

Prevention that **WORKS!**

Healthy and safe development of
children and youth



UNODC perspectives on health-oriented prevention of drug use

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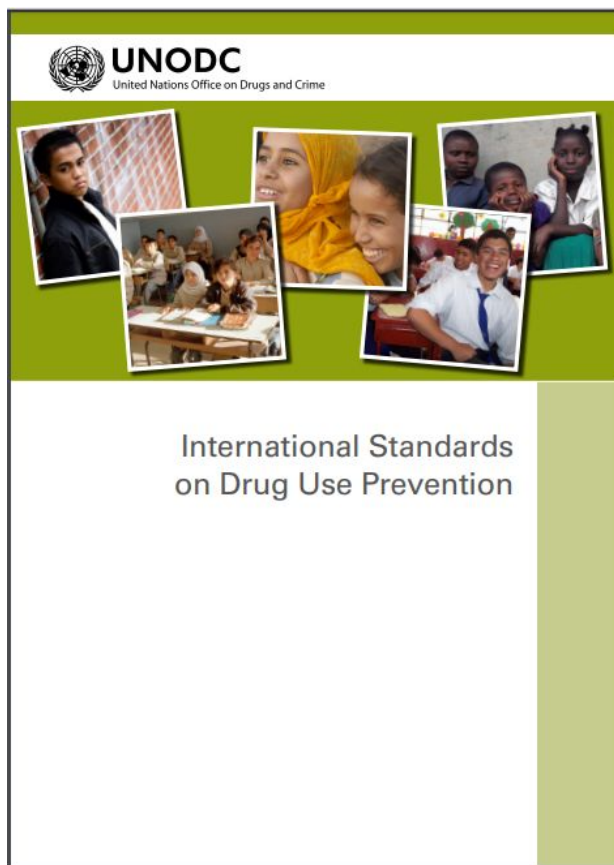
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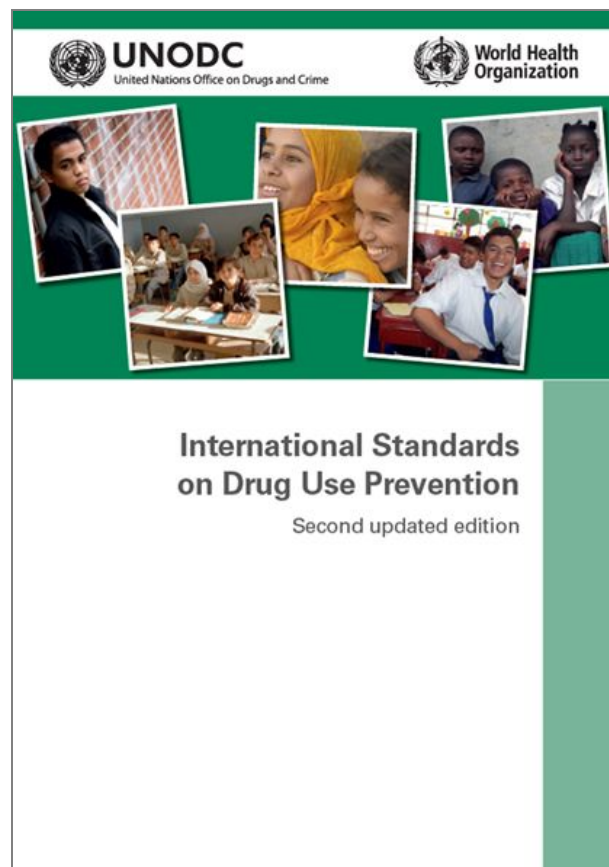
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Healthy and safe development of children and youth

