



European Monitoring Centre
for Drugs and Drug Addiction

European Drug Report

Trends and Developments

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November 2018

Slovenia

drugsummerschool.cies.iscte-iul.pt



European Drug Report 2018 package

EUROPEAN DRUG REPORT PACKAGE 2018

Interlinked elements allowing access to available data and analysis on the drugs problem in Europe and at national level



Also published on the day:

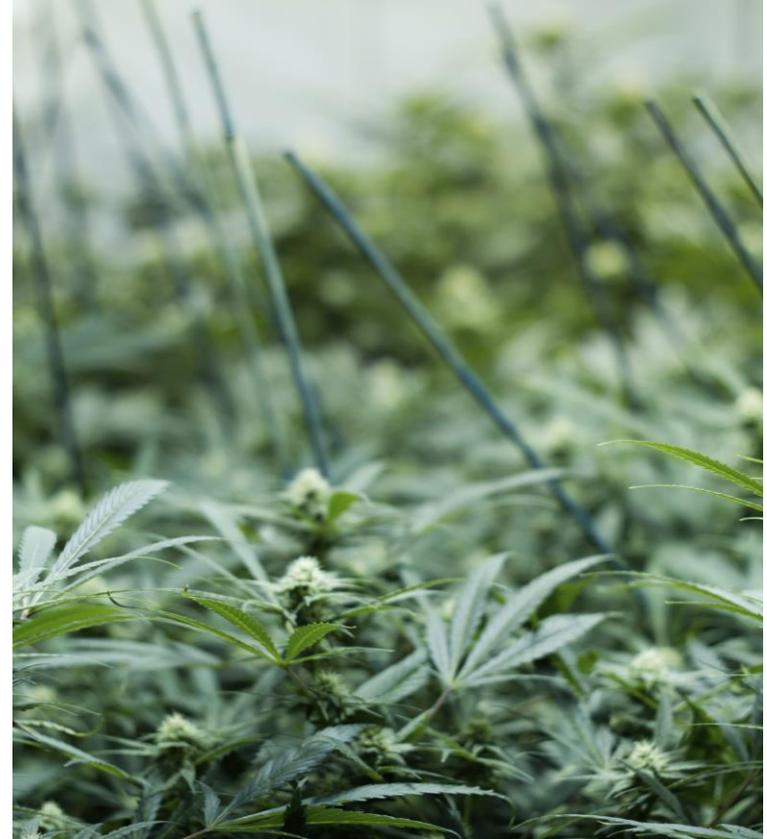
NPS in prison (**Rapid communication & video**)

Updates on misuse of benzodiazepines in high-risk opioid users, drug consumption rooms (**Perspectives on Drugs**)

Fentanils and synthetic cannabinoids: driving greater complexity into the drug situation (**EU Early Warning System update 2018**)

Cannabis: a more complex set of policy challenges?

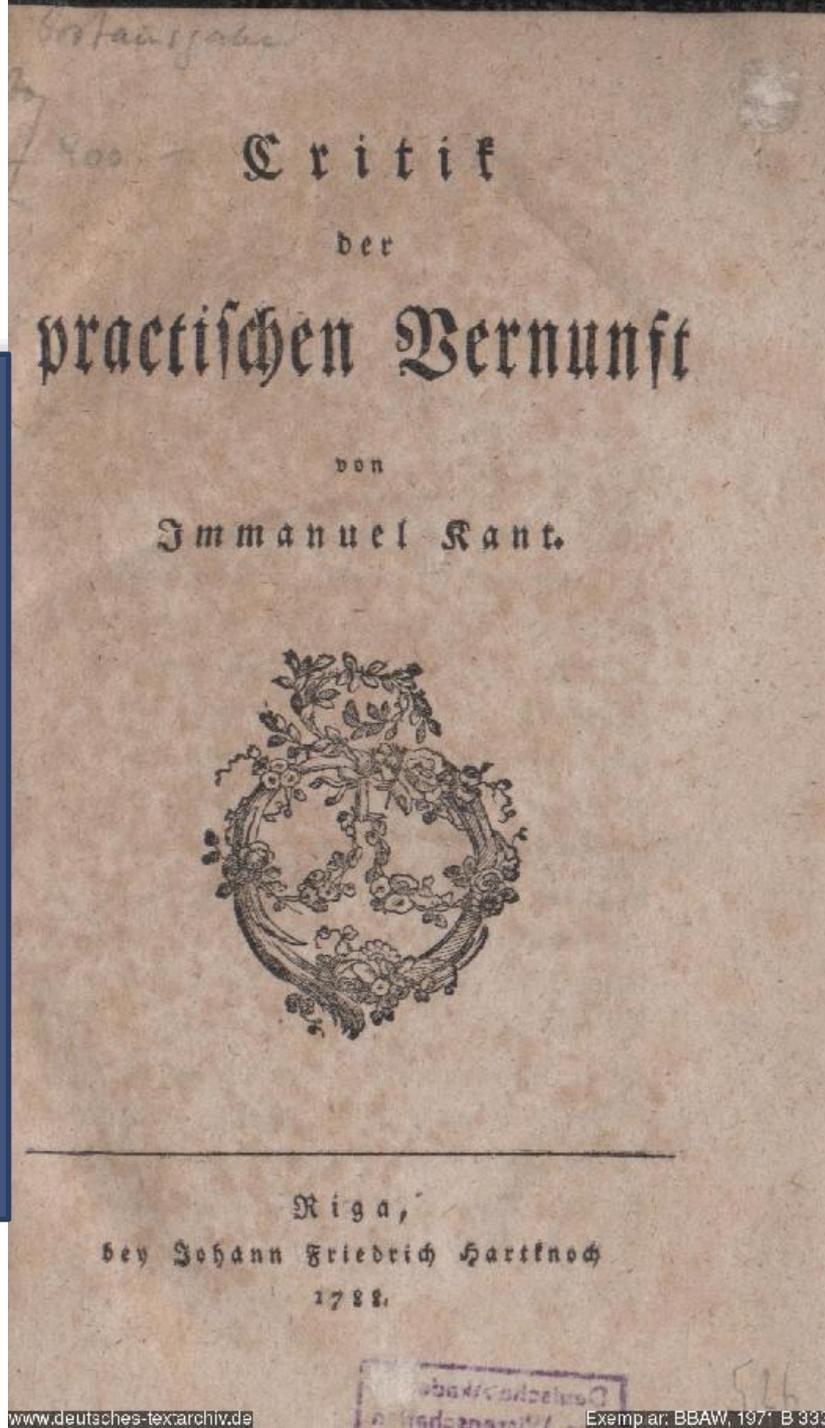
- Europe's most used drug
- Increases in new treatments
- Innovation in forms, products & delivery systems
- Global developments
- Cross over with other policy areas (e.g. drugs and driving)





European Monitoring Centre
for Drugs and Drug Addiction

What
shall we
do?





