

Prevention works!

Healthy and safe development
of children and youth



Evidence-based prevention of drug use: WHAT DOES IT MEAN?

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Rehabilitation Section

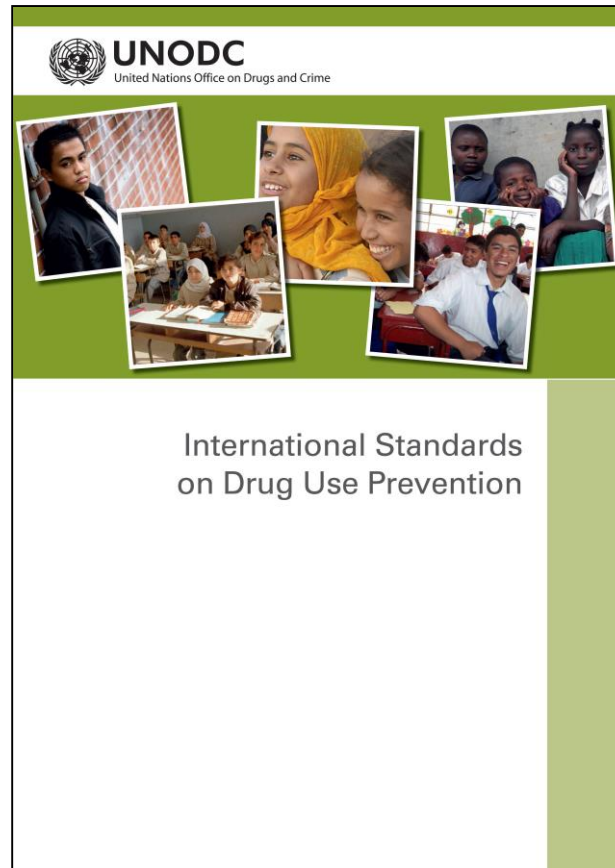
Sustainable Development Goal

- Goal 3
Health for all
- Target 3.5
Strengthening prevention and treatment of
substance use disorders
- BY 2030!!!



**Coverage and quality of
drug prevention worldwide
is very very low**

International Standards on Drug Use Prevention



More than 80 experts from more than 30 countries



Building on existing resources

Secretariat for Multidimensional Security
Inter-American Drug Abuse Control Commission



Collect studies from experts AND from the scientific literature



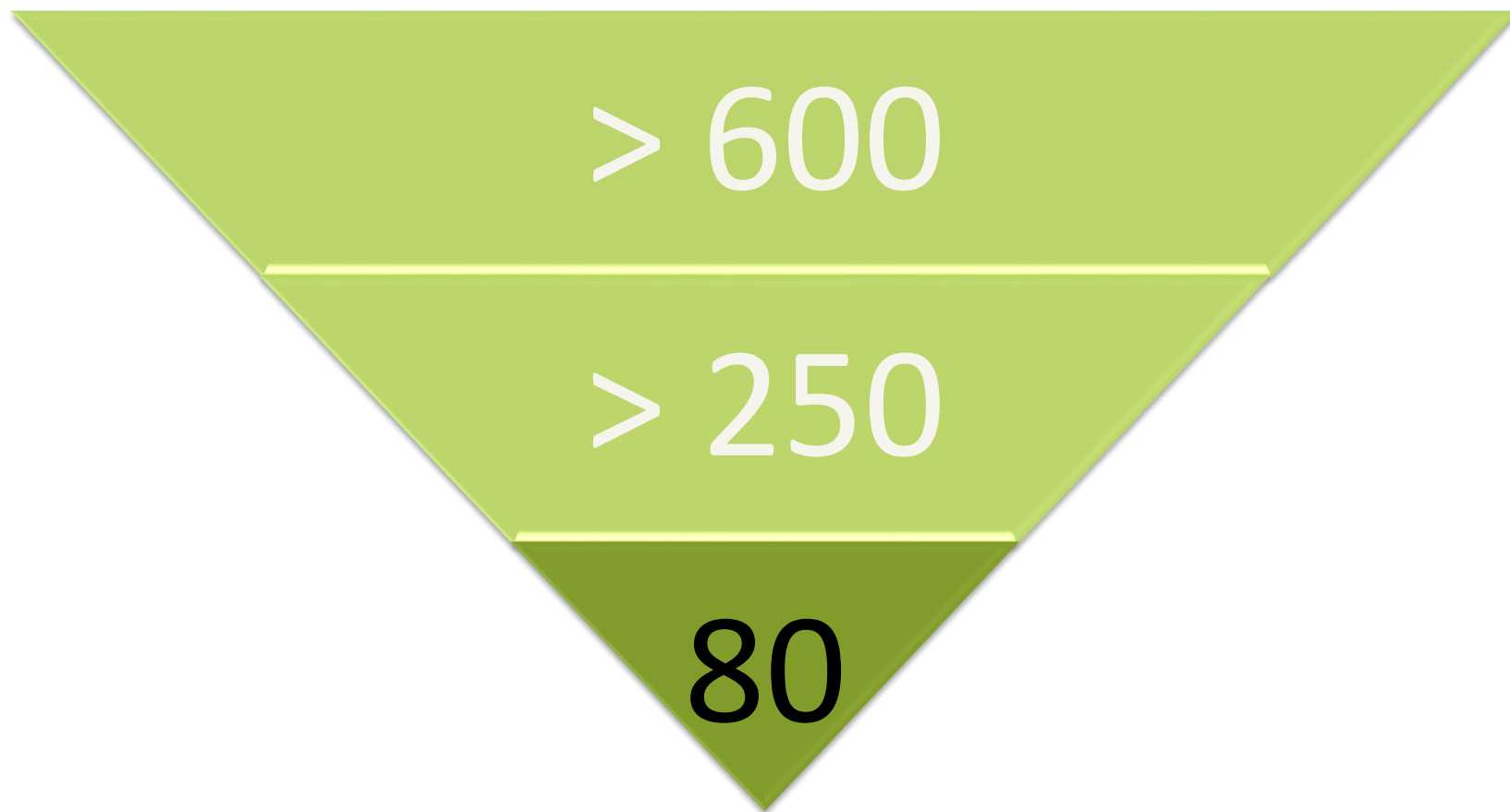
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Select studies evaluating the **EFFECTIVENESS** of interventions and policies

