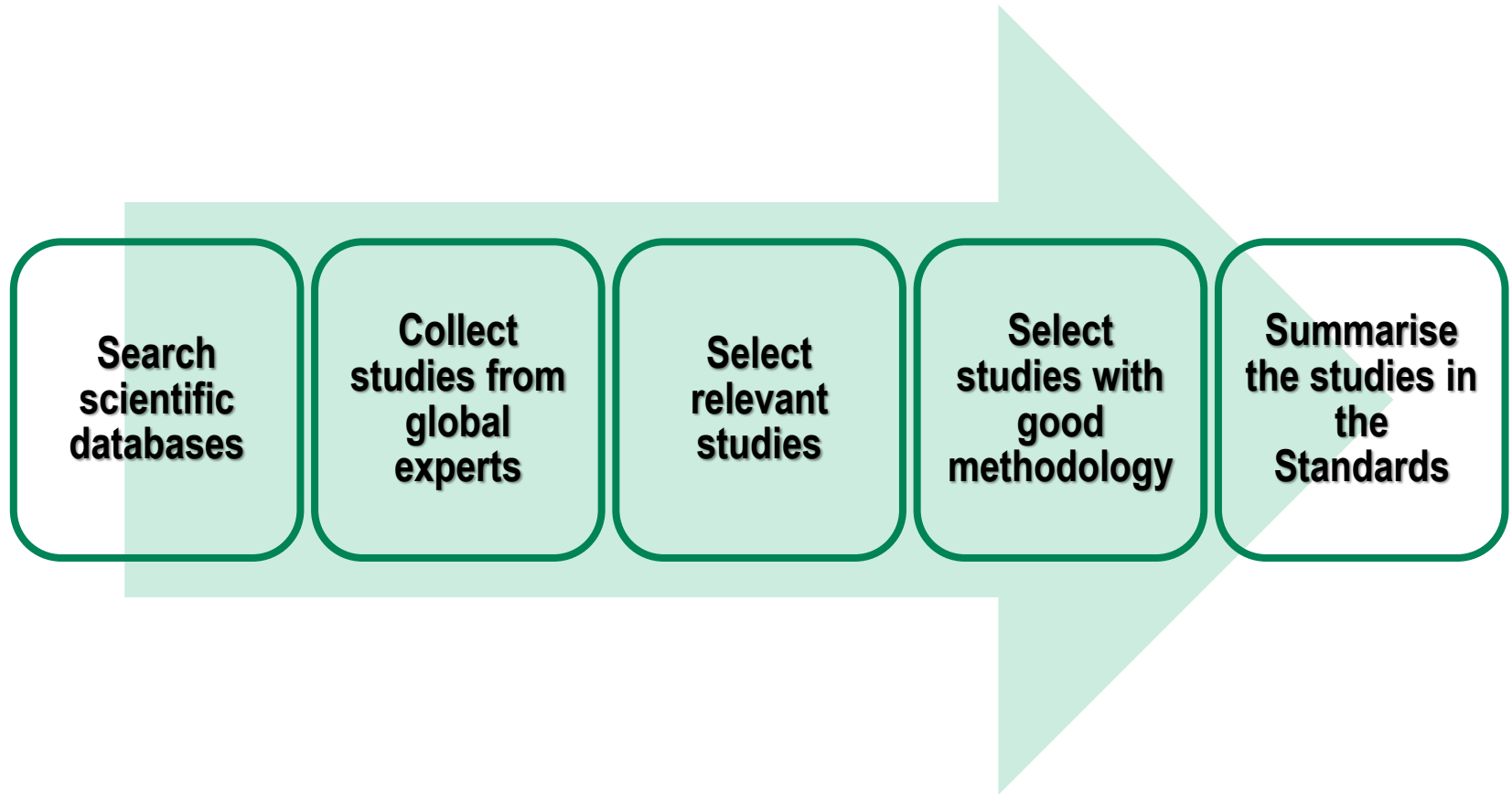
**Summary of
science on what works and
what does not work in drug
prevention**



Flow diagram



Flow diagram



WHAT DID WE FIND?



