

UNODC
United Nations Office on Drugs and Crime

Prevention that WORKS!
Healthy and safe development of children and youth

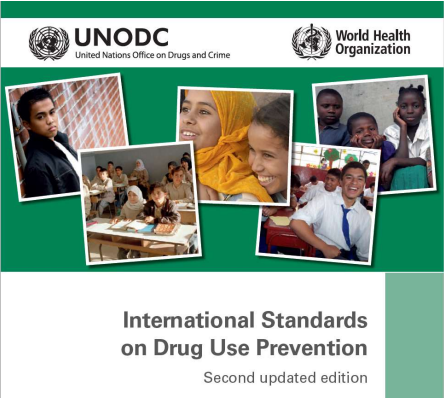
UNODC/ WHO International Standards on Drug Use Prevention

MS. GIOVANNA CAMPELLO
PREVENTION, TREATMENT AND REHABILITATION SECTION
FOLLOW US ON TWITTER!!! @UNODC_PTRS

1

Why and how?

2



UNODC
United Nations Office on Drugs and Crime

World Health Organization

International Standards on Drug Use Prevention

Second updated edition

3



International Standards on Drug Use Prevention

4



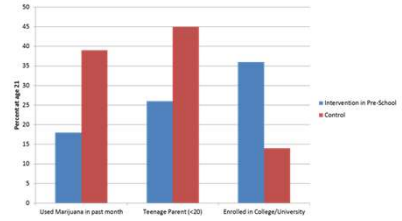
UNODC,
WHO and
100+ experts
from 47
countries

5

UNODC
United Nations Office on Drugs and Crime

Prevention that WORKS!
Healthy and safe development of children and youth

Example of study
Campbell et al., 2002



Outcome	Intervention (%)	Control (%)
Used Marijuana in past month	~18	~38
Teenage Parent (<20)	~28	~45
Enrolled in College/University	~38	~15

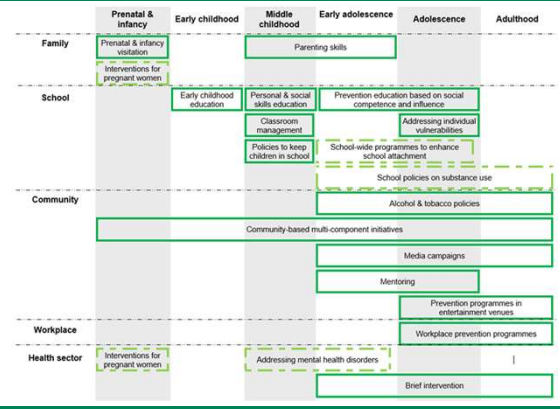
6

What did we find out?

7

UNODC
United Nations Office on Drugs and Crime

Prevention that WORKS!
Healthy and safe development of children and youth



Sector	Prenatal & infancy	Early childhood	Middle childhood	Early adolescence	Adolescence	Adulthood
Family	Prenatal & infancy visitation Interventions for pregnant women		Parenting skills			
School		Early childhood education	Personal & social skills education Classroom management Policies to keep children in school	Prevention education based on social competence and influence	Addressing individual vulnerabilities	
Community				School-wide programmes to enhance school attachment School policies on substance use	Alcohol & tobacco policies	
Workplace					Community-based multi-component initiatives Media campaigns Mentoring	Prevention programmes in entertainment venues Workplace prevention programmes
Health sector	Interventions for pregnant women		Addressing mental health disorders			Brief intervention

8

UNODC
United Nations Office on Drugs and Crime

Prevention that WORKS!
Healthy and safe development of children and youth

Prevention of many risky behaviours

Outcome	Reduction
Less violent behaviour/delinquency	-30%
Less mental health problems	-5%
Less substance use	-30%
Better school performance	-20%
Less risky sexual behaviours	-20%

9

UNODC
United Nations Office on Drugs and Crime

Prevention that WORKS!
Healthy and safe development of children and youth

Support the healthy and safe development of children & the wellbeing of youth and adults

10

UNODC
United Nations Office on Drugs and Crime

Prevention that WORKS!
Healthy and safe development of children and youth

Evidence-based prevention is cost-effective

11

UNODC
United Nations Office on Drugs and Crime

Prevention that WORKS!
Healthy and safe development of children and youth

\$1 → \$10

Spoth et al., 2008

12

SO, how does evidence-based prevention look like?

