



MEĐUNARODNI STANDARDI ZA PREVENCIJU

(šta radi & šta ne radi u prevenciji i zašto)

1. regionalni forum o ovisnosti o drogama i oporavku
Beograd (Srbija), 19. novembar 2019

Matej Košir, Institut Utrip (Slovenija)

(www.institut-utrip.si)

ODRICANJE OD ODGOVORNOSTI

- Lično **nisam odgovoran** za ono što ću danas govoriti na 1. regionalnom forumu (😊)
- **Krivite / žaliti se** EMCDDA, UNODC, UNESCO, WHO, Evropskoj komisiji, EUSPR ...
- Ali **sam ponosan** što sam glasnik i zagovarač prevencije zasnovane na dokazima i minimalnih standarda kvaliteta u prevenciji ...

AGENDA 2030 & PREVENCIJA



STANDARDI (KVALITETA) U PREVENCIJI

INTERVENTIONS ON
DIET AND PHYSICAL ACTIVITY:

WHA



Council of the
European Union

Brussels, 16 September 2015
(OR. en)

11985/15

CORDROGUE 70
SAN 279

NOTE

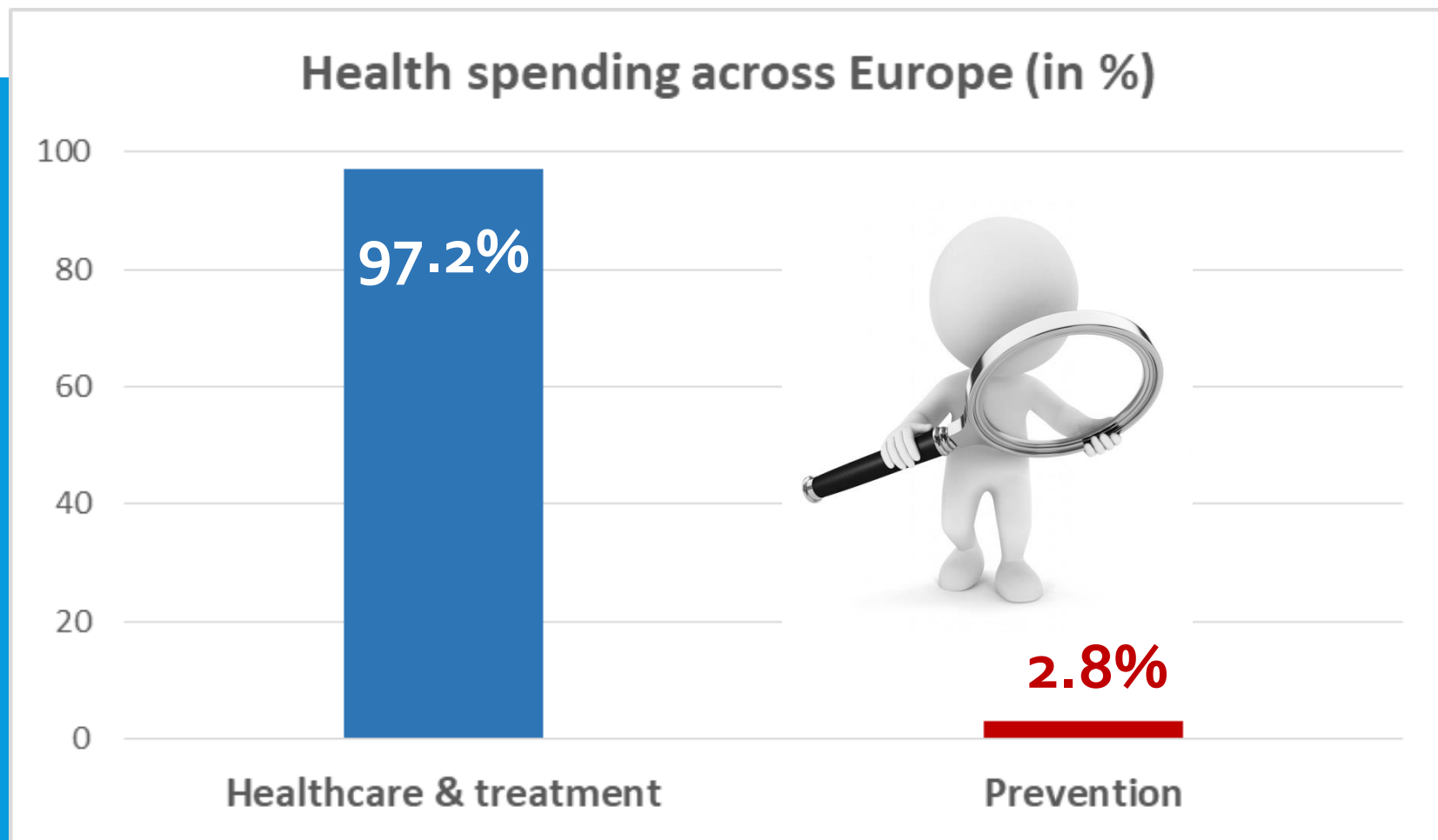
From:	General Secretariat of the Council
To:	Delegations
No. prev. doc.:	DS 10371/1/15 REV 1
Subject:	Council conclusions on the implementation of the EU Action Plan on Drugs 2013-2016 regarding minimum quality standards in drug demand reduction in the European Union