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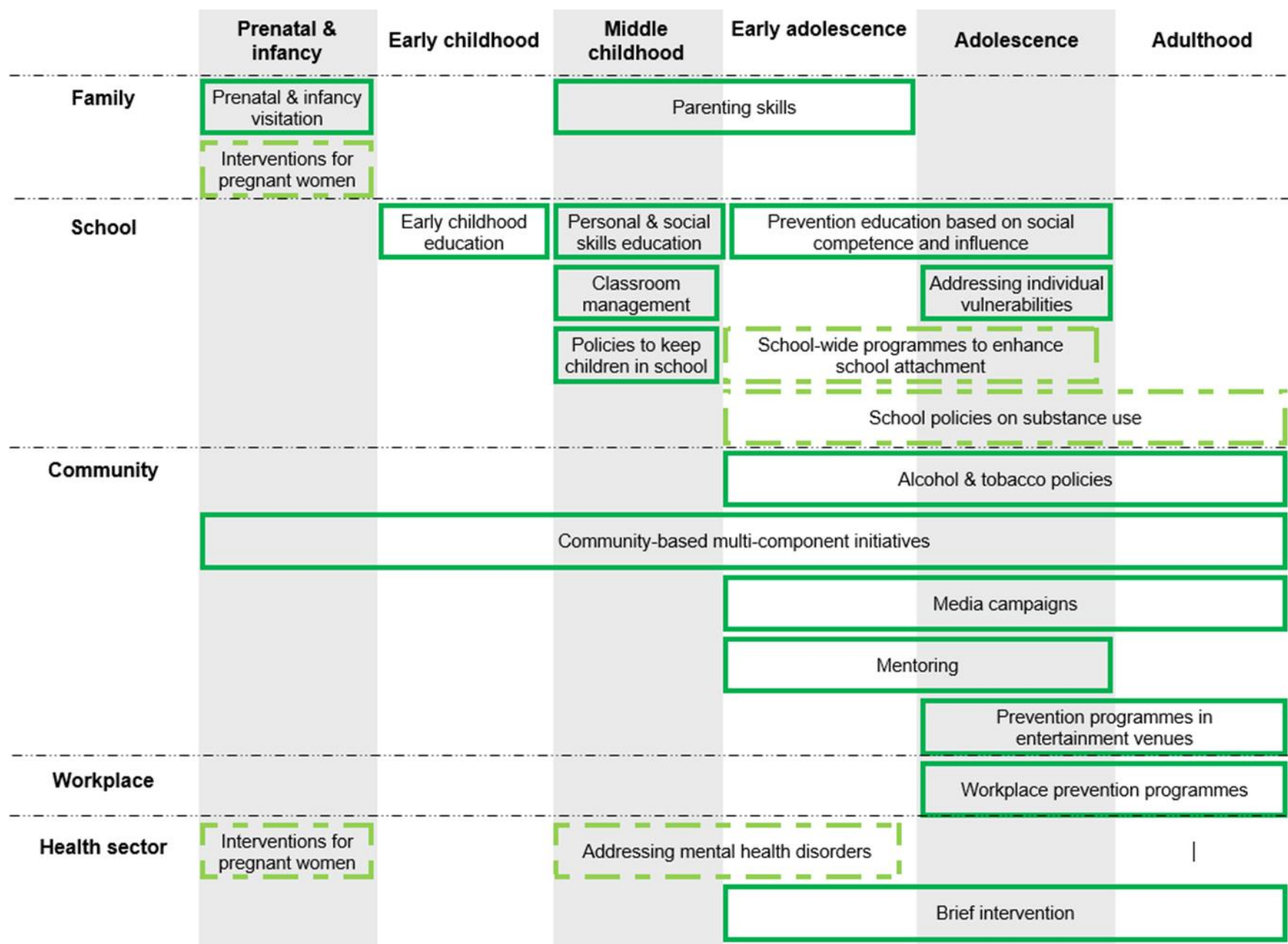
Message #1

