



# TRAINING REPORT

## UPC CORE COURSE 02

### INTRODUCTION TO THE UNIVERSAL PREVENTION CURRICULUM SERIES FOR PRACTITIONERS

PREPARED BY – PRADEEP KOHOLANEGEDARA AND W.G SUPUN UDANA

#### Executive Summary

The second phase of the Global Prevention Curriculum Training, organized by the Prevention Education Training Division of the National Dangerous Drugs Control Board, was successfully completed on March 21, 2022 at the Thalangama Training Center, Koswatta, Colombo. This was attended by 23 outreach officers representing NDDCB's outreach Division and was designed to cover a total of 48 hours, with 30 hours of practical training over five days and 18 hours for in-home assignments.

In selecting officers for the workshop, criteria were considered, such as having worked in the field of drug prevention and treatment for more than two years, or at least a basic degree. Two weeks before the training, they were given initial notice and a WhatsApp team was formed to provide them with the information they needed to prepare. The organizing team had also made arrangements to provide accommodation for officers working outside Colombo. Food, refreshments and other basic necessities were also provided to each trainee.

Training was provided by UTC certified trainers and UPC Core - Pilot curriculum was used for the training. The curriculum was provided free of charge by the Colombo Plan Secretariat and the initial cost was borne by the US State Department. The contents of the UPC curriculum were most recently studied by the Officers of the Prevention Education Training Division and contributed by ISSUP. In following these guidelines, Dr. Joe contribution to the development of scientific and Evidence Based Prevention programs in Sri Lanka has been invaluable.

The assessment made at the end of the training showed that the trainees had made significant progress in their knowledge, skills and attitudes through both the initial and final assessments of the training. Pre-assessment tests and post-evaluation tests were used for this and each test was performed very reliably online.

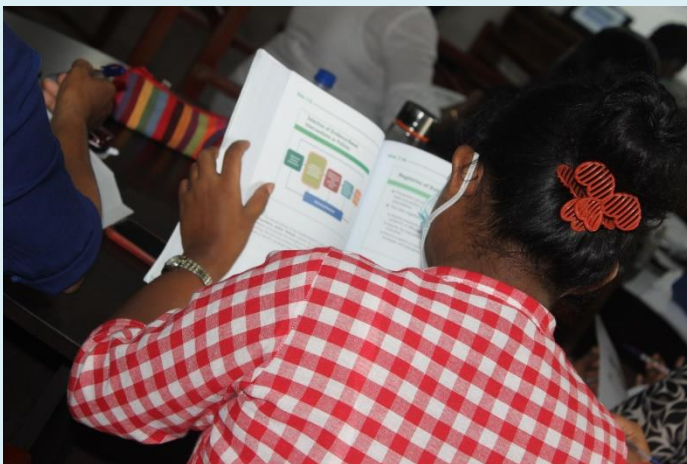


## INTRODUCTION

This second training course organized to introduce the Universal Prevention Curriculum to Sri Lanka was held on 21-25 March 2022 at the Thalangama Training Center, Colombo. For this, 23 training labs were involved and they completed all the exercises in the entire syllabus during the course. The training exchanged the latest

techniques and knowledge used in prevention education, enabling the training labs to provide the training and prevention education programs they conduct on a more productive and scientific basis. All of these trainees were of the opinion that the knowledge, skills, and attitudes gained through this training would be of great benefit to those who are actively involved in anti-drugs activities.

Since everyone involved in the training was an activist in the field, it was hoped that the knowledge gained from them would be put to practical use. The promotion of scientifically proven evidence-based prevention programs, especially in the field of long-term drug prevention and treatment, has been a long-term plan. The UPC CO Pilot curriculum and the exercises it brought with it clearly became a great solution to it.



## TRAINING GOALS

One of the primary goals of this training is to develop anti-drug prevention programs and to make them scientifically sound programs based on well-established evidence based program before it can be disseminated to the public. The result was to increase the capacity of the staff to present programs that were computable and

cost effective. In addition, it was hoped that the shortcomings of the traditional methods used in the long run would be rectified.



## LEARNING APPROACH

The learning approach for the training series included

- Trainer-led presentations and discussions
- Frequent use of creative learner-directed activities, such as small-group and partner to-partner interactions
- Small-group exercises and presentations
- Reflective writing exercises
- Skills role-plays
- Periodic reviews to enhance retention; and
- Learning assessment exercises.



## THE TRAINING SPACE

Training space was attractive, well-organized and large enough to accommodate all participants and small groups. The seating arrangement was small groups at round tables which saved significant time moving into and out of small groups for the exercises.

Colorful posters were created to add life to the training room. Soft music was played appropriately throughout the training programme.



