



European Monitoring Centre
for Drugs and Drug Addiction

European Drug Report

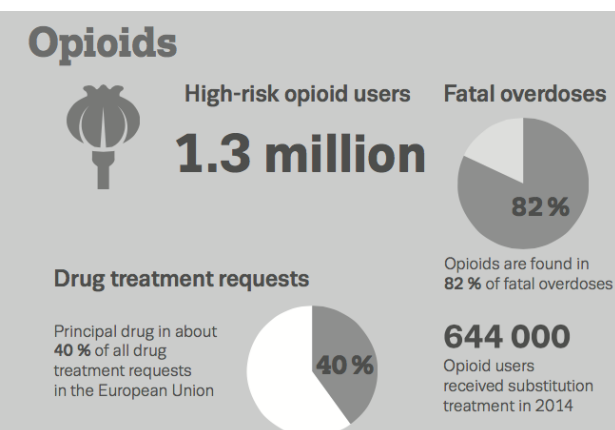
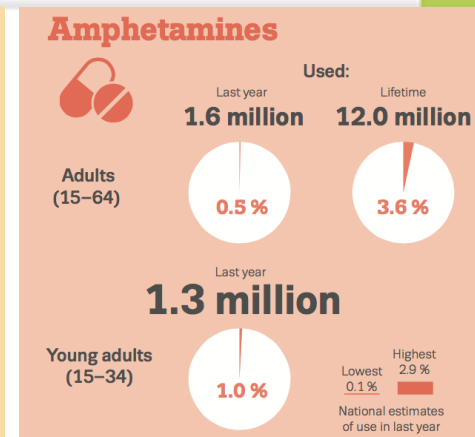
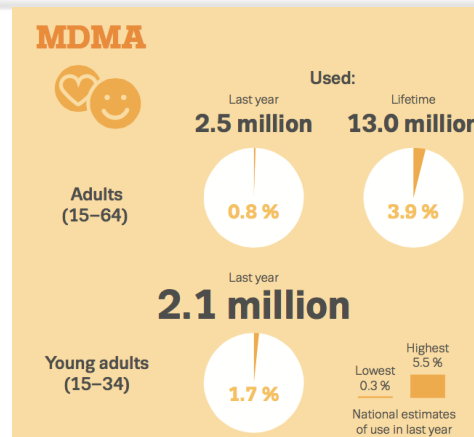
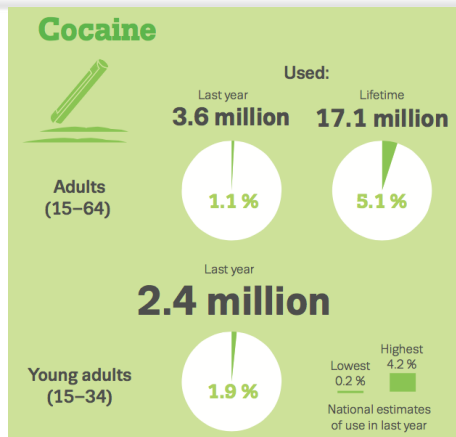
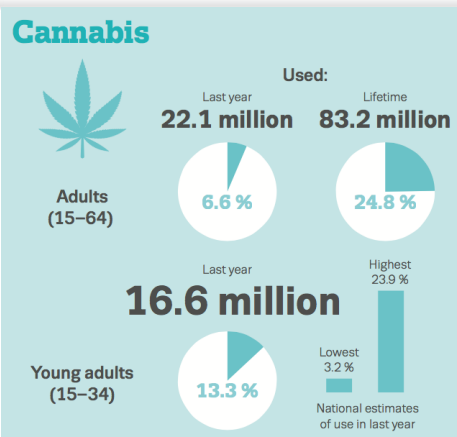
Trends and Developments

Gregor Burkhardt

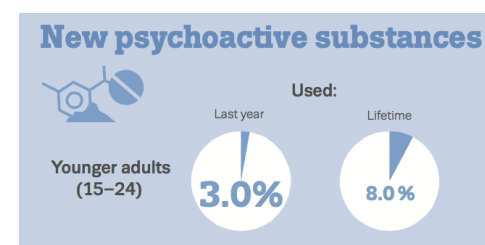
20 October 2016

Portoroz

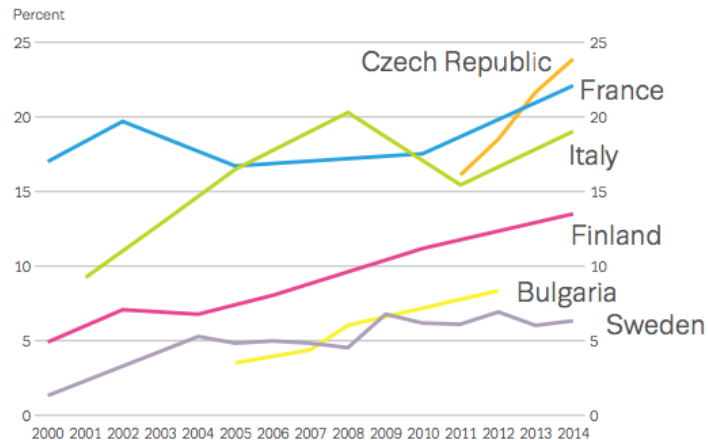
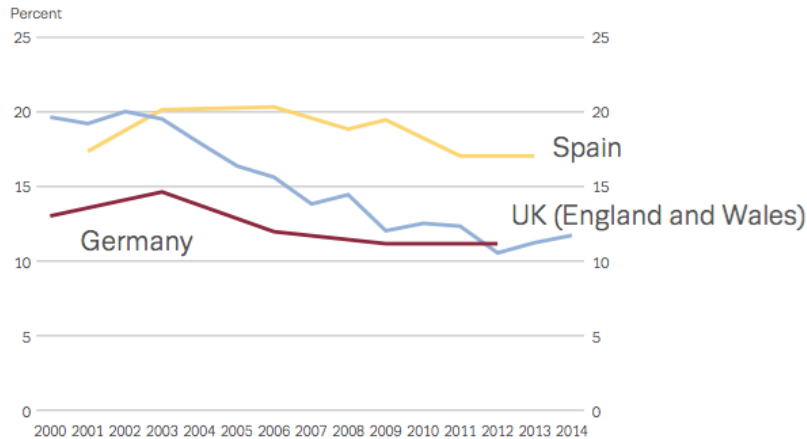
Illicit drug use in Europe



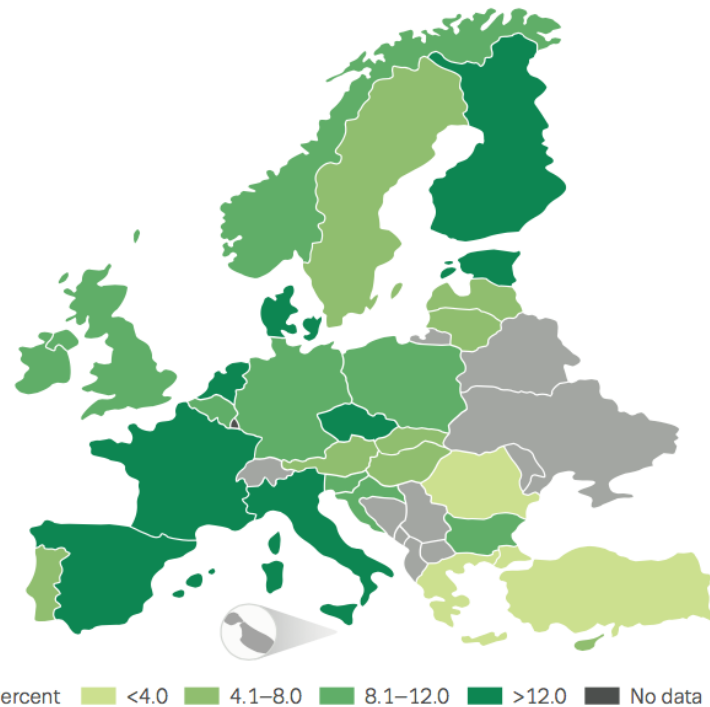
- **Cannabis:** most commonly used
- **Cocaine:** most common stimulant
- **MDMA:** most common synthetic stimulant
- **Heroin and other opioids:** use relatively rare but associated with most harms
- **NPS:** little prevalence data



Cannabis: divergent national trends



Last year prevalence of cannabis use among young adults (15–34):
most recent data



Recent surveys — 8/13 countries
report increase

Almost 1 % of adults daily users

Problematic cannabis use: increase in new treatment entrants



17% 83%

First-time entrants

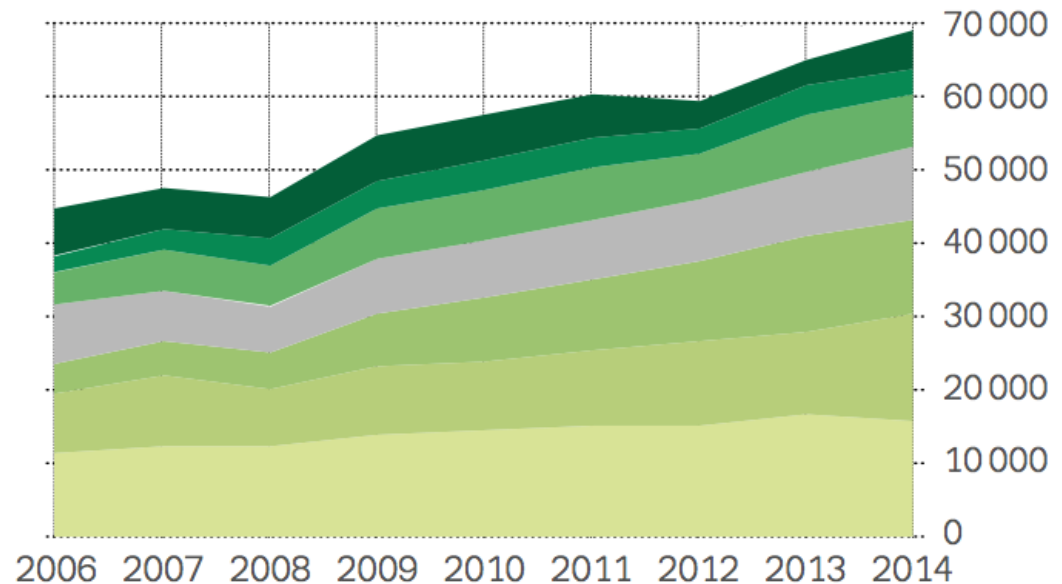
59%



Previously treated entrants

41%

Trends in first-time entrants

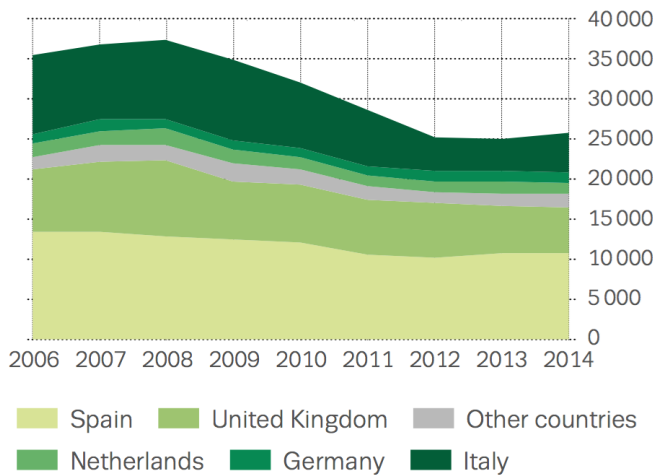


United Kingdom Germany Spain
Other countries France Netherlands
Italy

Problem stimulant use: increase treatment demand for amphetamines

Cocaine

Trends in first-time entrants

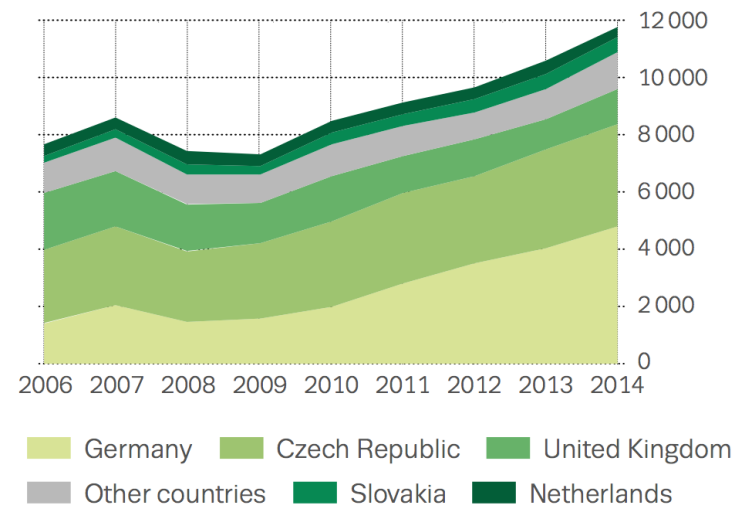


MDMA

- rarely reported
- 1 % of first-time entrants in 2014

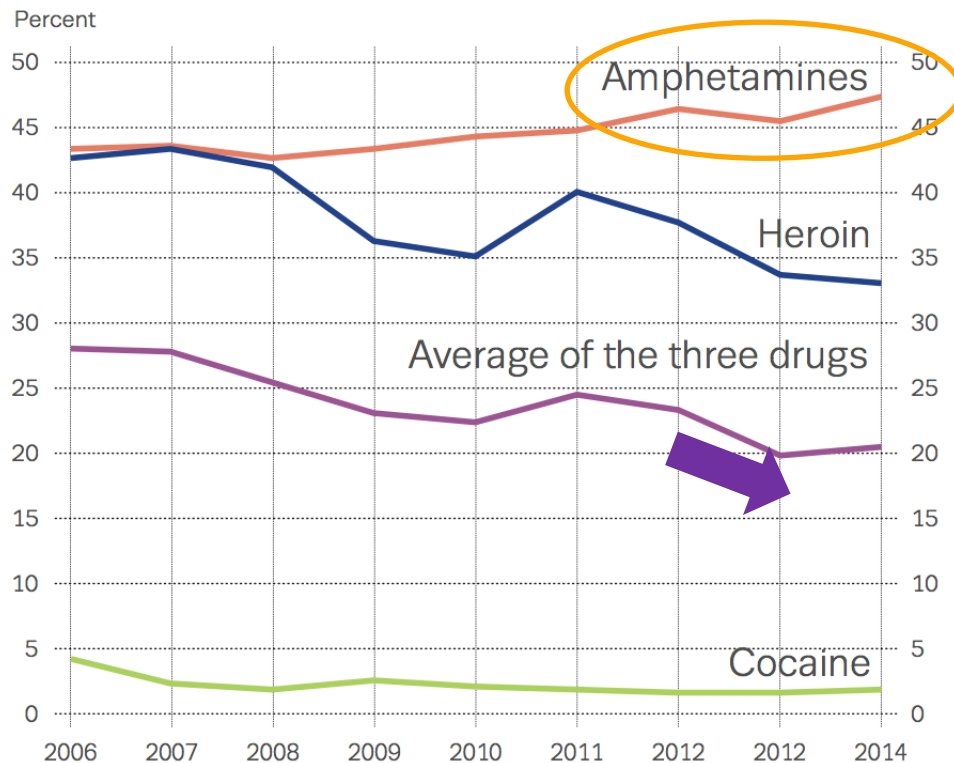
Amphetamines

Trends in first-time entrants



Overall injecting drug use in decline

First-time treatment entrants reporting injecting as the main route of administration of their primary drug

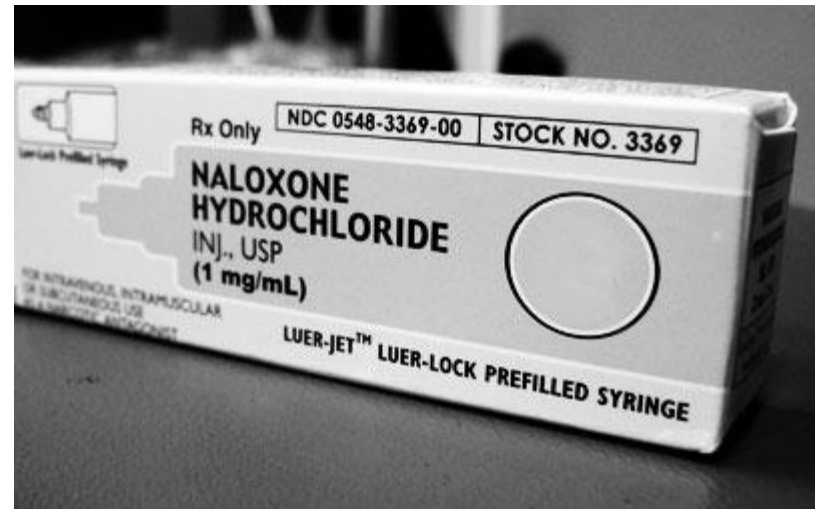


..but small rise in injecting among new amphetamines clients

Preventing overdoses and other drug-related deaths

Opioid substitution treatment — good evidence

- Naloxone
 - take-home programmes in 8 countries
- Drug consumption rooms in 6 countries