There are MANY strategies that are effective in preventing substance use



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Message #2

Evidence-based prevention strategies prevent also many other risky behaviours, promoting the healthy & safe development of children & youth

Family skills training

- Prevent substance use (including drug use)



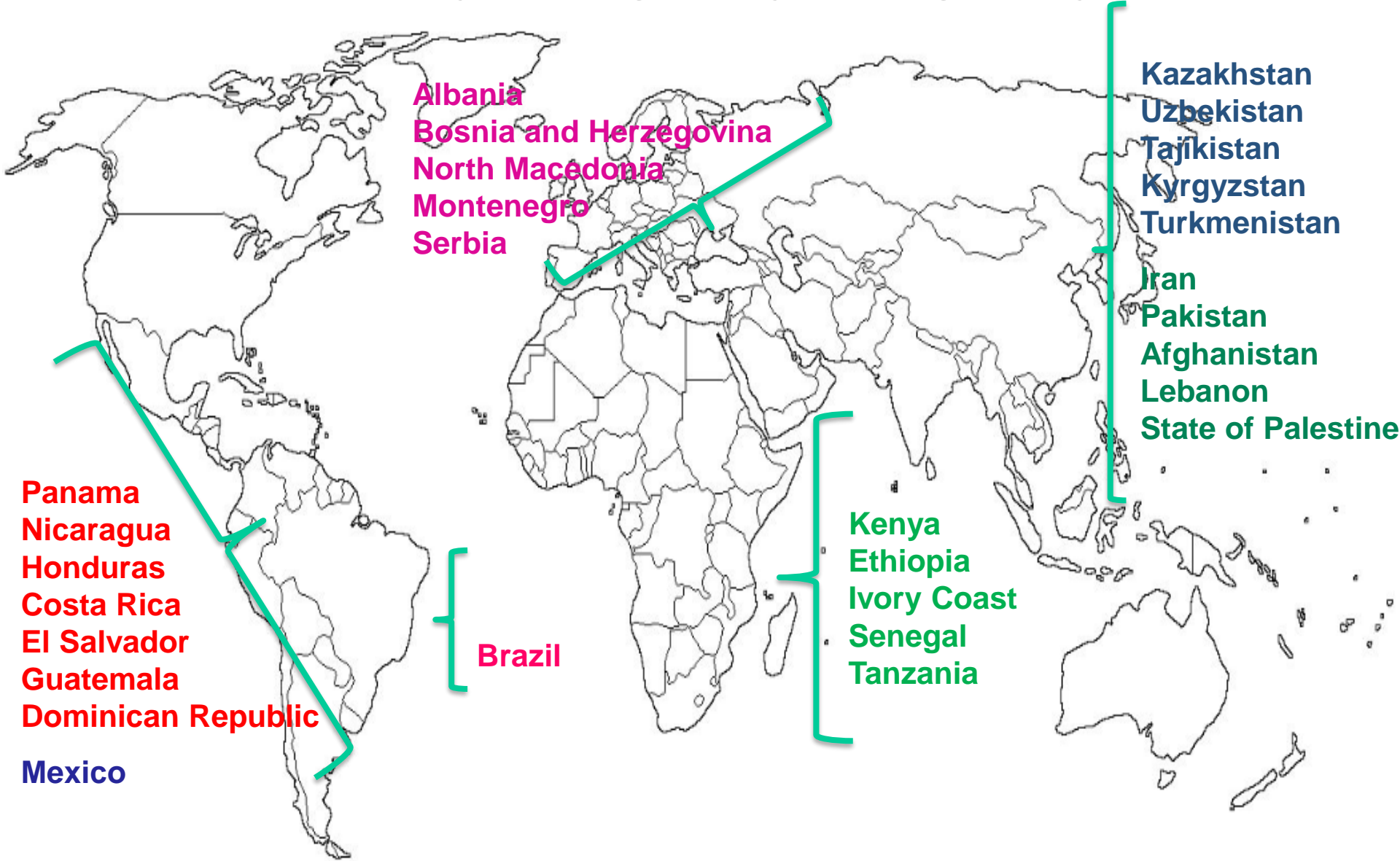


Family skills training

- Prevent substance use (including drug use)
- Prevent violence, particularly youth violence & child maltreatment