## PANEL OF TRAINERS

**Pradeep Koholanegedara** ICAP I  
*Head of the Education and Training Division of the NDDCB*

**Suchinthana Dasun** ICAP I

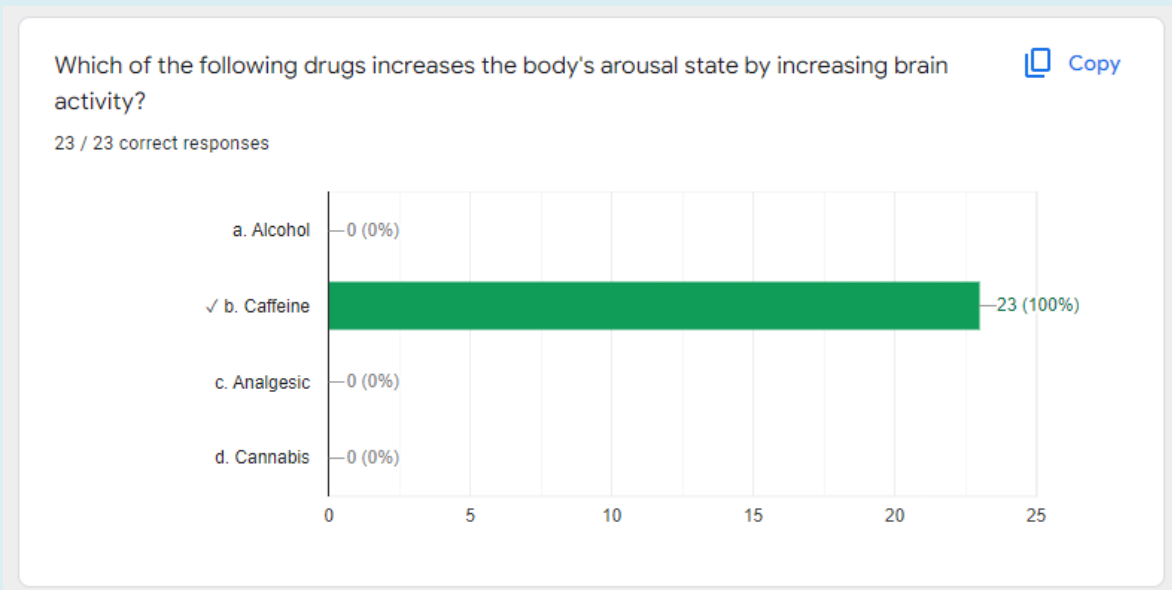
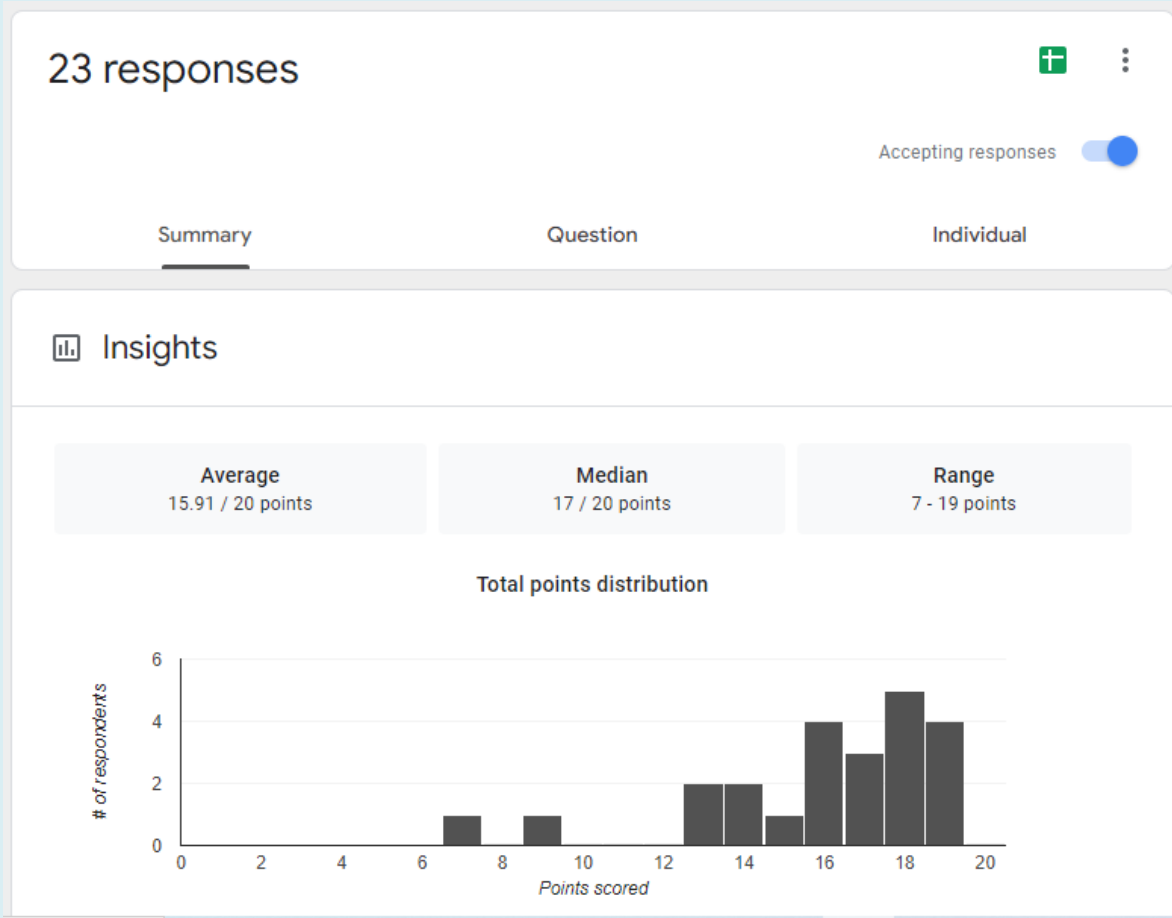
**W. G. Supun Udana**

**Nilani Renuka**

**M.M.G.B.M Rashard**

# POST- TEST

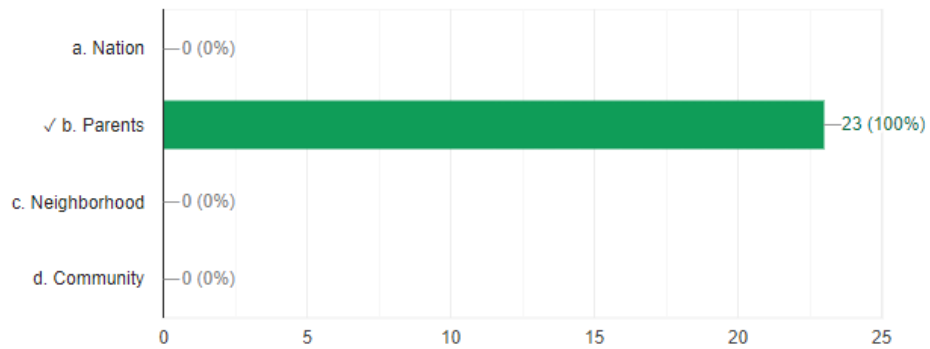
The pre and post-test were to evaluate the training programme in terms of knowledge improvement of the participants.