First edition – **SECOND EDITION!!!**



2013



2018

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



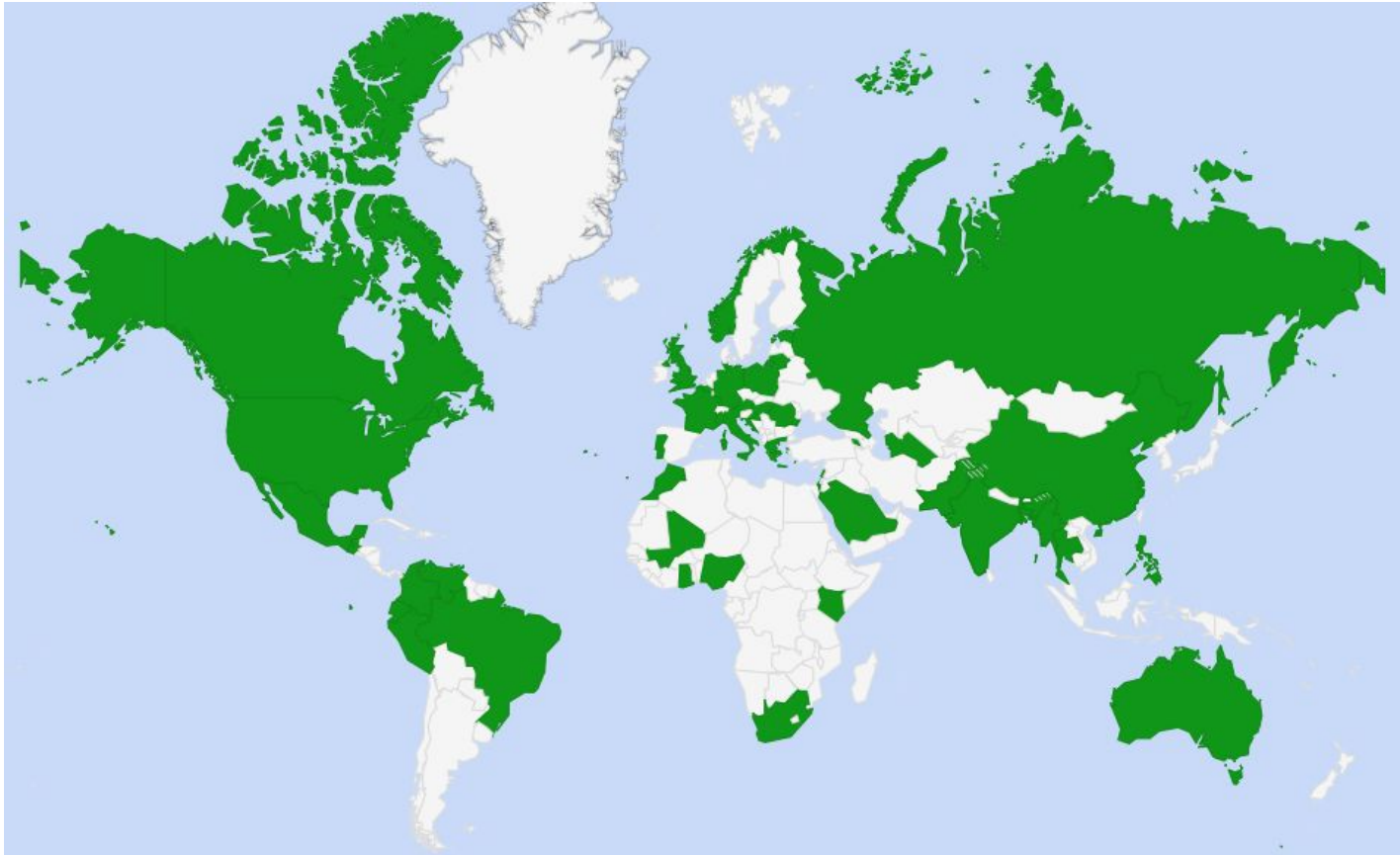
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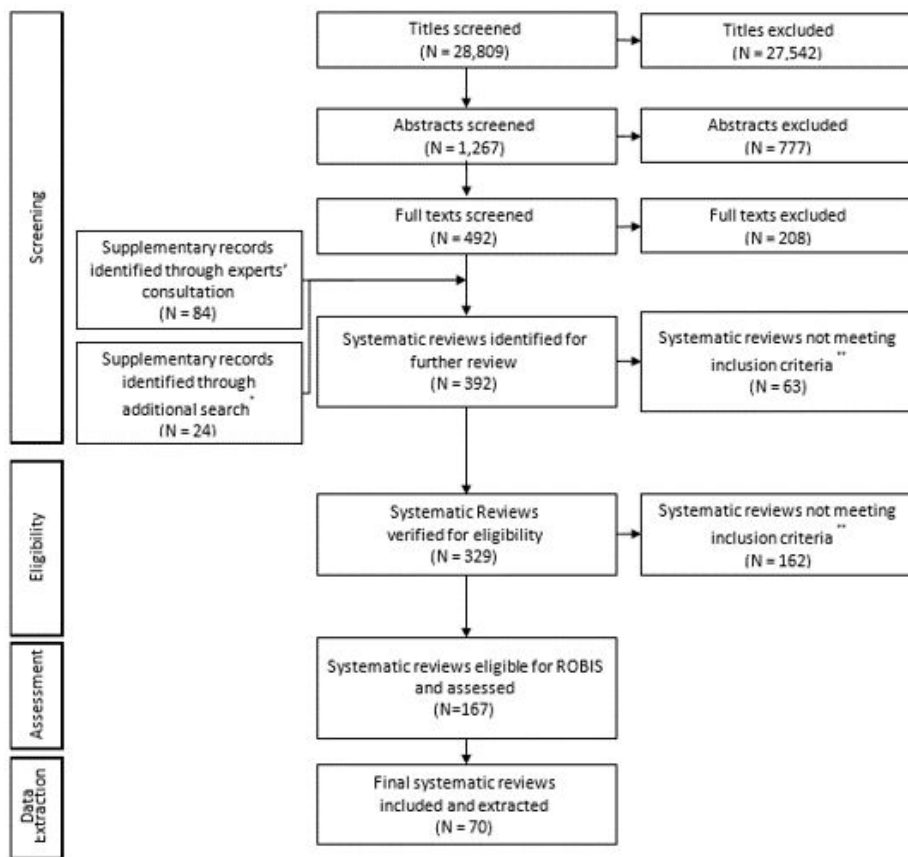
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**Not only UNODC and WHO
100+ experts from 47 countries**