Op weg naar huis van de 'leisure club'. Maandag en woensdag kunnen de leerlingen 's avonds vrijwillig tussen half acht en tien uur naar huis worden afgehaald. © Marlena Waldthausen

Hoe IJslandse tieners drank en sigaretten inruilden voor sport

Wat kan Nederland hiervan leren?

ARTIKEL Hoe IJslandse tieners de drank, wiet en sigaretten lieten staan en gingen sporten, en wat andere landen kunnen leren van dit succesverhaal.

Door: Ianthe Sahadat 2 juli 2017, 02:00

populated Nordic country (population = 332,000). In the late 1980s, it was commonplace on Friday and Saturday nights to observe hordes of drunk teenagers sullyng the streets of Reykjavik in mob-like

What is special?

Committed alcohol policy

Parental monitoring (+ family dinners)

Committed education and youth policy (keep them in school and in sports clubs): **supervised** leisure

Strong social norms

No investment in persuasion, awareness, warning campaigns, etc.



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
by former
nation

visited
out

But Ge
the ev

n, said

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.”

No more!
ex-addicts in schools

So, this is what happens if evidence-based principles are applied

... and if not?

This is 2018!

- the main station is Praha-Dejvice, from where the train regularly goes on tours into the regions – the destinations change depending on the current demand of schools and towns

ANTI-DROGEN-ZUG - REVOLUTION TRAIN

Ein Zug, der Schutz vor Drogenmissbrauch bieten soll? Ein Erlebnisprogramm statt eines Vortrags? Drogenprävention, die Spaß macht? Ja, das Alles ist der Anti-Drogen-Zug „Revolution Train“. Der stahlsilberne Riese kommt in ihre Städte, um dort Schüler anzusprechen und zu einem verantwortungsvollen Umgang mit ihrem Leben zu inspirieren.

Die Verwendung des Revolution Train kann eine sinnvoll Ergänzung sein, wenn er in die nachhaltig angelegte Suchtprävention vor Ort eingebettet ist und von erfahrenen Fachkräften der Suchtprävention vor- und nachbearbeitet wird.

Was ist das?

Der „Revolution Train“ ist in seiner Form ein einzigartiges Projekt der Drogenprävention, zumal es auf Erlebnis mit allen Sinnen und auf Interaktion setzt. Den Projektkern bildet der Anti-Drogen-Zug – ein multimedialer mobiler Zug, dessen interaktive Form eine

Hinweis

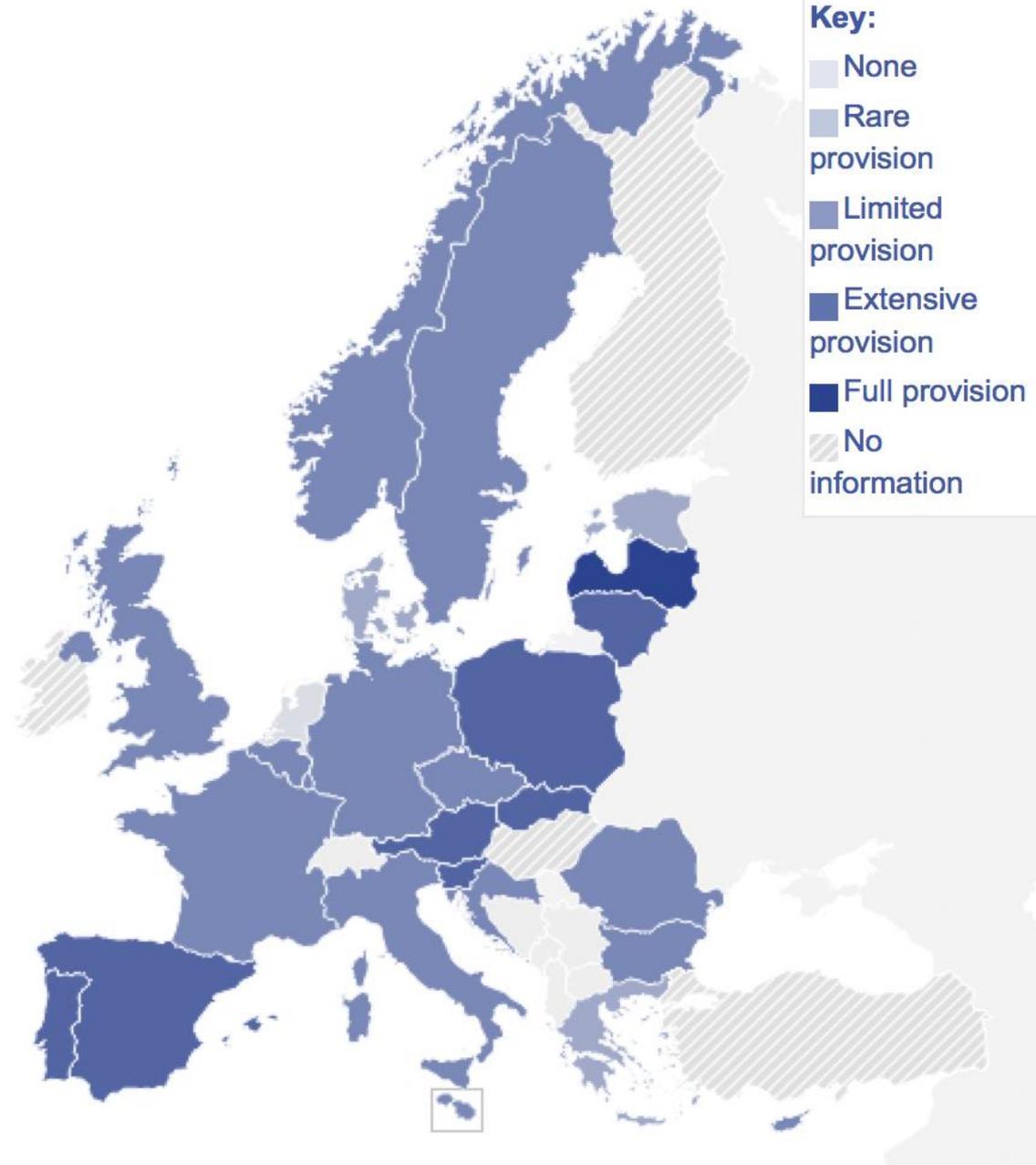
In der Rubrik "Projekte des Monats" werden Aktivitäten vorgestellt, die aufgrund ihres inhaltlichen Schwerpunktes oder ihrer Vorgehens bundesweite Aufmerksamkeit verdienen.

Wichtig: Die Präsentationen werden von den Projektverantwortlichen selbst verfasst und geben nicht zwingend die Meinung der Drogenbeauftragten wieder.