Which of the following is included in the micro-level environment?

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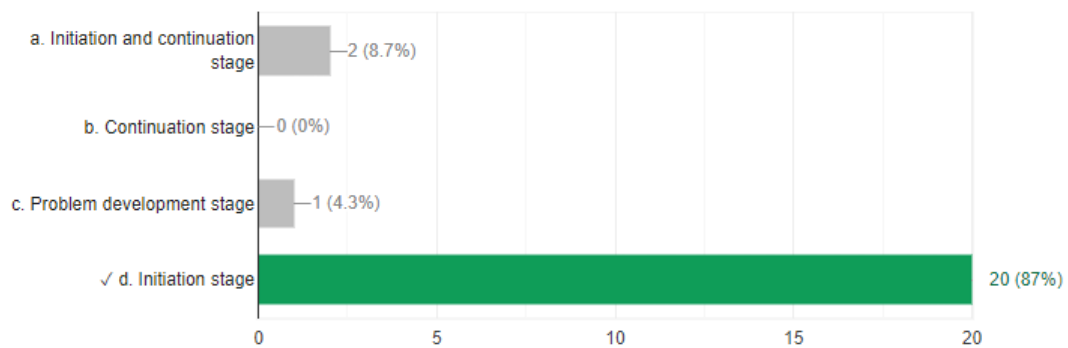
23 / 23 correct responses



In the Natural History of Substance Use, environmental factors have greater influence during the:

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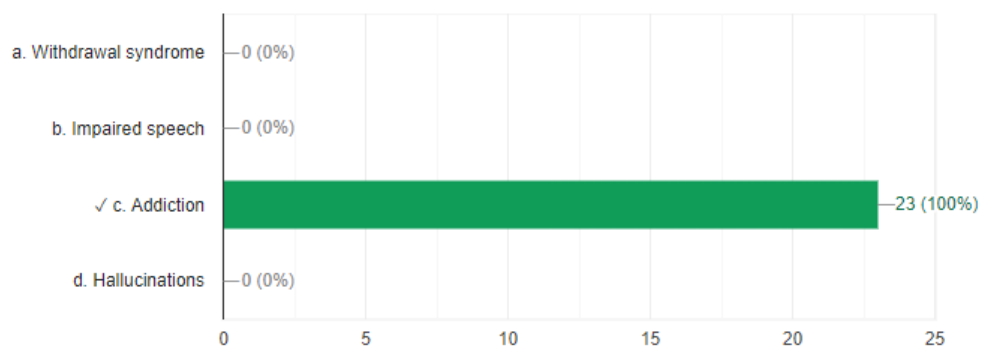
20 / 23 correct responses



If a psychoactive substance is repeatedly taken long enough, it can create tolerance. Tolerance with a drug can lead to:

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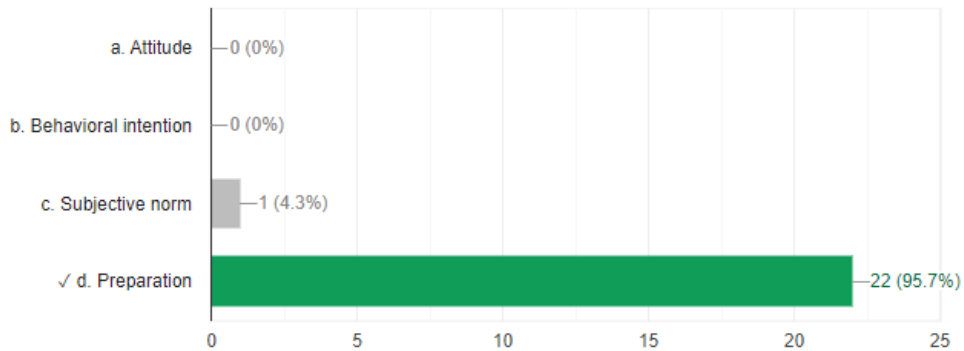
23 / 23 correct responses



Which of the following is NOT a component of the Theory of Planned Behavior?

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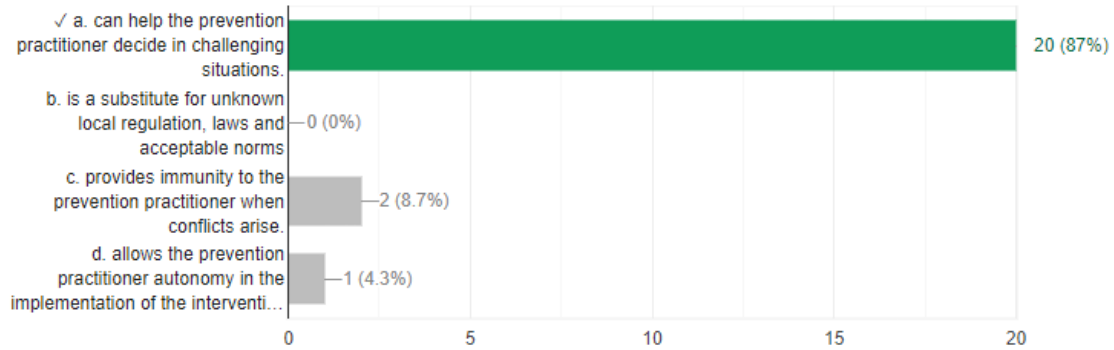
22 / 23 correct responses



In prevention, ethics is crucial because it:

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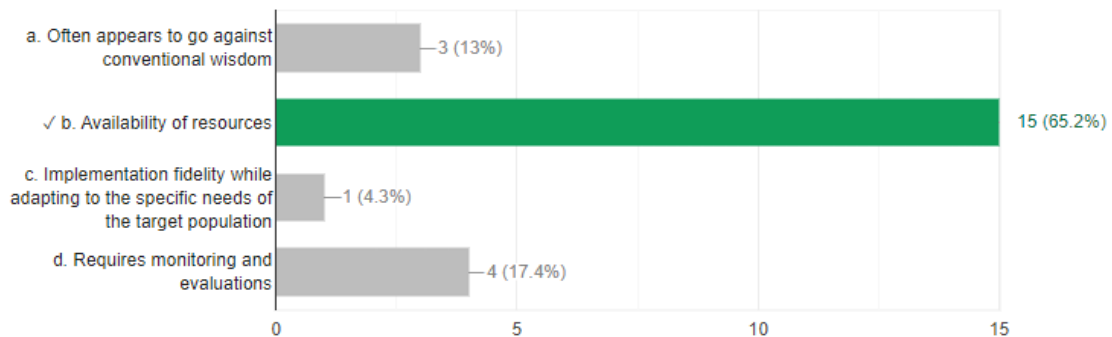
20 / 23 correct responses



Which of the following is NOT a barrier to implementing evidence-based interventions?