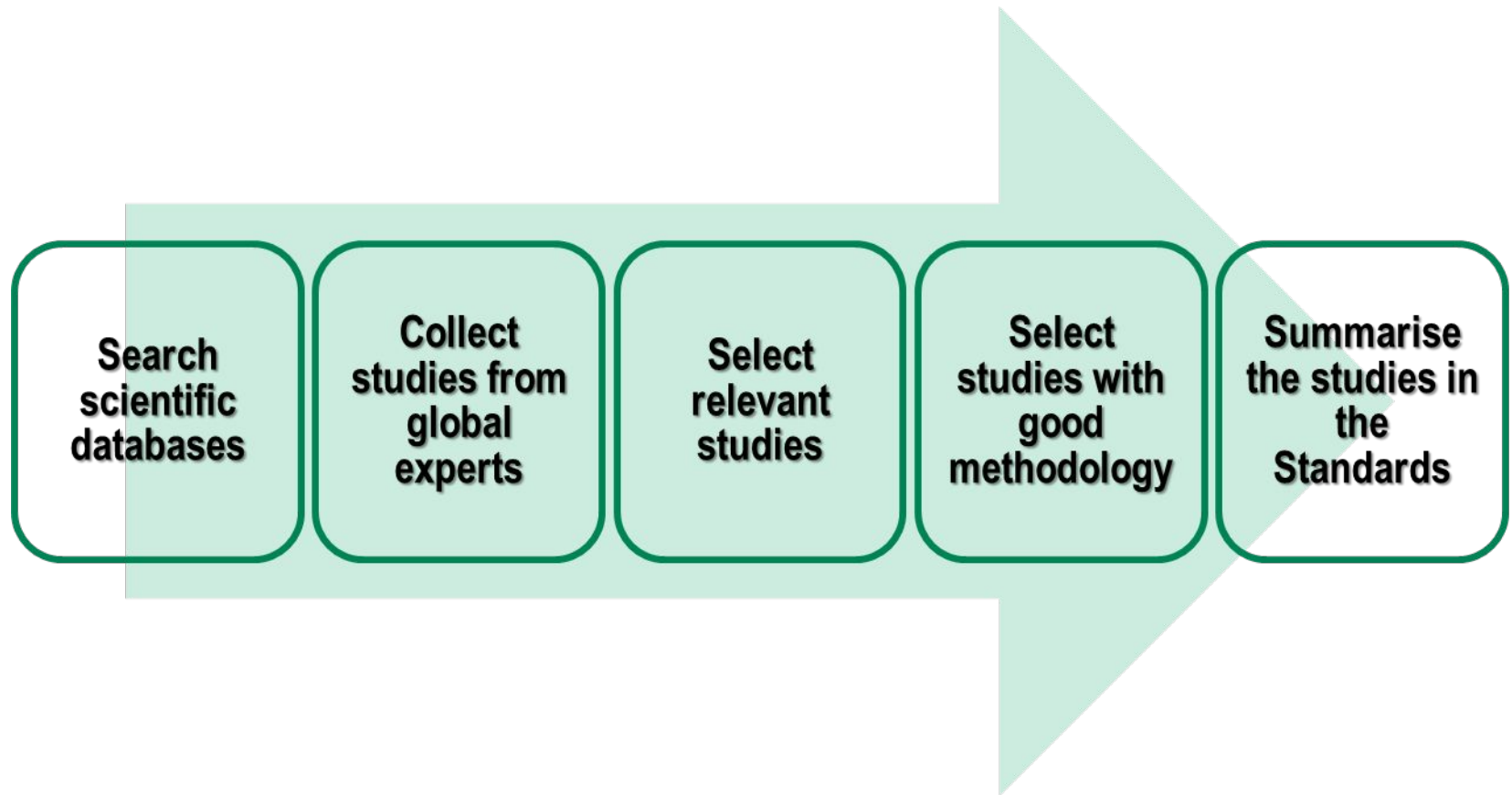




Flow diagram



Flow diagram



WHAT DID WE FIND?!