NPS and harms: risk assessments

34 public health alerts since 2014

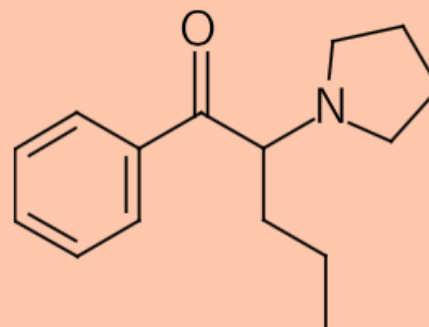
7 new substances risk-assessed
in 2014

In 2015, alpha-PVP, cathinone,
risk assessed:

- 191 acute intoxications
- 115 deaths

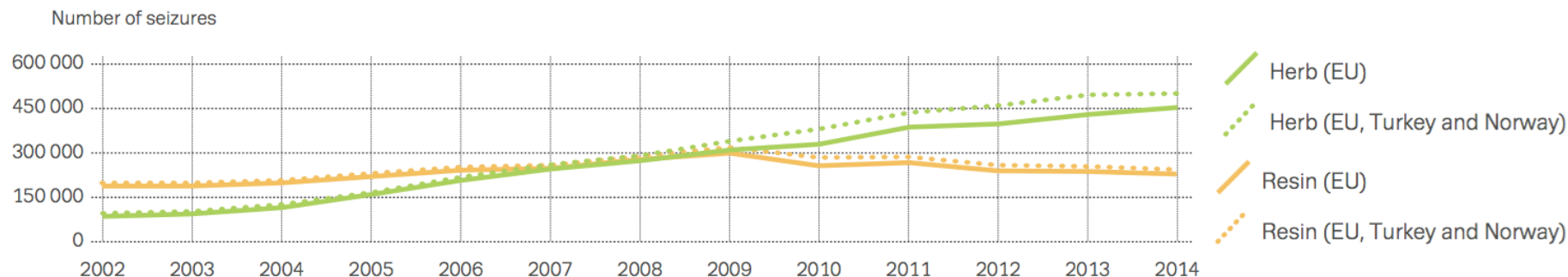
New synthetic opioids a concern

Risk assessment of alpha-PVP

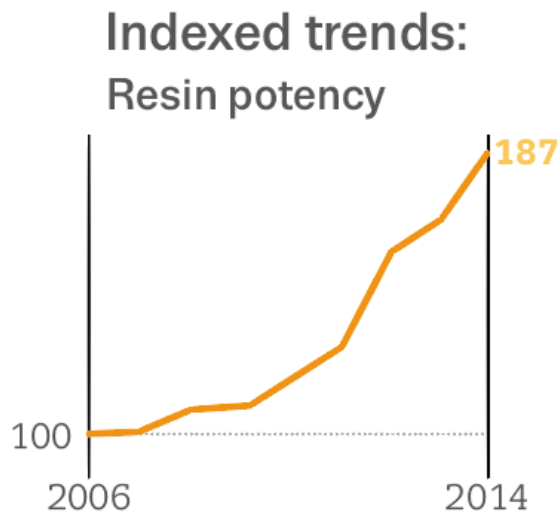


Herbal cannabis seizures increase

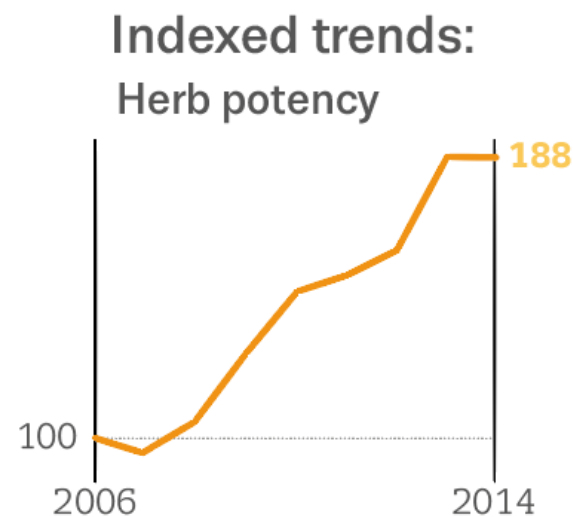
Trends in number of cannabis seizures and quantity of cannabis seized: resin and herb



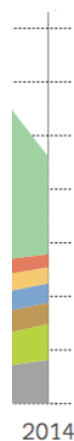
Resin (tonnes)



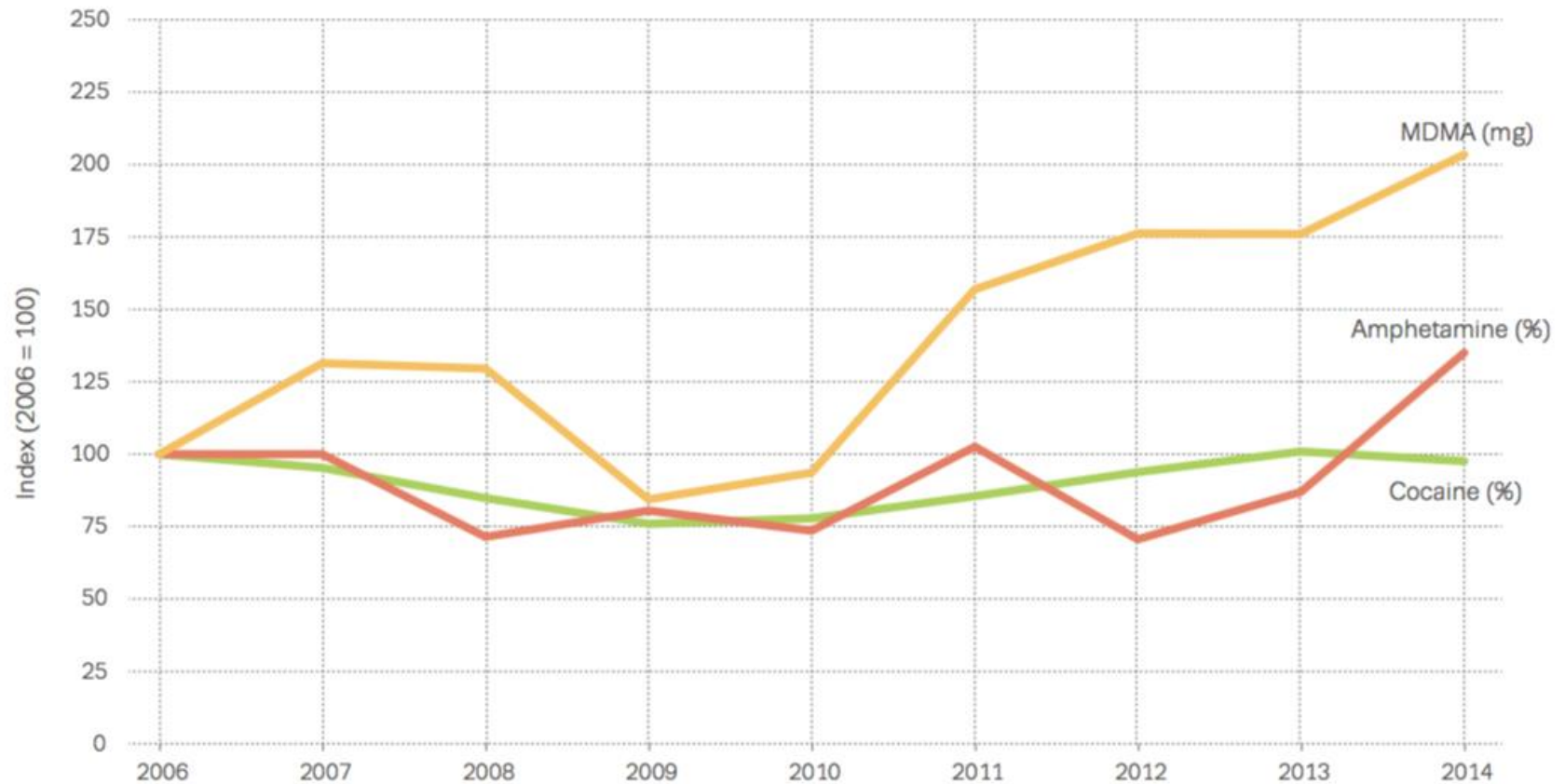
Herb (tonnes)



**Potency
increases**

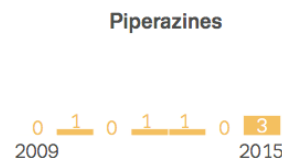
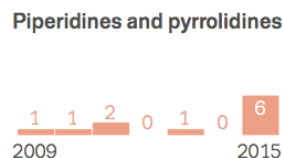
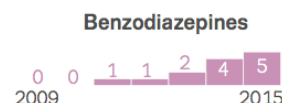
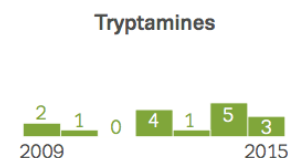
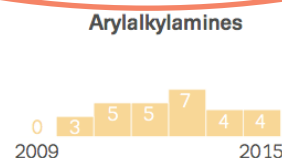
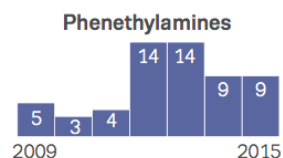
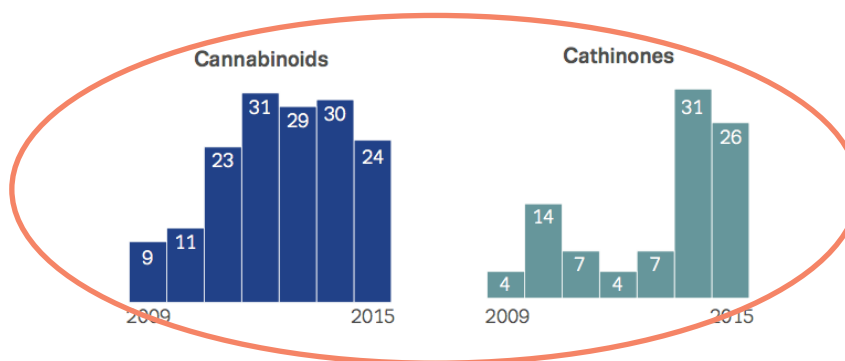
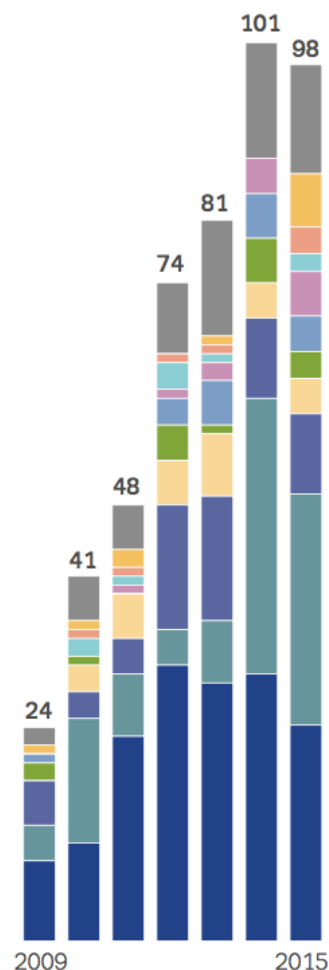


Stimulants purity: increase in high-dose MDMA



98 new psychoactive substances detected in 2015

> 560 substances monitored by the Early Warning System
Synthetic cannabinoids and cathinones largest groups





European Monitoring Centre
for Drugs and Drug Addiction

What can be done in prevention at the local level?

Gregor Burkhart

Portoroz 20 October 2016



The main fallacies in prevention

Homo rationalis:

Warning → protective behaviour

Teaching → handling of risk

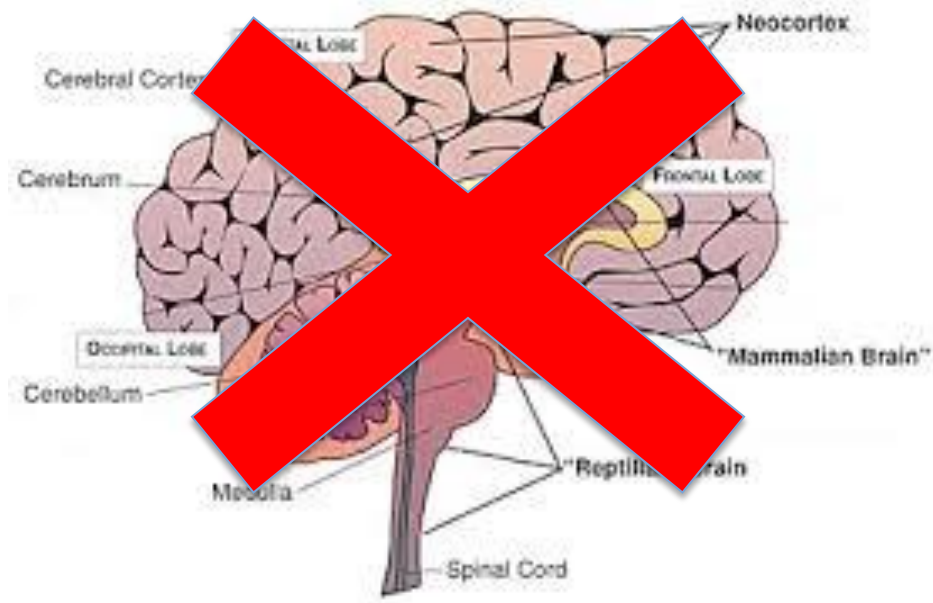
Appeals → moderation

→ Focus on the individual

Free & determined

Independent

Rational



Implicit cognition - *Homo automaticus*

Why do we engage in known harmful behaviours?

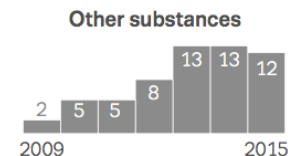
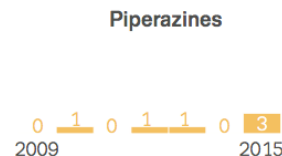
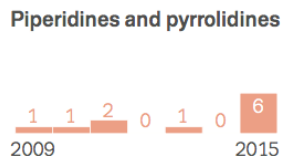
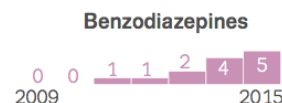
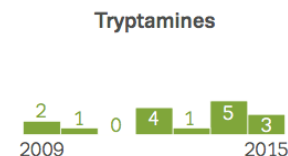
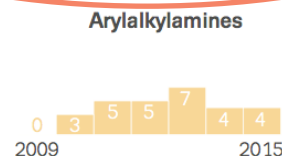
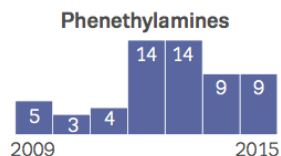
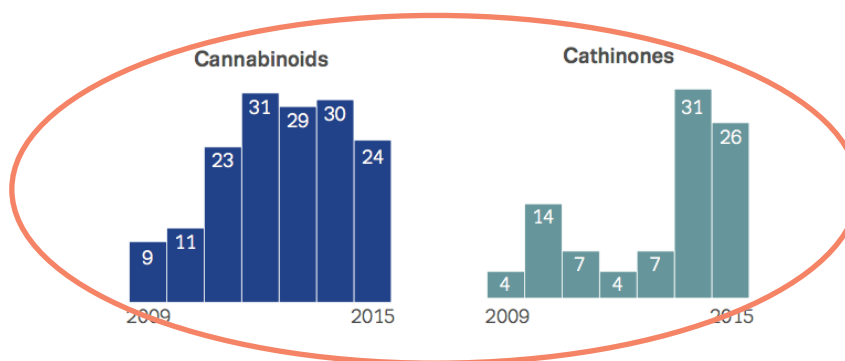
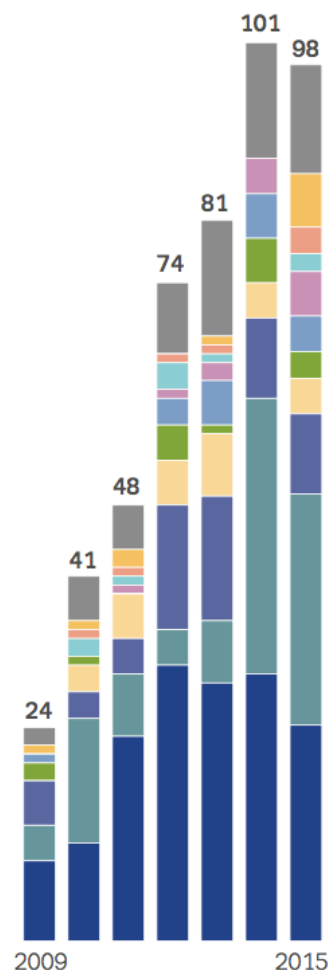
- Not due to reflection on Pro – Contra
- We act intuitively, ... and “rationalise” afterwards
- Automatic approach bias to cues
- Deficits in impulse control worsen this