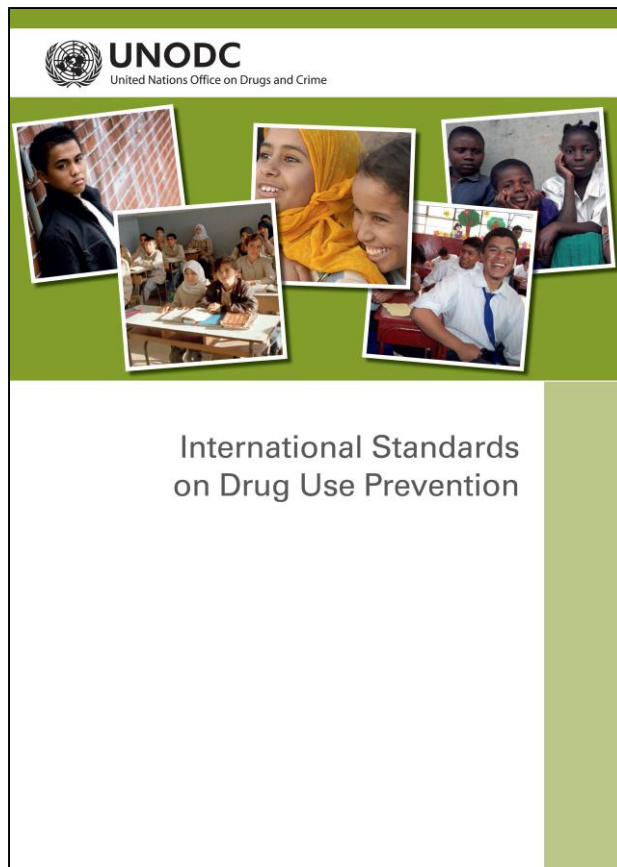
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Select the studies with a **GOOD** methodology







2,217

What did we find?





What did we find? The good news:

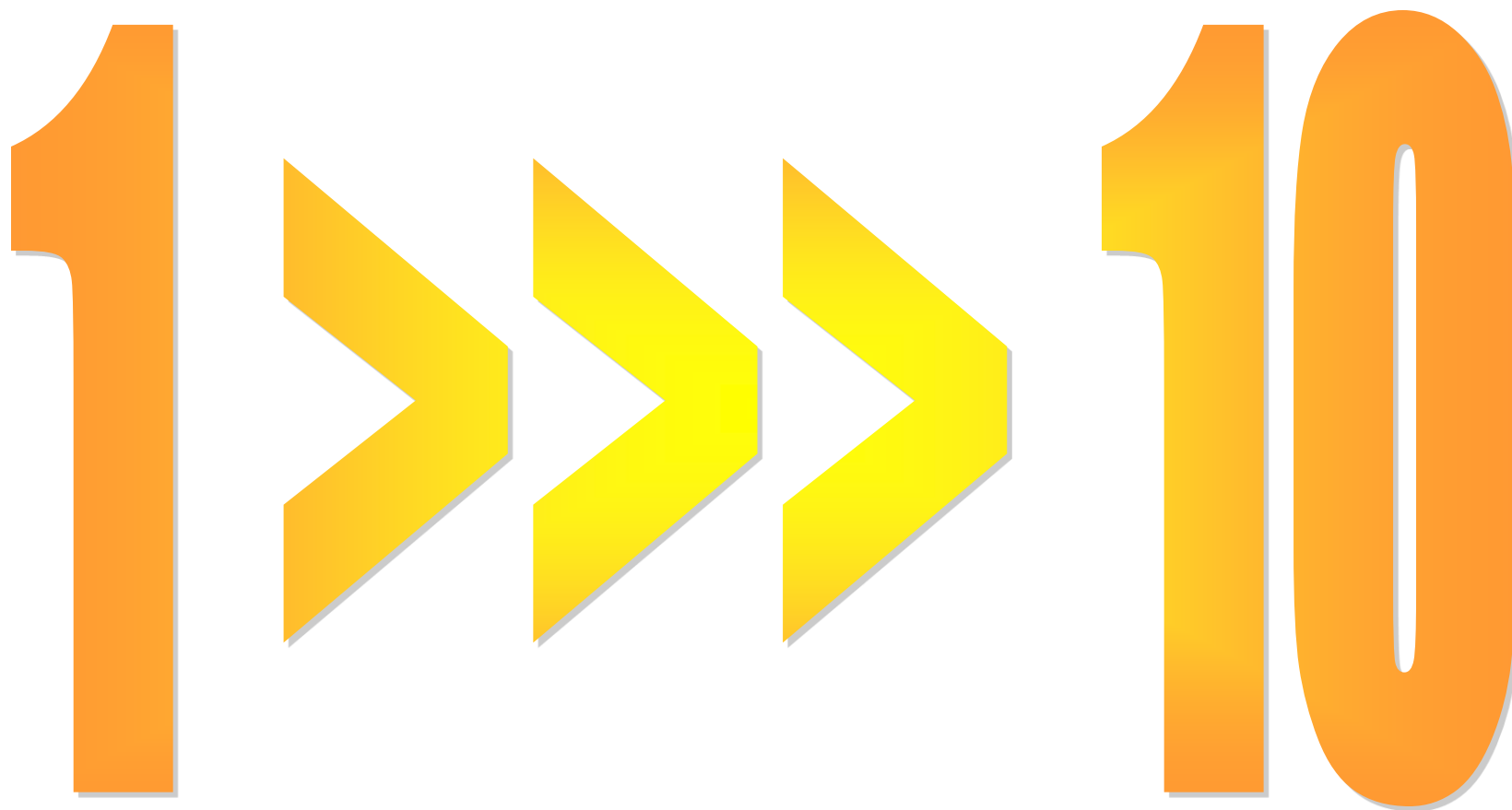
There ARE many interventions and policies that are effective (AND cost-effective!) in preventing drug use, substance use (& other risky behaviours!).

Prevention works!

Healthy and safe development of children and youth

	Prenatal & infancy	Early childhood	Middle childhood	Early adolescence	Adolescence	Adulthood
Family	<p>Prenatal infancy & visitation ★★</p> <p>Interventions for pregnant women with substance abuse disorders ★</p>		<p>Parenting skills ★★★★</p>			
School		<p>Early childhood education ★★★★</p>	<p>Personal & social skills ★★★</p> <p>Classroom management ★★★</p> <p>Policies to keep children in school ★★</p>	<p>Personal & social skills & social influences education ★★★</p>	<p>Addressing individual vulnerabilities ★★</p> <p>School policies & culture ★★</p>	
Community					<p>Alcohol & tobacco policies ★★★★★</p> <p>Community-based multi-component initiatives ★★★</p> <p>Media campaigns ★</p> <p>Mentoring ★</p> <p>Entertainment venues ★★</p>	
Workplace						<p>Workplace prevention ★★★</p>
Health sector					<p>Brief intervention ★★★★</p>	

Evidence-based drug prevention is cost effective



What did we find?

The not-so-good news



What did we find?

The not-so-good news:

**There are
MANY limits
to the available
evidence**

LIMITED evidence

- Low- and middle-income countries
- Prevention for girls and women
 - Only 5% of evidence-based programmes have collected results disaggregated by sex.
 - Benefit for girls and boys NOT NECESSARILY the same.
 - Parenting skills programmes benefit girls at least as well as boys most (consistent with the etiology)
 - UNODC guidelines



No evidence (yet?!)