- Manage behavioural disorders of children and adolescents
- Promote development of children and youth at risk



29 countries currently piloting family skills globally with UNODC





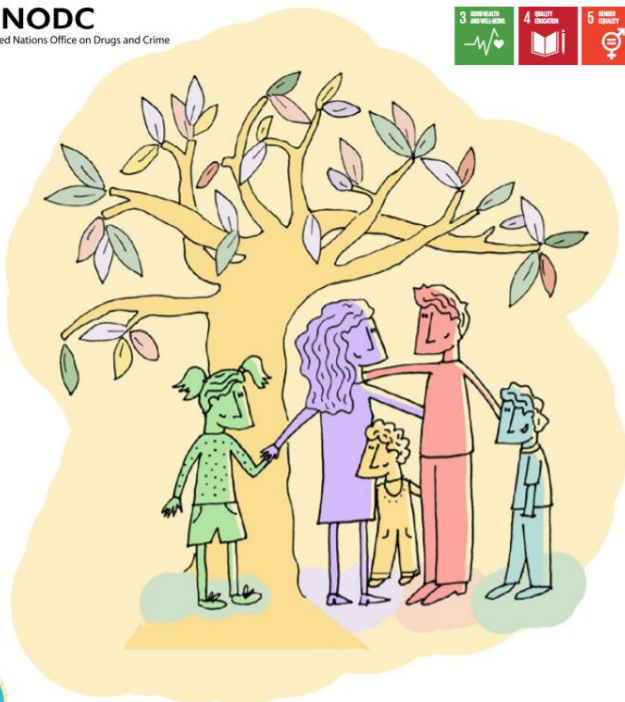
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NEW open-source UNODC programmes for low-resource settings



Family UNited

no design yet 😊



STRONG FAMILIES PROGRAMME

A family skills prevention programme for families living in challenged settings



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Message #3 – The earlier the better