13

- The earlier, the better
- Focus on development, not only information
- It is never too late
- Use evidence-based programmes
- Many vulnerabilities, many settings

A few messages

14

UNODC
United Nations Office on Drugs and Crime

Prevention that WORKS!
Healthy and safe development of children and youth

- The earlier, the better
- Focus on development, not only information
- It is never too late
- Use evidence-based programmes
- Many vulnerabilities, many settings

A few messages

15

UNODC
United Nations Office on Drugs and Crime

Prevention that WORKS!
Healthy and safe development of children and youth

Prenatal visits Pregnant women Early childhood education

Classroom environment Personal and social skills Mental health services

16

UNODC
United Nations Office on Drugs and Crime

Prevention that WORKS!
Healthy and safe development of children and youth

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

Category	Intervention in Pre-School (%)	Control (%)
Used Marijuana in past month	~18	~40
Teenage Parents (<20)	~25	~45
Enrolled in College/University	~38	~15

17

UNODC
United Nations Office on Drugs and Crime

Prevention that WORKS!
Healthy and safe development of children and youth

- The earlier, the better
- Focus on development, not only information
- It is never too late
- Use evidence-based programmes
- Many vulnerabilities, many settings

A few messages

18

UNODC
United Nations Office on Drugs and Crime

Prevention that WORKS!
Healthy and safe development of children and youth

Perception of risk important, but not the only factor

Year	Marijuana Use (%)	Perceived Harm (%)
1975	~40	~15
1980	~50	~15
1985	~40	~25
1990	~25	~40
1995	~35	~25
2000	~35	~25
2005	~35	~25
2010	~35	~25
2015	~35	~25
2017	~35	~15

Source: Monitoring the Future

19

UNODC
United Nations Office on Drugs and Crime

Prevention that WORKS!
Healthy and safe development of children and youth

Parenting skills programmes

- Help parents to be better parents, in very simple ways (no lectures, no jargon!)
- Family bonding, i.e. the attachment between parents and children
- Monitoring and involvement in the lives of their children (e.g. being involved in their activities, friendships, learning and education)
- Positive, developmentally appropriate and effective discipline

20

UNODC
United Nations Office on Drugs and Crime

Prevention that WORKS!
Healthy and safe development of children and youth

Example from Strong Families

ADULT'S FBM

CHILDREN'S FBM

Learn how to recognise and deal with your own stress

Learn how to recognise whether your child (or your parent, the exercise is also for the children) is stressed and respond lovingly.

21

UNODC
United Nations Office on Drugs and Crime

Prevention that WORKS!
Healthy and safe development of children and youth

Family skills training effectiveness in violent communities: SFP 10-14 Honduras

SFP 10-14 improvement on Pre-Post aggregate indicators per youth and parent assessment by pilot site

Adapted from: Maalouf W., Campello G. The Influence of Family Skills Programmes on Violence Indicators: Experience from a Multi-site Project of the UNODC in Low and Middle Income Countries. *Aggression and Violent Behavior*, Dec 2014: 616-624

22

UNODC
United Nations Office on Drugs and Crime

Prevention that WORKS!
Healthy and safe development of children and youth

Family skills training effectiveness in poor communities: FAST in Iran for kindergarten

F.A.S.T. Pre-post changes on family indicators per pilot site

Significance: * p<0.1, ** p<0.05, *** p<0.001

23

UNODC
United Nations Office on Drugs and Crime

Prevention that WORKS!
Healthy and safe development of children and youth

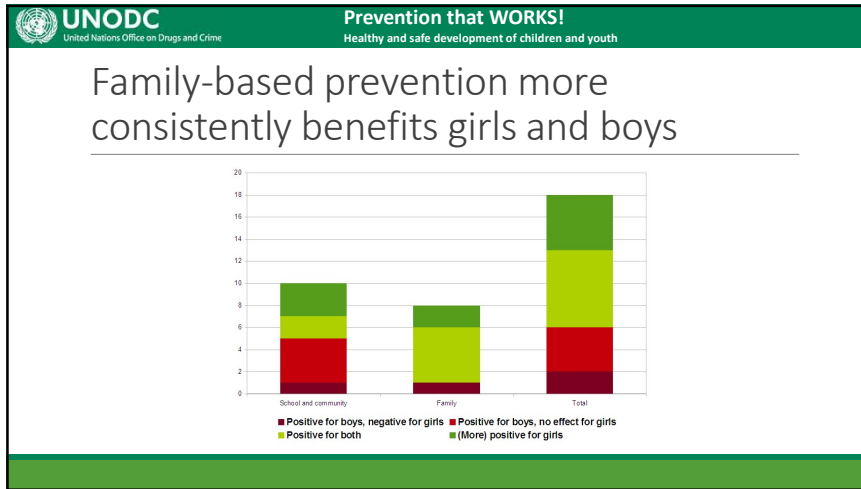
Family skills training effectiveness amongst displaced populations – UNODC Strong Families