- Prevention of non-medical use of prescription drugs
- Prevention of use of new psychoactive substances not controlled under the Conventions
- Sports and other leisure time activities
 - Some promising evidence on using sports as a setting (e.g. the coach provides lifeskills sessions during the sports training)
- Strategies targeting children and youth particularly at risk:
 - Out-of-school children and youth, street children, current and ex-child soldiers, displaced or post-conflict populations, children and youth in foster care, in orphanages, (in the juvenile justice system).

Let's us build on the positive (not forgetting the limitations and how we can improve)!

	Prenatal & infancy	Early childhood	Middle childhood	Early adolescence	Adolescence	Adulthood	
Family	Prenatal infancy & visitation ★★		Parenting skills ★★★★				
	Interventions for pregnant women with substance abuse disorders ★						
School		Early childhood education ★★★★	Personal & social skills ★★★	Personal & social skills & social influences education ★★★			
			Classroom management ★★★		Addressing individual vulnerabilities ★★		
			Polides to keep children in school ★★	School policies & culture ★★			
Community				Alcohol & tobacco polides ★★★★★			
		Community-based multi-component initiatives ★★★					
				Media campaigns ★			
				Mentoring ★			
			Entertainment venues ★★				
Workplace					Workplace prevention ★★★		
Health sector					Brief intervention ★★★★		

Infancy and early childhood



Early childhood education

Description



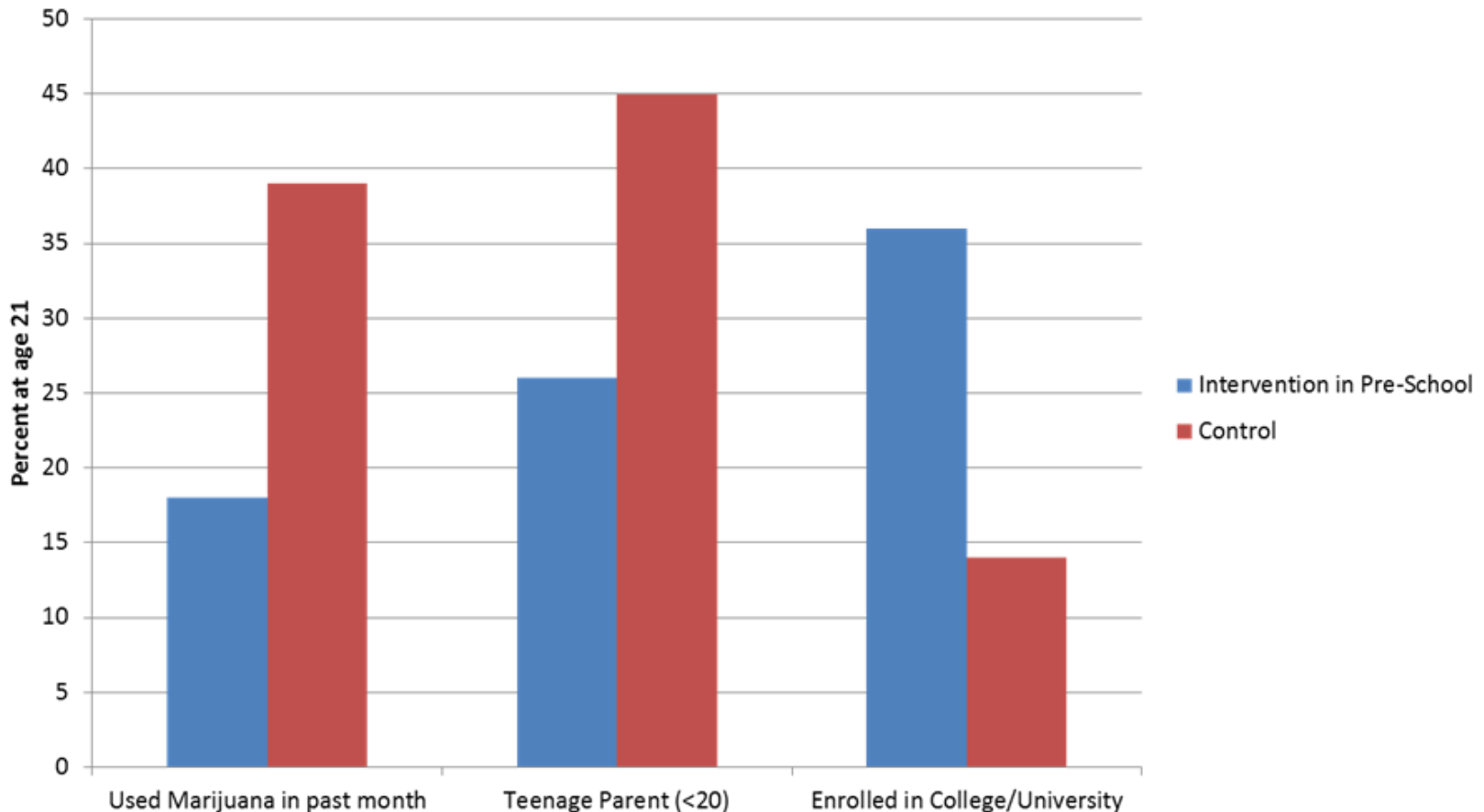
- Early education supports social and cognitive development of pre-school children (2 - 5 year olds) from deprived communities
- A selective intervention

Early childhood education

Evidence

- Two systematic reviews of evidence (USA)
- Early education to children growing in disadvantaged communities:
 - Reduces marijuana use at age 18
 - Decreases smoking and use of other illicit drugs
 - Prevents other risky behaviours
 - Supports sound mental health development
 - Promotes social inclusion and academic success
- ★ ★ ★ ★ - Very good indication of efficacy