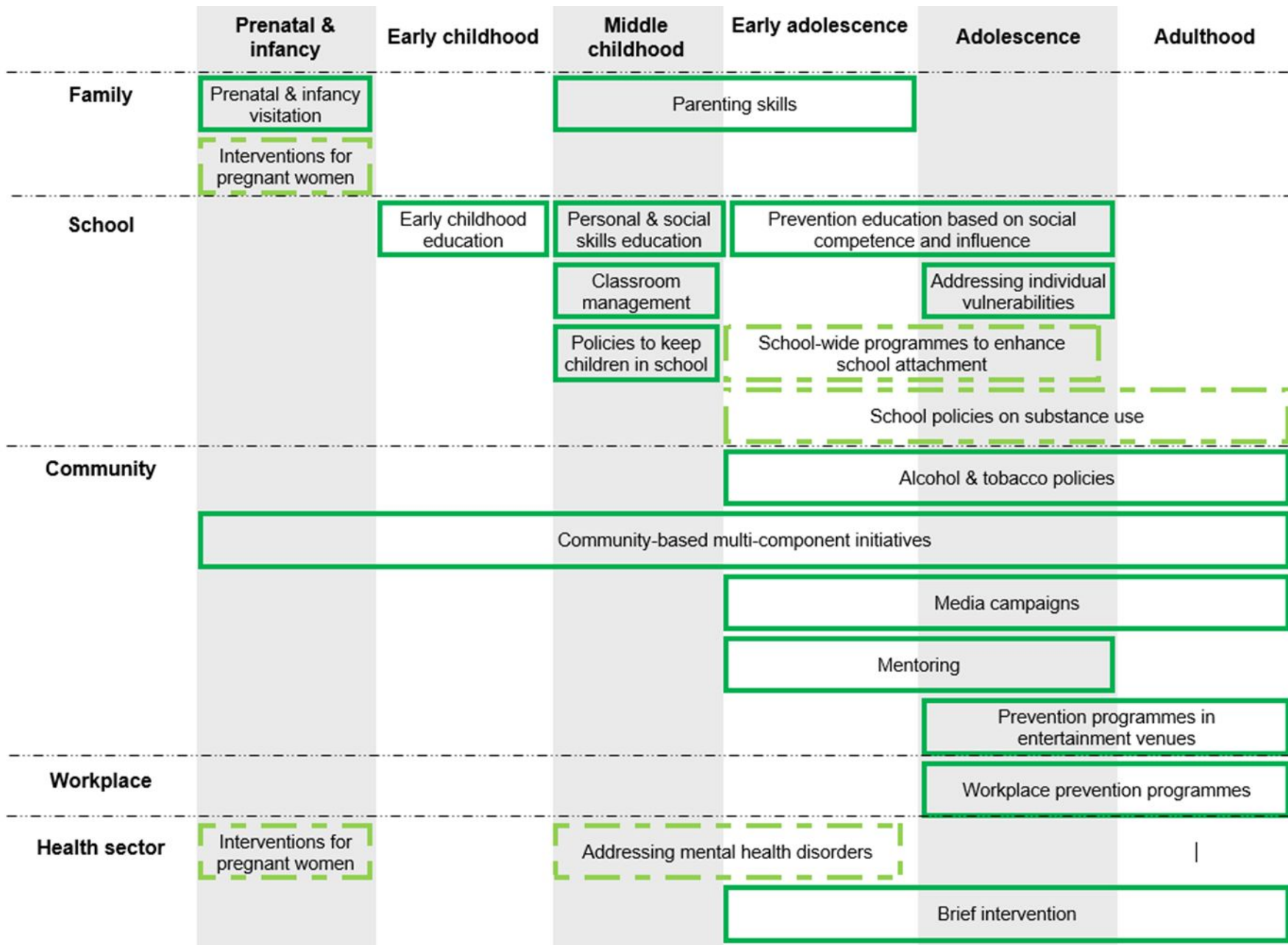
Message #1

**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)



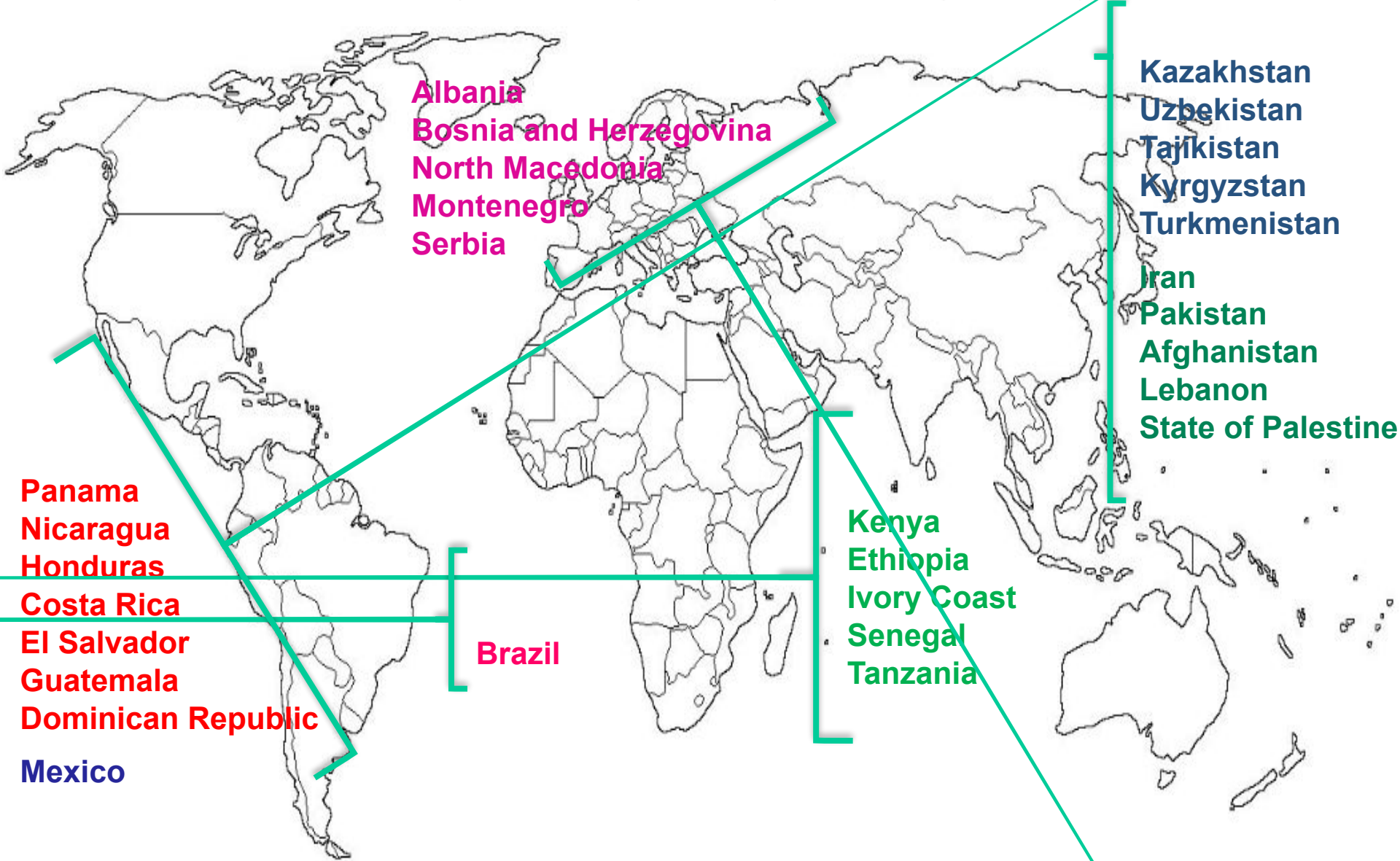


Family skills training

- 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





@UNODC_PTRS


Prevention Science

<https://doi.org/10.1007/s11121-018-0935-0>



CrossMark

Strengthening a Culture of Prevention in Low- and Middle-Income Countries: Balancing Scientific Expectations and Contextual Realities