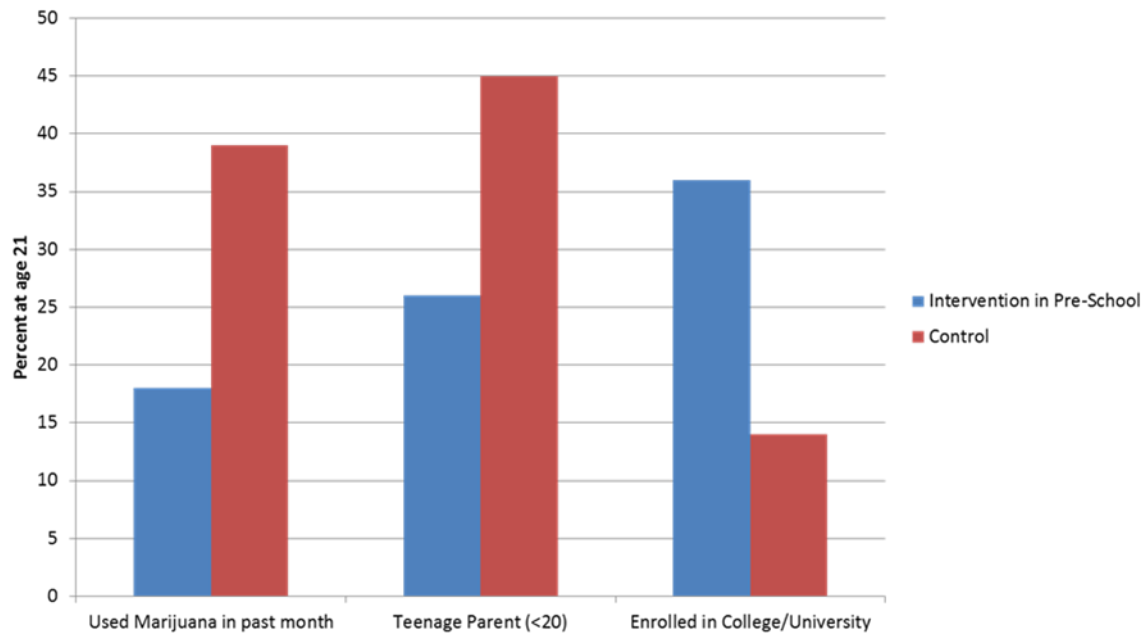


Pre-natal, infancy and early childhood

- Nurse visitation
- Services for pregnant women
- Early childhood education



Example of results of an early childhood education programme (Campbell et al. 2002)





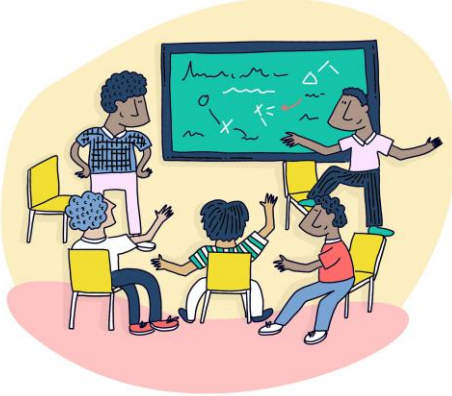
Middle childhood



- Parenting skills training
- Personal and social skills education
- Classroom environment improvement
- Policies to keep children in school
- Addressing mental health disorders



Early adolescence

- Parenting/ family skills training
 - Prevention education based on social competence and influence
 - School policies on substance use
 - School-wide programmes to enhance school attachment
- 
- An illustration of a classroom scene. A teacher stands on the left, pointing at a green chalkboard. A student stands on the right, also pointing at the board. Three other students are seated in yellow chairs, looking towards the board. The board contains various symbols and lines, including a circle with an 'X' and a triangle with an 'X'. The scene is set against a yellow oval background with a pinkish-red floor.
- Addressing individual psychological vulnerabilities
 - Addressing mental health disorders
 - Mentoring

Message # 4

It is never too late



Adolescence and adulthood

- Brief intervention
- Tobacco and alcohol policies
- Workplace prevention programmes
- Community-based multi-component initiatives
- Entertainment venues
- Media campaigns