SDO SCORES

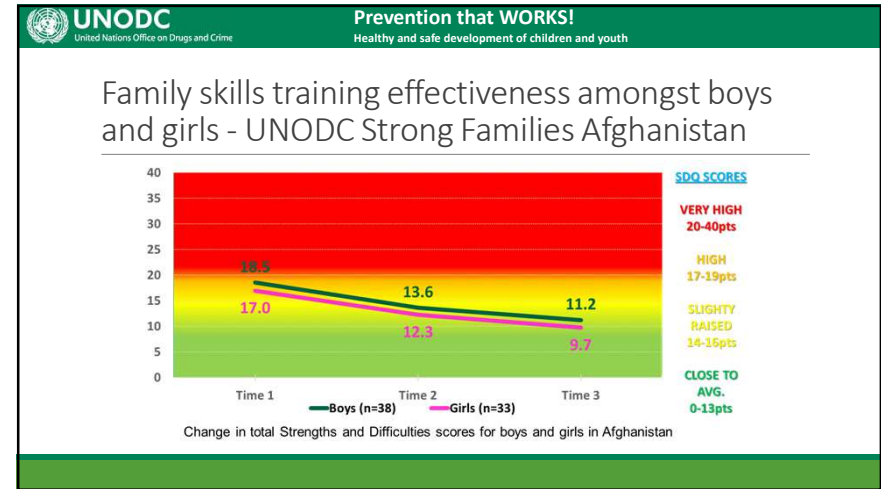
- VERY HIGH: 20-40pts
- HIGH: 17-19pts
- SLIGHTLY RAISED: 14-16pts
- CLOSE TO AVG.: 0-13pts

Change in total Strengths and Difficulties scores for all children in Afghanistan (n=72, purple) and in refugee reception centers in Serbia (n=25, light blue) in 2018

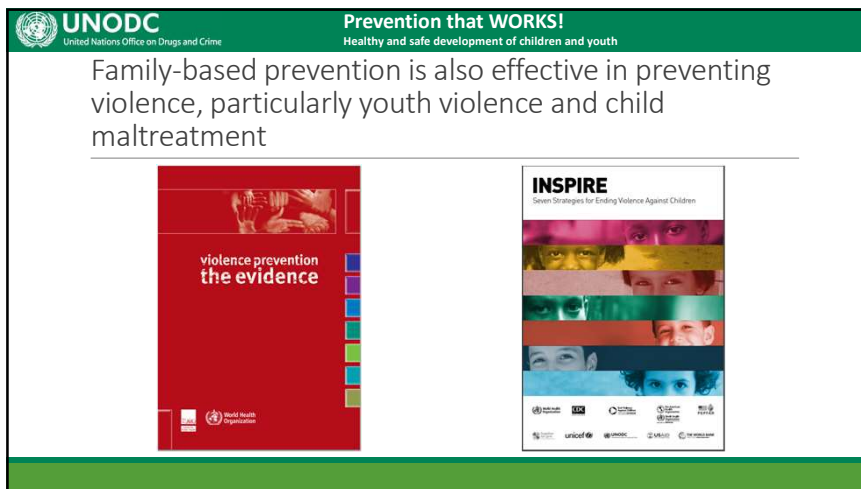
24



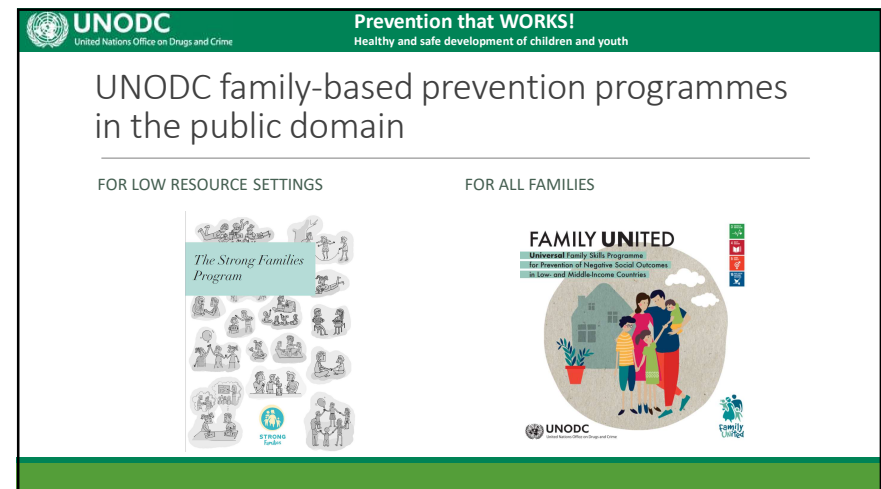
25



26




27



28


UNODC
United Nations Office on Drugs and Crime

Prevention that WORKS!
Healthy and safe development of children and youth




UNODC in Cote d'Ivoire, Nigeria and Zanzibar.
Very good experiences in South Africa.