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Abstract

Relevant initiatives are being implemented in low- and middle-income countries (LMICs) aimed at strengthening a culture of prevention. However, cumulative contextual factors constitute significant barriers for implementing rigorous prevention science



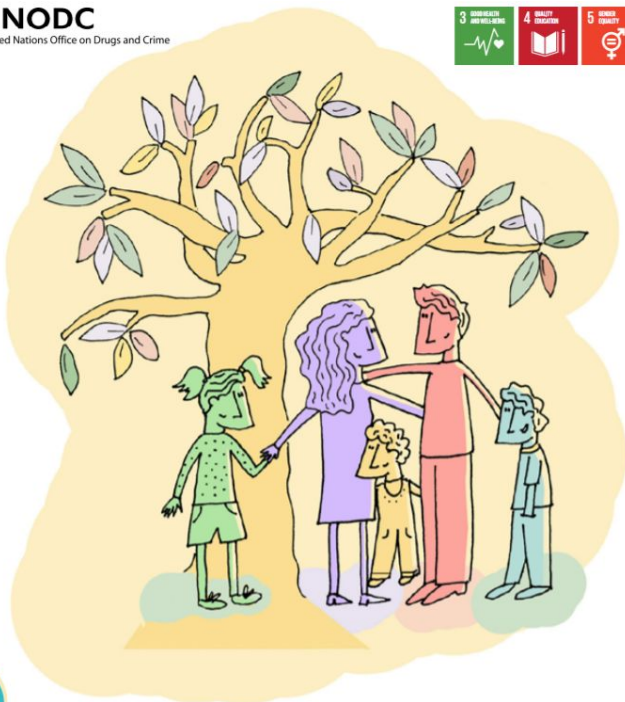
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NEW open-source UNODC programmes for low-resource settings