Information-based approaches in schools, 2013

Substance users are far better informed than non-users

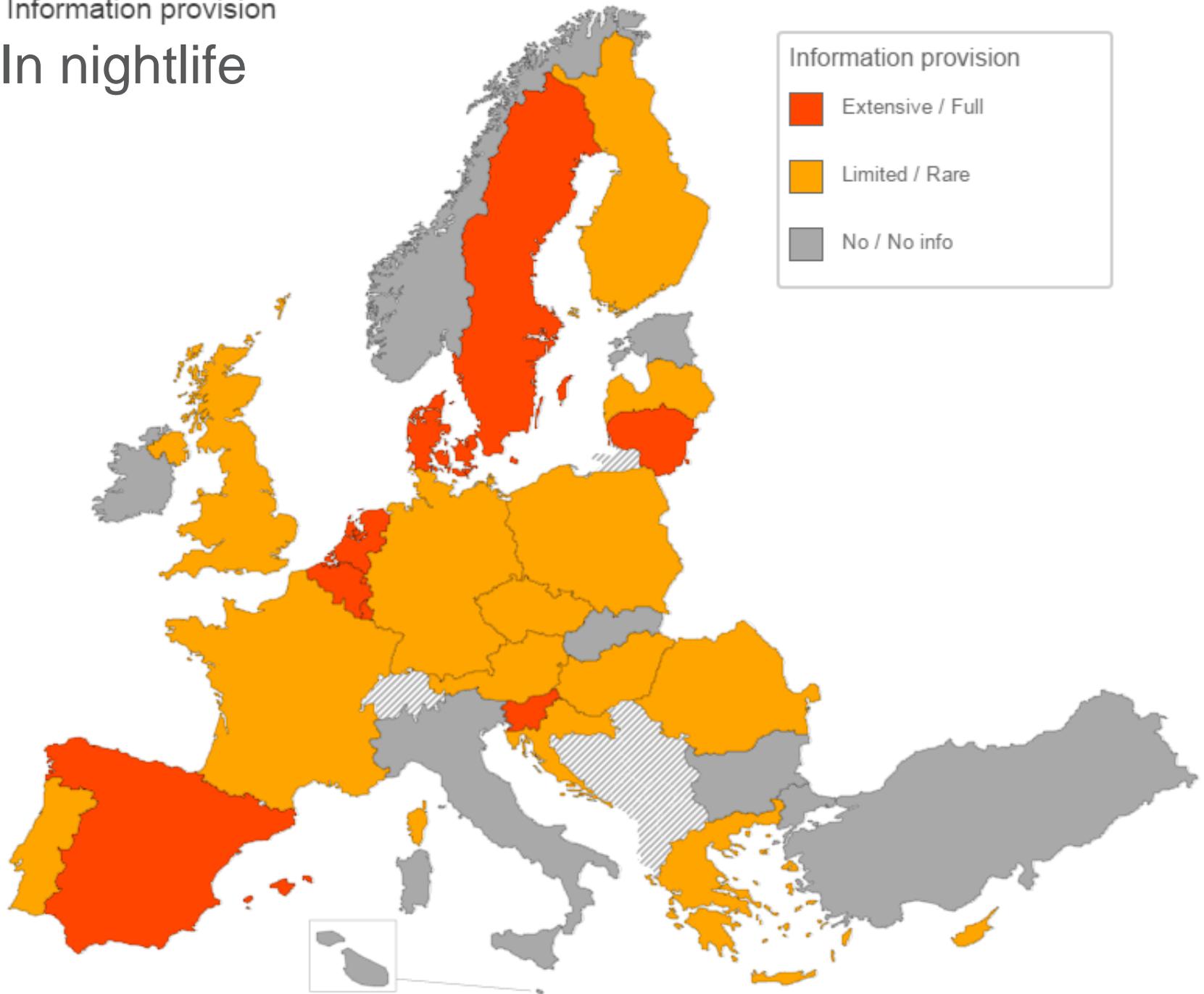
Switzerland (Dermota 2013), Israel (Brook et al. 2001), Australia (Lenton et al. 1997)