29



Parenting during COVID-19 and other difficult circumstances

30



Cote d'Ivoire

31

UNODC
United Nations Office on Drugs and Crime

Prevention that WORKS!
Healthy and safe development of children and youth

- The earlier, the better
- Focus on development, not only information
- It is never too late
- Use evidence-based programmes
- Many vulnerabilities, many settings

A few messages

32

UNODC
United Nations Office on Drugs and Crime

Prevention that WORKS!
Healthy and safe development of children and youth

Preventive education School policies & attachment Alcohol and tobacco policies

Screening and brief intervention Workplace prevention Entertainment venues

33

UNODC
United Nations Office on Drugs and Crime

Prevention that WORKS!
Healthy and safe development of children and youth

- The earlier, the better
- Focus on development, not only information
- It is never too late
- Use evidence-based programmes
- Many vulnerabilities, many settings

A few messages

34

UNODC
United Nations Office on Drugs and Crime

Prevention that WORKS!
Healthy and safe development of children and youth

Make a suit or buy a ready-made suit? You can always try the dress first and then make changes (if necessary).

[Picture of a man trying a suit]


35

UNODC
United Nations Office on Drugs and Crime

Prevention that WORKS!
Healthy and safe development of children and youth

Prevention education

36



LIONS QUEST
Pre-K-12 Social and Emotional Learning Program


SEL: THE MISSING PIECE

SEL Skills: Self-awareness, Self-management, Social awareness, Relationship skills, Decision-making

Benefits: Evidence Based, Easy to Implement, Customizable and Professional Development

Use a programme that has been evaluated already!!! UNODC in 8 countries globally, including Cote d'Ivoire

37



summary

Lesson 1	Opening Unplugged	6
Lesson 2	To be or not to be in a group	7
Lesson 3	Choices - alcohol, risk and protection	9
Lesson 4	What you believe, is that based on real facts?	10
Lesson 5	Smoking the cigarette drug - Get informed	12
Lesson 6	Express yourself	15
Lesson 7	Get up, stand up	16
Lesson 8	Puffy tiger	18
Lesson 9	Drugs - Get informed	19
Lesson 10	Coping competences	20
Lesson 11	Problem solving and decision making	22
Lesson 12	Goal setting	24
A page for you		25

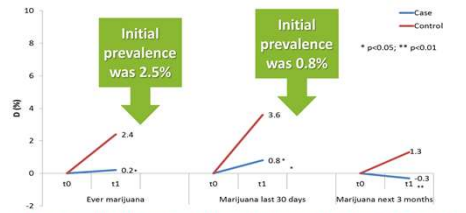
UNODC, Nigeria and UNPLUGGED

38

UNODC
United Nations Office on Drugs and Crime

Prevention that WORKS!
Healthy and safe development of children and youth

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



Category	Case ($\Delta\%$)	Control ($\Delta\%$)
Ever marijuana	0.2	2.4
Marijuana last 30 days	0.8*	3.6
Marijuana next 3 months	-0.3	1.3

Initial prevalence was 2.5% (Ever marijuana)
Initial prevalence was 0.8% (Marijuana last 30 days)

* $p < 0.05$; ** $p < 0.01$

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

Adapted from: Mastouf W, Stojanovic M, Kiefer M, Campello G, Heikkila H, El-Khatib Z. Lions Quest Skills for Adolescence Program as a School Intervention to Prevent Substance Use – a Pilot Across 3 South East European Countries. *Prevention Science* 2019.

39

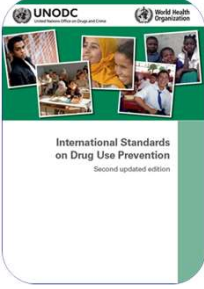
What if you cannot access an evidence-based programme?