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



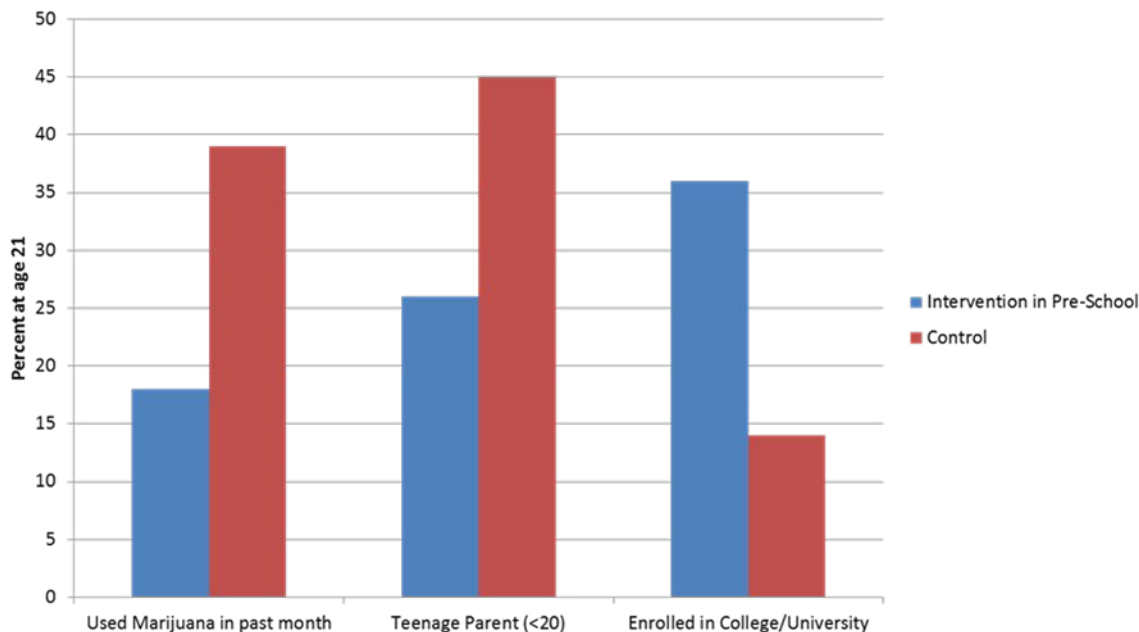
Pre-natal, infancy and early childhood

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





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





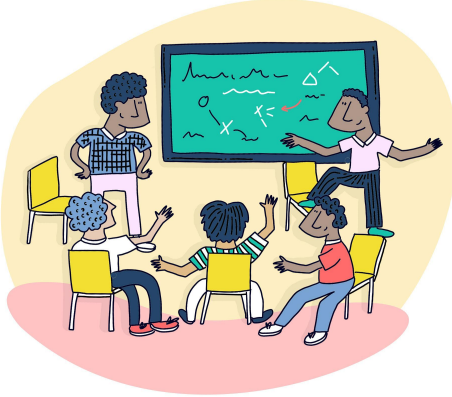
Middle childhood



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

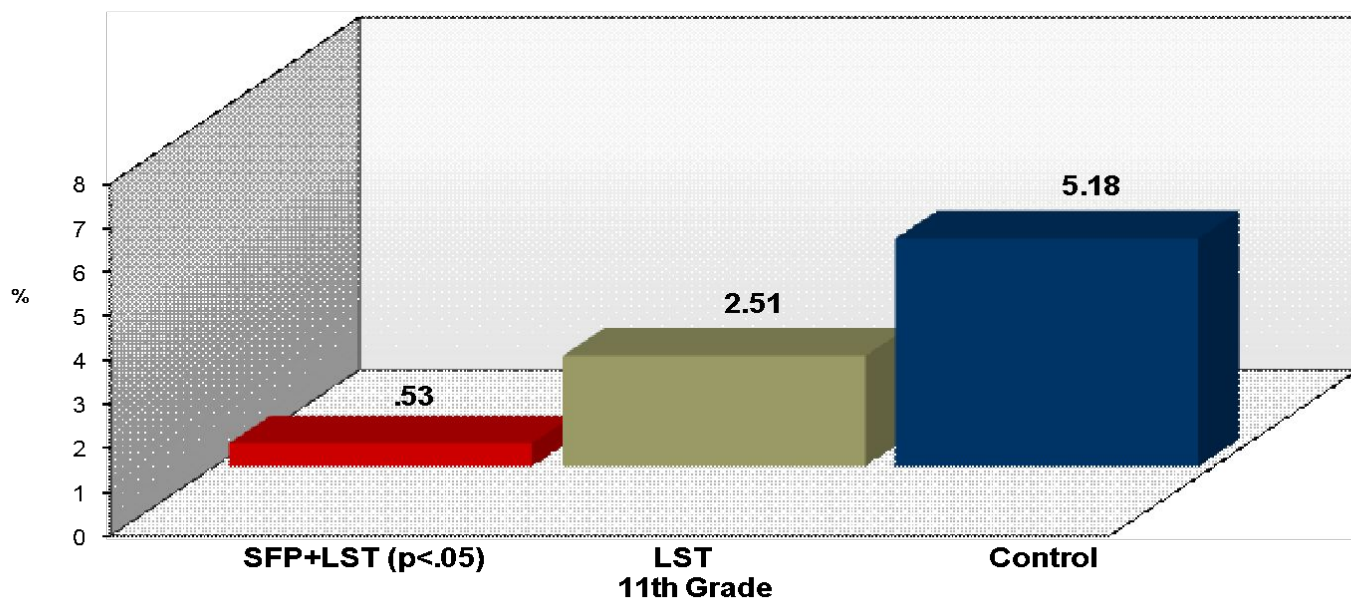


Early adolescence

- 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', a triangle, and wavy lines. The scene is set against a light yellow background with a pink oval shadow on the floor.
- Addressing individual psychological vulnerabilities
 - Addressing mental health disorders
 - Mentoring



Example: Meth Initiation Results at 4½ Years Past Baseline (when life skills based prevention (LST) only, and when in combination with parenting skills (SFP))