In nightlife

Information provision

- Extensive / Full
- Limited / Rare
- No / No info

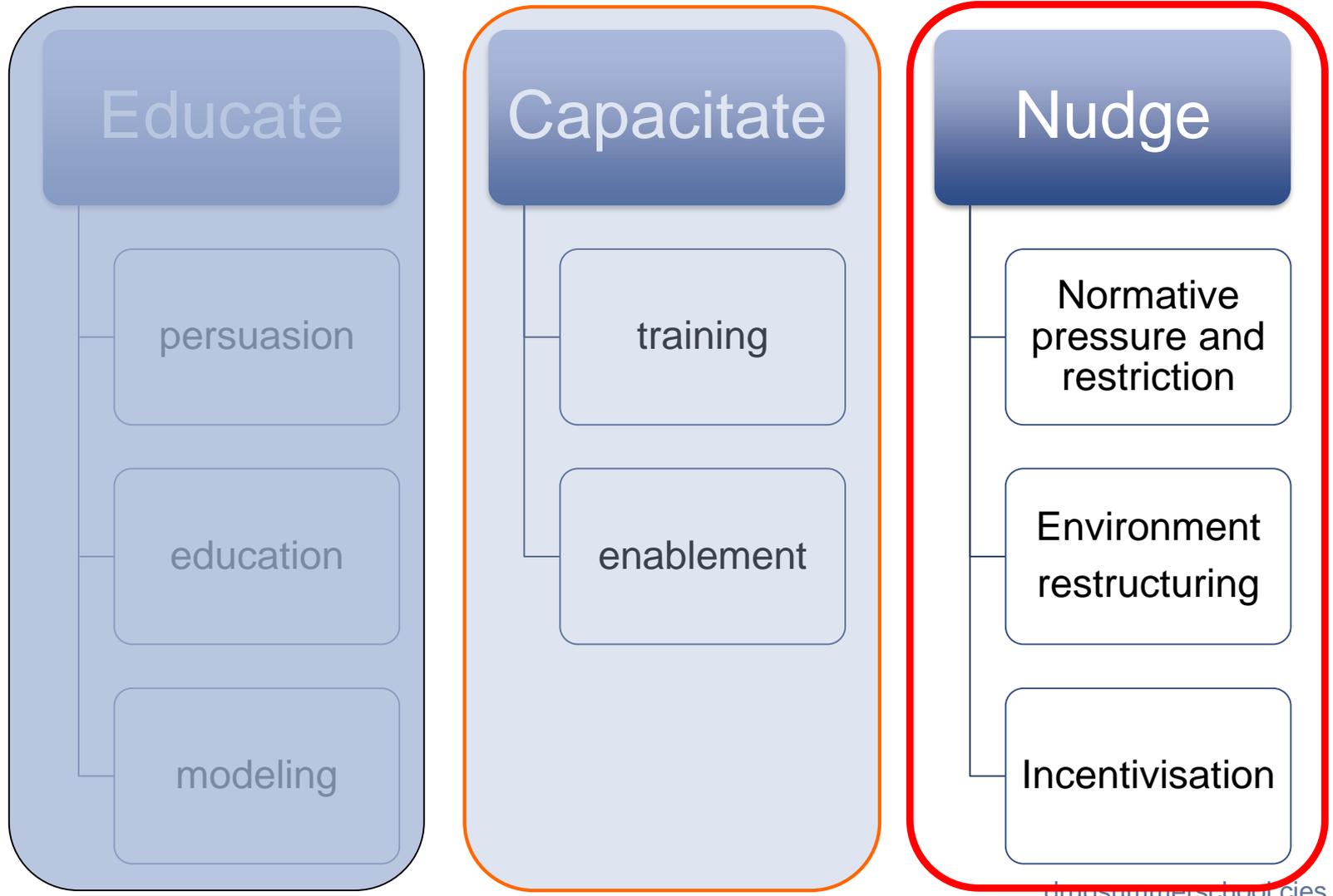


Problem 1 – much of our behaviour is automatic

Figure 1: How Food Marketing Influences Overeating



Three dimension of prevention functions



Until now

Publishing the evidence

Best practice portal – evidence database

This database gives you access to the latest evidence on drug-related interventions. The information is based on systematic searches is updated regularly. To get started use the search boxes below. [Click here for more information about the Evidence database \(including methods\)](#).

Search Terms

Evidence rating

Desired outcome

Area

Substance

Target group(s) or setting(s)

Sort by

Order

Go

Reset search form

List of Evidence Summaries

Title	Area	Substance	Target group(s) or setting(s)	Evidence rating <input type="checkbox"/>
Life skill and social influence–based interventions to reduce cannabis use	Prevention	cannabis	school	Beneficial
Standalone life skill-based interventions to reduce cannabis use	Prevention	cannabis	school	Likely to be beneficial
Standalone social influence–based interventions to reduce cannabis use	Prevention	cannabis, opioids	school	Unknown effectiveness
School-based brief interventions to reduce substance use and delinquent-type behaviours	Prevention	alcohol, cannabis	school	Unknown effectiveness



What works?

- ✓ Multicomponent and interactive interventions delivered in the community reduce drug, tobacco and alcohol use in high-risk youths
- ✓ Furthermore, community support groups, involving also other family members, help young people living in problem families
- ✓ Mentoring programmes reduce alcohol use in young people
- ✓ Computer-based programmes have the potential to reduce drug use when targeted at illicit recreational drug users, at least in the medium term



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

Option 1: more evidence-based programmes

EU Minimum Standards – evidence-based interventions

They ... have access to and rely on available evidence-based programmes:

National (Germany, Spain, Poland, NL, UK) and European (evidence-Xchange) online registries of evidence-based programmes ... and more.

Programme title <input type="checkbox"/>	Date added	Countries where evaluated	Xchange rating
Coping Power/Utrecht Coping Power - an indicated programme for children with disruptive behaviour	18.10.2017	Italy, Netherlands, USA	Beneficial
EFFEKT/Örebro/PAS - To increase parents' attitudes, norm-setting and monitoring about alcohol	17.10.2017	Netherlands, Sweden	Beneficial
Unplugged - a Comprehensive Social Influence programme for schools: life skills training with correction of normative beliefs	18.10.2017	Austria, Belgium, Czech Republic, Germany, Greece, Italy, Spain, Sweden	Beneficial
School Health and Alcohol Harm Reduction Project (SHAHRP) - life skills training to reduce alcohol use and harms	18.10.2017	United Kingdom	Beneficial
Good Behaviour Game - group-contingent positive reinforcement of children's prosocial behaviour	18.10.2017	Belgium, Netherlands, USA	Likely to be beneficial
Sobre Canyes i Petes - skills training for preventing regular cannabis use, with a family component	18.10.2017	Spain	Likely to be beneficial
Be Smart — Don't Start - a competition of school classes to remain smoke free for six months	18.10.2017	Finland, Germany, Netherlands, Switzerland	Likely to be partially beneficial
Multisystemic Therapy (MST) - intensive family- and community-based intervention for antisocial behaviour in juvenile offenders	18.10.2017	Canada, Netherlands, Norway, Sweden, United Kingdom, USA	Likely to be partially beneficial
European Smoking Prevention Framework Approach (ESFA / PASE.bcn) - addressing young people, parents, school environment and out-of-school situations	18.10.2017	Denmark, Finland, Netherlands, Portugal, Spain, United Kingdom	Likely to be partially beneficial
Strengthening Families 10-14 - family protection and resilience-building processes for adolescents and their parents	18.10.2017	Germany, Poland, Sweden, United Kingdom, USA	Evidence of ineffectiveness

Best practice

Policy and practice briefings

Implementation tools (Xchange, HNT, EDDRA, EIB)