BOOKLET **10**
es to the
and drugs



ZDRAVSTVENI TROŠKOVI ZA PREVENCIJU?



OECD, 2018

ZDRAVSTVENI TROŠKOVI ZA PREVENCIJU?

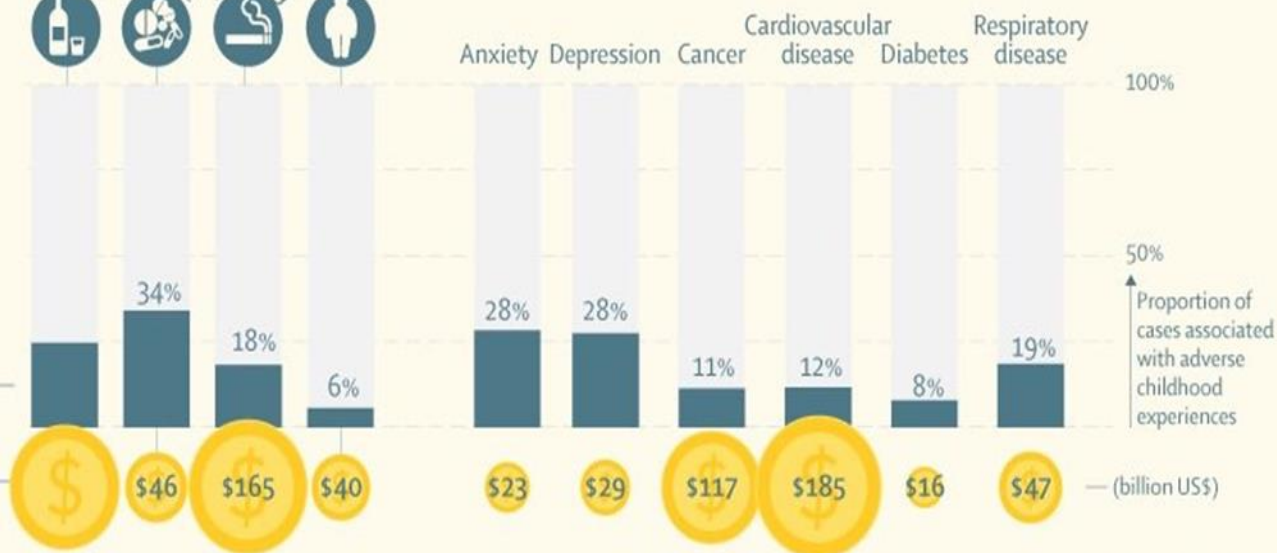
EUROPE



In Europe **25%** of harmful alcohol use is attributable to adverse childhood experiences

which has an annual cost of **\$143 billion**

Adverse childhood experiences have lasting consequences



A 10% reduction in adverse childhood experience prevalence could equate to annual savings of \$49 billion

Adverse childhood experiences refers to some of the most intense sources of stress that children can be exposed to, including child maltreatment, interparental violence, and parental substance abuse.
 Source: Life course health consequences and associated annual costs of adverse childhood experiences across Europe and North America: a systematic review and meta-analysis. *The Lancet Public Health*

»MASLINA« PREVENCIJE

What we do
(in prevention)