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



Middle childhood





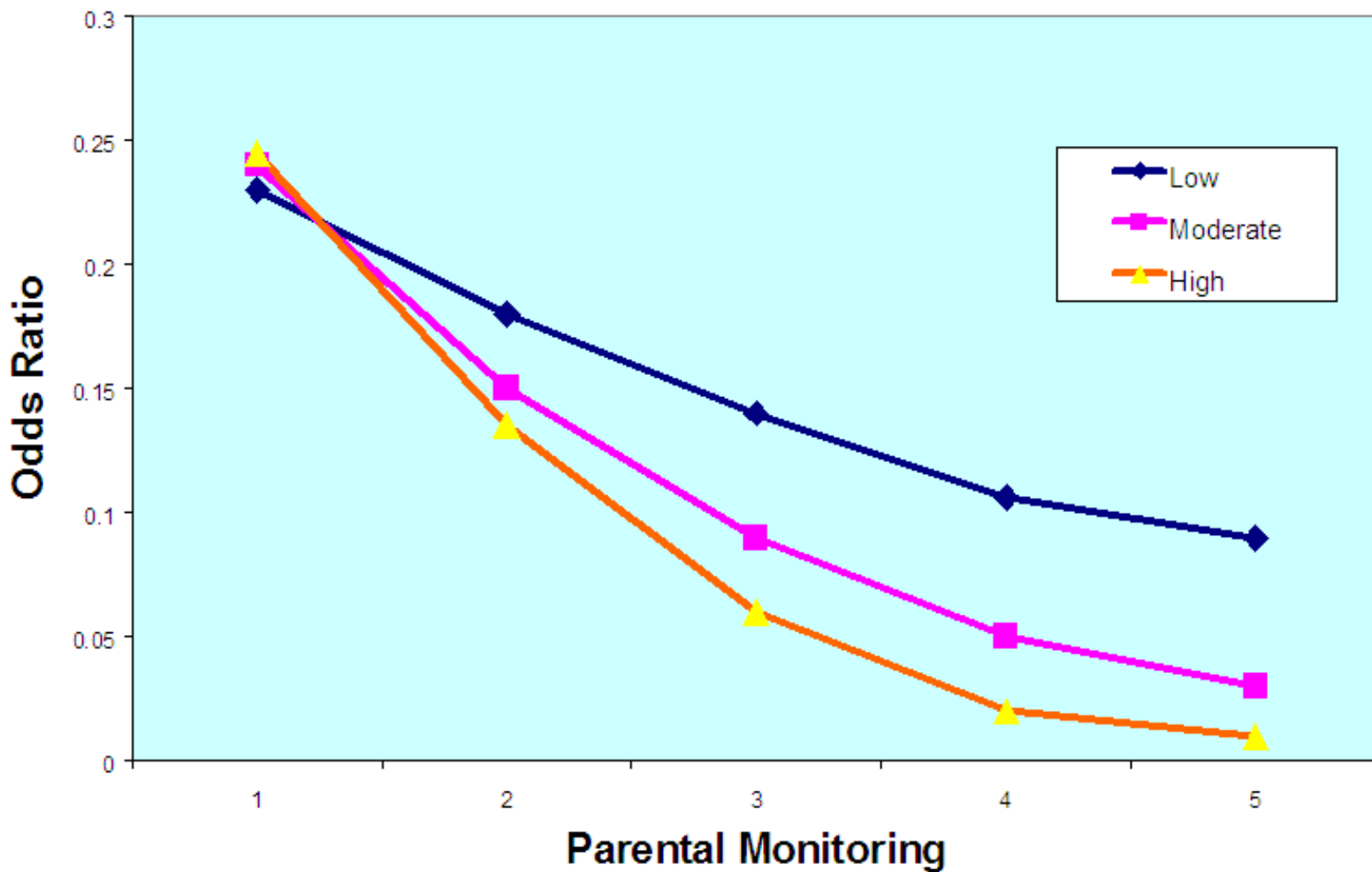
Parenting skills

Description

- Help parents to be better parents in simple ways
- Strengthen parents-children bonding
- Relevant for parents of young adolescents
- Delivery at universal and selective levels



Likelihood of Inhalant Use by Parental Monitoring and Knowledge (Low, Moderate, High)