Sensorial cues → consumption, also food: Watson 2014
“working for food you don’t desire”

Attentional bias → Craving

98 new psychoactive substances detected in 2015

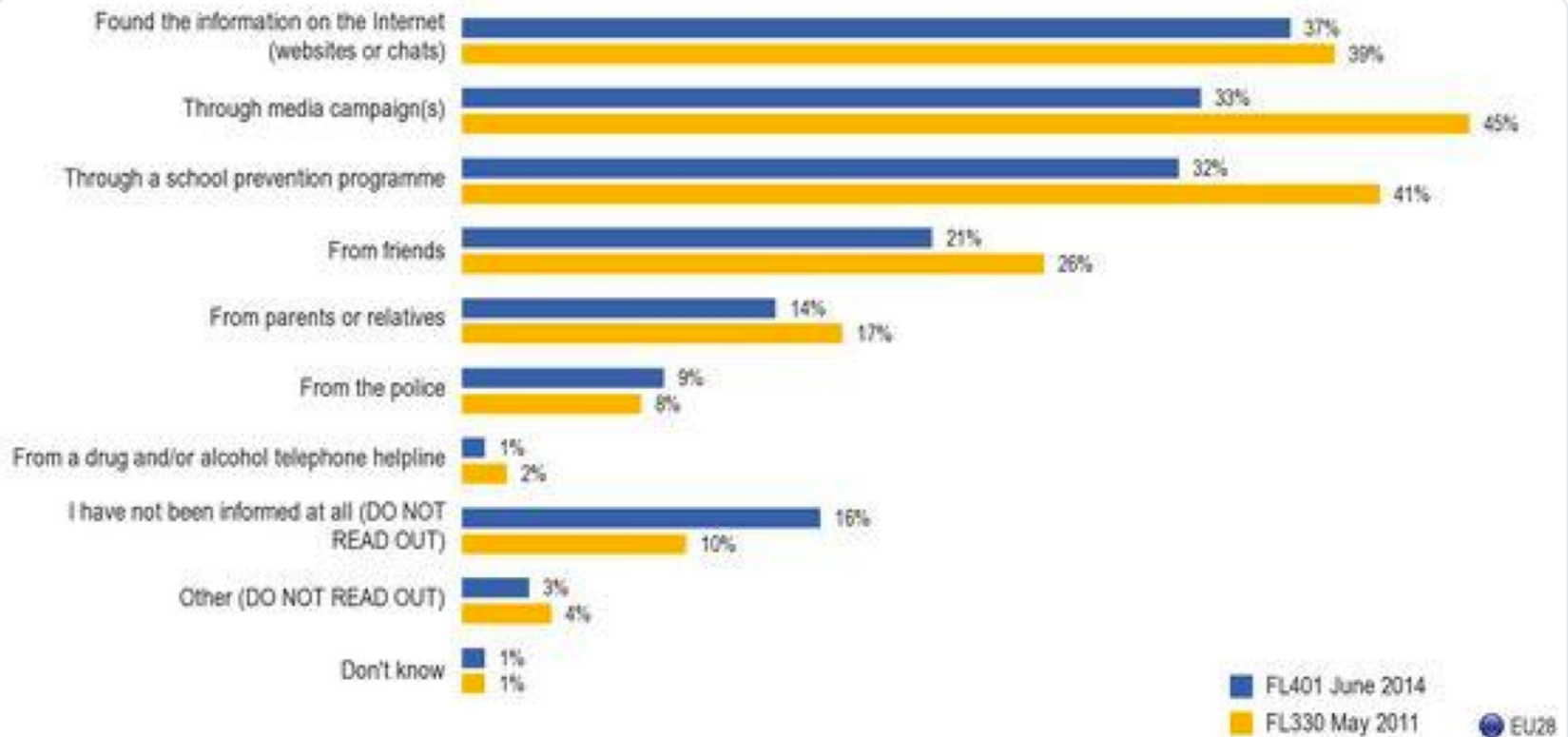
> 560 substances monitored by the Early Warning System
Synthetic cannabinoids and cathinones largest groups





EU Justice @EU_Justice · Aug 21

.@EurobarometerEU study shows young people less informed about #legalhighs. Time to inform about the lethal risks.



News from Australia August 31, 2016 - 4:22pm

THE debate over ex-ice addicts teaching children about the dangers of meth is heating up after a leading Australian body warned the program would do more harm than good.

Yesterday, the Australian Drug Foundation, a leading body on drug issues, visited by former addicts, said the program would do more harm than good. The foundation said the program was "out of control" and "a disaster".

But George Yeo, a former addict and now a leading expert on drug issues, said the evidence was "overwhelming" that the program was "a disaster".

He claimed the meth project in Montana, on which the program for Australian high school students is based, had actually increased the acceptability of trying ice, at a time when use was in decline.

"There's no evidence it made use go down," he told news.com.au. "There's evidence teenagers who saw it saw ice use as more acceptable."

"The first study that appeared to show decreased ice use was done by the people who set the project up. It's been discredited since."

Cognition

Advisory Council for the Misuse of Drugs, 2004:

“... There should be a careful reassessment of the role of schools in drug misuse prevention”

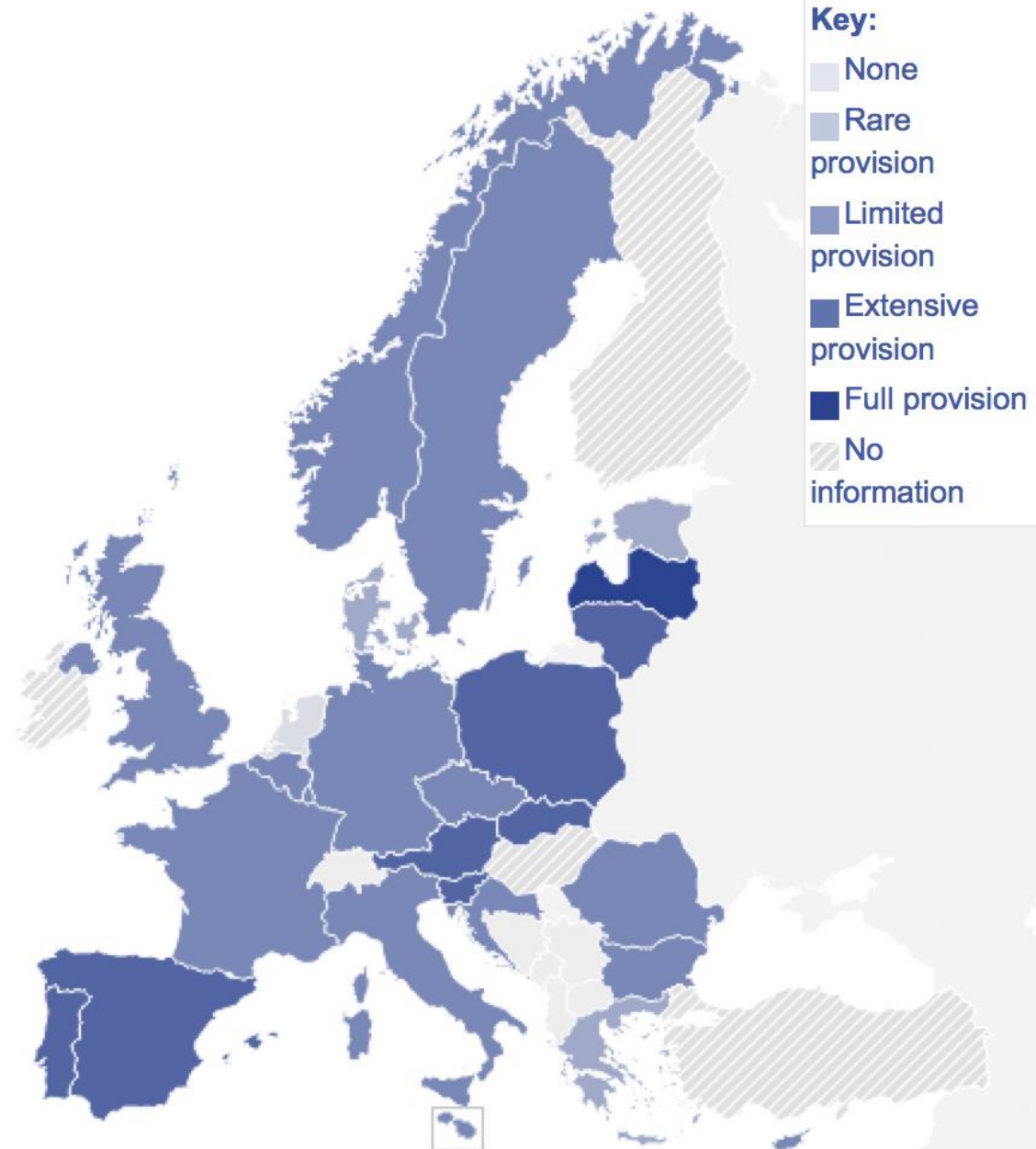
Informed choices

“The emphasis should be on providing all pupils with accurate, credible and consistent **information about the hazards of tobacco, alcohol and other drugs, including volatile substances”**

Information-based approaches in schools, 2013

Substance users are far better informed than non-users

Switzerland (Dermota 2013), Israel (Brook et al. 2001), Australia (Lenton et al. 1997)



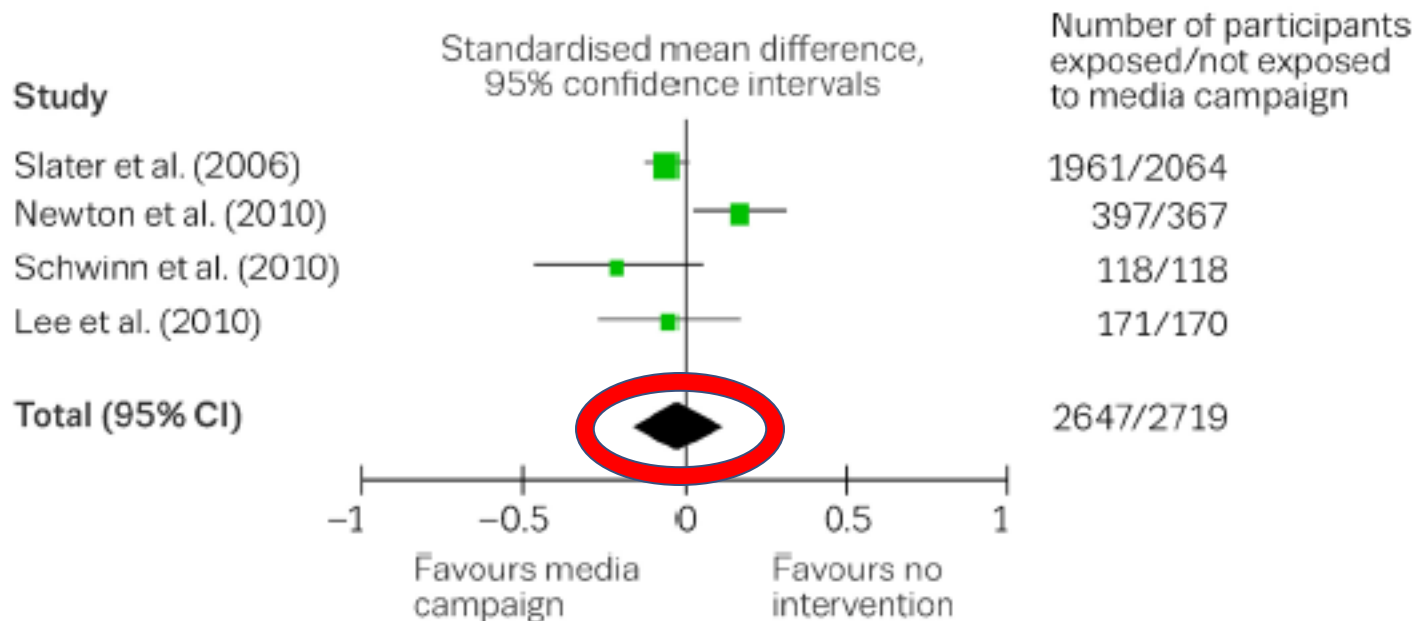
Mass media campaigns may increase descriptive norm perception

US government Cannabis campaign

No effects overall, boomerang effects in certain subgroups (GAO 2006): exposure predicted intention to use

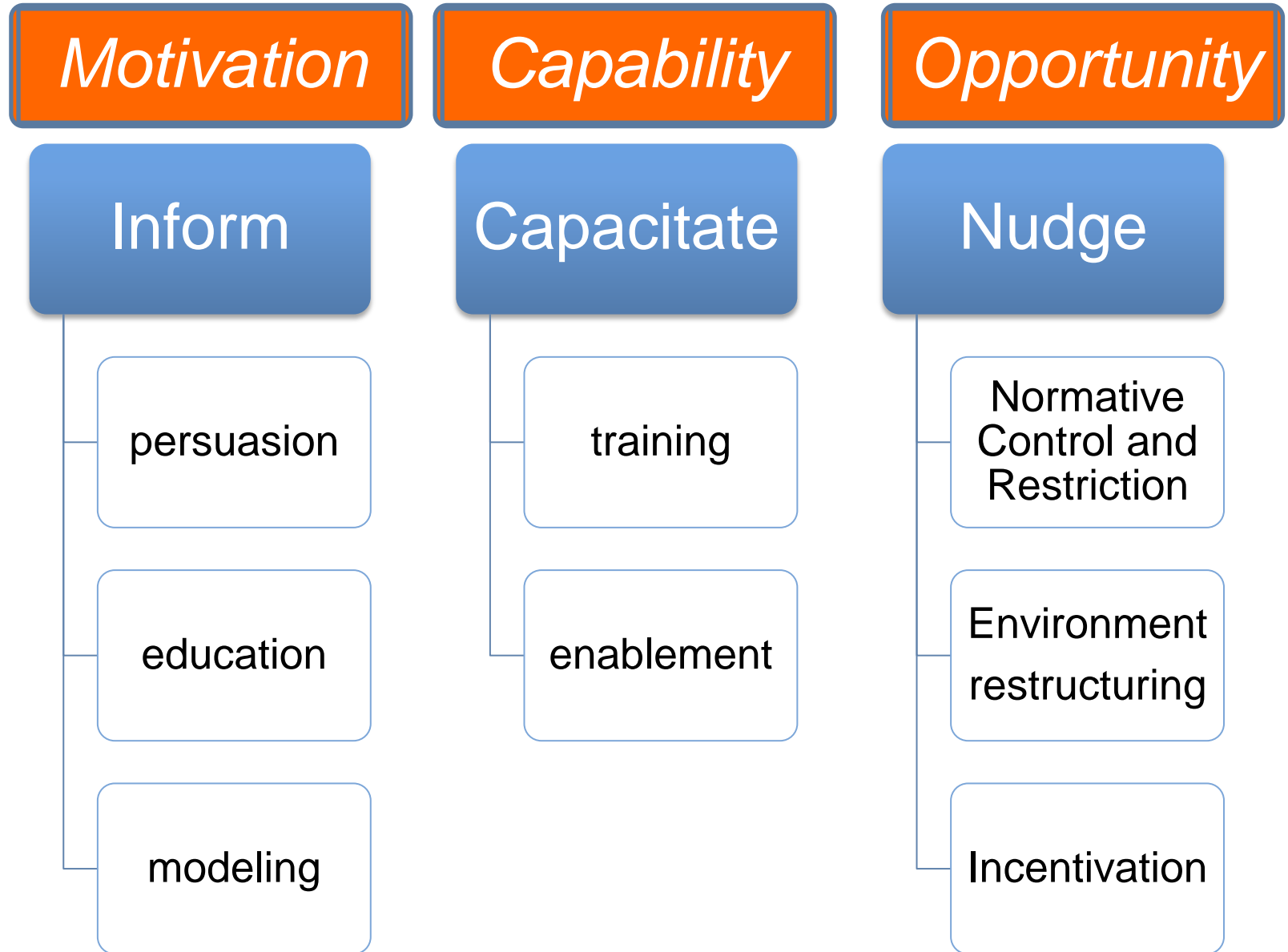
... In those that had no thoughts nor conversations about Cannabis before (Jabobsohn 2006)