Xchange prevention registry

Evidence database

Standards and guidelines

Health and social responses to drug problems
A EUROPEAN GUIDE



Health and social responses to drug problems: a European

Xch

About

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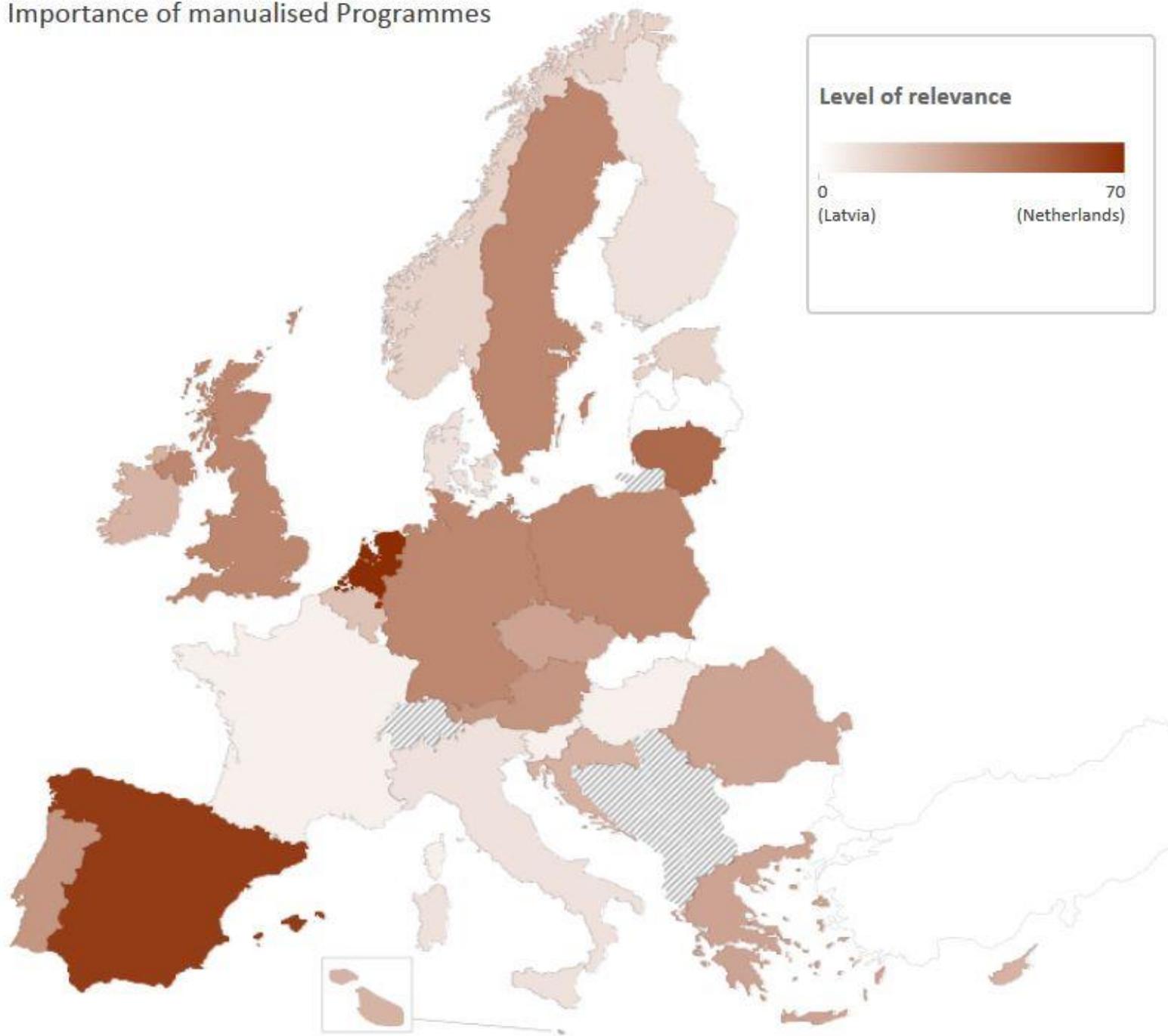
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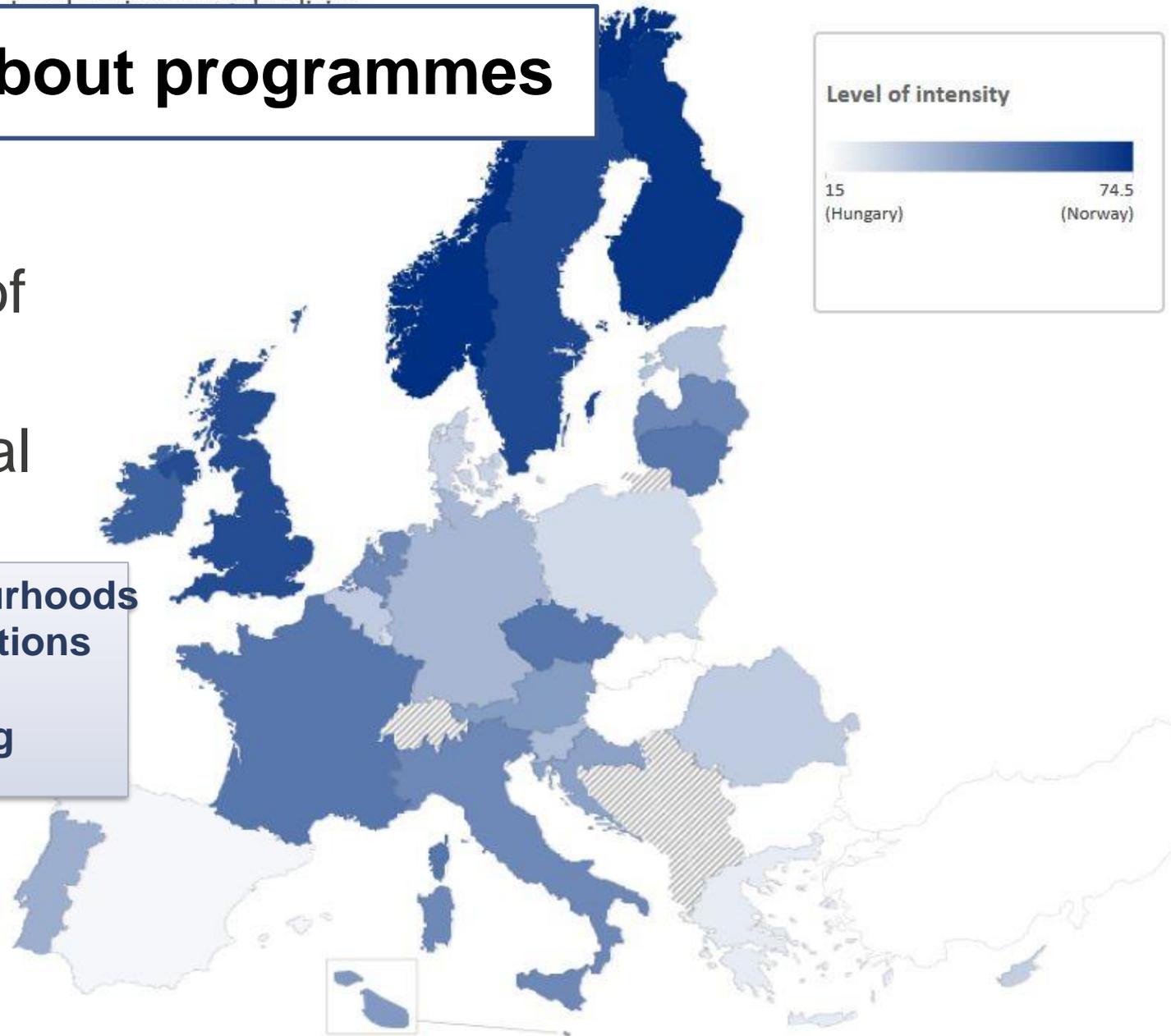
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Importance of manualised Programmes



It's not all about programmes

Importance of
local
environmental
policies



Vulnerable neighbourhoods
Local alcohol regulations
Nightlife coalitions
Conditional licensing
Opening hours

Option 2: train the workforce

... in evidence-based **principles**,
for non-manualised local
interventions

EU Minimum Standards – improve workforce

*have competencies and expertise on prevention principles, theories and practice, and are **trained** and/or **specialised** professionals who have the support of public institutions → training, accreditation, less children exposed to self-trained prevention providers*

work for accredited or recognised institutions or NGOs → competition

UPC: Universal Prevention Curriculum

Originally 9-weeks training on prevention science

→ Adapted to Europe

1) Full version for universities: ICUDDR

2) Short (1 week) for NGO's and local decision & opinion makers: UPC-Adapt

- Published and implemented by the EMCDDA

Origin: <http://upc-adapt.eu/>

Belgium

Czech Republic

Croatia

Estonia

Germany

Italy

Poland

Slovenia

Spain

- introduction to prevention science
- physiology and pharmacology
- monitoring and evaluation
- environment-based interventions
- prevention in the areas of family, school, workplace, media and community

Whom do we want?

