

National Bureau for Drug Prevention



Drug prevention in Poland

Warsaw, May 29 2008

<http://www.narkomania.gov.pl>



Introduction

- The prevalence of use of illegal substances is considerable, although much lower than the use of legal ones. Among illegal substances cannabis is the most widely used
- Curbing the growing trend in drug use
- Territorial diversity in terms of the scale of the phenomenon and its nature – country-wide data usually does not illustrate the situation in individual regions
- The need to monitor the problem of alcohol and drugs on a regional scale

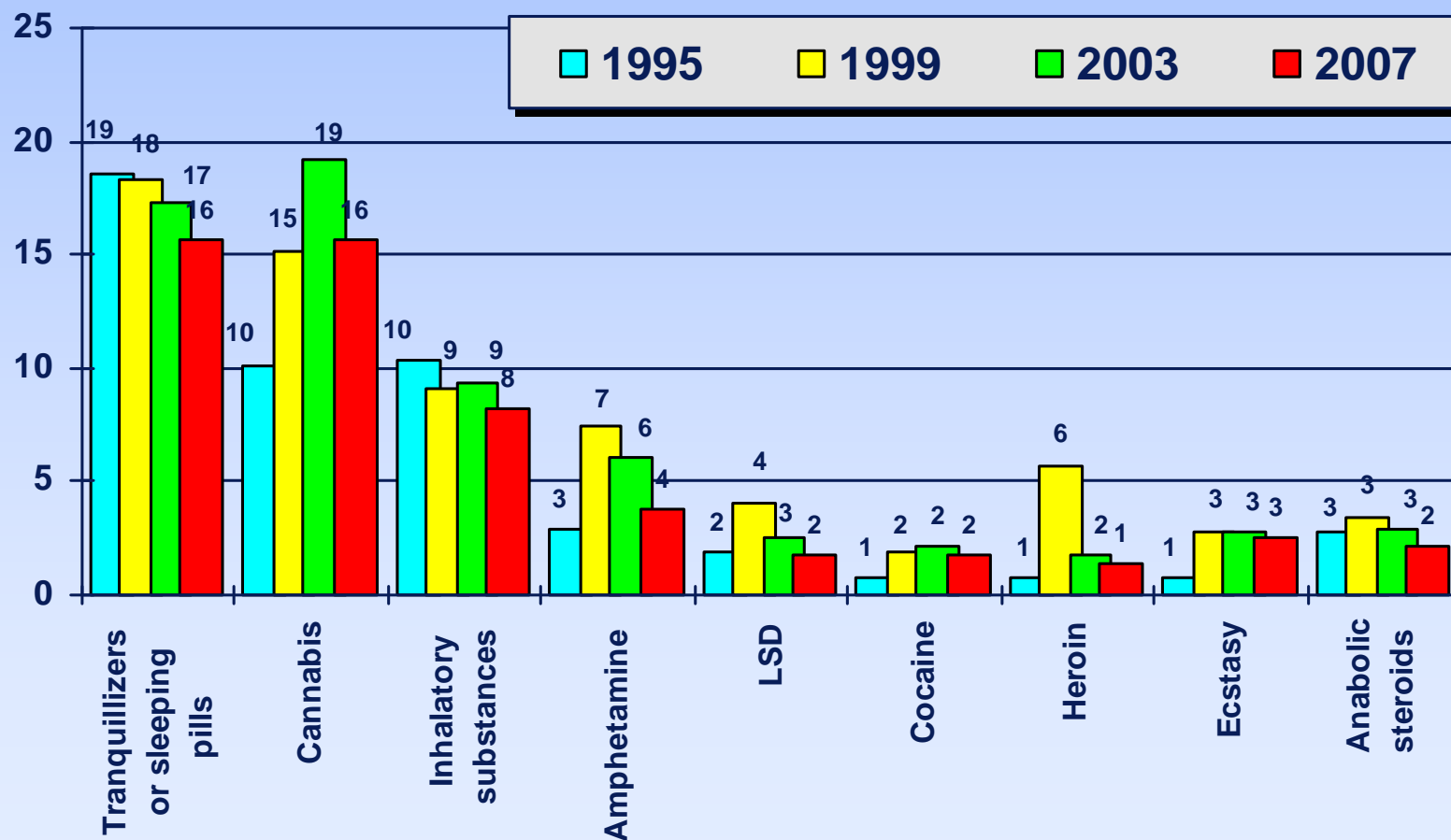


Introduction cont.