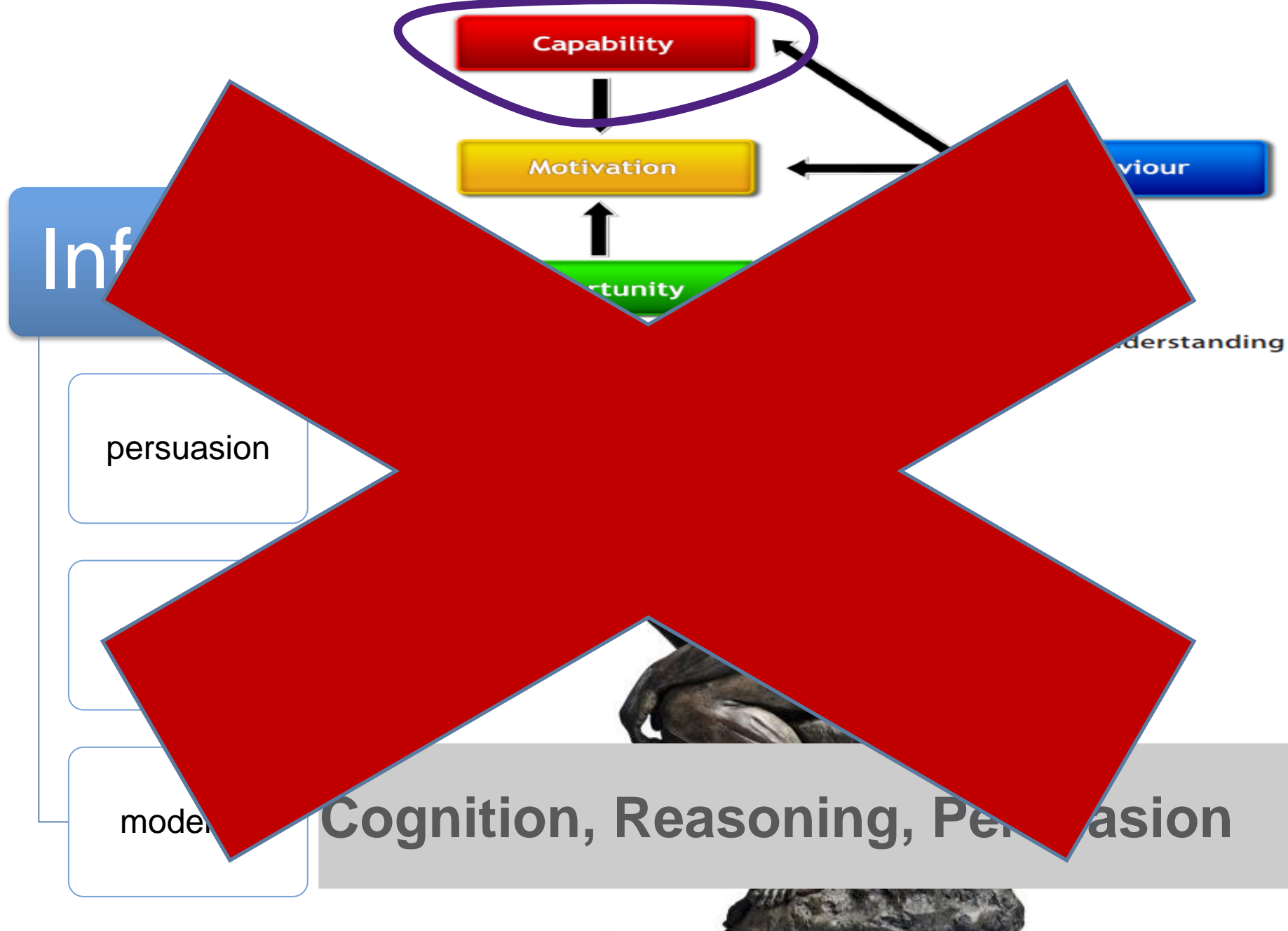
Randomised studies on mass media campaigns versus other interventions to reduce drug use



Ferri et al.
2013

Three behaviour change functions





Unconscious environmental cues

Descriptive Norms – “*everybody*” does *XY*

Injunctive Norms – *XY is OK and acceptable*

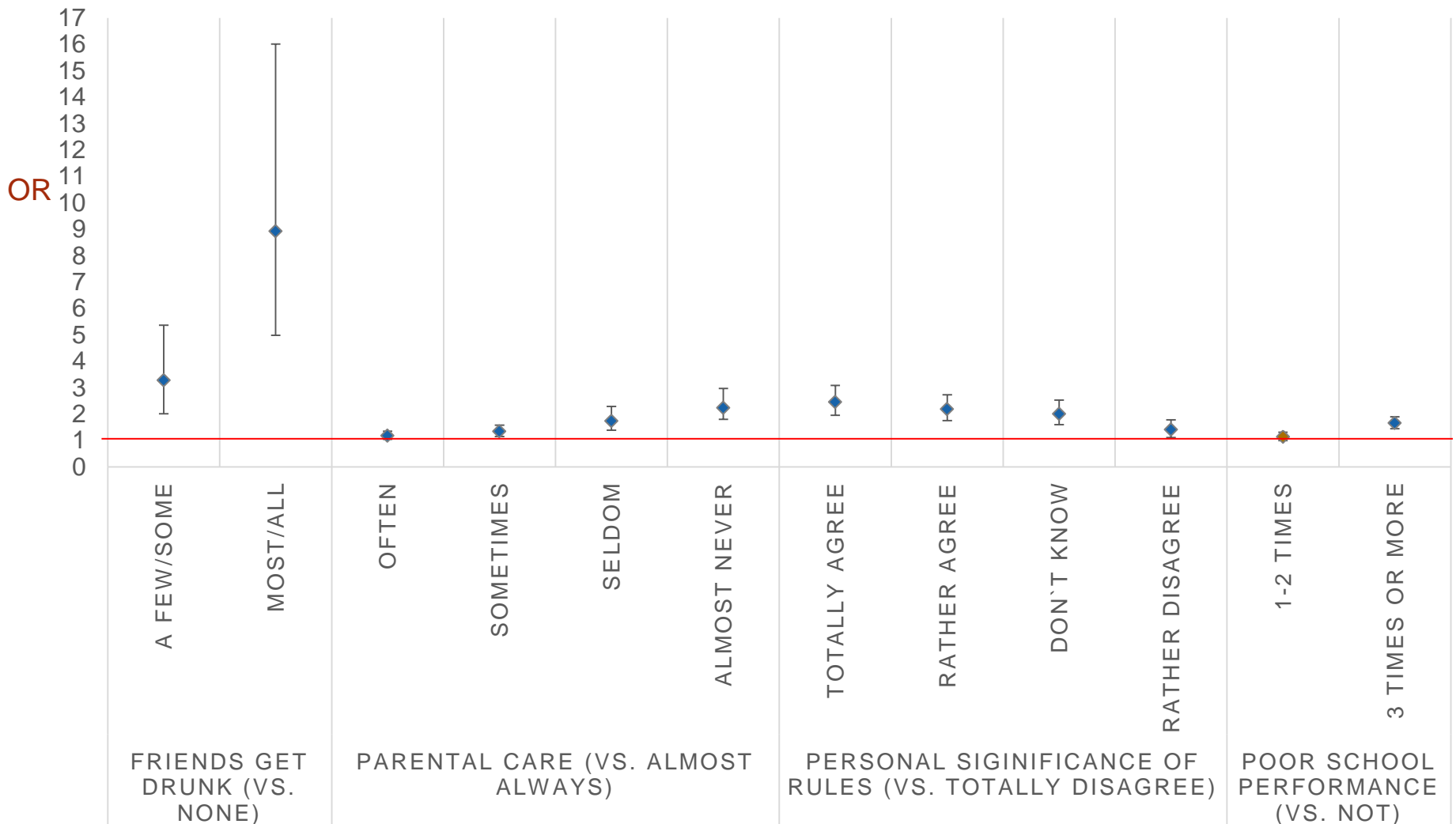
Implicit Cognition – automatic processing of cues



Predictors of drinking alcohol to drunkenness

in the last 30 days

30



*adjusted for sex, country

Predictors of cannabis use

*adjusted for sex, country

Variables		Cannabis use in the last 12 months (OR; 99.9% CI)*
Friends cannabis use		
“Every does it”: descriptive norm	None (reference)	1.00
	A few/some	24.94 (13.31-46.74)
	Most/all	101.60 (35.32-292.28)
Parental care		
Parental monitoring and warmth	Almost always (ref.)	1.00
	Often	1.13 (0.98-1.30)
	Sometimes	1.37 (1.14-1.63)
	Seldom	1.88 (1.46-2.42)
	Almost never	2.19 (1.60-3.00)
Personal significance of rules		
“Every accepts it”: injunctive norm	Totally agree	2.34 (1.80-3.05)
	Rather agree	2.10 (1.63-2.71)
	Don` t know	1.78 (1.36-2.32)
	Rather disagree	1.39 (1.06-1.81)
	Totally disagree (ref.)	1.00

Different levels of environmental influences

Meso – physical and social contexts: school, community, recreational settings

Rules and climate in schools (Fletcher 2007)

Visibility of cannabis in schools (Kuntsche et al. 2006)

Local Alcohol policies (van der Vocht 2016)

Injunctive Norms

Descriptive Norms

Implicit Cognition

Micro – proximal and emotional contexts: family

Drinking rules in families vs ‘talking’ (van der Vorst 2006; 2007)

Parental control, monitoring and supervision

What does the evidence say? EMCDDA-BPP



What's unclear?

- It is not clear if programmes focused only on one component or mentoring programmes are helpful in reducing alcohol as well as drug use
- More generally, it is not clear whether anti-alcohol and anti-cannabis community interventions reduce consumption

d in

o
blem

lucce
, at

... in Nightlife Settings:



What works?

- ✓ Multicomponent interventions involving the community reduce car accidents, public nuisance and crime related to alcohol consumption
- ✓ Programmes targeting 'drink-driving' and media campaigns reduce car accidents, including fatal crashes
- ✓ Police supervision in venues and their immediate surroundings reduces public disorder while training staff serving alcohol in 'responsible serving' reduces clients' alcohol consumption and intoxication levels

What does the evidence say? UNODC



**Less enthusiastic on
Mentoring:
“indications of imited
efficacy”**



International Standards
on Drug Use Prevention



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

- 7 good reviews and 6 acceptable reviews
- 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



Parenting skills Evidence

- 9 good reviews and 4 acceptable reviews
- Family-based universal programmes prevent alcohol use and drug use in young people.
 - Small, but persistent effect size.
- Most effective for vulnerable young people with multiple risk factors in producing long term reductions in substance abuse
- Produce significant and long term improvements to family functioning (both parenting skills and child behaviour); improve the behaviour, and emotional and behavioural adjustment of children < 3 years
- Evidence of cost-effectiveness
- Implemented in Africa, Asia, Middle East and Latin America, although the quality of evaluation in these countries is not strong.
- ★ ★ ★ ★ - Indication of very good efficacy



Prevention in entertainment venues

Evidence

- 2 acceptable reviews
- Training of staff, policy interventions and enforcement may reduce intoxication.
- Evidence on impact of these interventions on health/ social consequences (e.g. car accidents or violence) not reviewed
- Time frame for sustainability of these results is not clear
- Evidence: USA, Canada, Europe and Australia
- ★ - Indication of limited efficacy

Nudge

Coercion and
restriction

Environment
restructuring

Incentivisation

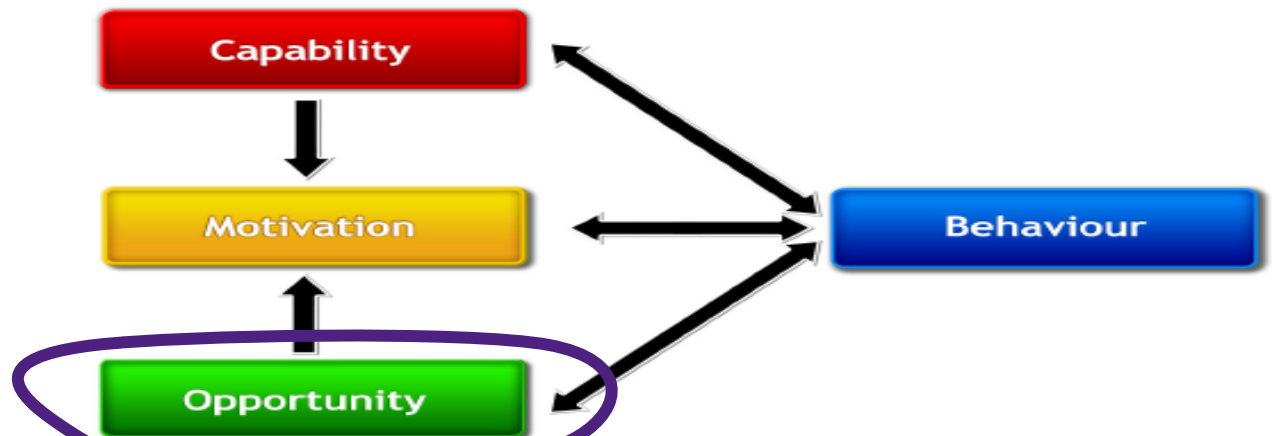


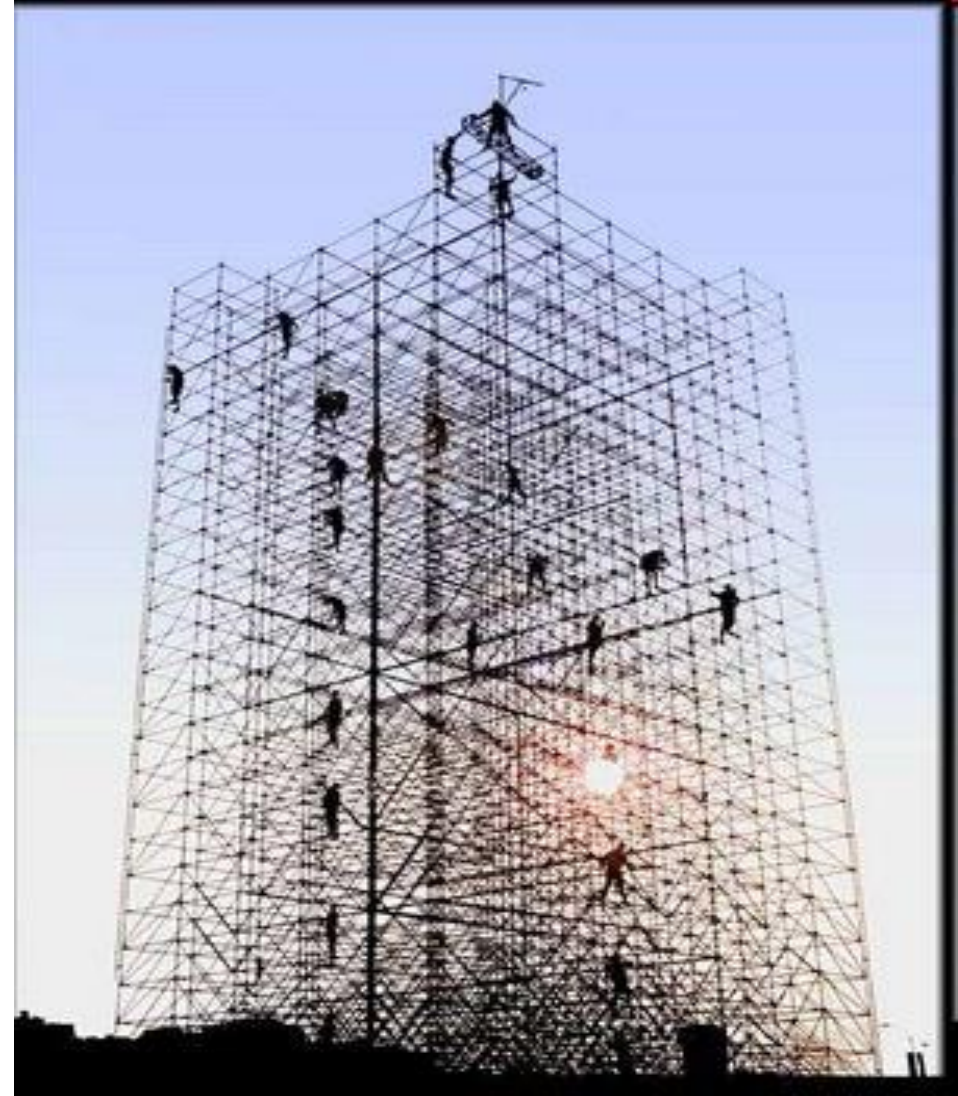
Figure 1 The COM-B system - a framework for understanding behaviour.