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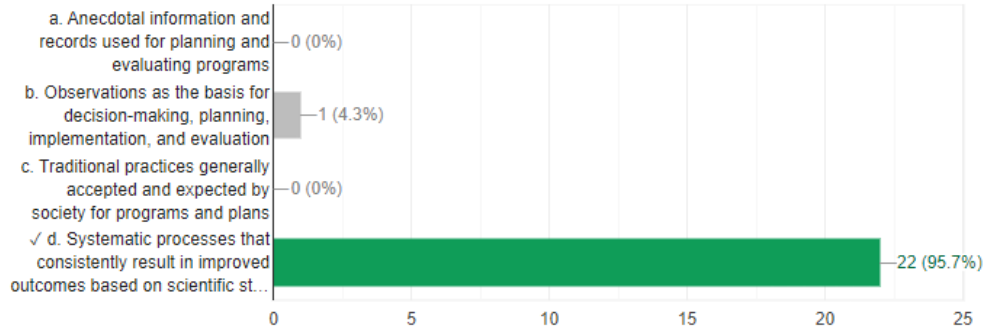
15 / 23 correct responses



Evidence-based practice is the use of:

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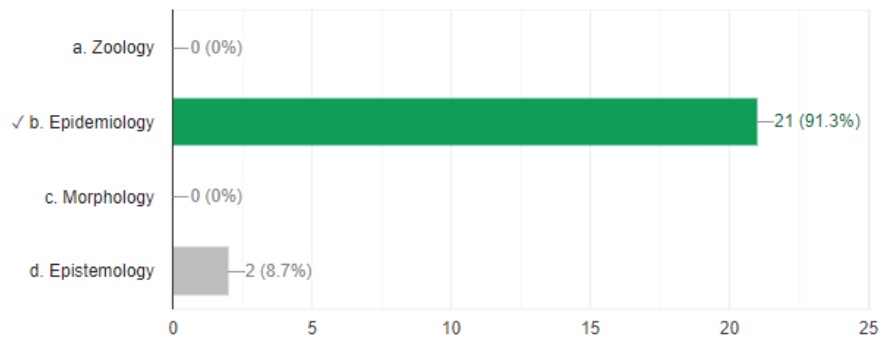
22 / 23 correct responses



Prevention science incorporates science and research in many social, behavioral, and health disciplines. These include psychology, sociology, pharmacology, physiology, biology, and:

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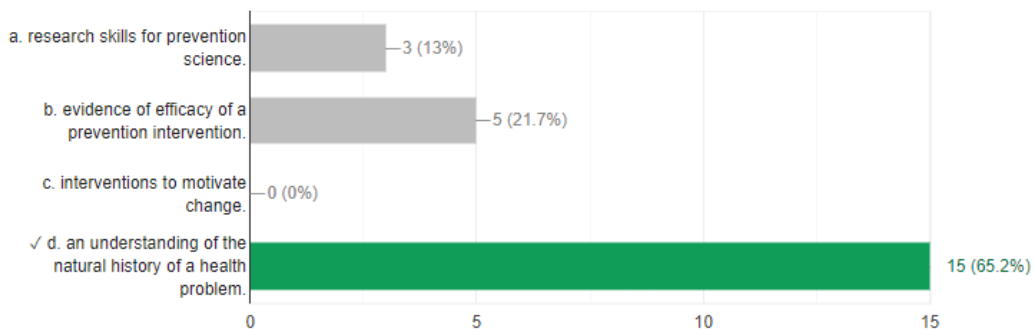
21 / 23 correct responses



Epidemiology and etiology deal with developing:

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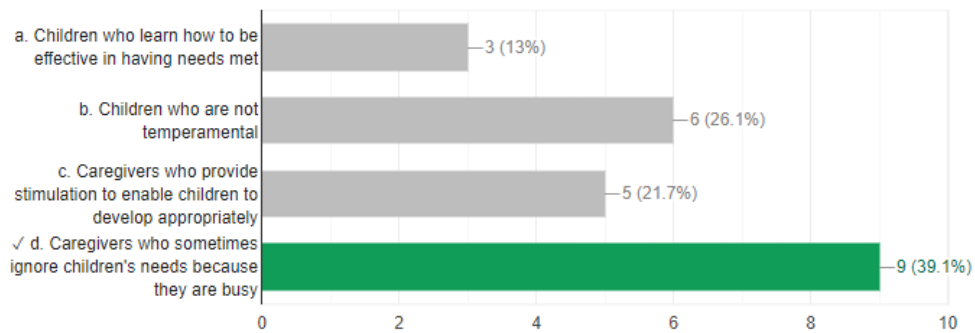
15 / 23 correct responses



Which of the following is NOT the key resilience factor in the developmental stage of infancy and early childhood?