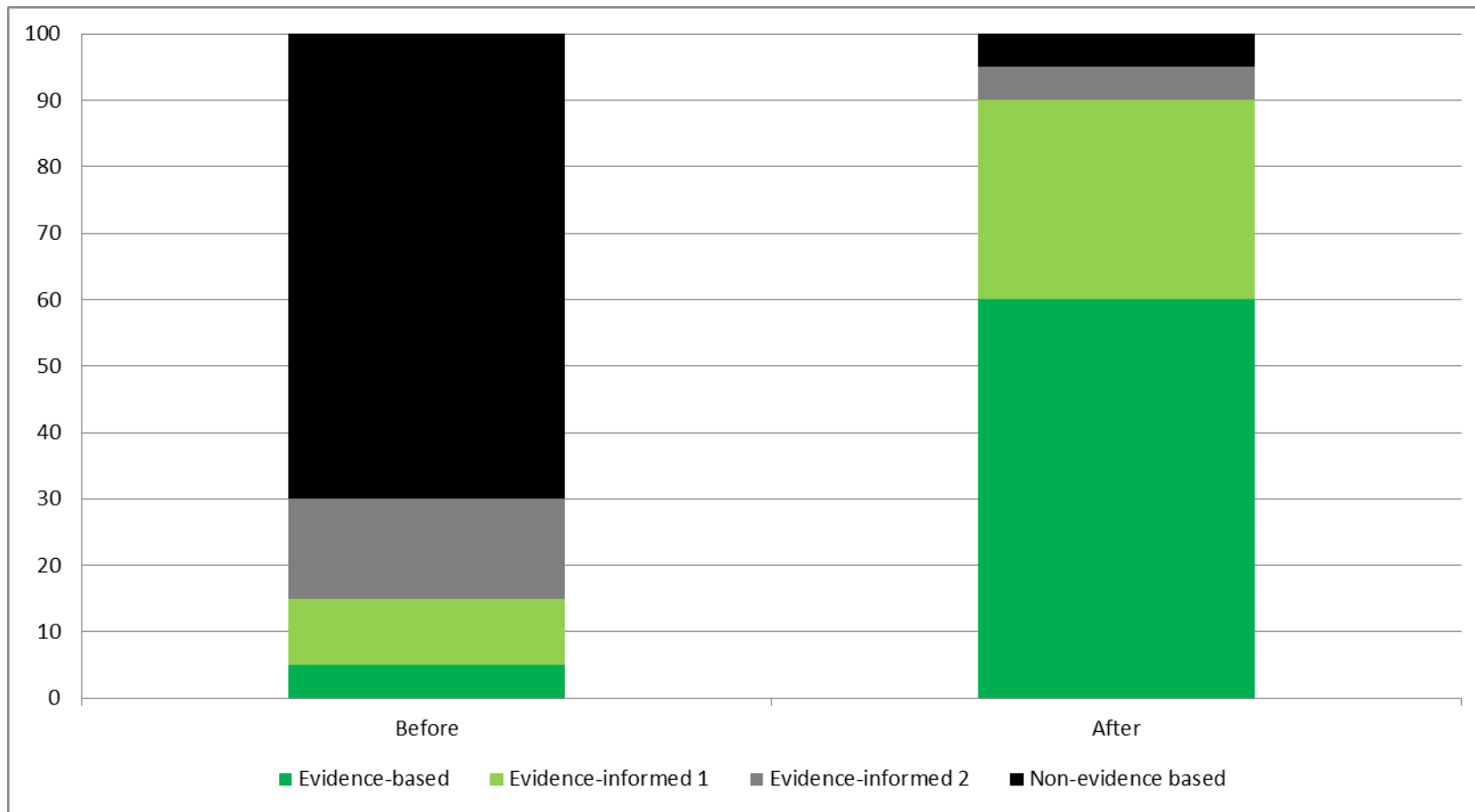


Message # 5

Let us use our resources better



Message #5





Evidence-based

Implement with fidelity a set of activities (a programme) that has been scientifically evaluated to be effective.