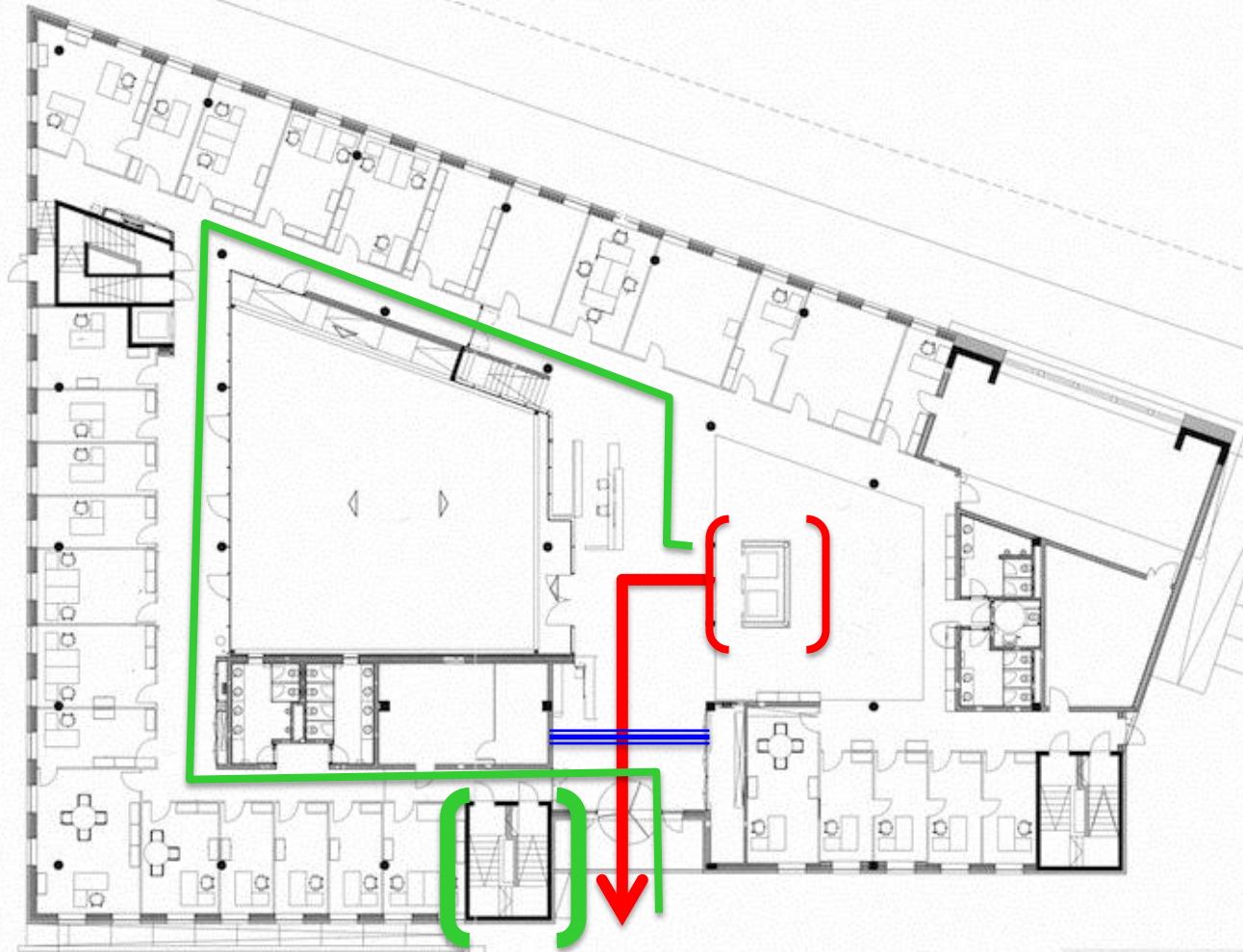
**Context, opportunities,
norms, affordances,
cues**

Environmental prevention

change the
physical
economic
social
virtual



**... environments, in which people take their
decisions about substance use – ‘scaffolding’**



HAWORTH
change by design

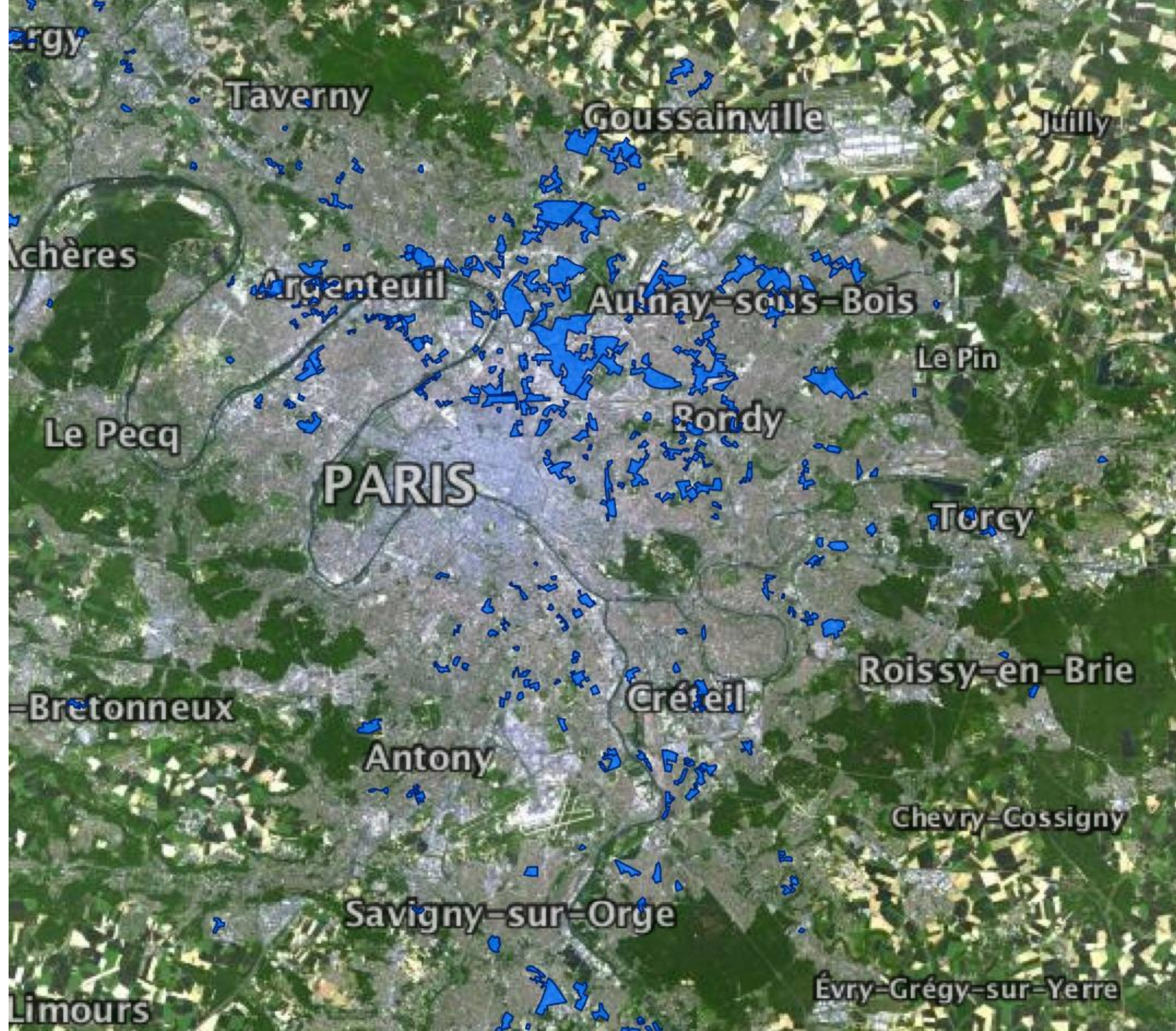
Design: Jada Meng
Project: 0 01 - 12
Date: 10/15/18
Scale: 1/8" = 1'-0"

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Jada Meng
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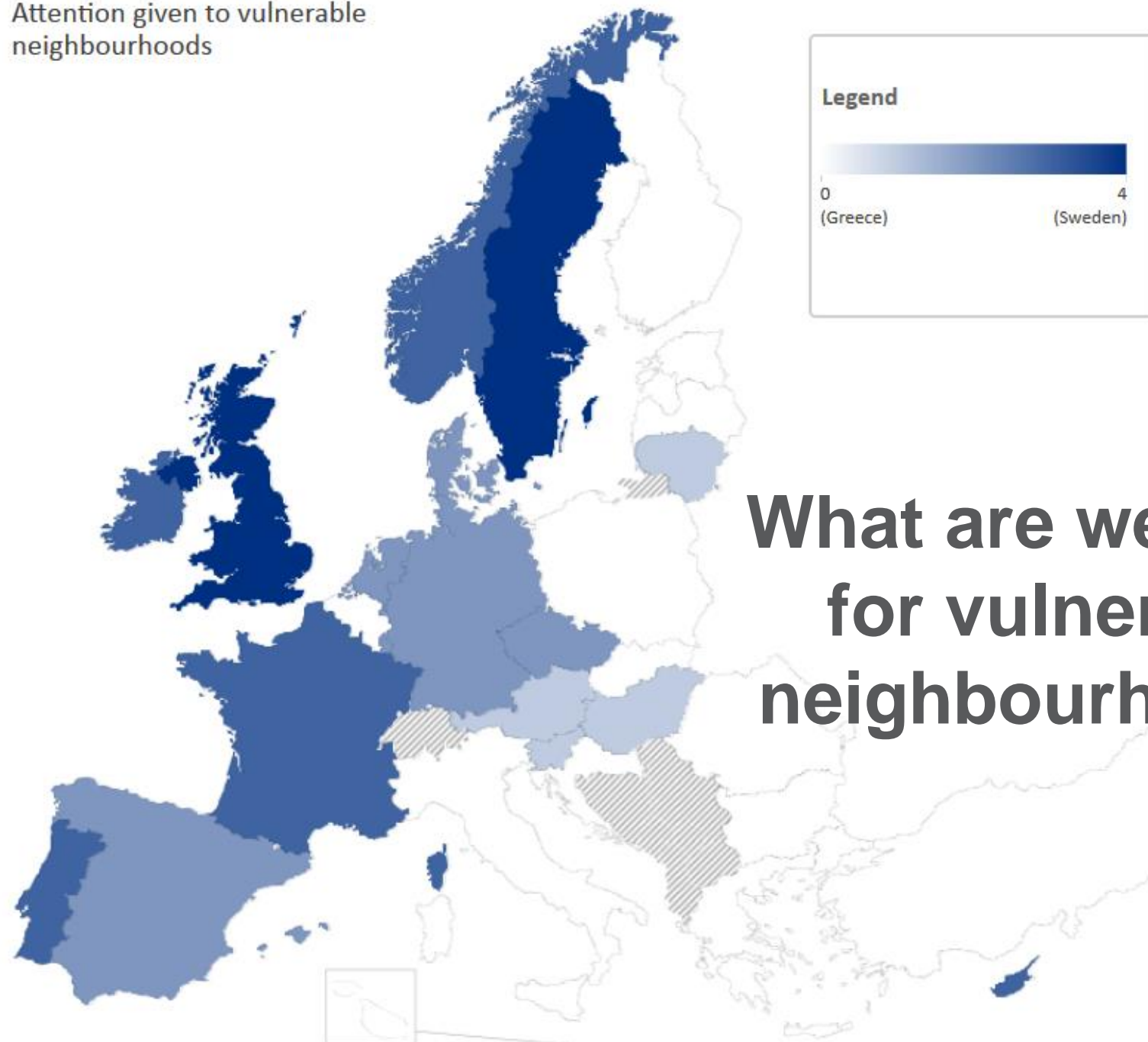
Upper Lower

Changes, incentives and opportunities





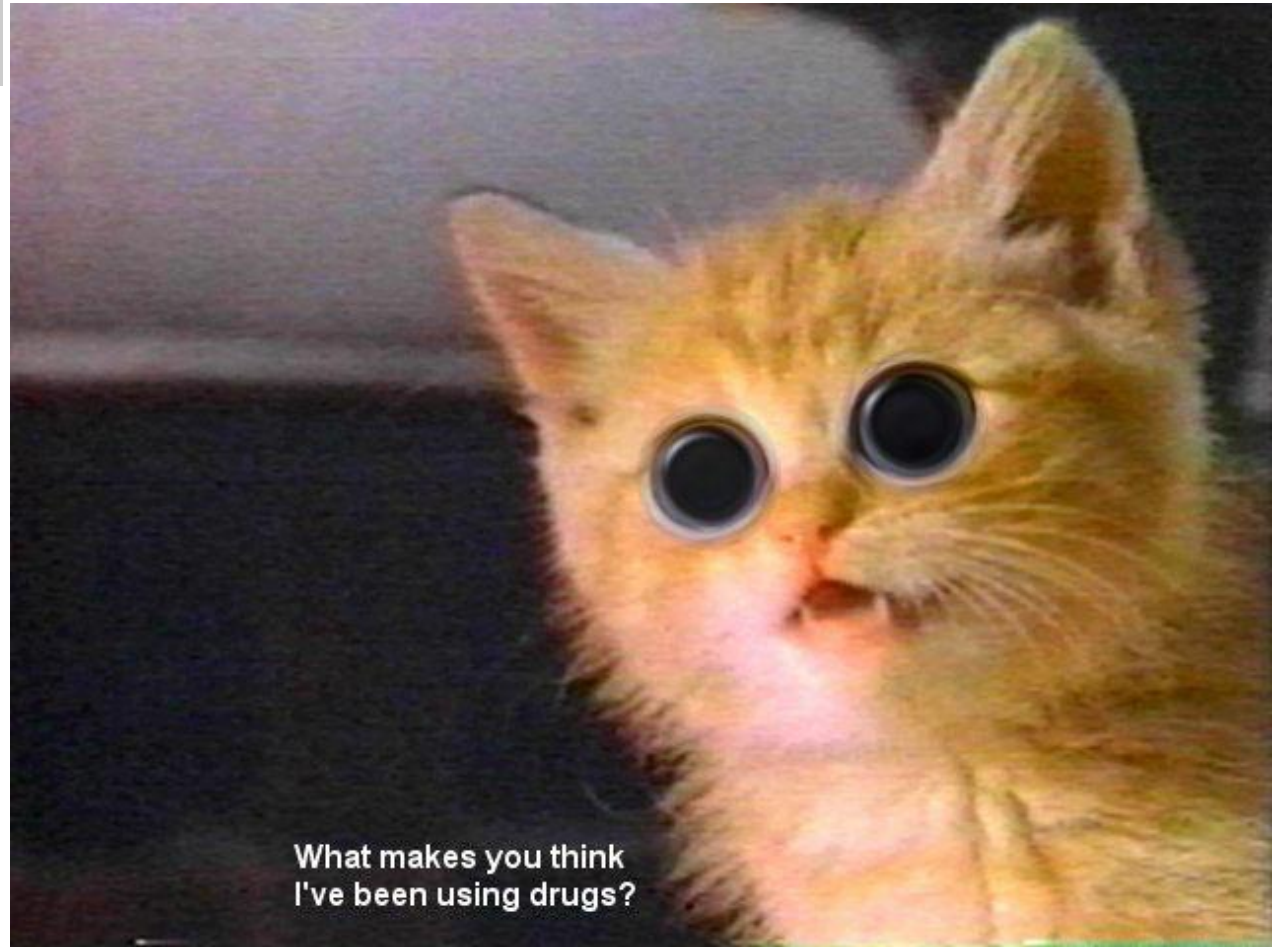
Attention given to vulnerable
neighbourhoods