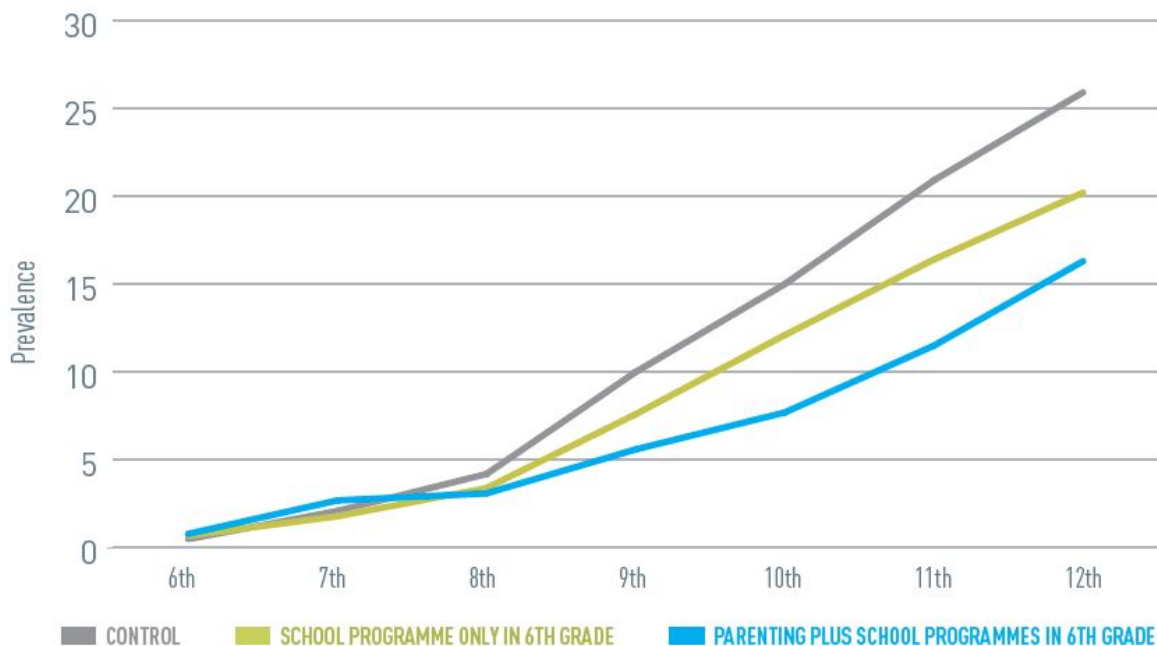


Source: Spoth, R., Clair, S., Shin, C., & Redmond, C. (2006). Long-term effects of universal preventive interventions on methamphetamine use among adolescents. *Archives of Pediatrics and Adolescent Medicine*, 160, 876-882.



Combine evidence-based family and life skills

PREVALENCE OF NON-MEDICAL USE OF PRESCRIPTION OPIOIDS
6 YEARS AFTER PROGRAMME DELIVERY IN 6TH GRADE



Adapted from: Crowley, D. M., Jones, D. E., Coffman, D. L., and Greenberg, M. T. (2014). Can we build an efficient response to the prescription drug abuse epidemic? Assessing the cost effectiveness of universal prevention in the PROSPER trial. *Preventive medicine*, 62, 71-77.