40

UNODC
United Nations Office on Drugs and Crime

Prevention that WORKS!
Healthy and safe development of children and youth

Look in the Standards to see what works and what does not work



International Standards
on Drug Use Prevention
Second updated edition

41

UNODC
United Nations Office on Drugs and Crime

Prevention that WORKS!
Healthy and safe development of children and youth

What works in preventive education (1)

Learn and **PRACTICE** personal and social skills

- Coping with stress and negative emotions, decision making, resistance skills

Change perceptions of risks associated with substance use – Dispel misconceptions about expectations

- Emphasize immediate and appropriate consequences

Dispel misconceptions about the normative nature of substance abuse

42

UNODC
United Nations Office on Drugs and Crime

Prevention that WORKS!
Healthy and safe development of children and youth

What works in preventive education (2)

INTERACTIVE methods

A SERIES of structured weekly sessions (10-15)

Boosters sessions over several years

Delivery by trained facilitators/ peers/ teachers/ (police officers)

43

UNODC
United Nations Office on Drugs and Crime

Prevention that WORKS!
Healthy and safe development of children and youth

What does NOT work in preventive education

Utilise non-interactive methods (such as lecturing) as the primary delivery strategy

Information-giving alone, particularly fear arousal

Single or unstructured sessions

Focus only on the building of self-esteem

Address only ethical/moral decision making or values

Use people in recovery as testimonials

44

UNODC
United Nations Office on Drugs and Crime

Prevention that WORKS!
Healthy and safe development of children and youth

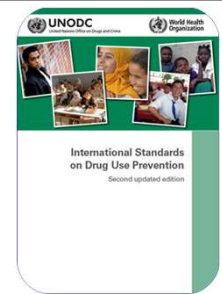
Compare with your existing programme(s).

45

UNODC
United Nations Office on Drugs and Crime

Prevention that WORKS!
Healthy and safe development of children and youth

You can use the Standards to do this with ANY strategy



46

UNODC
United Nations Office on Drugs and Crime

Prevention that WORKS!
Healthy and safe development of children and youth

- The earlier, the better
- Focus on development, not only information
- It is never too late
- Use evidence-based programmes
- Many vulnerabilities, many settings

A few messages

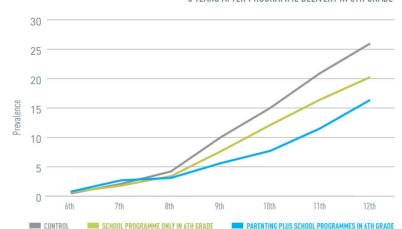
47

UNODC
United Nations Office on Drugs and Crime

Prevention that WORKS!
Healthy and safe development of children and youth

Example of family- plus school-based prevention - Crowley et al., 2014

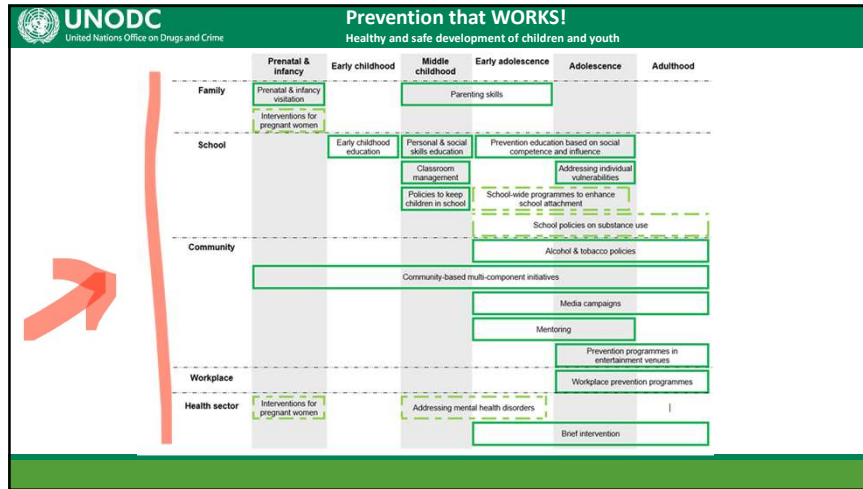
PREVALENCE OF NON-MEDICAL USE OF PRESCRIPTION OPIOIDS 6 YEARS AFTER PROGRAMME DELIVERY IN 6TH GRADE



Grade	Control	School Programme Only in 4th Grade	Parenting Plus School Programmes in 4th Grade
6th	~1	~1	~1
7th	~2	~2	~2
8th	~4	~4	~4
9th	~8	~7	~6
10th	~14	~12	~10
11th	~20	~16	~13
12th	~26	~20	~16

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.

48



49



50

Thank you!

MS. GIOVANNA
CAMPELLO, UNODC
PREVENTION,
TREATMENT AND
REHABILITATION
SECTION

WRITE TO ME:
GIOVANNA.CAMPELLO@UN.ORG

FOLLOW US ON
TWITTER:
[@UNODC_PTRS](https://twitter.com/UNODC_PTRS)

51