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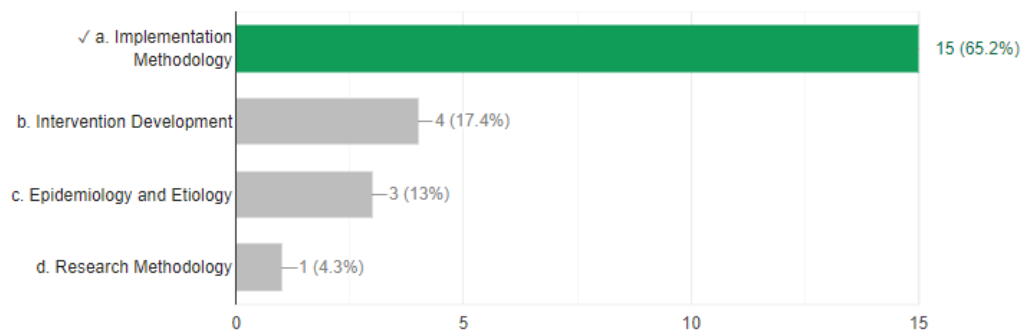
9 / 23 correct responses



Which of the following is NOT a component of prevention science?

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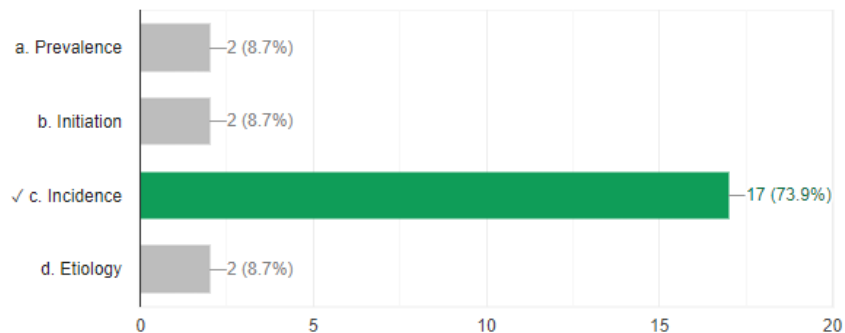
15 / 23 correct responses



What term in epidemiology refers to the identification of new cases by inquiring about the age at the time of first use of a substance?

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17 / 23 correct responses

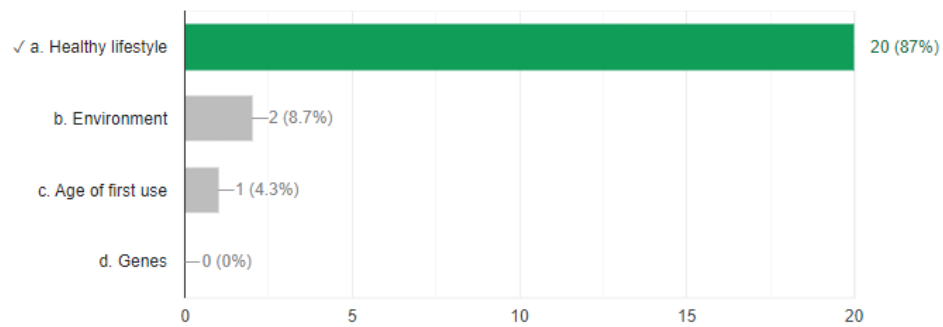




Which of the following is NOT a factor that determines whether someone becomes addicted to drugs or not?

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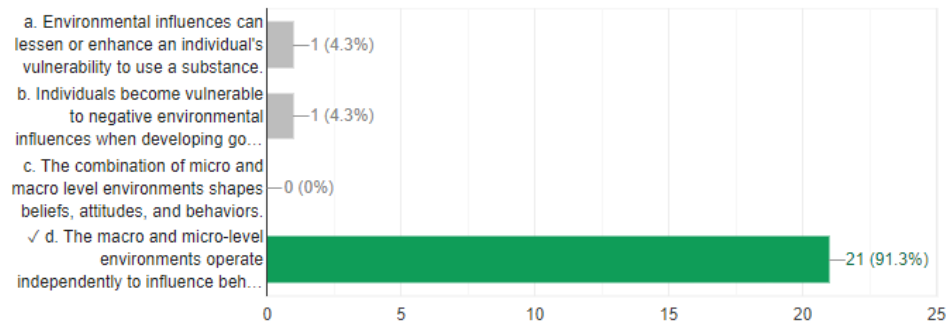
20 / 23 correct responses




Which of the following statements is NOT true about environmental influences on substance use?

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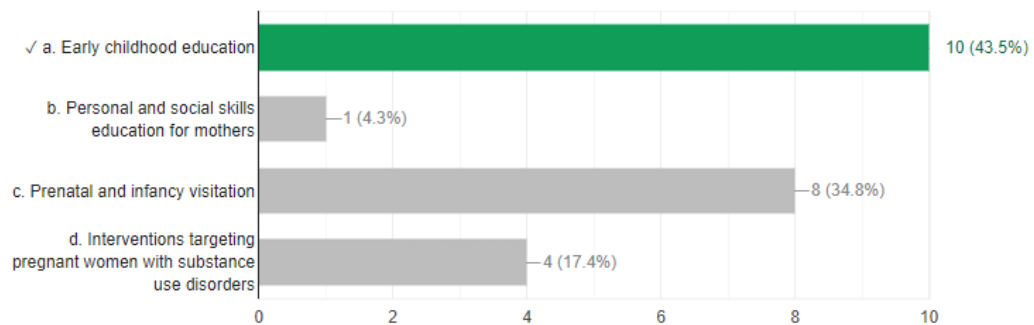
21 / 23 correct responses



Based on previous studies, which of the following is the most effective prevention intervention for the infancy and early childhood stage?