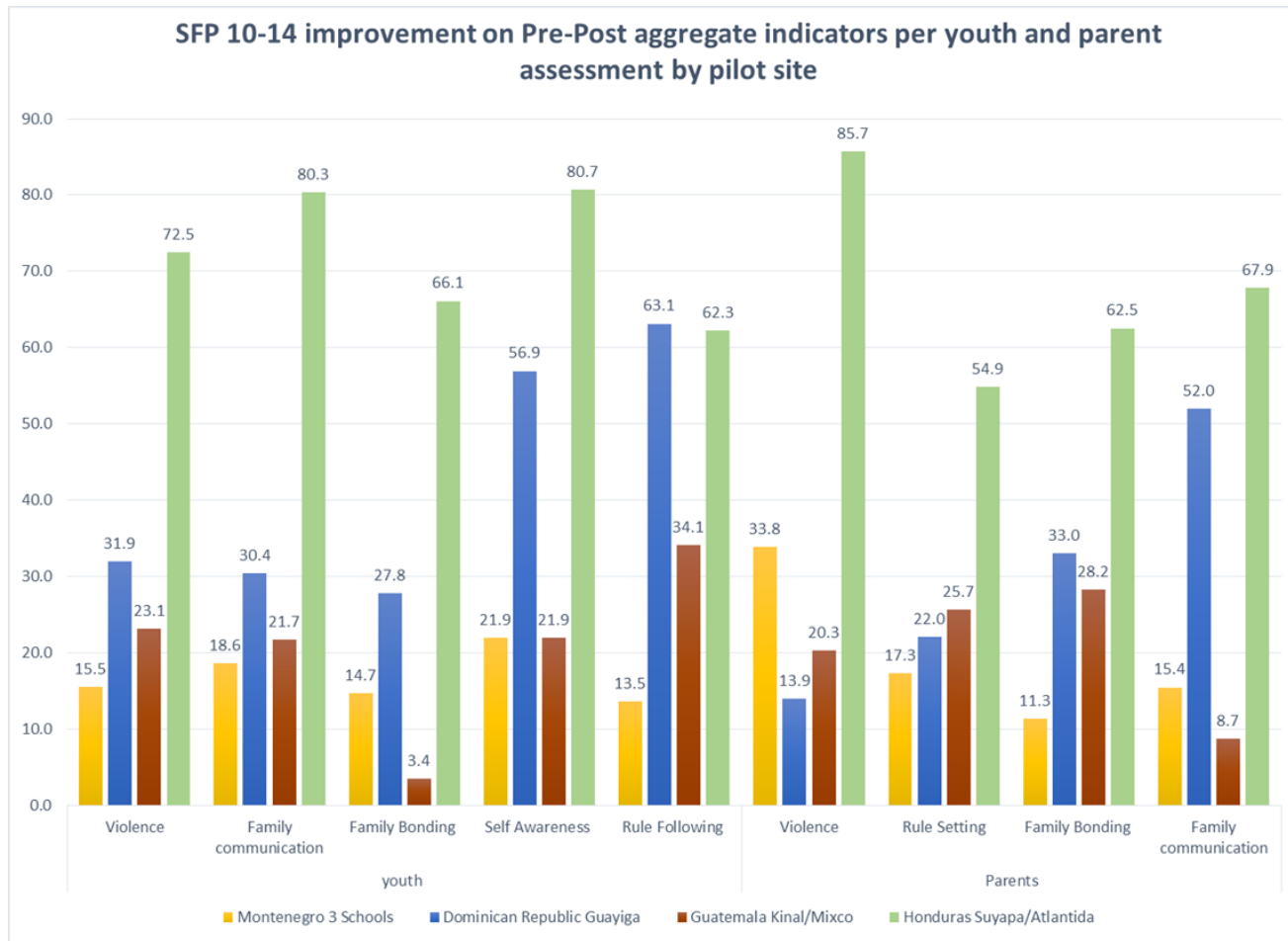


Parenting skills

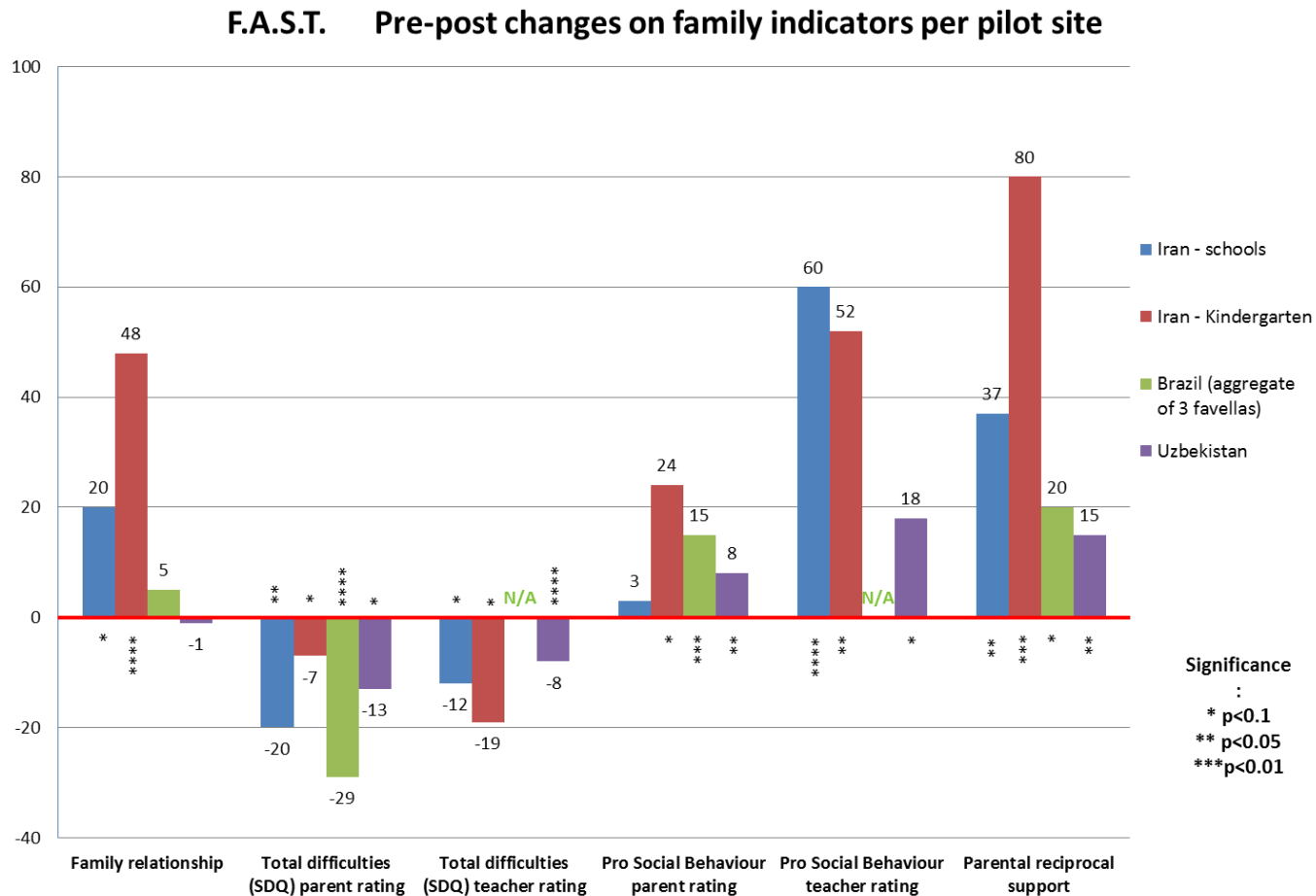
Evidence

- 13 systematic reviews of evidence
- Family-based universal programmes prevent alcohol use and drug use in young people
 - Small, but persistent effect size.
- Most effective in producing long term reductions in substance abuse for vulnerable young people with multiple risk factors
- Significant and long term improvements to family functioning (both parenting skills and child behaviour)
- Evidence of cost-effectiveness
- Implemented in Africa, Asia, Middle East and Latin America, although the quality of evaluation in these countries is not strong.
- ★ ★ ★ ★ - Very good indication of efficacy

Example of family skills training effectiveness in violent communities: SFP 10-14 in Honduras

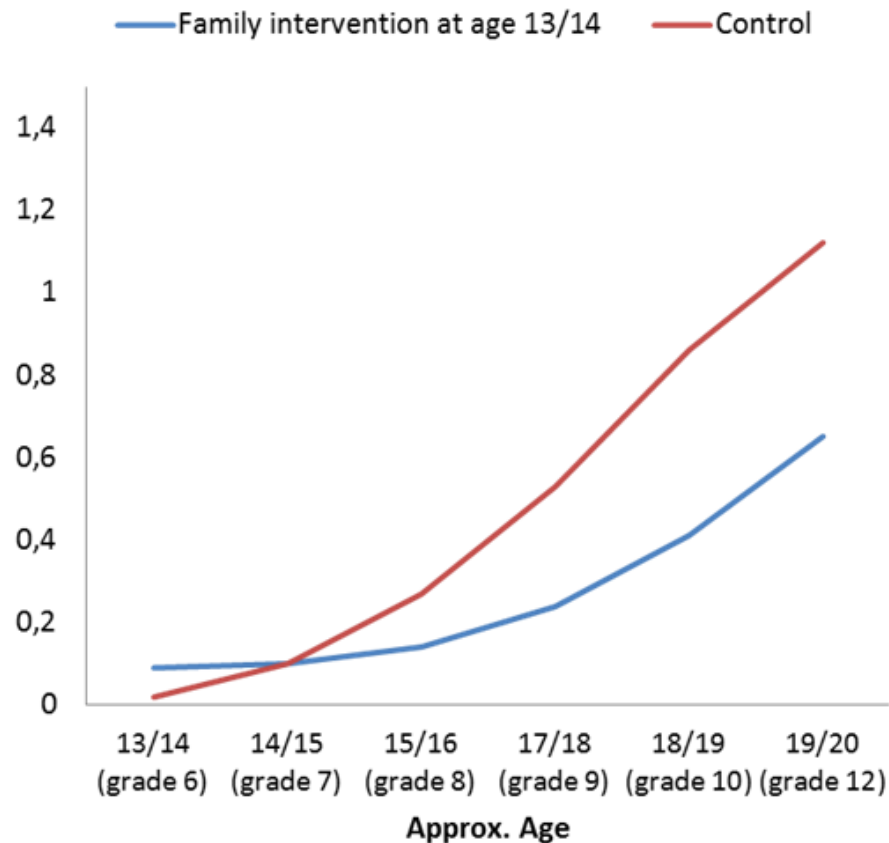


Example of family skills training effectiveness in poor communities: FAST for families with children in kindergarten in Iran