- Nation-wide research as a measurement of permanent monitoring (repeated every 3-4 years)
- ESPAD – a survey of adolescents
- Surveys of adult population
- Practical dimension of the research – results of the research help to develop social policies concerning problems related to substance use

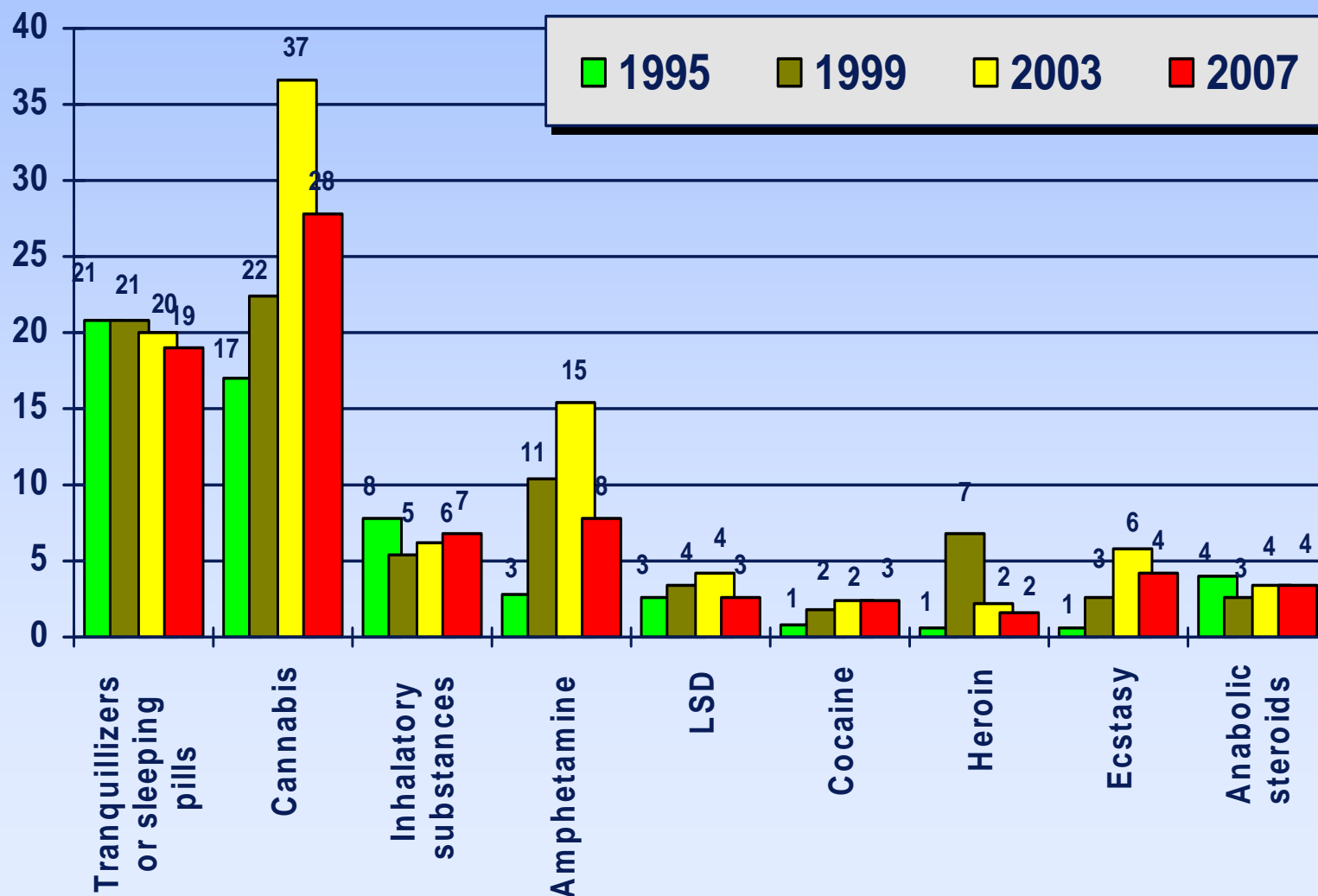


Percentage of students (age 15-16) who have had experience with the use of the following substances at least once in their life