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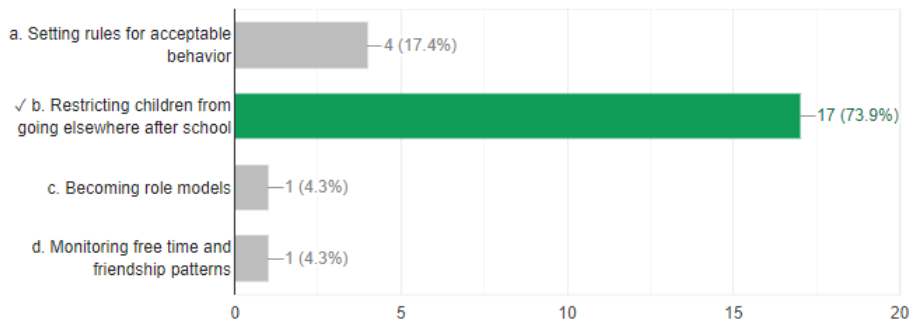
10 / 23 correct responses



Parenting skills programs is found to be the most effective prevention intervention for the middle childhood stage. The following content characteristics of the parenting skills programs are linked to positive outcomes EXCEPT:

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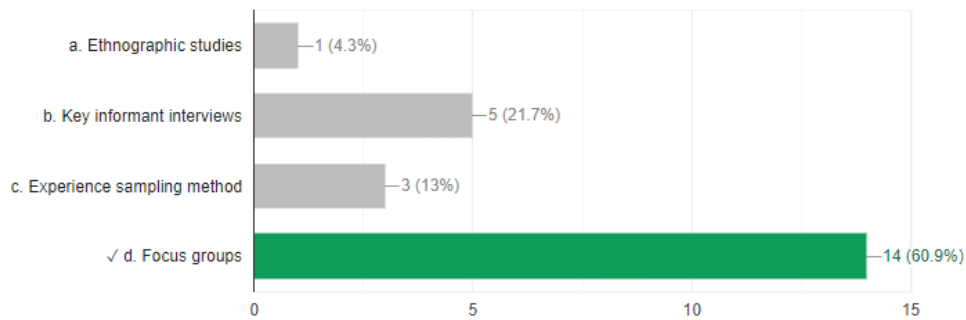
17 / 23 correct responses



The qualitative data collection method that consists of a small number of individuals discussing opinions about a topic to guide future actions is called:

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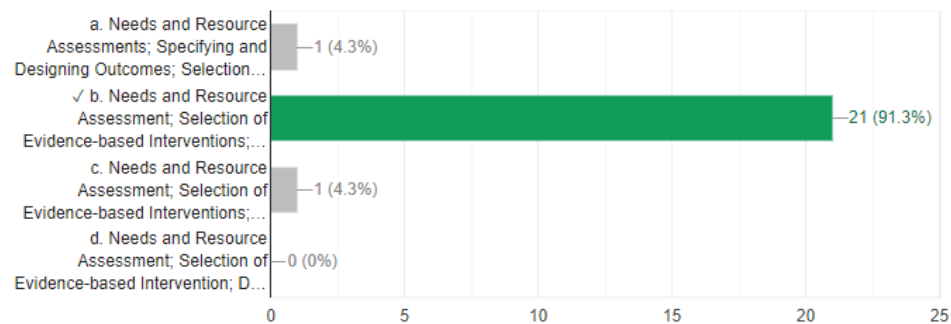
14 / 23 correct responses



Which of the following is the correct order of the general implementation framework?

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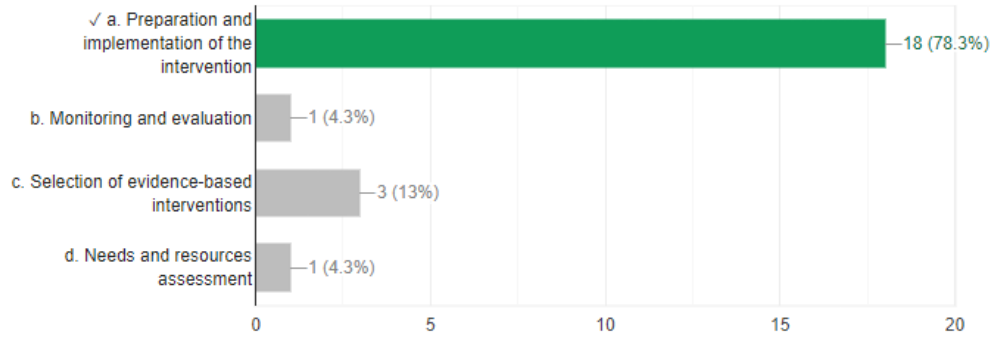
21 / 23 correct responses



What phase of the implementation cycle ensures that the implementers of the intervention are trained and confident to deliver the intervention well?