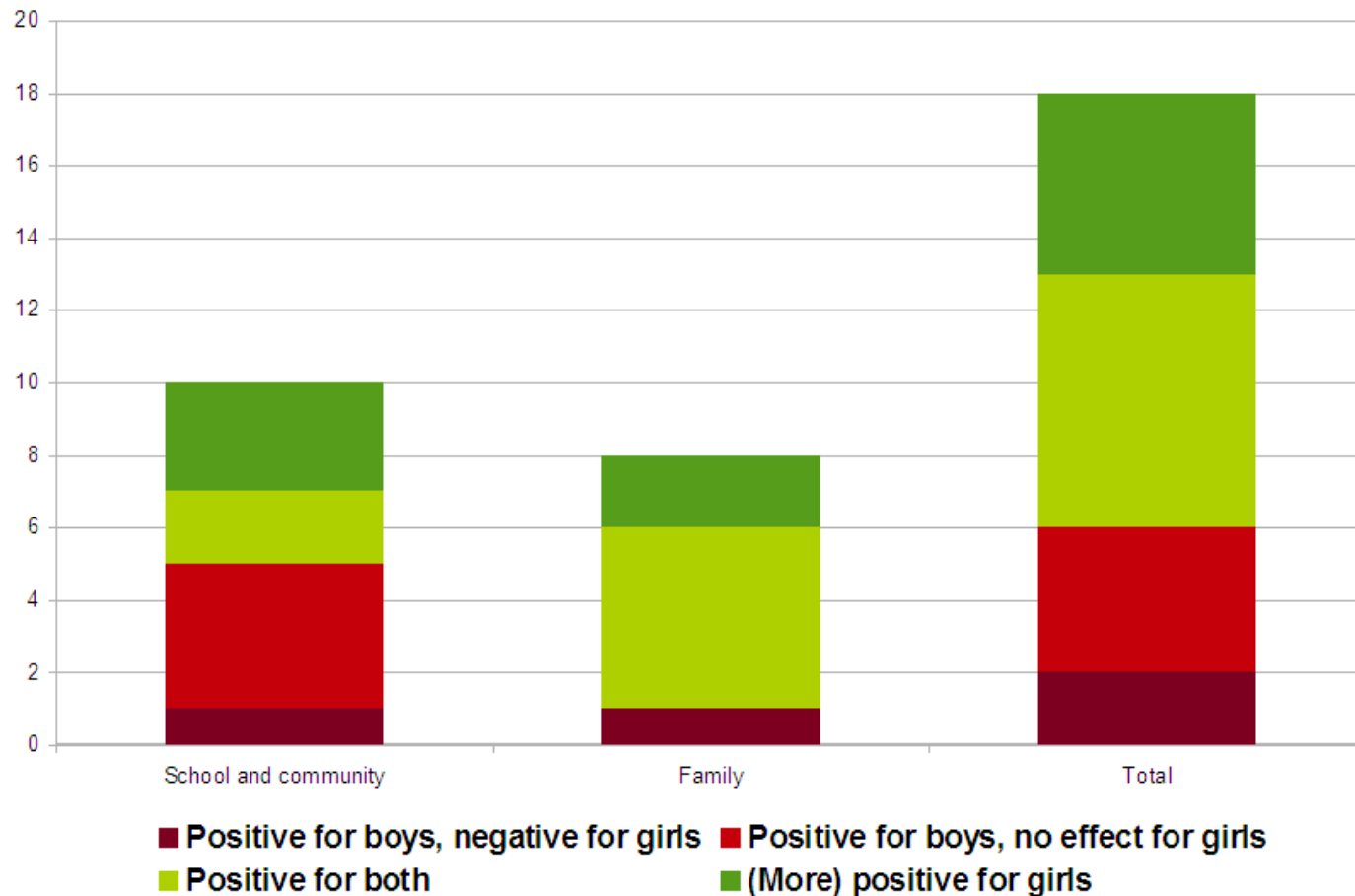


Example of results FOR GIRLS of a parenting skills programme in early adolescence (Trudeau et al 2007)

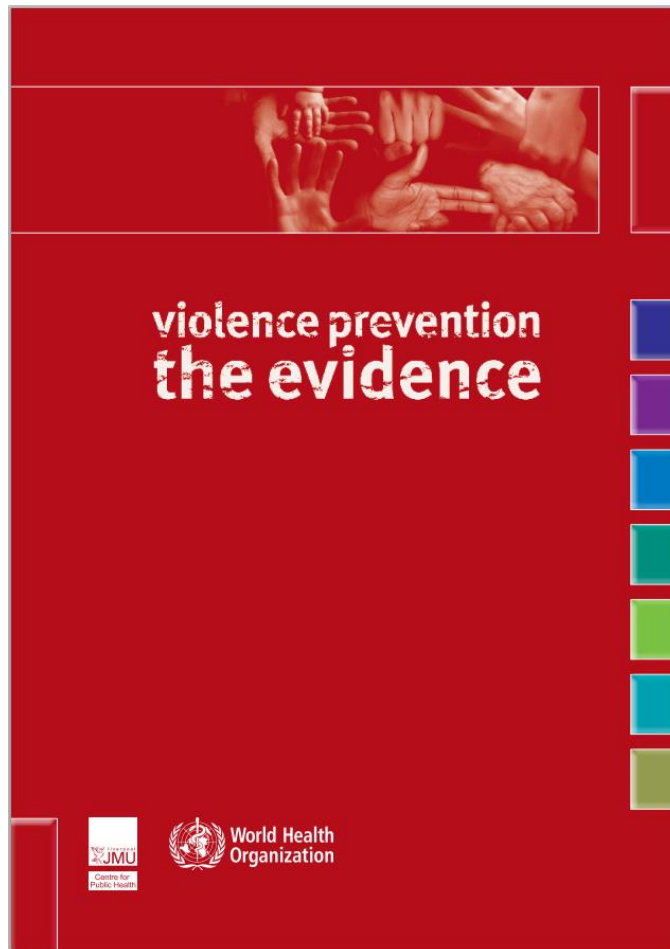
Girls



Family based prevention more consistently benefits girls as well as boys



Families and violence



The influence of family skills programmes on violence indicators: Experience from a multi-site project of the United Nations Office on Drugs and Crime in low and middle income countries[☆]