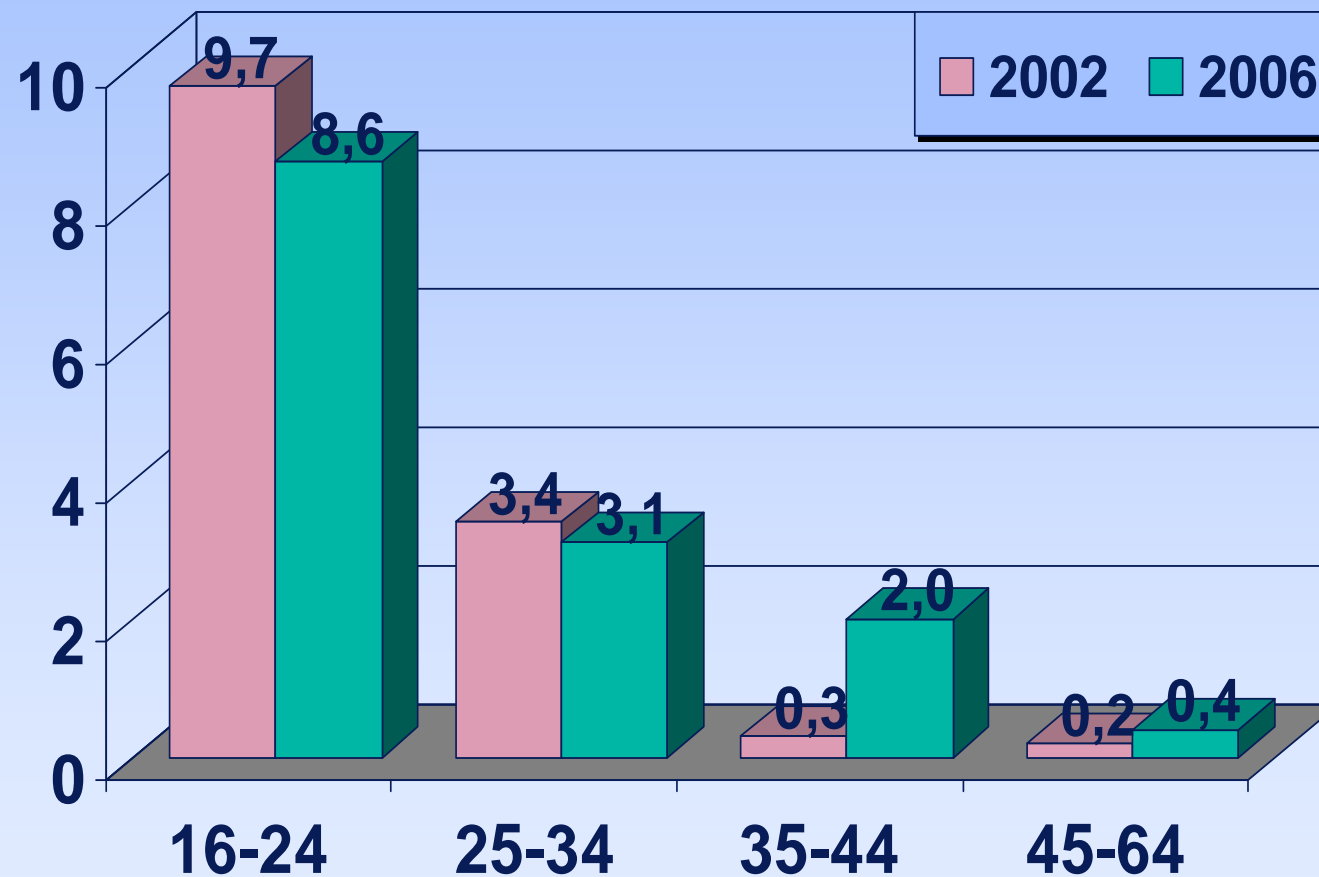


Percentage of students (age 17-18) who have had experience with use the following substances at least once in their life