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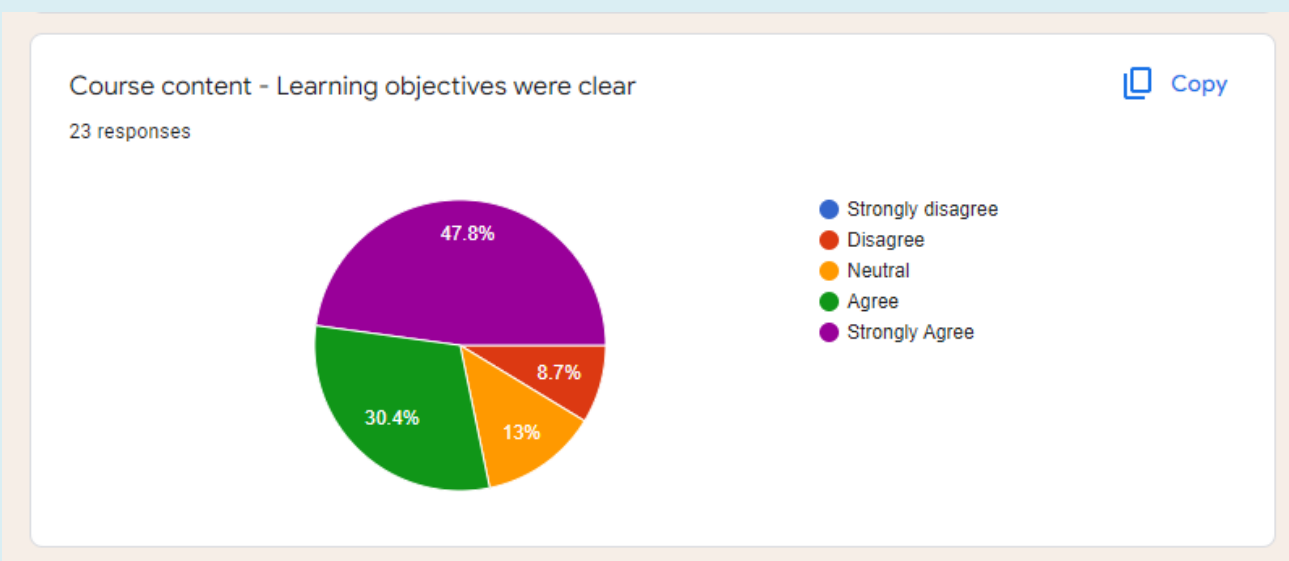
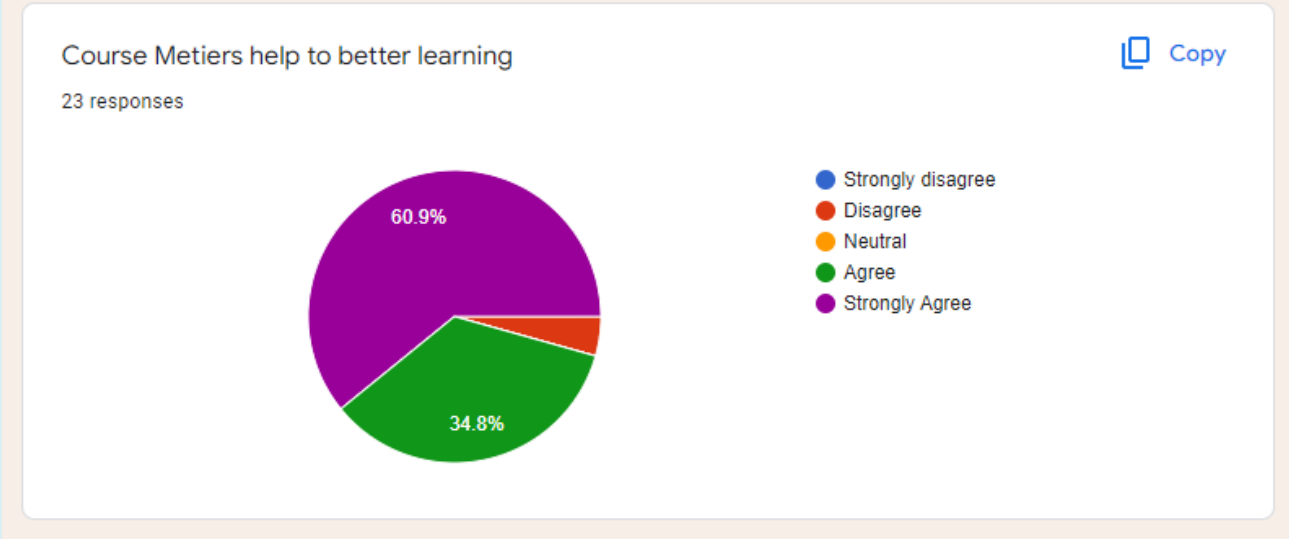
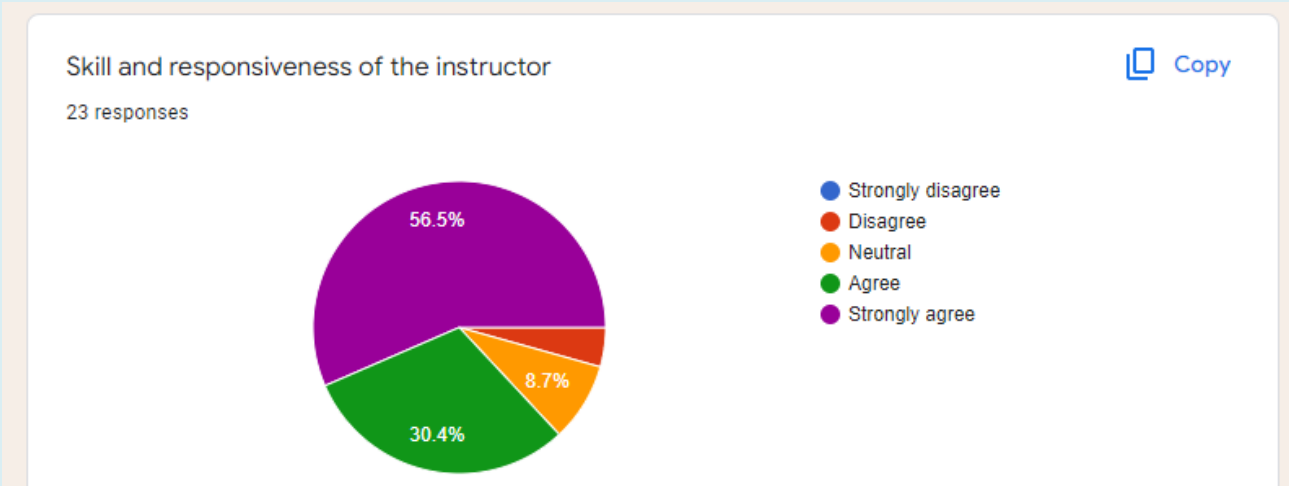
18 / 23 correct responses



# ONLINE EVALUATION OF THE OVERALL TRAINING

The online evaluation and pre/ post-test were conducted to assess the overall success of the training.