**Omjer koristi i troškova za
prevenciju varira od 4 do 56 €
za 1 € potrošen na prevenciju
zasnovanu na dokazima**

we

What we do that we
know doesn't work

*Prilagođeno od dr. Harry Rutter,
National Obesity Observatory / LSHTM*



NEEFIKASNI PRISTUPI

- ***Neinteraktivne*** metode (kao što su 1x predavanja ili radionice ili tzv. dani prevencije)





NEEFIKASNI PRISTUPI

- **Samo davanje informacija**
(na primer leci, brošure)

MDMA/ECSTASY
(Ecstasy, Molly, Mandy)
Description: Stimulant (buzz) drug. The active ingredients in many pills sold as ecstasy.
Effect/risks: Can last several hours including a high or rush, alertness and a feeling of closeness to others as well as muscle jaw tension, difficulty seeing, nausea and confusion. Comedowns may last three to four days.

MEPHEDRONE
(mcat, drone, meph, mags)
Description: Stimulant (buzz) drug similar to cocaine, amphetamine and ecstasy.
Effect/risks: Include a high or rush, increased heart rate and breathing, a feeling of 'coming up', alertness, intense connection with music, cravings to re-dose, intense sweating with an 'adrenal' and sleep problems.

CANNABIS
(Mariju, hash, weed, blow)
Description: Mild hallucinogenic. Often a compressed block of resin or dried leaves or buds. Strengths vary based on the type used and how it is consumed.
Effect/risks: Creative and regular spacing, tired and anxious and sickness.
Safety tips: Take short smoke chases, use a pipe, use low strength, if eating, eat small amounts.

LEGAL HIGHS / NEW DRUGS
(research chemicals, plant based)
Description: Drugs made from assorted herbs, chemicals, and extracts to mimic the effects of illegal drugs.

Know the facts about drugs

DRUGS!
DO YOU REALLY KNOW WHAT YOU'RE GETTING THIS CHRISTMAS?

Illegal drugs are cut with rat poison, battery acid, and worming tablets.
Possession can get you up to 7 years in prison.
Supply can get you life imprisonment and an unlimited fine.

IS IT REALLY WORTH THE RISK?

For further information please visit the Outer Hebrides Alcohol & Drug Partnership website: www.outerhebdap.co.uk

Anti-drug knowledge

SMOKING

Do not kill yourselves. Allah is indeed merciful to you * (An-Nisa 4:29)

Did You Know??

- Smoking harms nearly every organ of the body, causes many diseases and reduces quality of life and life expectancy.
- Half of all teenagers who are currently smoking will die from diseases caused by tobacco if they continued to smoke.

So how do you feel about reducing your life span by smoking and ending up in Hell?
Is smoking really worth it?
Is it really worth impressing your friends and looking cool?
Or is it better not to smoke and feel the breeze of Jannah?

STOP SMOKING, START LIVING!

FRANK
0800 77 66 00 frankfonk.com

drugs: the facts

FRANK is available in 120 languages 24 hours a day 7 days a week. Call on free from anywhere and some places you can talk to FRANK confidentially.

FRANK can also tell you what services are available in your area.

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Anti-Social Behaviour Poster Project 2006 - © Produced by IslamicPosters.co.uk

For more information or to obtain more copies of this or other booklets in this series, contact:

Islamophobia Free Zone
218 Upper Richmond Road
Palmer Park, Richmond
Middlesex TW9 1UH
Phone: 0208 863 2991
02083 500033

THE TRUTH ABOUT DRUGS

Drugs destroy and ruin millions of lives every year. What should YOU know about them?

drugfreeworld.org



NEEFIKASNI PRISTUPI

strašivanja / izazivanja straha





NEEFIKASNI PRISTUPI

- Pristupi zasnovani na **nestrukturiranim** (i **neinteraktivnim**) **diskusijama** (obično **vršnjačkim**).