In Europe, we have a long tradition of training at the national level

DOPs =
Decision-
Opinion- and
Policy- makers

and

is at

level

e: don't train

f their bosses

haven't been trained!!

They might consider themselves experts already



Enhanced elements in the European version

Environmental prevention

- Particular lack of attention to it, little regulation
- Legalisation might be on the doorstep

Nightlife interventions

- A particular European phenomenon and industry
- With out-dated intervention types

Advocacy

- Since Bottom up and communitarian approaches are less common
- Since Policy makers act against better knowledge

a) environmental prevention

**We need an intervention type that takes
into account our ...**

Automatic decision making

Lack of self-control

Lack of introspection

Unconscious environmental cues

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

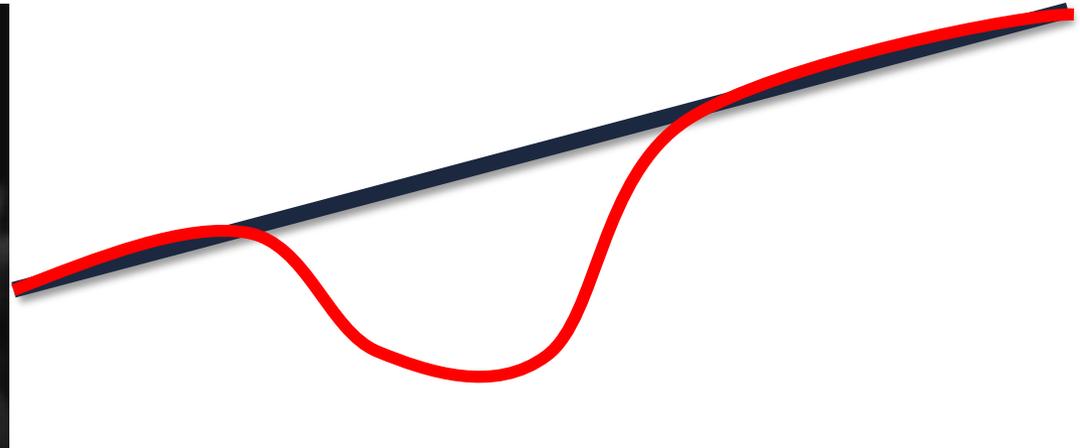
Injunctive Norms – *XY is OK and acceptable*

Implicit Cognition – automatic processing of cues

A photograph of a buffet table with various food items, including salads, dips, and bread. A person's head is visible in the background on the right side. A large blue text box is overlaid on the image.

‘young men think about four things, we brew one and sponsor two of them’

Cold control versus hot control



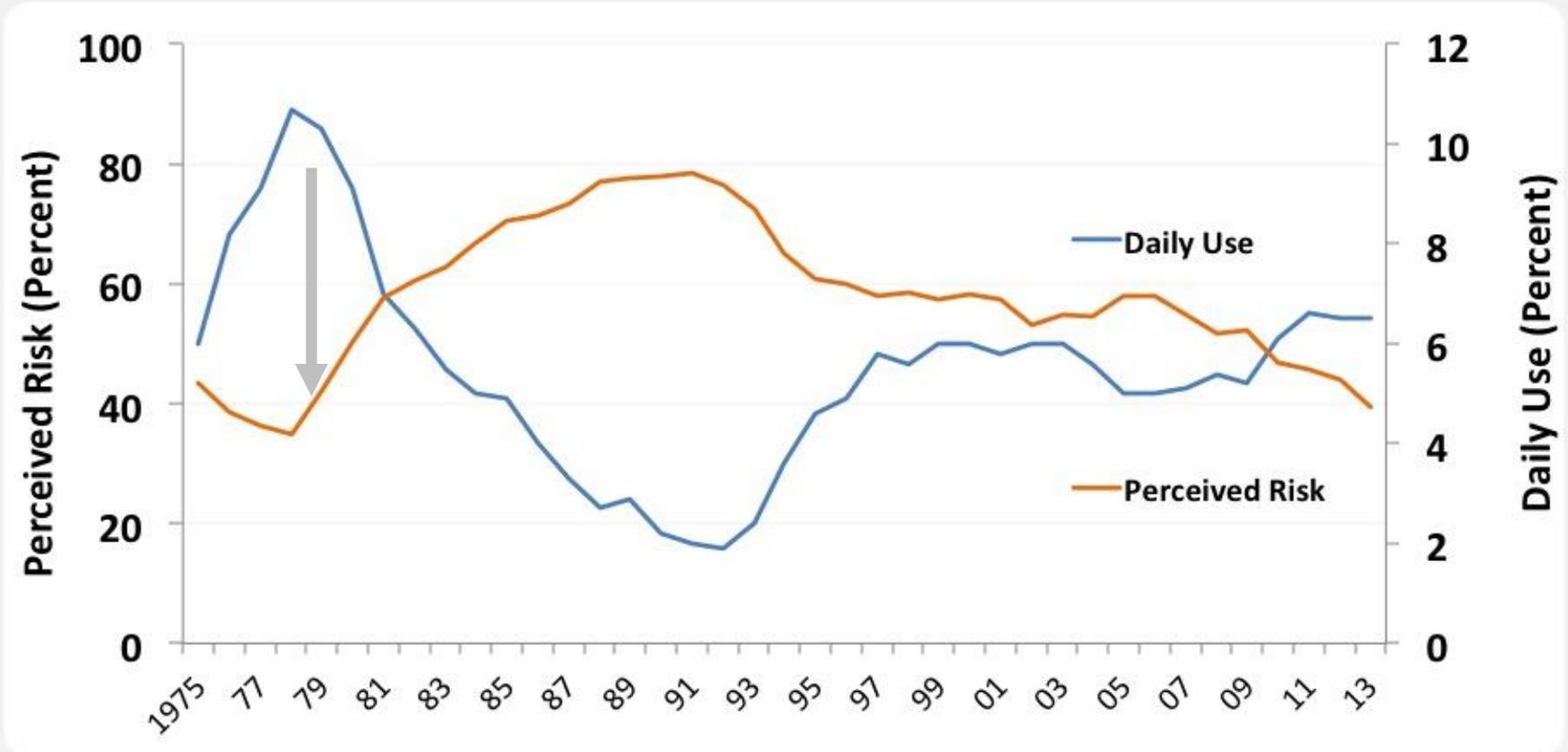
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A new model of environmental prevention