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ABSTRACT

Families can be one of the most protective forces in the lives of children and youth. Family skills interventions have been found to be effective in encouraging safe and nurturing relationships between parents (or caregivers) and children in their early years and as such preventing many problem behaviours including violence. Most of the evidence in this regards is generated from high income countries. In this article UNODC reports on variables associated with violence (including conduct problems, stress management, pro-social behaviours, family aggression and conflict) generated from a multisite project aimed at piloting family skills programmes in low and middle income countries. The countries of concern are Panama, Honduras, Guatemala, Serbia, Kazakhstan, Kyrgyzstan, Turkmenistan, Tajikistan and Uzbekistan. The family skills piloted were Strengthening the Families Programme 10-14 (SFP 10-14) and Families And Schools Together (FAST). The data generated indicates high level of replicability with fidelity, affinity and need for such programmes in low and middle income countries with very encouraging in preventing violence. Significant changes at the post-test level, assessed through multi-sources, were recorded across most of the violence indicators assessed related to youth violence and child maltreatment at least on a comparable level to high-income countries.

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Personal and social skills education

Description



Personal and social skills education

Description

- Trained teachers engage children in interactive activities during a structured sessions to:
 - Support development of general social competencies and mental/ emotional wellbeing
 - Address social norms and attitudes
- Delivered to all children
- No content on specific substances (unless there is evidence of use in the community)

Personal and social skills education

Evidence

- 13 systematic reviews of evidence
- Supporting development of personal and social skills in classrooms prevents later drug use/alcohol abuse
 - Programmes focusing on improving self-control delivered to children <10 years reduce problem behaviours
- Plus it strengthens protective factors e.g. commitment to school, academic performance, self-esteem and mental well-being, resistance-skills, and other social skills
- Evidence from: Australia, Canada, Europe, USA, also from Africa, Latin-America and India
- ★ ★ ★ - Good indication of efficacy



Classroom environment improvement - Description

- These programmes strengthen teachers' classroom management abilities
- Support children to socialize in their role as students
- Facilitate both academic and socio-emotional learning
- Universal

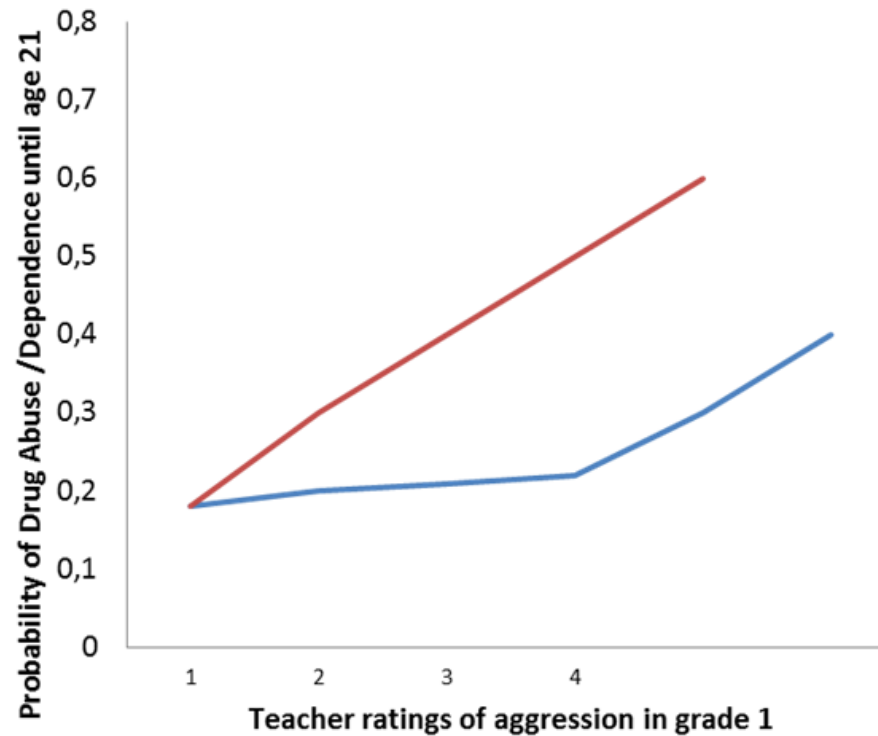


Classroom environment improvement Evidence

- One systematic review of evidence
- Teachers' classroom management practices:
 - Decrease problem behaviour in classroom, including disruptive/aggressive behaviour
 - Strengthen pro-social behaviour
 - Improve academic performance
- All reported evidence: USA and Europe
- ★ ★ ★ - Good indication of efficacy

Example of results of a classroom environment improvement programme (Kellam et al 2008)

Males



Early adolescence



Prevention education



Prevention education

Description

- Teachers/students interactive activities to learn and practice a range of personal and social skills
 - Refusal abilities to allow young people to counter social pressures to use substances
 - Personal and social skills to cope with challenging life situations in a healthy way
- Discuss social norms, attitudes and expectations associated with substance use and its consequences
- Discuss normative nature of substance use
- Also relevant for older adolescents

Prevention education

Evidence

- 26 systematic reviews of evidence PLUS 1 RCT
- SOME school interactive programmes prevent substance use, also in the long term (strong effect size (RR .82) for cannabis use)
- Positive results for all substances and for problem behaviours (school drop-out of school, truancy)
- Early adolescence best age
- Most evidence on universal programmes, but can be preventive also among high risk groups
- Delivered by trained facilitators (e.g. teachers), computers or internet.
- Most evidence: USA, Europe and Australia. Mixed evidence from Africa, Asia and Latin America.
- ★ ★ ★ - Good indication of efficacy

Adolescence and adulthood



Alcohol and tobacco policies

Description



- Policies to restrict access to tobacco and alcohol, particularly by youth

Alcohol and tobacco policies

Evidence (1/3)

- Alcohol policies: 12 systematic reviews of evidence, tobacco policies: 9 systematic reviews of evidence
- Price rise for alcohol and tobacco reduces consumption in the general population
 - Raising prices reduces heavy drinking among college youth and tobacco consumption among adolescents and college students
 - Higher tobacco prices are effective among lower-income populations
 - Higher alcohol prices are associated with decreased violence



Alcohol and tobacco policies

Evidence (2/3)

- Raising minimum legal drinking age reduces alcohol consumption, but evidence is more mixed regarding tobacco
 - Interventions achieving high compliance by vendors might impact tobacco use by youth

Alcohol and tobacco policies

Evidence (3/3)

- Increased exposure to advertising:
 - Increases probability of starting to drink among adolescents.
 - Can increase consumption among existing drinkers.
 - Linked to increased initiation of tobacco
- A long-term ban on the advertising of tobacco products prevents consumption
- ★ ★ ★ ★ ★ - Excellent indication of efficacy