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Evidence-informed

**A strategy whose characteristics are in line
with those provided in the Standards**

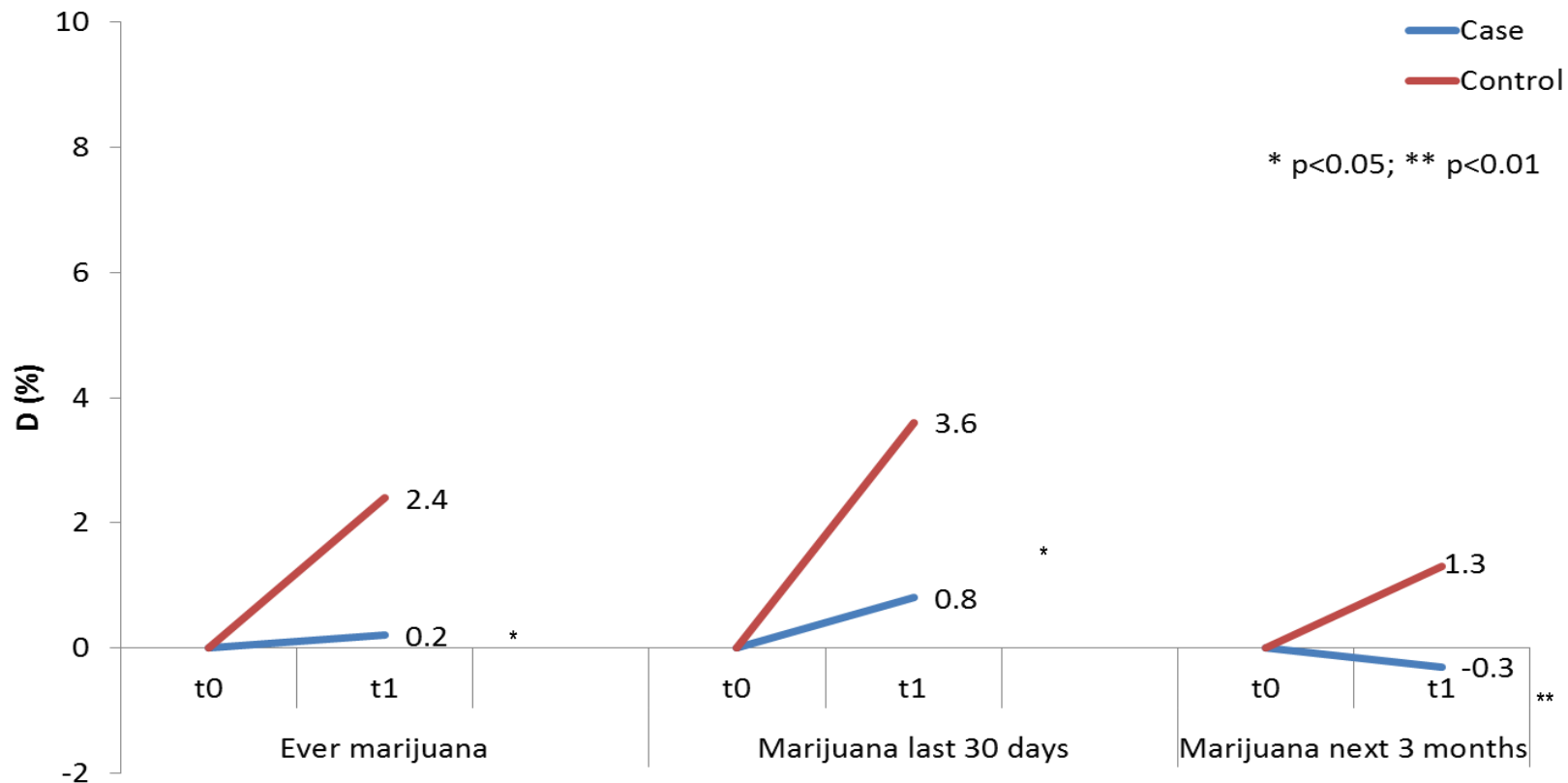


Preventive education in early adolescence

- No effectiveness or adverse effects
 - Only information about drugs
 - Only lectures
 - Only self-esteem
 - Only moral choices
 - Using people in recovery as testimonials
- Effectiveness
 - Personal and social skills
 - Normative nature of use and expectations
 - Perception of risks with no exaggeration and focusing on short-term
 - Interactive
 - 10-15 sessions
 - Well trained facilitators



Relative pre-/ post- difference ($\Delta\%$) in the prevalence of USAGE OF MARIJUANA - Montenegro



The $\Delta\%$ is calculated using the difference between the initial and final prevalence in each group, that is, is how much the specific indicator increased during the study period in both groups. It is not the prevalence of the indicator in the year.

Ultimately ...





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World Health Organization



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LET'S DO IT!

THANK YOU