Daily Marijuana Use vs. Perceived Risk of Regular Marijuana Use among 12th Graders, 1975-2013



“Attitude follows behaviour”

Universal elements– at macro level

Regulate availability

Regulate taxes and prices

Limit publicity and promotion

Limit access for the under-aged

Limit opportunities for consumption:

- **Tobacco: outside only**
- **Alcohol: inside only**
- **Cannabis: only at home or in consumption rooms**

Measures against driving under the influence



Three overlapping categories: it's not all about laws

1. Regulatory

Legislation on under-age drinking, or drinking and driving; local policies relating on smoking at work or school; restrictions of advertising, promotion and opening hours

2. Physical (placement, stimuli, etc.)

Smaller alcohol glasses, snacks and free transportation in nightlife, street lighting → “choice architecture”

3. Economic (change costs of behaviour): taxes, subsidies, pricing

lower the cost of non-alcoholic drinks, increase taxes and prices of tobacco or alcohol products, subsidies to disadvantaged /vulnerable people for healthier choices

Definitions in Europe

Policies and interventions to limit **exposure** to unhealthy or risky behaviour **opportunities** (or to promote the availability of healthy opportunities).

→ Reduce visibility, accessibility and perception of normality & acceptance

target the **automatic** system of behaviour (one that does not require deliberate cognition).

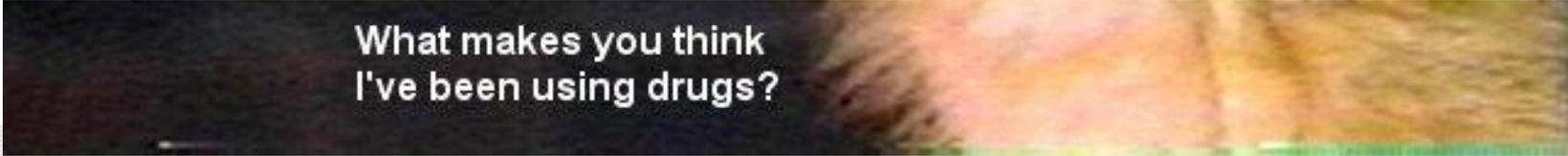
require lower individual 'agency': less need to deploy resources such as conscious decision-making, motivation and impulse control

b) Nightlife settings



Magaluf party holidays **SAVED... for now: All inclusive booze-ban DELAYED to 2020**

WILD Magaluf party holidays are safe for now as a ban on all inclusive boozy breaks is put on hold until 2020.



What makes you think
I've been using drugs?

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

Healthy Nightlife Toolbox

Hntinfo.eu

The **Healthy Nightlife Toolbox (HNT)** is an international initiative that focuses on the use of prevention measures among young people.

Alcohol and drug use are linked to health and safety problems. Commonly this substance use takes place in recreational settings, which makes nightlife to an important setting for prevention measures.

The Healthy Nightlife Toolbox is a website designed for local, regional and national policy makers and prevention workers, to help reduce harm from alcohol and drug use in nightlife settings. The core of the online Toolbox is formed by three databases: evaluated interventions, literature on these interventions, and other literature within the field of nightlife alcohol and drug prevention. The HNT Info sheet summarises the available knowledge on creating a healthy and safe nightlife.

Please note that the content of this website was last updated August 15th, 2016. From January 2017, The EMCDDA will host and maintain a renewed HNT website.



INFO SHEET

Responding to drug and alcohol use and related problems in nightlife settings



INTERVENTIONS

Details of evaluated healthy nightlife interventions



LITERATURE

A searchable database of reviewed academic literature on healthy nightlife interventions