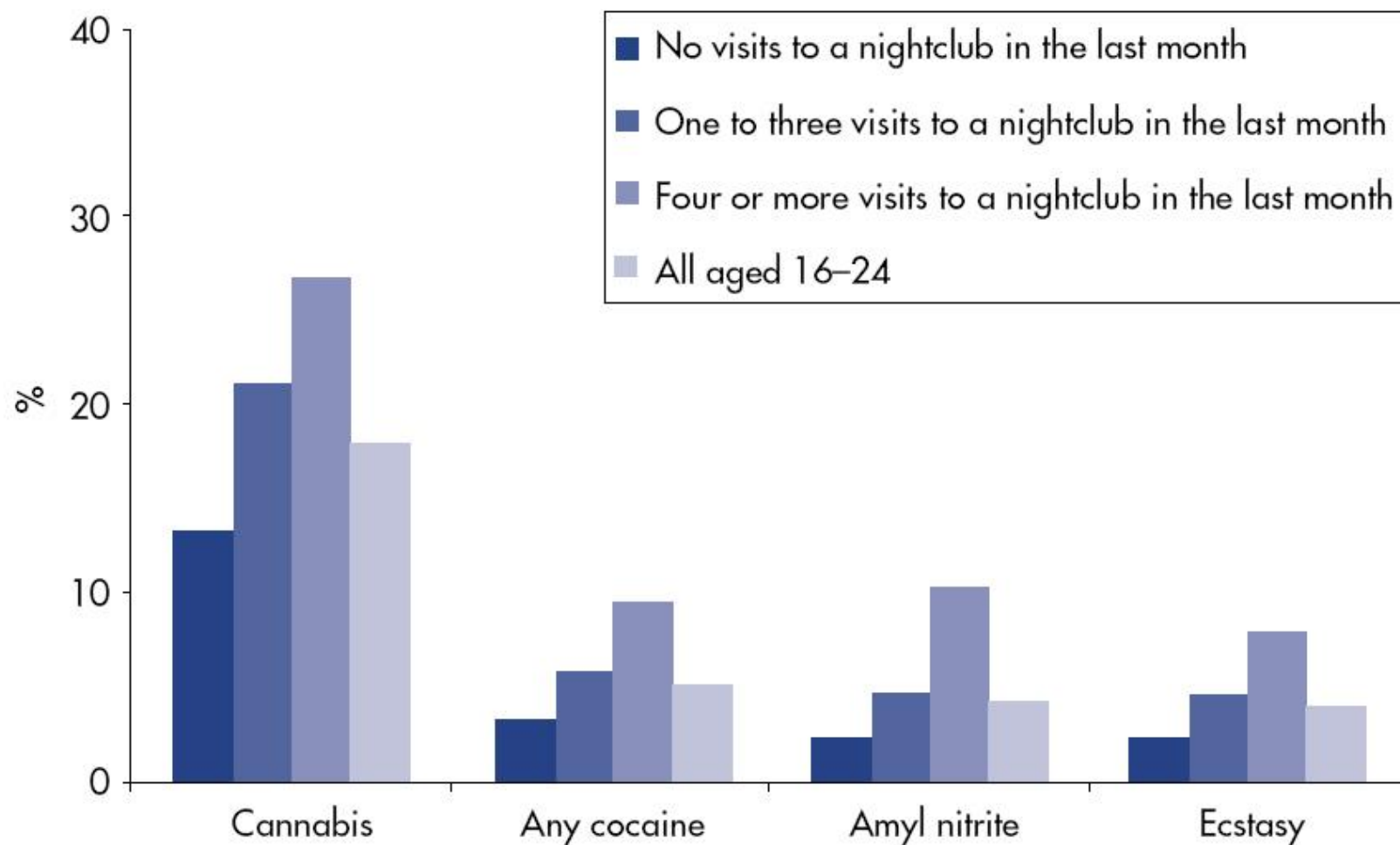
**What are we doing
for vulnerable
neighbourhoods?**

Party settings: that's local policy...

Meso environments



Going out and drug use



Premises of many interventions

Substance use problems because people ***don't know how*** to use?

If they knew, would they have control over own behaviour, impulses and networks?

Risk reduction is different from prevention?

Information and education solve the problem?

Which factors predict more drug use? (Miller et al 2009, Hughes et al 2011)

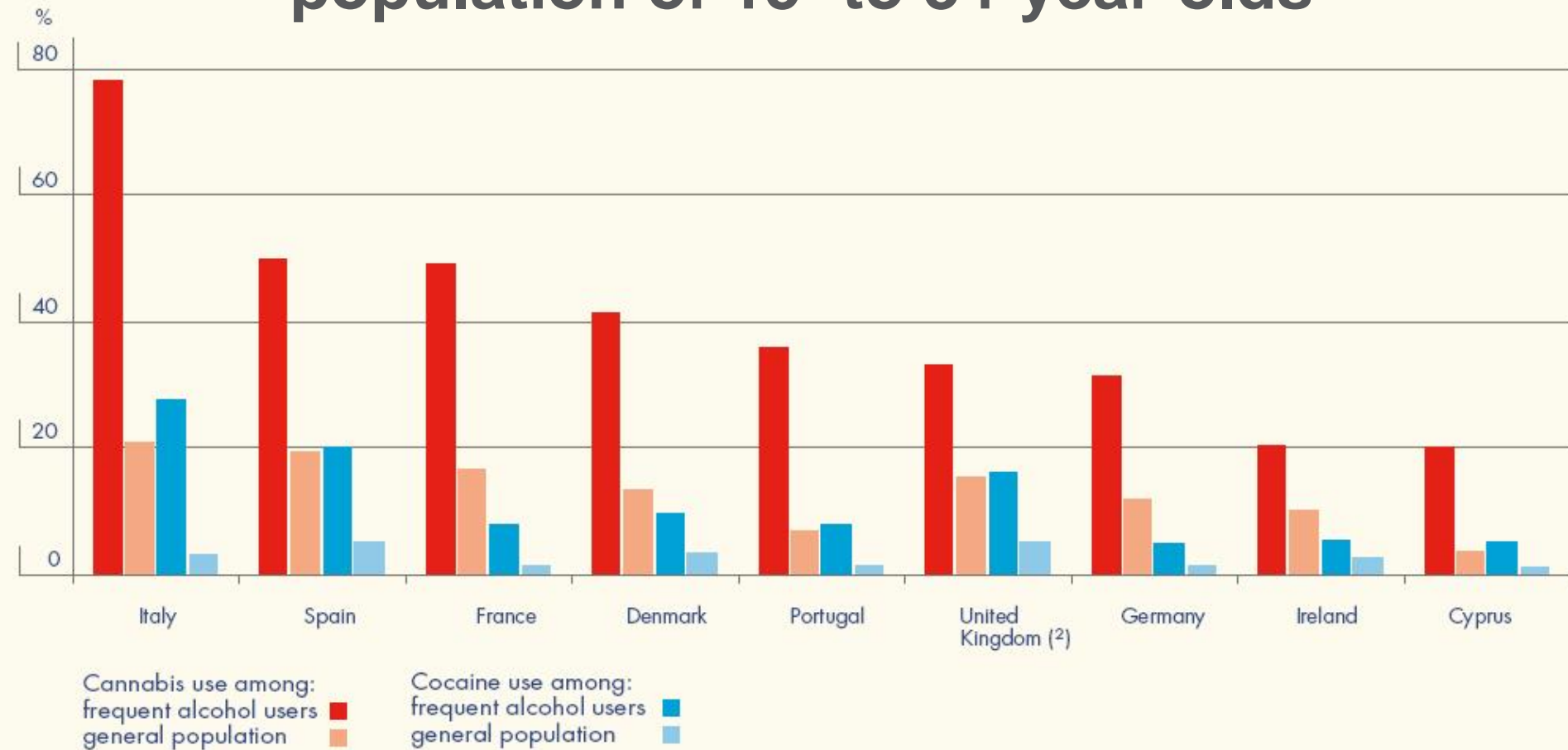
- **Dirtiness – lack of comfort – Boredom**
- **Lack of ventilation**
- **Noise - loud music**
- **Crowdedness**
- **Male predominance**
- **Many stoned people**
- **Untrained staff**
- **Permissive ambience**
- ***Happy hours* or other drinking promotions**

Most effective in recreational settings

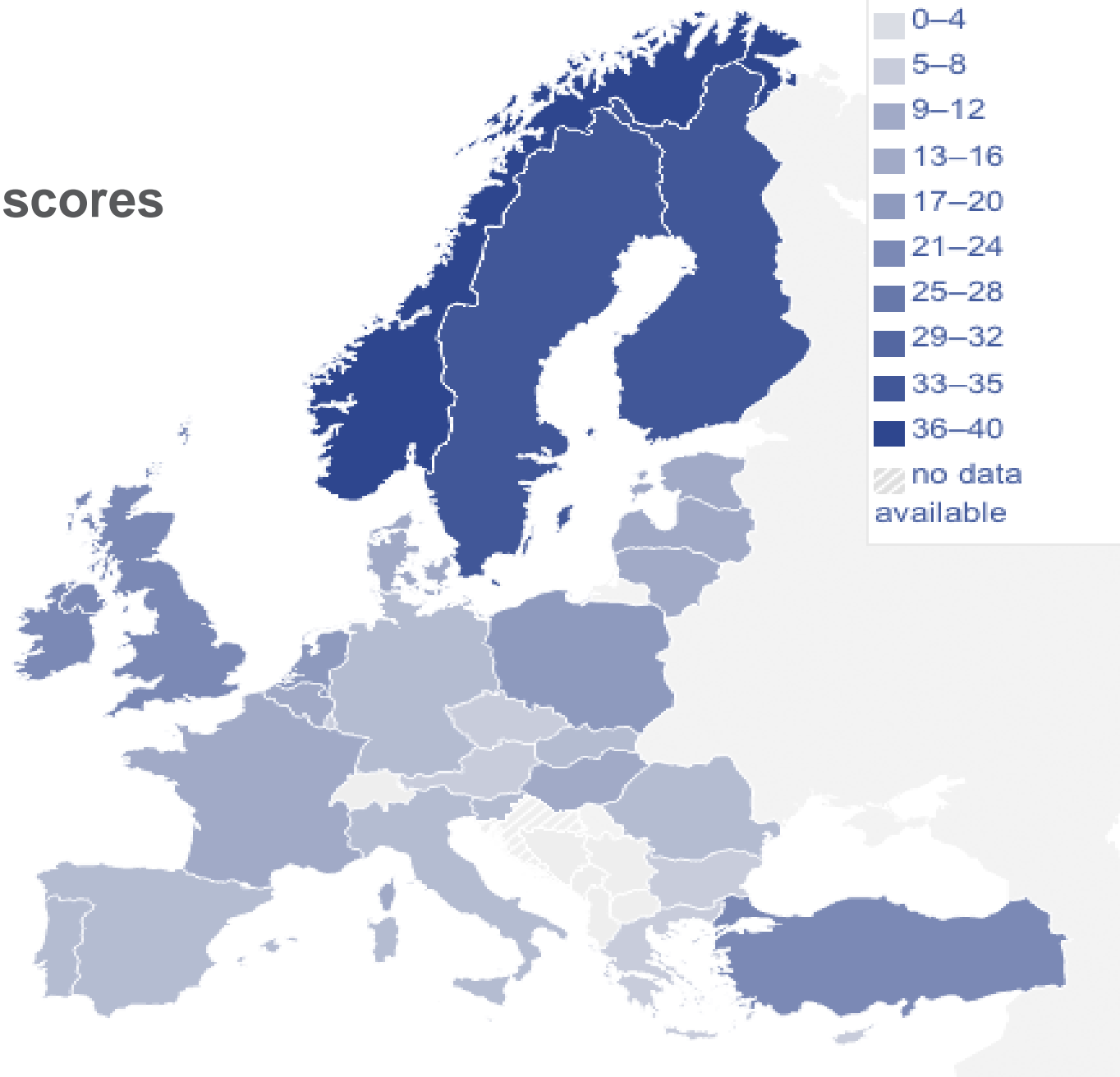
- **Taxation**
- **Opening hours**
- **Density of sales points**
- **BAC level control**
- **Training and mandatory cooperation of leisure industry with prevention and enforcement services (licences, age control)**
- **If not:**
- **Licence suspension**

Alcohol

Frequent or heavy alcohol users — use of cannabis and cocaine during the last 12 months compared to the general population of 15- to 34-year-olds

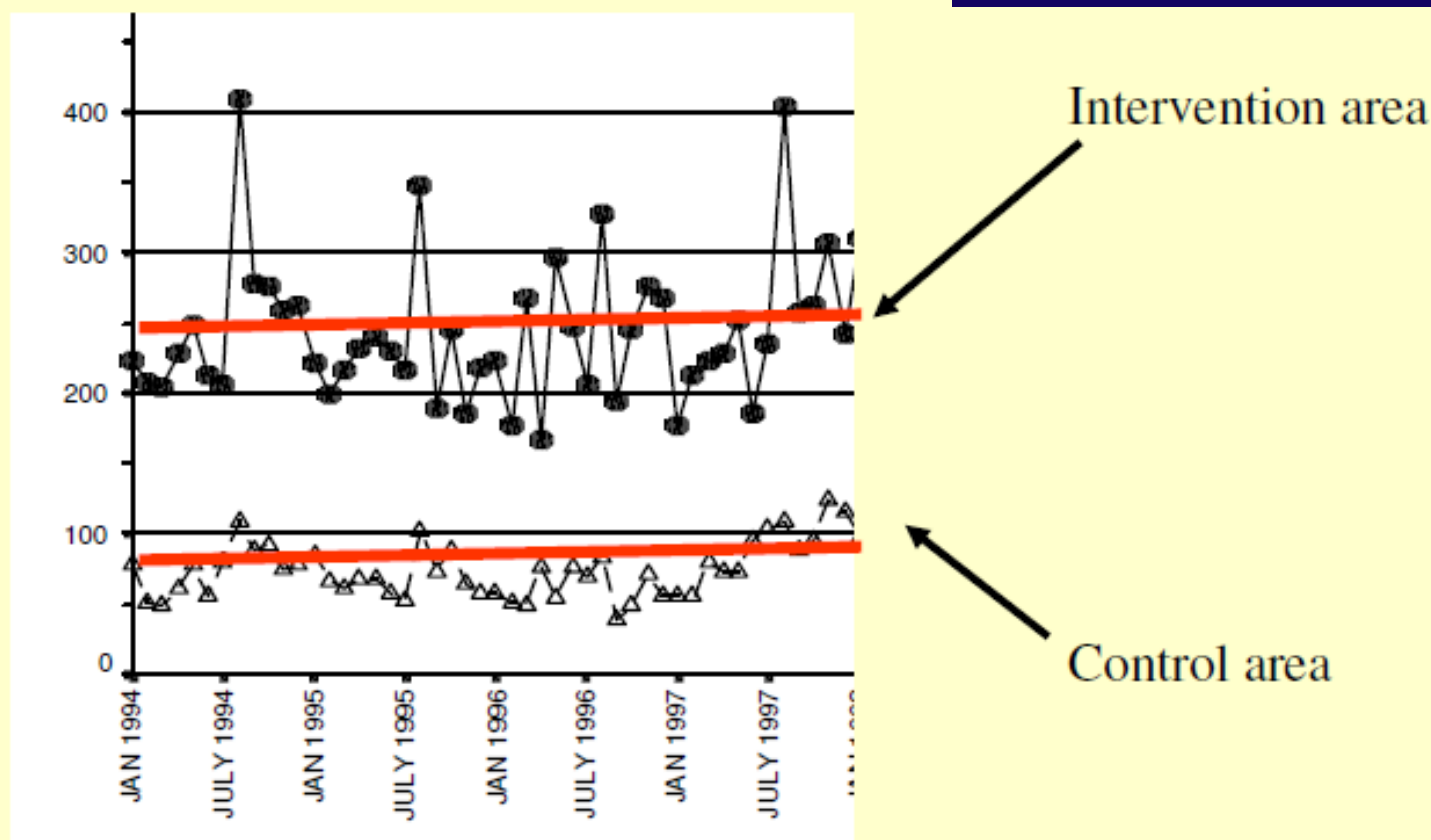


Alcohol policy scores 2008



Police reported violent crime in Stockholm city 1994 – 2000; number of offences

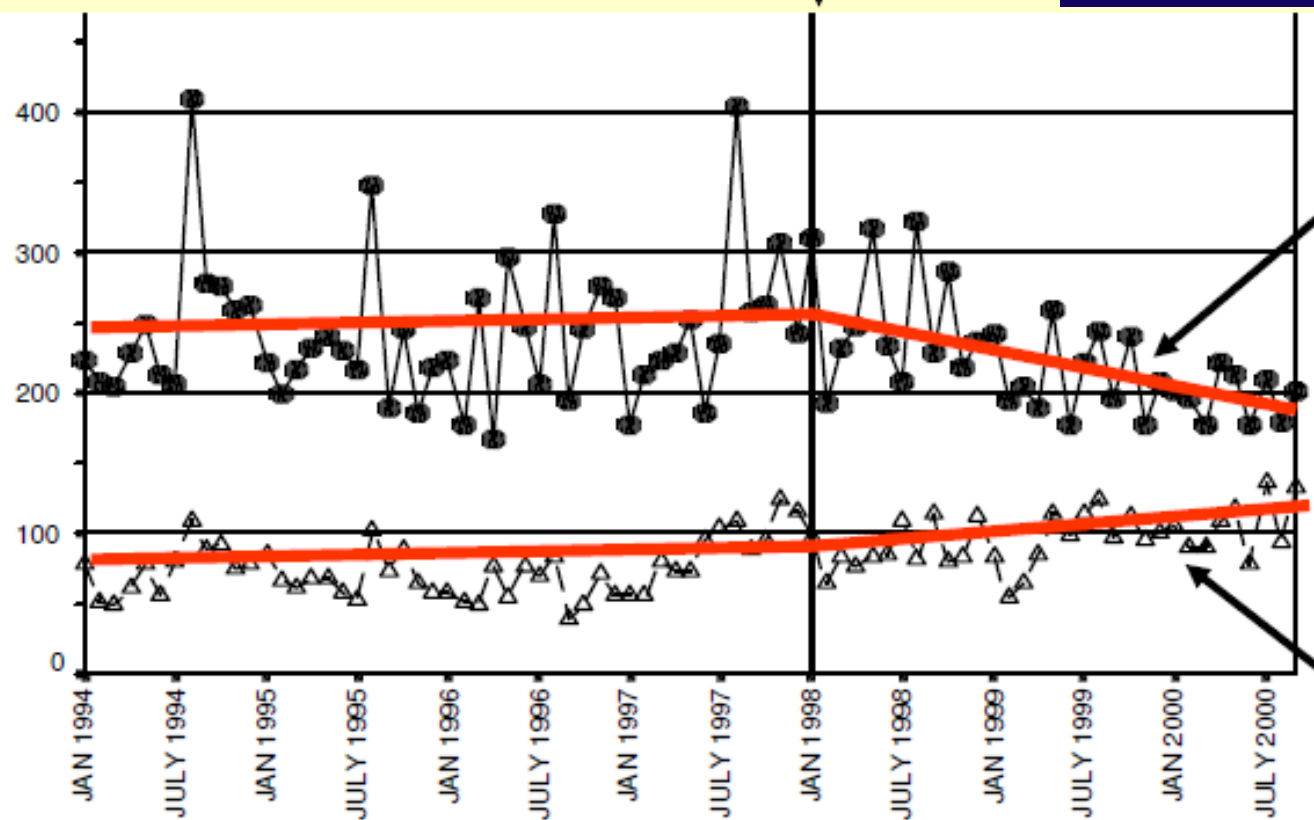
Sven Andréasson, MD
Swedish National Institute of Public Health
& Department of Public Health Sciences,
Karolinska Institutet