NEEFIKASNI PRISTUPI

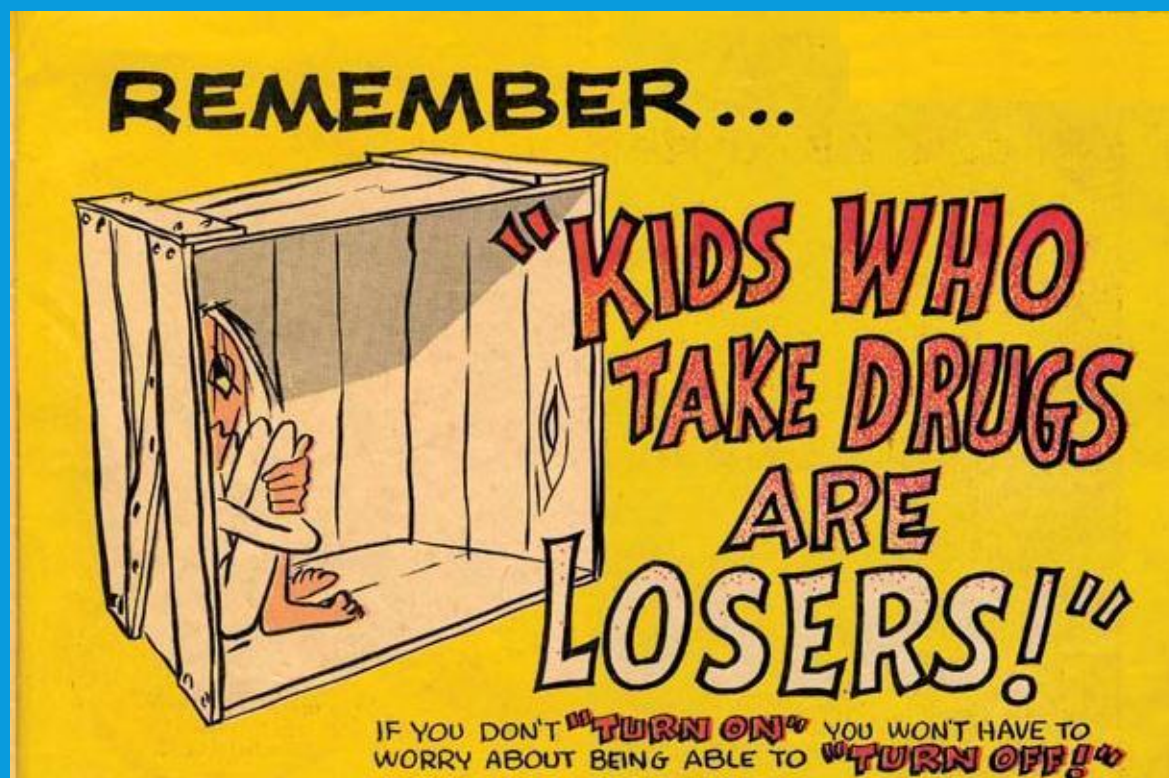
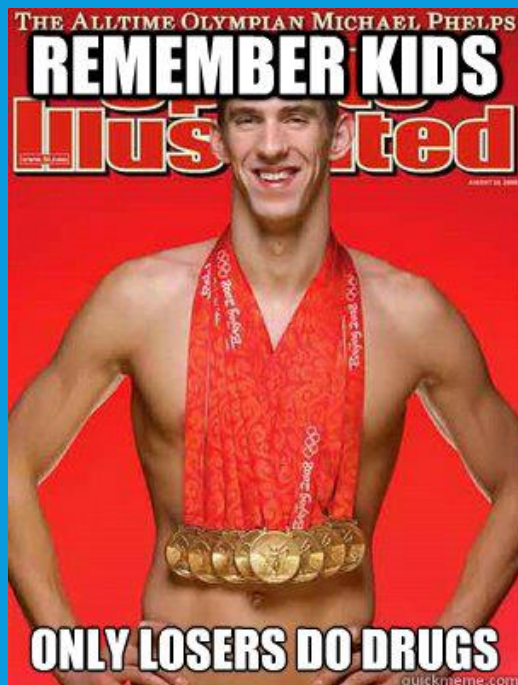
- Samo fokusiranje na **jačanje samopoštovanja i emocionalno učenje**





NEEFIKASNI PRISTUPI

- Fokusiranje na *etične / moralne odluke* ili *vrednosti*





NEEFIKASNI PRISTUPI

- *Policajci* kao vaspitači u prevenciji





NEEFIKASNI PRISTUPI

- *Svedočenja* bivših korisnika / bivših ovisnika / bivših pacijenata / pijanih vozača (žrtava) ...