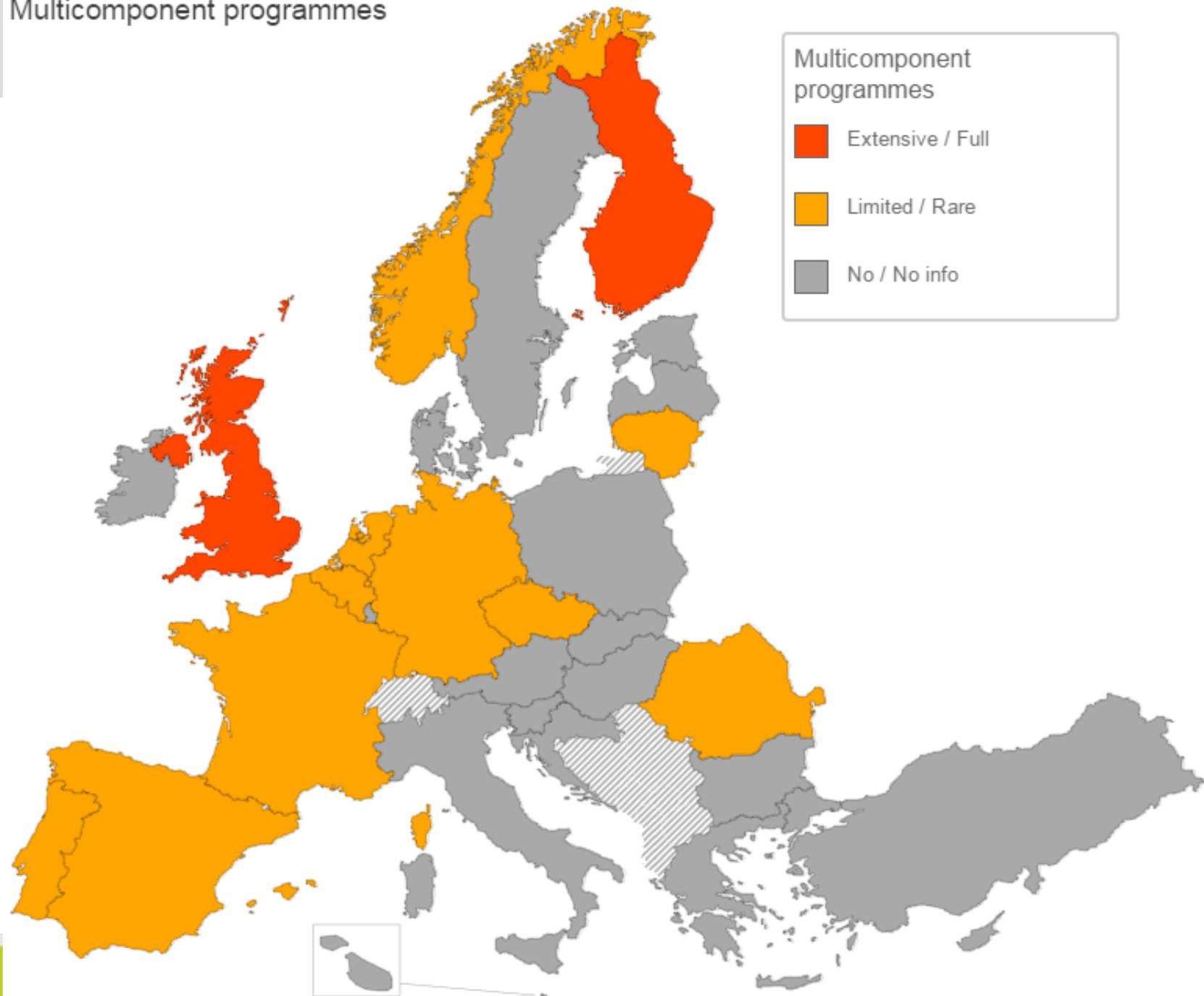


GOOD TO KNOW

Interesting background information on nightlife issues



Multicomponent programmes



Policing and enforcement

- Police visits to high-risk nightlife venues,
- To guarantee compliance:
 - Age verification checks: no serving to underage drinkers
 - Sanctions (e.g. revoke operating licences) to enforce licensing legislation
- Positive effects diminish if actions are not on a regular basis and/or linked to real deterrents
- Targeted policing (hot spots): more effective

c) Advocacy for NGOs and Civil Society

The policy-maker's dilemma

It's not always lack of knowledge

Easy production

Highly visible

→ **Political capital**

Seminars, conferences

Leaflets, flyers

Parents' evenings

Information days, Expert visits

Information campaigns

Effects: **zero - neg.**

Evidence-based, but complex

Less visible

Social influence programmes

School climate

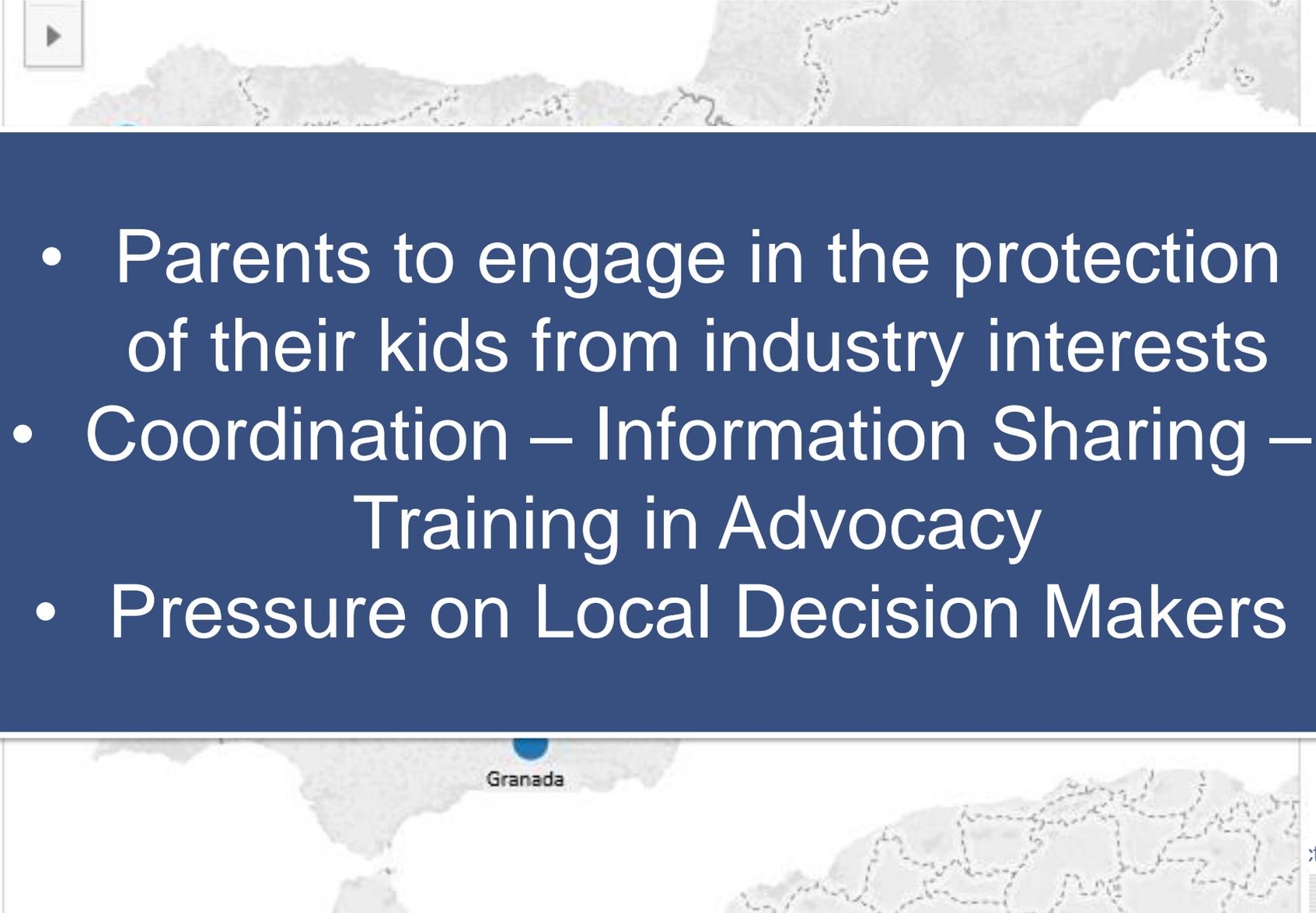
Parenting programmes

Environmental prevention

Nightlife regulation

Effects: **good**

Empower and involve parents: FERYA

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

Applicable principles: aim at ...



What is transferable from alcohol → cannabis? #1

- Evidence-based programmes: applicable and effective without difference for families, communities and schools
- Information campaigns: more dangerous. Avoid, except if ...
- Brief interventions (BI): mostly effective (less studies), applicable in schools (Preventure), street work – with smartphones, and online (p. ex. *Quit-the-shit sur DrugCom.de*)

But:

- Fidelity, implementation and rolling out is a challenge
- Effectiveness has been challenged recently
- In reality they are not early

What is transferable from alcohol → cannabis? #2

Reducing visibility (use in public)

Making planning and self-organization necessary for access to substances (not 24/7, few places, no combination with routine shopping, far from places frequented by youth and shopping malls)

Controlling contents and prices, no access for youth

Avoiding any advertising, appealing presentation or implicit associations

Assuring "sobriety " when working and driving

Modifying the physical and social context of nightlife

Fostering parental monitoring and positive school climate

Demand scientific evidence for postulated beneficial effects