Police reported violent crime in Stockholm city 1994 – 2000; number of offences

Sven Andréasson, MD
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Intervention begins



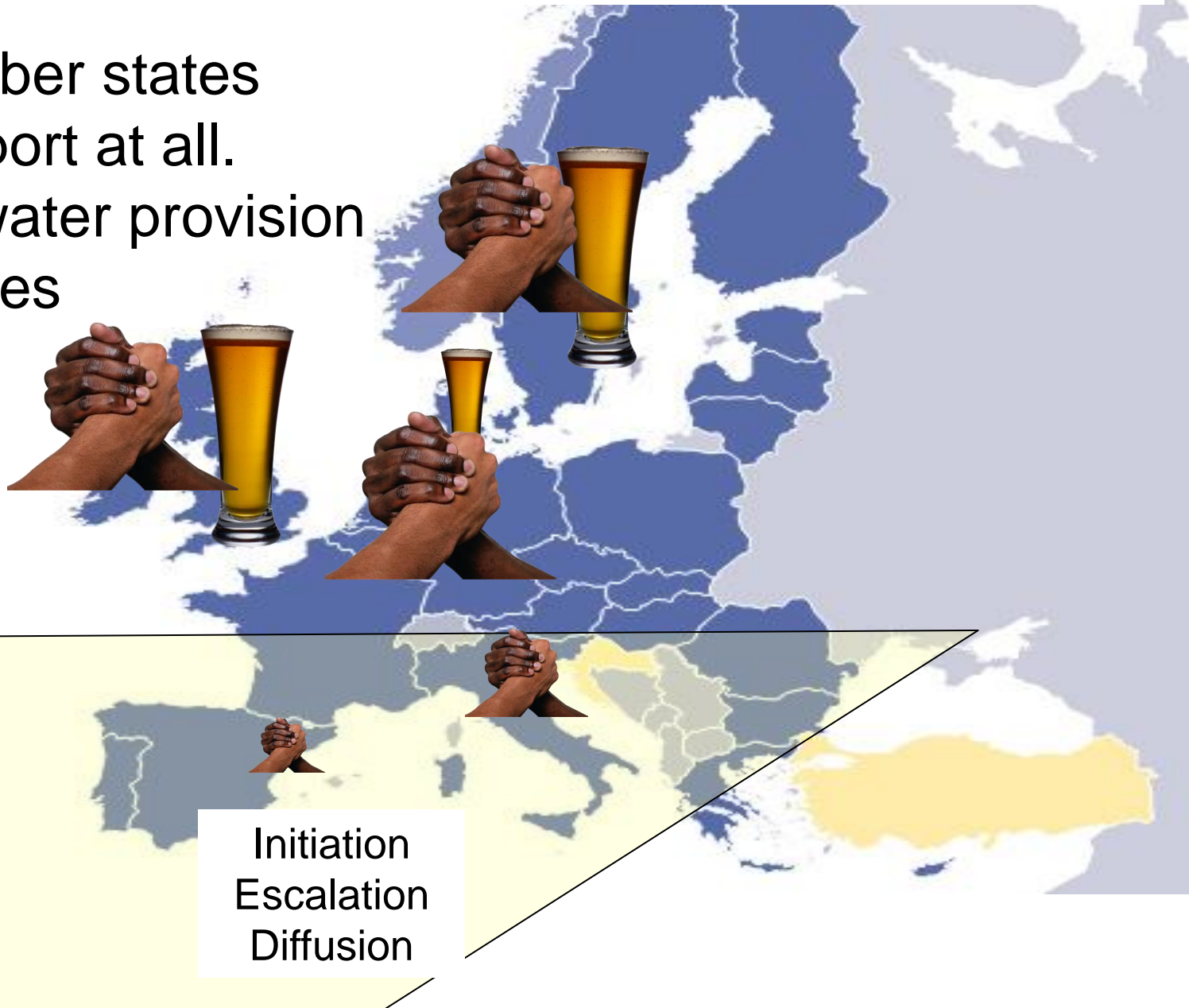
Intervention area

**Reduction in
assaults by 29%**
J Stud Alcohol, 2004

Control area

Party settings: not much in the relevant regions

Half of member states
does not report at all.
Free fresh water provision
in 11 countries



Options for local alcohol policies

England & Wales: interagency cooperation is mandatory

Citysafe (Liverpool): police, pubs, staff training, no street drinking, campaigns

Tackling Alcohol-related Street Crime (TASC) in Cardiff: significant drop in cases

Scotland: staff serving training mandatory for license

Large effects: decline in violent **crimes**, sexual **crimes**, public order **offences**, hospital admissions (de Vocht 2016, 2016)

Large decision latitude for municipalities in NL

Risk Factors

Adolescent Problem Behaviors

	Substance Abuse	Delinquency	Teen Pregnancy	School Drop-Out	Violence
Family					
Family history of the problem behavior	●	●	●	●	●
Family management problems	●	●	●	●	●
Family conflict	●	●	●	●	●
Favorable parental attitudes and involvement in the problem behavior	●	●			●
School					
Academic failure beginning in late elementary school	●	●	●	●	●
Lack of commitment to school	●	●	●	●	●
Peer and Individual					
Early and persistent antisocial behavior	●	●	●	●	●
Rebelliousness	●	●		●	
Friends who engage in the problem behavior	●	●	●	●	●
Gang involvement	●	●			●
Favorable attitudes toward the problem behavior	●	●	●	●	

Commonalities across prevention domains

Adolescent Problem Behaviour

Crime involvement

Problem Drug Use

**share common origins in
childhood development, temperament
or
social conditions**

**Many evidence-based programmes
tackle them altogether**

CTC – Communities That Care

Ames, IA	Improved cognitive skills
East Prairie, MO	Improved parenting skills, family relations, community relations
Montgomery County, MD	72% decrease in suspensions; 30% decrease in school problems
Nekoosa, WI	Decrease in student detentions, academic failure, truancy
Lansing, MI	Decrease in fights, suspension; Increased feelings of safety at school
Port Angeles, WA	65% decrease in weapons charges; 45% decrease in burglary; 29% decrease in drug offenses; 27% decrease in assault charges; 18% decrease in larceny

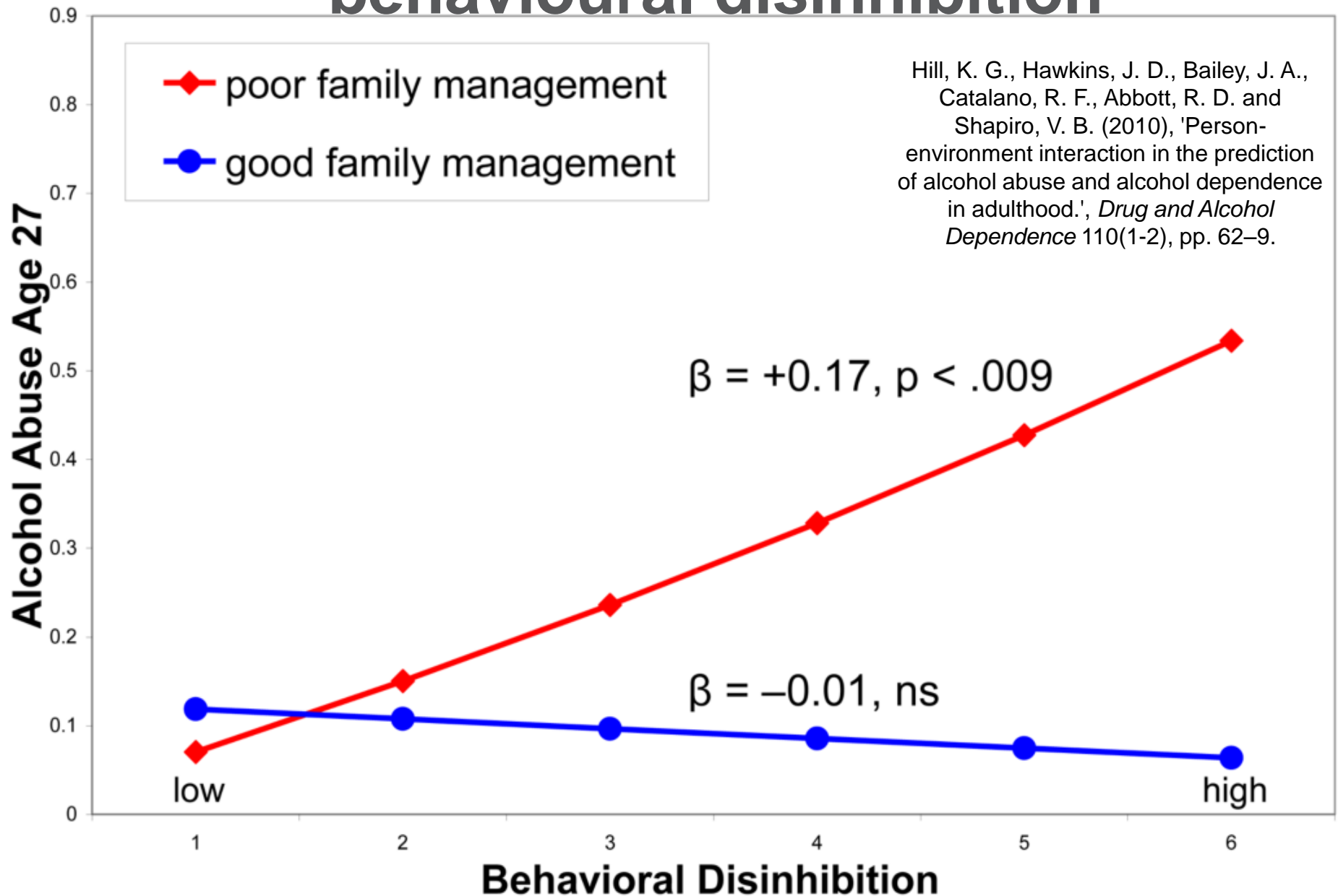
Family as Micro-environment



Parental Control and Monitoring

- **Reduces delinquency, violence, substance use**
- **➔ less consuming friends** (Tornay 2013),
- **More influential than school** (Dever 2012, Fagan 2012, Fulkerson 2008),
- **Protective even in deprived neighbourhoods** (Sariaslan 2013)
- **Across different cultures** (Ghandour 2013)
- **improves inhibitory control even in deprived families** (Hardaway 2009)

Influence of parental control on neuro-behavioural disinhibition



Less popular behaviour change techniques

Norms and rules

At home

Outside

Monitoring

Knowledge (what they do, where they are)

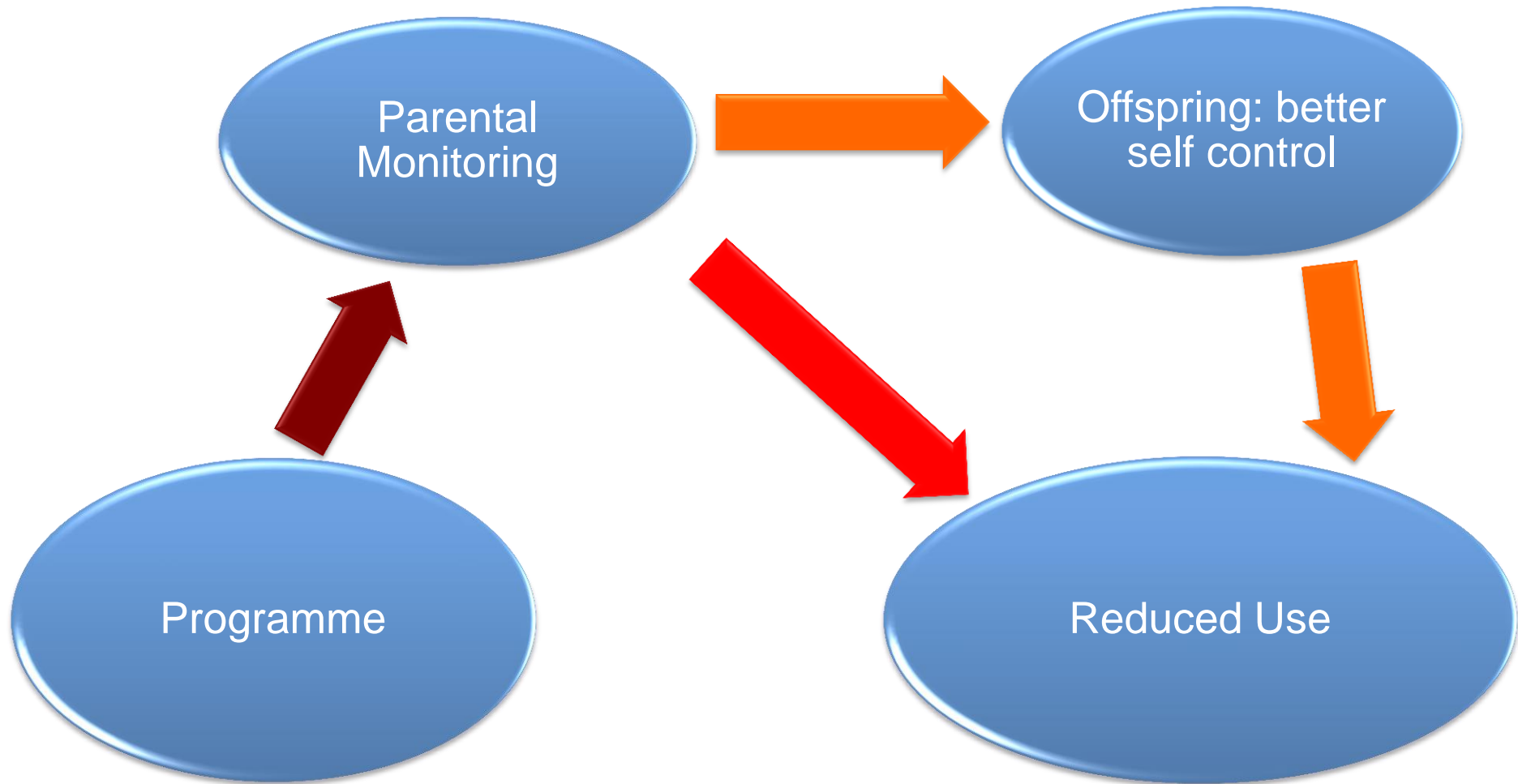
Actual (parents patrols, reinforcing rules)

Parents' networking

Coordinated set of same rules – Örebro Progr.