NEEFIKASNI PRISTUPI



NAUKA: RAZVOJ MOZGA

Frontal lobe
Executive functions, thinking, planning, organising and problem solving, emotions and behavioural control, personality

Motor cortex
Movement

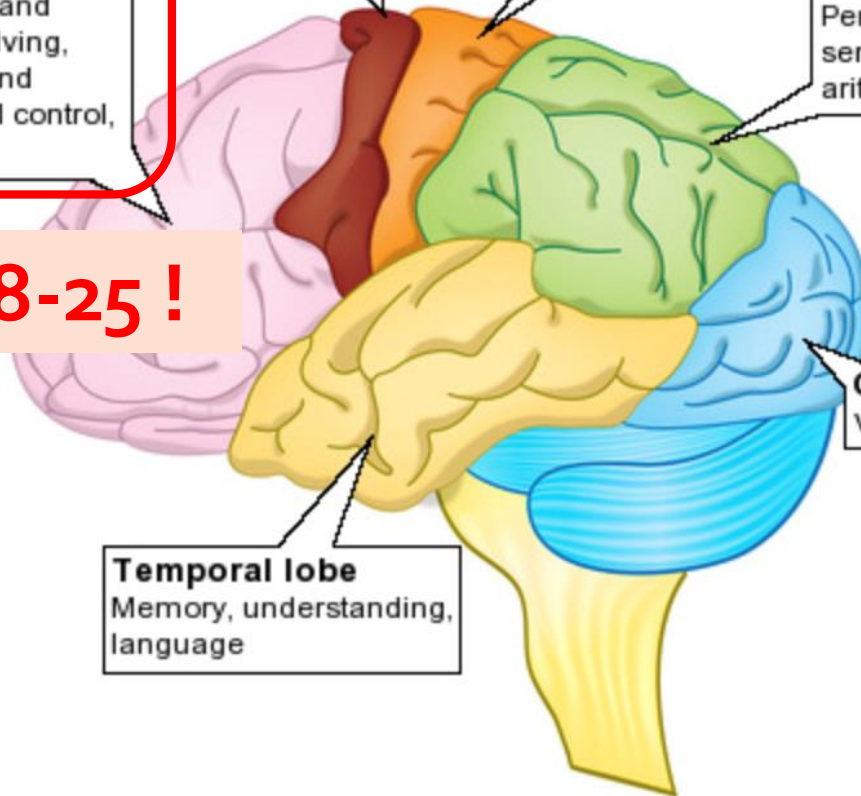
Sensory cortex
Sensations

Parietal lobe
Perception, making sense of the world, arithmetic, spelling

Starost 18-25 !

Temporal lobe
Memory, understanding, language

Occipital lobe
Vision





EFEKTIVNI PREVENTIVNI PROGRAMI

- »Najbolje kupovine« (»*best buys*«) u **politikama** (na primer: alkoholna, duvanska politika itd.)
- Zasnovani su na **naučnim teorijama**.
- Zasnovani su na **proceni potreba**.
- Odgovaraju **starosti ciljne(ih) grupe(a)**.
- Odgovaraju **nivou rizika** ciljne(ih) grupe(a).
- Kulturna **adaptacija**.
- **Evaluacija** (rezultat/uticaj).



EFEKTIVNI PREVENTIVNI PROGRAMI

- ***Programi prevencije u školskom okruženju:***
Pružena podrška celokupnog školskog osoblja (uključujući menadžment), roditelja, šire školske zajednice, lokalnih vlasti i drugih ključnih aktera (npr. višekomponentni pristup).
- ***Obučeno osoblje / izvođači.***
- Pažljivo ***planirana implementacija.***



EFEKTIVNI PREVENTIVNI PROGRAMI

- Adekvatan *intenzitet i trajanje*.
- *Interaktivnost*.
- *»Manualizirani«* programi.
- Uključenost *roditelja / porodice*.

Neke **efikasne komponente**:

- Normativno obrazovanje.
- Socijalne i lične veštine.
- Naglasak na kratkoročnim efektima rizičnog ponašanja

ZAKLJUČCI

- Globalno gledano, postoji **sve veće interesovanje** za prevenciju zasnovanu na dokazima radi rešavanja (mentalnih) determinanti povezanih sa zdravljem
- Vlasti na svim nivoima moraju **ulagati u kvalitetnu prevenciju** i **prestati ulagati** u aktivnosti za koje nema ili postoji vrlo malo dokaza o efikasnosti, ...

ZAKLJUČCI

- ... i **ulagati** u programe obuke i obrazovanja kako bismo prevazišli nedostatak znanja i veština u pogledu kvalitetne primene i evaluacije preventivnih intervencija.

HVALA NA PAŽNJI!

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