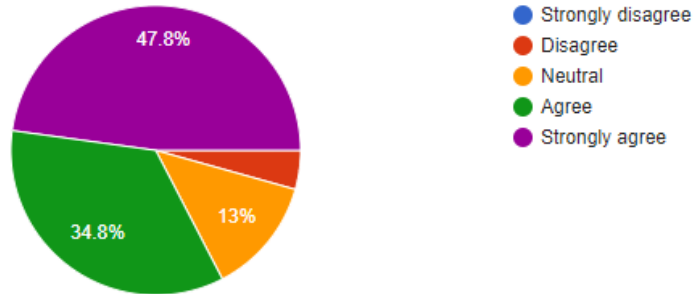
Result of the online evaluation is as follows



### Course content was organized and well planned

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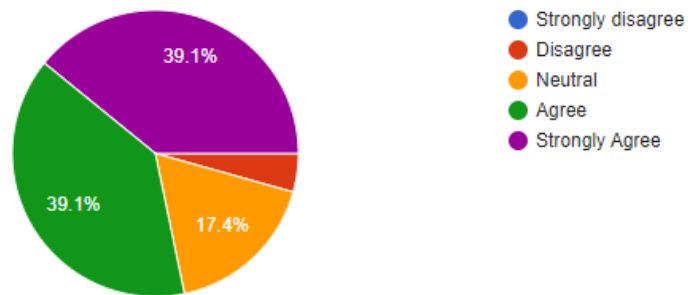
23 responses



### Course workload was appropriate

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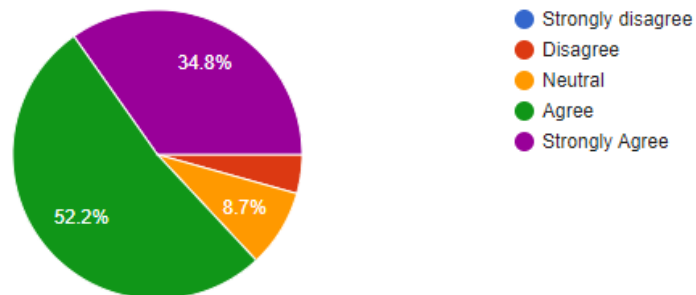
23 responses



### Course organized to allow all participants to participate fully

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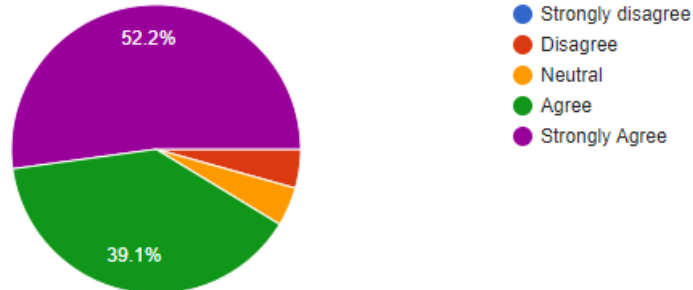
23 responses



### Class room environment arrangement

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23 responses



### What aspects of this course were most useful or valuable?

23 responses

I learned this course learned new methods and practical skills..I could understand special tools methodologies and step by step analysis of prevention procedures.

Science of prevention

It is very useful our improve knowledge and outreach work .

Lessons learned about prevention and treatment

This training is most useful for providing quality and effective service and getting better results.

Providing the necessary knowledge with practical activities. Obtaining internationally recognized drug prevention knowledge and being able to study that knowledge as a scientific application.

Improve knowledge and technical knowledge

Skills and competences for prevention

## Comments

UPC training was absolutely a wonderful opportunity to enhance knowledge on implementing an effective evidence based prevention programme and also updated knowledge on standards in delivering evidence based prevention intervention and policies. well, throughout the training lectures were organized and practical .At present drug abuse has become a critical crisis in the country. Therefore scientific evidence base prevention is the best approach to reduce drug abuse.



Prevalence of pregnancy, substance abuse violence among young people is unacceptably high in the society. Therefore preventing youth generation from drug abuse is important and taking proper steps in preventing drug abuse in the school setting would deliver better child to the society. As greater number of drug abusers seeks treatment and drug rehabilitation programme resources become more and more scare selection processes should become based on scientific research rather than on the intuition of a few influential personal. UPC course is much more helpful to provide a scientific prevention and to reduce the drug abuse. Recent advances in prevention research is growing support for evidence based practice are encouraging developments that will increase the number of children and youth to succeed and contribute in school and life. Therefore UPC trying is very important to develop higher theoretical significance of the study. The road to greater success includes evidence based prevention science and scientific technical assistance system for prevention. This training will help to build a knowledgeable scientific preventive officer. Hope this training will continue further. Thank you very much Assistant director education Mr. Pradeep and the PET team for providing this great opportunity.

Ms. Imandi Amarakoon  
Assistant Outreach Officer  
National Dangerous Drugs Control Board

There is a key point that “prevention is better than cure”. There are various forms of prevention amongst the prevention category and therefore drug prevention can be considered a key component. According to the Statistics and research reports it is specified that people have a tendency to become addicted to any drug in the current society. Rather than providing treatment and rehabilitation opportunities for those who are addicted to such drugs, it is vital to free them from the



risk of getting addicted before being addicted. They should be freed from the risk of drug seeking behavior based on principles of certain scientific basis. In order to make such an evidence-based preventive intervention, it is essential to have a theoretical knowledge with regard to it. During the five-day training of the respective workshop, theoretical knowledge was imparted to identify the target groups who are at risk of narcotics use, offered multidisciplinary theoretical knowledge for the purpose of understanding and implementing the effective prevention interventions required for respective target groups, and the implementation and evaluation for those interventions was offered. I would like to extend my heartfelt thanks to the madam Chairperson, Director General and Assistant Director of the Prevention and Training Education Division, and the Program Coordinator at National Drug Control Board.

A Nilani Renuka  
Research Officer  
National Dangerous Drugs Control Board

Substance use disorders continue to be a huge problem around the world. Today, in the Sri Lankan context as a professional we have to provide treatments for many people who suffer from psychoactive substance use disorders. I am very grateful to everyone who organized this program. Because in this session we learned key factors regarding scientific prevention methodologies and it might uplift the Sri Lankan drug control board service as much as possible. As well, during this training highly mentioned the importance of evidence-based prevention intervention strategies and a skills-based curriculum to prepare prevention implementers for working. Finally, I would like to express my gratitude towards the Prevention, Education, and training unit of NDDCB, the team The Colombo Plan, and other organizations who are behind this successful training program.



Kalhari Rajapaksha  
Assistant Counselor  
National Dangerous Drugs Control Board