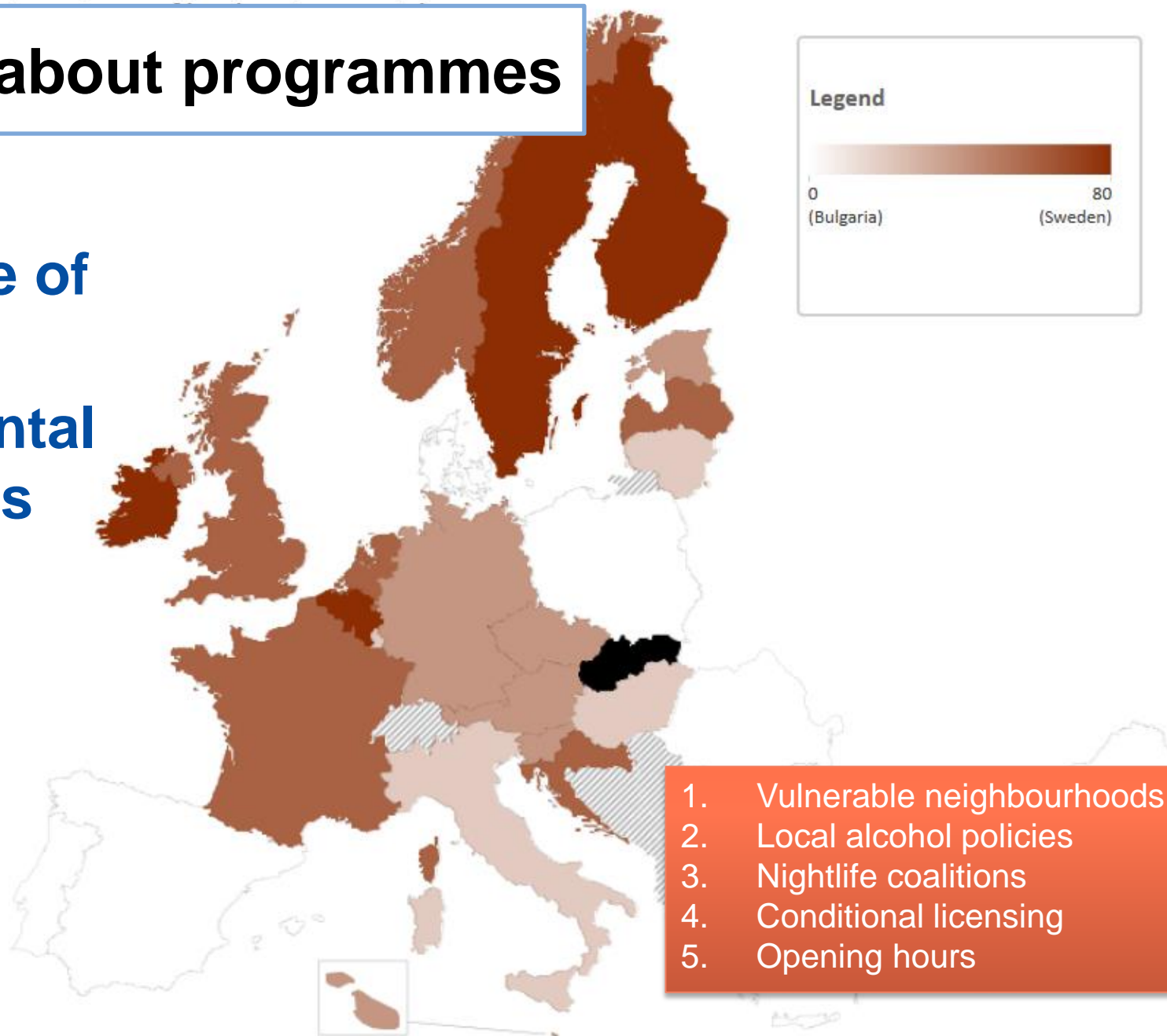
Monitoring

Mediation in PAS

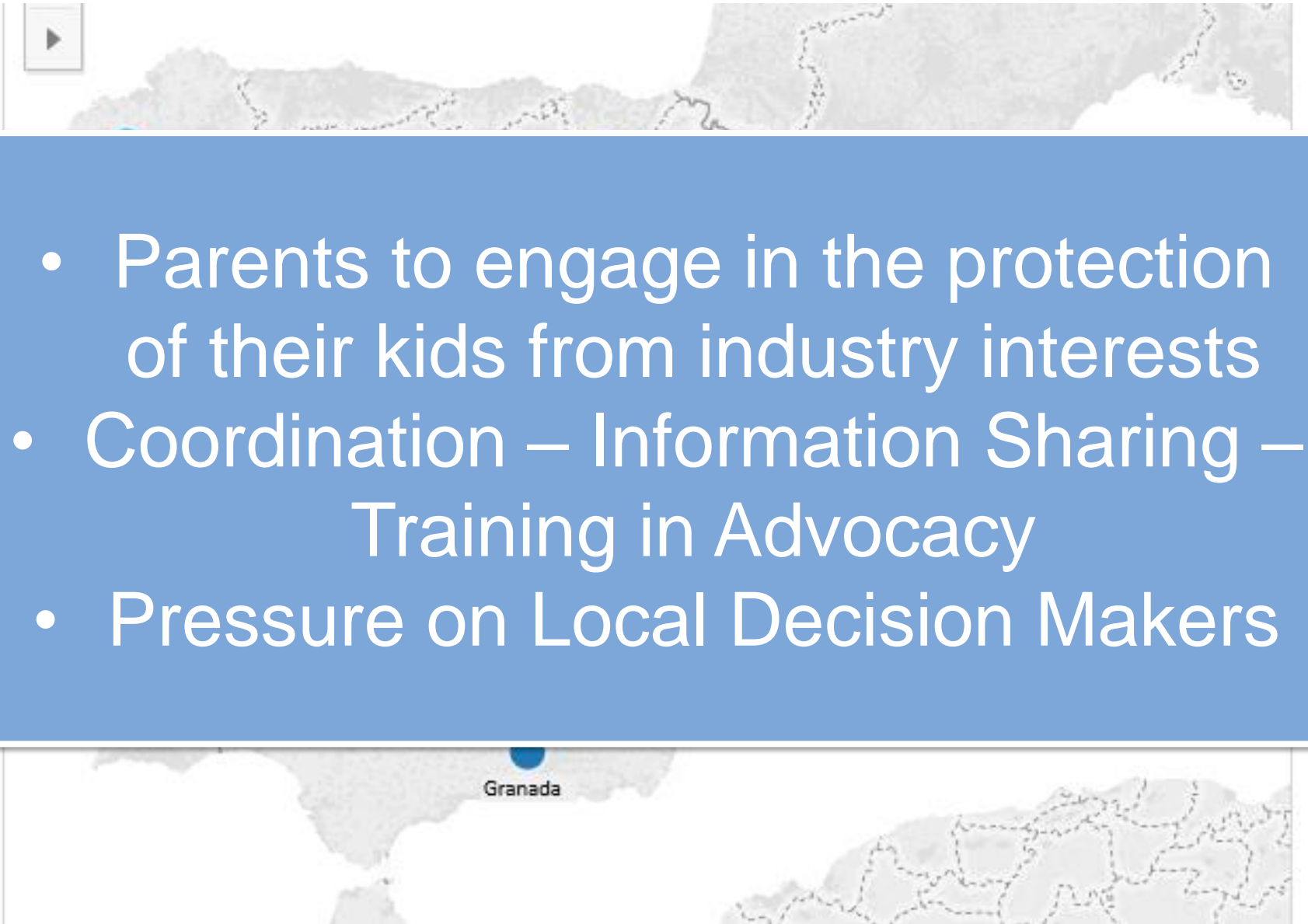


It's not all about programmes

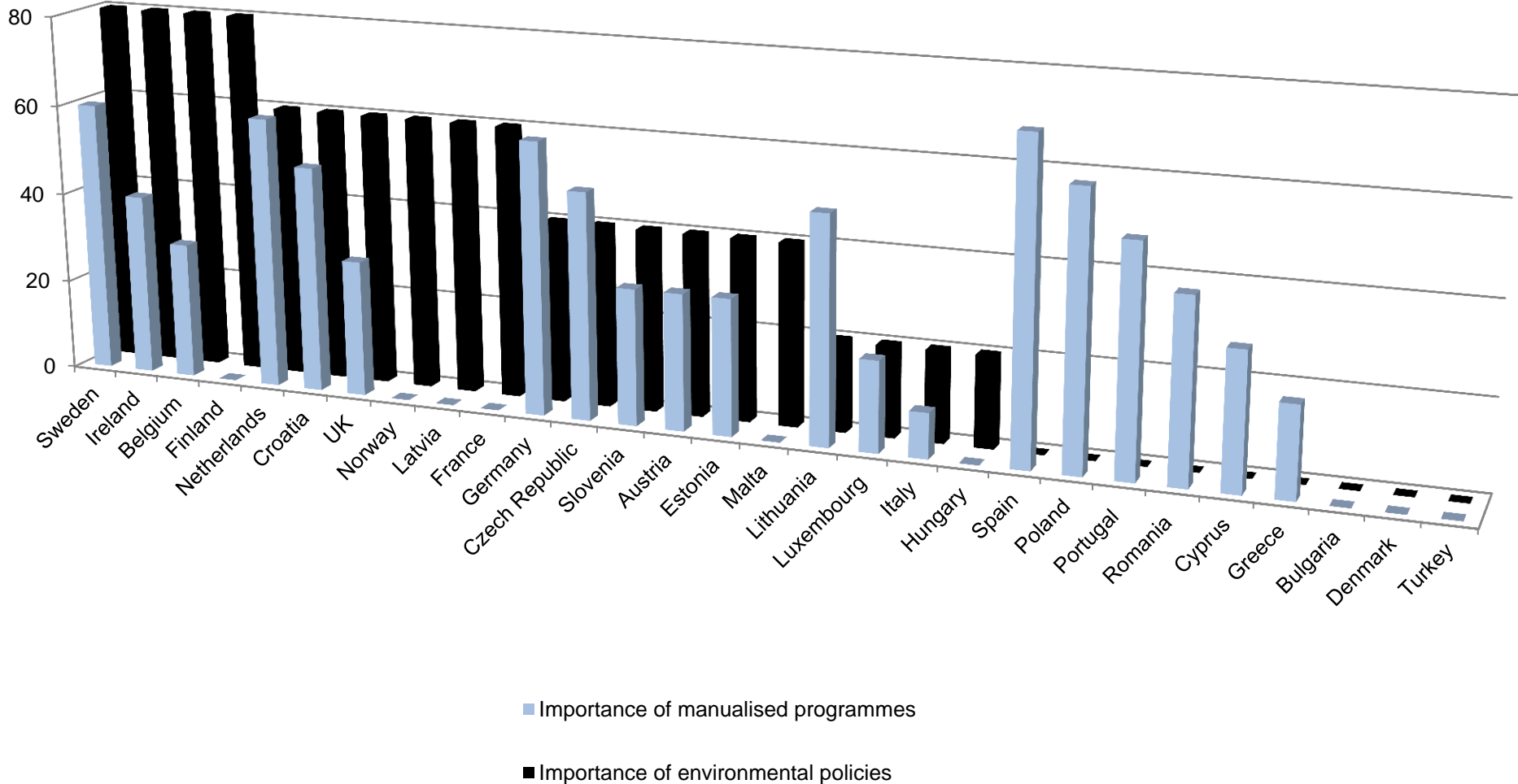
Importance of local environmental policies



Empower and involve parents: FERYA in Spain

- 
- Parents to engage in the protection of their kids from industry interests
 - Coordination – Information Sharing – Training in Advocacy
 - Pressure on Local Decision Makers

Programmes versus local policies



All about impulse control ...

Environmental prevention:

External (social) control

Reduce environmental **cues**

Require low
personal agency

Indicated prevention:

Learn internal control of impulses

Re-condition reactions to cues

Traditional prevention and “harm reduction” ignore unconscious processes:

Rely on cognitive processes (information)

... and on self-competence of the individual

Require **high** personal
agency: raises inequalities

Forget ideology: determinants of behavioural change

Risk behaviours are socially functional

Rational risk assessment? improbable

Powerful: unconscious & automatic processes

Social norms (perception): determinants of initiation and limiting harm

Impulse control: determinants of problem use (and correlates)

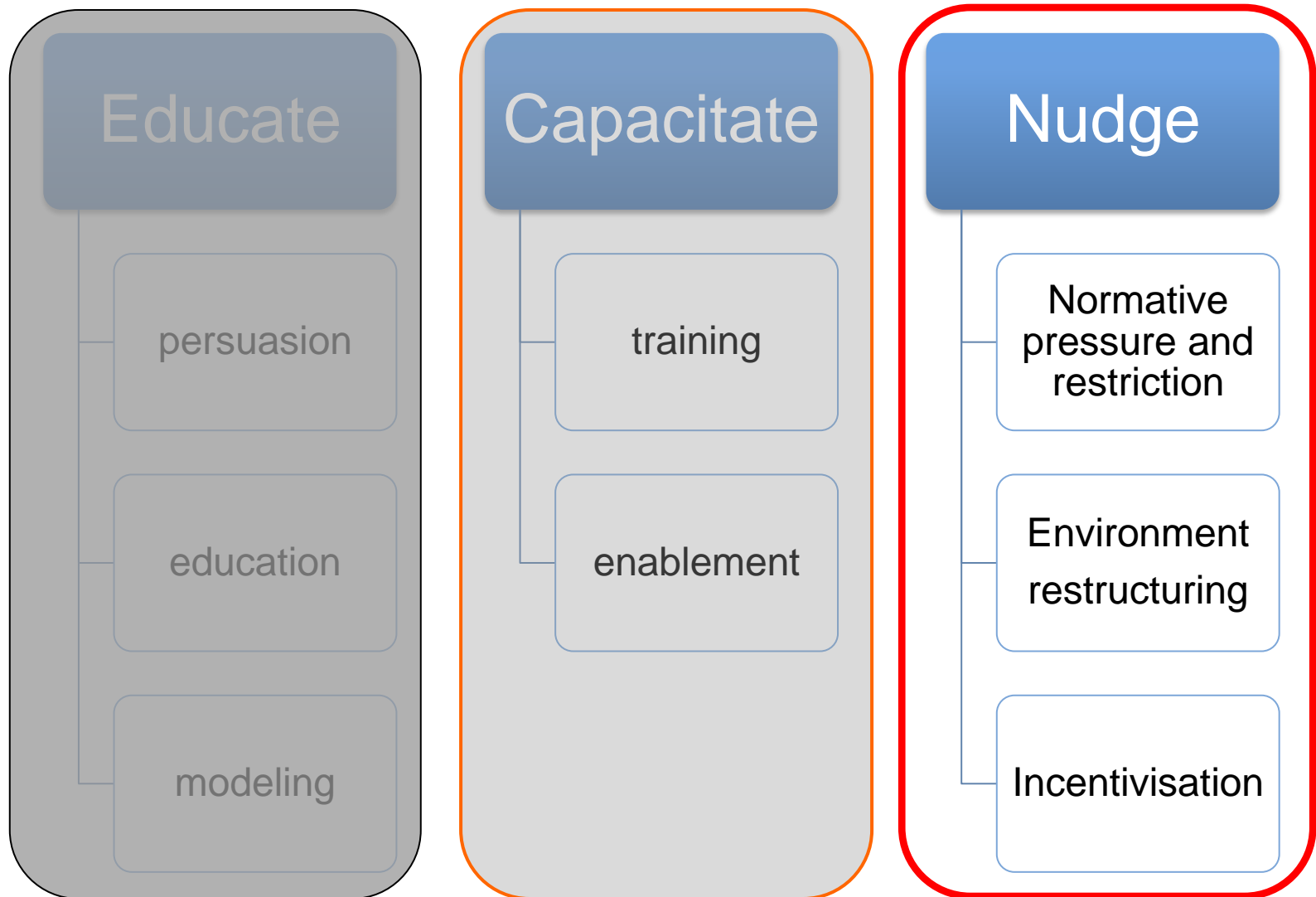
Informative-cognitive approaches increase

marginalisation: favouring the well-bred & well-equipped

“less educated initiators more often shifted to daily use”

Legleye et al. 2015

Three dimension of prevention functions



What to do?

- Impart Skills (behaviour training, social learning): **helpful and evidence based**
- Restructure environments, social norms, incentives, opportunities: **strong / promising**
- Regulate the industries (leisure, alcohol, tobacco and cannabis) and monitor offspring
- Criminalising individuals isn't useful
- Cognition-based (information, persuasion) is **unethical: good for the elites only**

At community level

Regulate the local nightlife industry

Use your local regulating power of curbing and controlling alcohol sales (esp. to minors)

Empower parents to take charge of public space

Form coalitions at community level: action plans

Train parenting skills in (vulnerable) families

Improve urban policies in vulnerable neighbourhoods → benefit from effects on violence

Forget (or forbid) drug days, warning events, scare movies and sport against drugs