Use of any illegal substance within the last 12 months by age



Preventing drug addiction



- Responsible entities:
 - Central institutions
 - Local governments
- Fundamental tasks:
 - Creation of an anti-drug policy
 - Support and development of prevention and medical treatment programmes, as well as harm reduction programmes
 - Preparation and improvement of the qualifications of professionals dealing with drug abuse prevention
 - Research on drug abuse issues
- Cooperating entities:
 - Non-governmental organizations
 - Religious associations
 - Health care, education system and public assistance institutions



Legal basis for drug abuse prevention

- Act on Counteracting Drug Addiction of 29 July 2005
- National Programme for 2006-2010
- Act on Social Assistance of 12 March 2004
- Act on Health Care Benefits Financed from Public Funds of 27 August 2004
- Regulation of the Council of Ministers of 19 February 2008 on Financing Health Care Benefits from the state budget



The Act on Counteracting Drug Addiction of 29 July 2005 includes:

- Education, information and prevention activities
- Treatment, rehabilitation and social reintegration of the addicted
- Supervision over substances whose use can lead to drug addiction
- Fight against illegal trade, production, processing and possession of substances

Key changes:

- The introduction of obligation to pass district and regional drug abuse prevention programmes
- Establishing a network of regional experts
- New regulations concerning substitution treatment – non governmental organizations
- Determination of the qualifications of people dealing with treatment
- New source of financing of drug abuse prevention actions – changes in the Act on Upbringing in Sobriety and Counteracting Alcoholism

National Programme of Drug Abuse Prevention 2006-2010



- General objective: The limitation of drug use and social and health problems connected with it.

- The areas of realization of the NPDAP:
 - Prevention
 - Treatment, rehabilitation, limitation of health damage and social reintegration
 - Limitation of supply
 - International cooperation
 - Research and monitoring

- Entities carrying out the programmes:
 - Central institutions

- Local governments – three areas of realization: prevention, treatment, rehabilitation, limitation of health damage, social reintegration; research and monitoring - RPDAP, DPDAP



Selective prevention – programmes of health harm reduction among the occasional users of drugs

- Objectives of the programme:
 - prevention of drug initiation
 - formation of adequate normative opinions concerning drugs
 - promotion of healthy patterns of behaviour
 - reduction of health damage connected with occasional drug use
- The programme is aimed at people who take drugs occasionally
- Places where the programme is realized: pubs, discos, clubs, outdoor events, shopping malls, etc.

- In 2008 the National Bureau has partially funded 9 programmes realized by non-governmental organizations in: Lublin, Cracow, Szczecin, Starachowice, Legnica, Warsaw and Częstochowa,



Prevention online

- Counseling service, news bulletins on the problem of drug abuse
- The offer:
 - education-information materials
 - online counseling
 - aid institutions database
 - a discussion forum
 - online chat with a specialist
- Counseling service run on behalf of the National Bureau
www.narkomani.org.pl
- Other counseling services and bulletins (examples):
 - “Merkury” Foundation – an online counseling service
www.poradnictwo.pl
 - “Mrowisko” Society, a news bulletin www.mrowisko.org.pl
 - Monar Association, a news bulletin: www.monar.org.pl,
www.monar.kki.pl



FRED – a selective prevention programme

- Developed and carried out in several German Lands.
- From November 2007 to 2010 – a pilot implementation of the programme in Poland as part of the international project „FRED goes net”, partially funded by the EU
- Goals of the programme:
 - to encourage drug users to think about the problem of substance abuse
 - to provide information about substances, their side effects and risk
 - to motivate the addicted to change their attitudes and behaviour
 - to inform about the available forms of assistance
 - the programme is aimed at: people who abuse drugs, aged 14-21, who have committed an offence or a crime for the first time
- Method: a motivating interview
- Partners: the police, school, non-governmental organizations, local governments



Conclusions and recommendations

- The need to intensify preventive actions among young people
 - ▶ Development of selective prevention programmes
- The need for preventive actions among adults
 - ▶ Preventive programmes are prepared mainly for young people, but there are also grown-ups with drug abuse problem, that is why we need to develop a preventive offer for the adults
- New technologies – new possibilities
 - ▶ Using the Internet, computer games etc. in preventive actions.



Thank you for your attention!