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

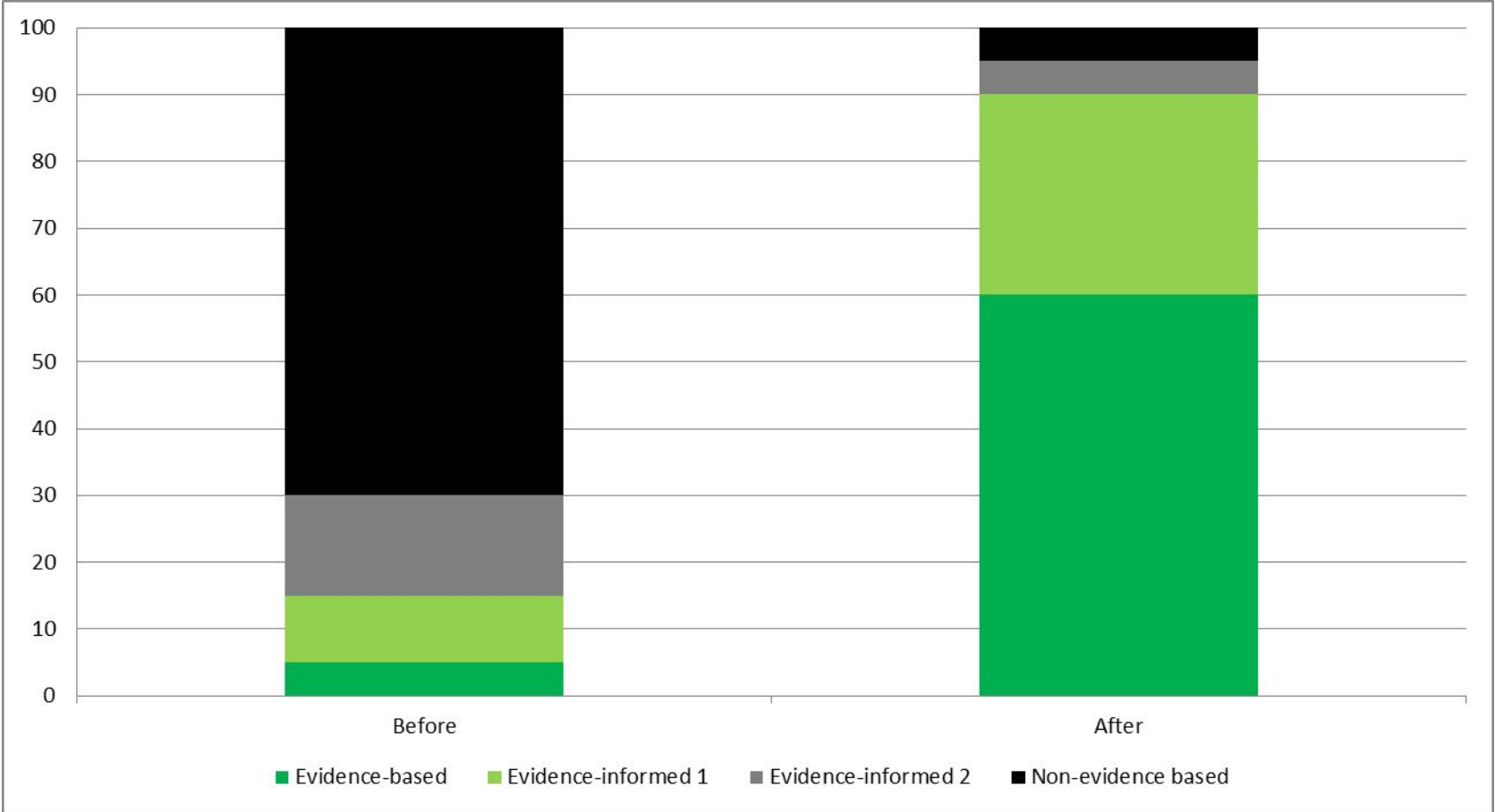


Message # 5

**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.**



Evidence-informed

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

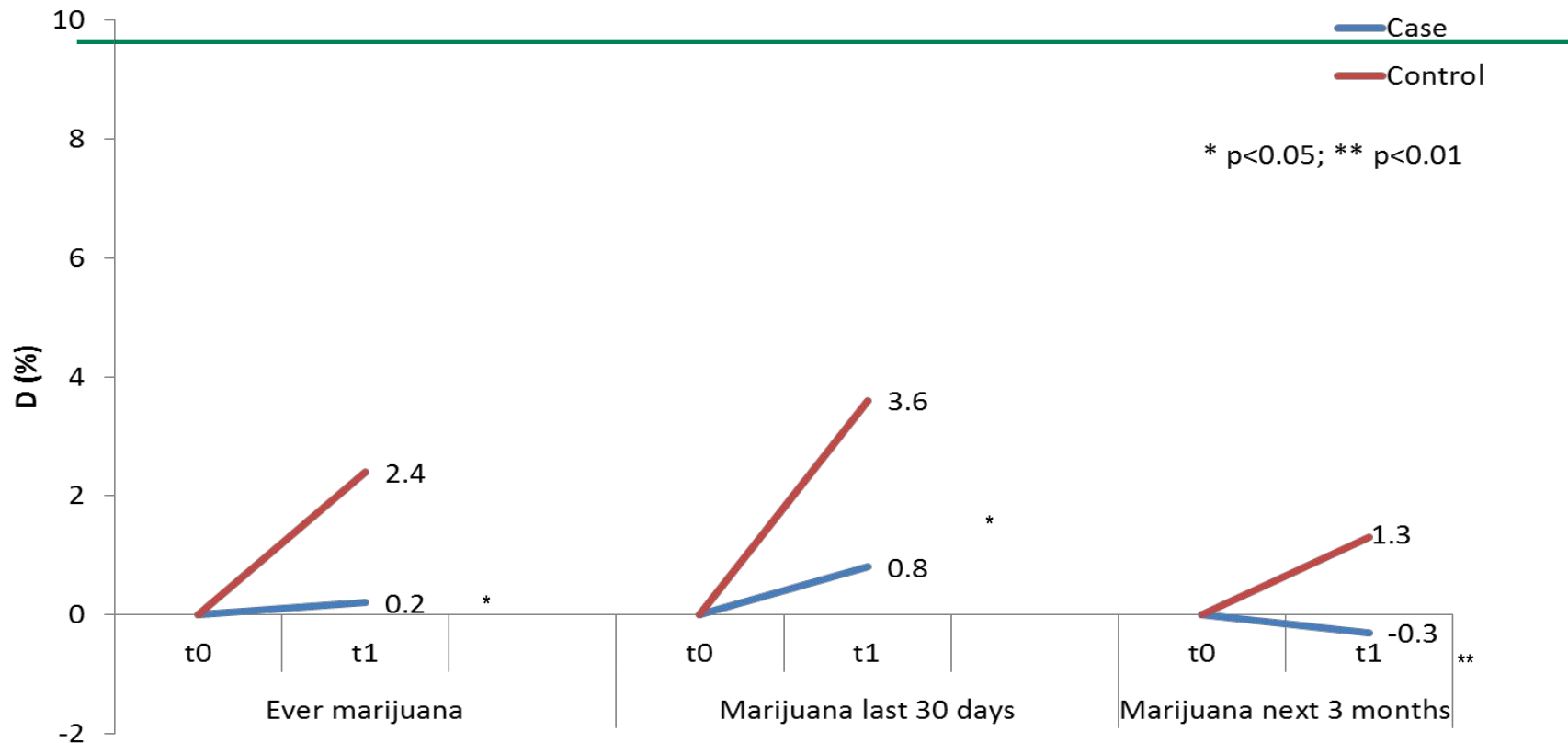


Preventive education in early adolescence

- 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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International Standards on Drug Use Prevention

Second updated edition



International Standards on Drug Use Prevention

Second updated edition



International Standards on Drug Use Prevention

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LET'S DO IT!



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World Health Organization



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THANK YOU!