Workplace prevention

Description



Workplace prevention

Description

- Most substance use occurs among working adults
- Young adults are at high risk
- Job strain increases risk of developing drug use disorders among young adults using drugs
- Employees with substance use problems have:
 - Higher absenteeism rate
 - Lower productivity
 - More likelihood to cause accidents
 - Higher health care costs and turnover rates
- Prevention programmes in workplace are multi-component, including prevention elements and policies, as well as counselling and referral to treatment

Workplace prevention Evidence

- 2 systematic reviews of evidence
- Workplace prevention programmes prevent tobacco and alcohol use
- Evidence: USA, Australia and Europe, UNODC experiences in Brazil and India
- ★ ★ ★ - Good indication of efficacy

Community-based multi-component initiatives - Description





Community-based multi-component initiatives - Description

- Mobilization efforts to create community partnerships/ task forces/ coalitions/ action groups to address substance abuse.
- Special programmes providing financial and technical support to communities to deliver and sustain evidence-based prevention interventions and policies over time.
- In general, multi-component and multi-setting



Community-based multi-component initiatives - Evidence

- 13 systematic reviews of evidence
- Community-based multi-component initiatives prevent use of drugs, alcohol and tobacco
- Most evidence: USA, Canada, Europe, Australia; a few studies on community-based multi-component initiatives in Asia (tobacco)
- ★ ★ ★ - Good indication of efficacy



UNODC

United Nations Office on Drugs and Crime

Prevention works!

Healthy and safe development of children and youth

**TAKE HOME MESSAGES ON
PREVENTING DRUG USE AND OTHER
RISKY BEHAVIOURS**

#1

The earlier, the better

#2

But it's never too late! 😊

#3

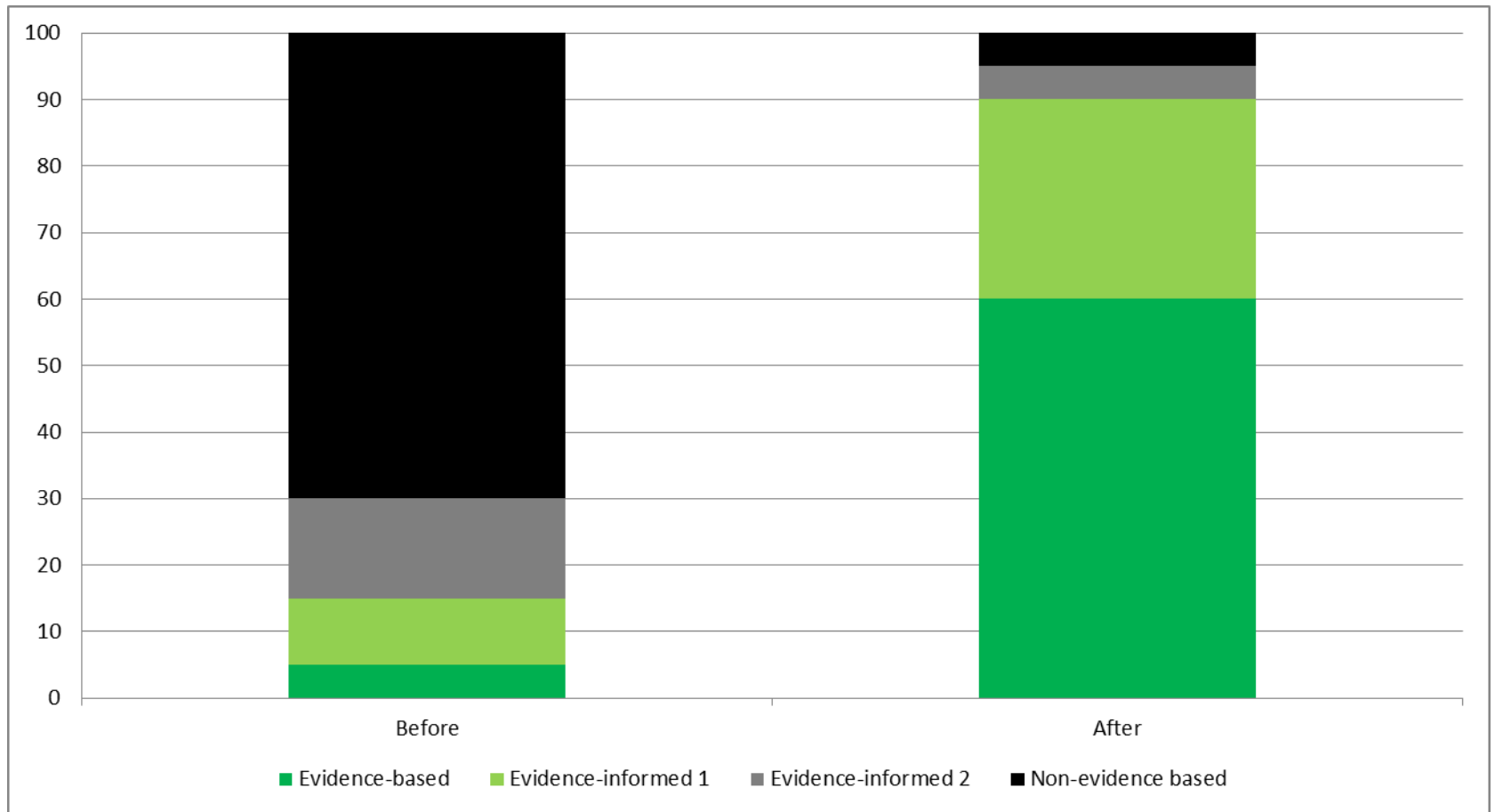
**A range of ages, settings
and levels of risks**

#4

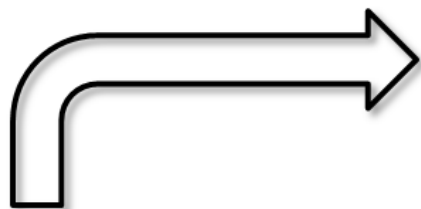
**Let us use our resources
better**

#4

Let us use our resources better!



Break the negative cycle!



Prevention that is
~~not~~ based-on
evidence



Few resources

No results



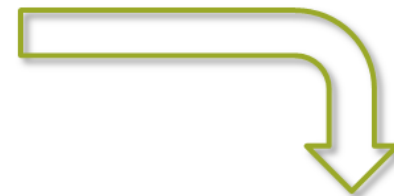
Perception that
'prevention does not
work'



Start a new positive cycle!



Prevention that is based on evidence



More resources

Demonstrate actual prevention of drug use



Raise profile of drug prevention

Demonstrate cost-effectiveness and broader benefits



Ultimately ...



THANK YOU!!!