



European Monitoring Centre
for Drugs and Drug Addiction

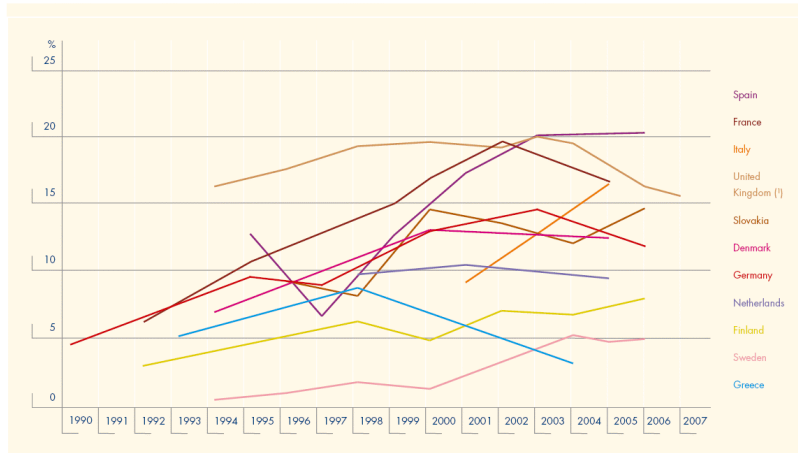
Early intervention in Europe – status quo and recommendations

LWL, Münster, Oct. 2010

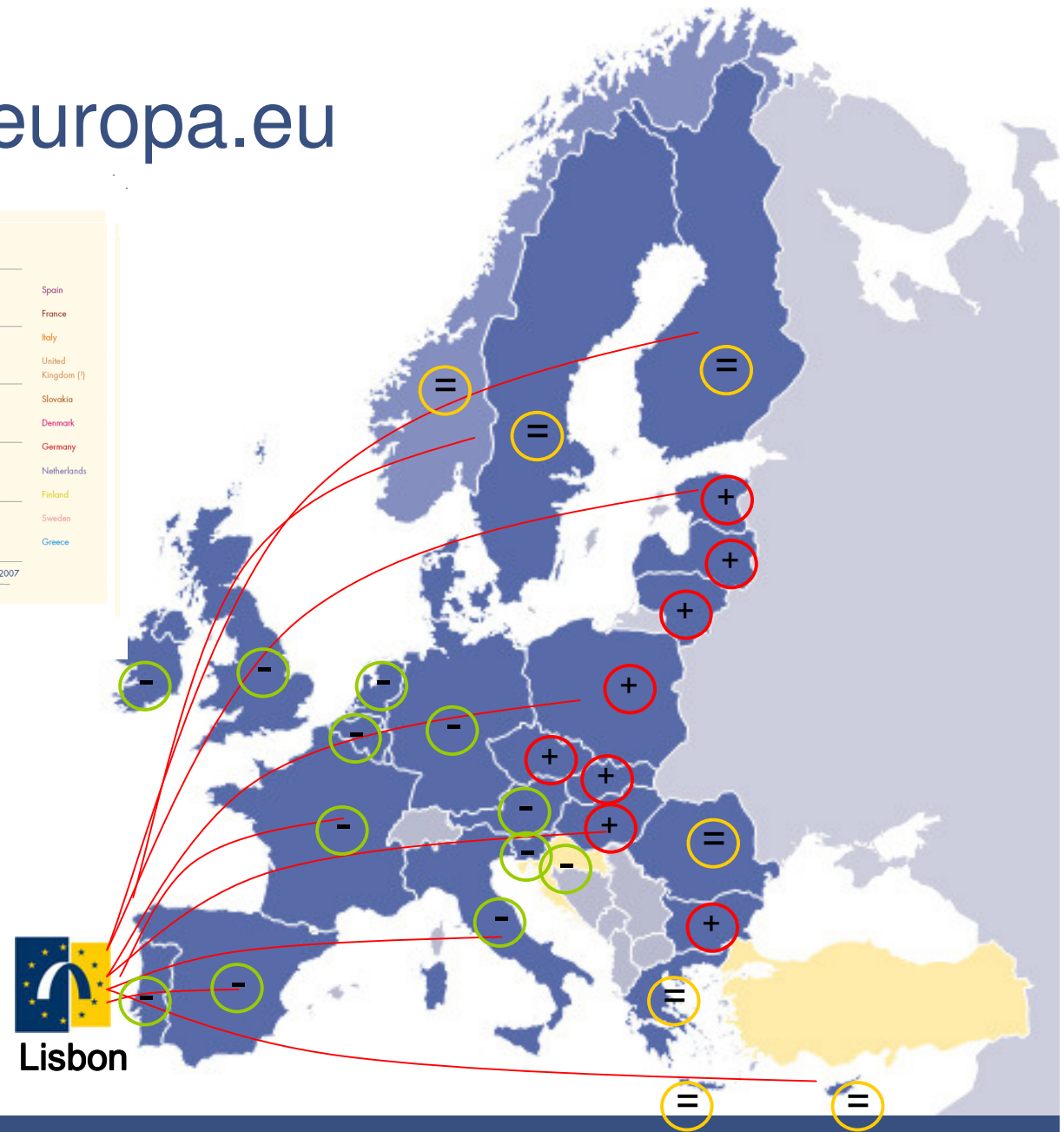
Gregor Burkhardt, EMCDDA

www.emcdda.europa.eu

Figure 4: Trends in last year prevalence of cannabis use among young adults (aged 15–34)



(*) England and Wales.
 NB: See Figure GPS-4 in the 2008 statistical bulletin for further information.
 Sources: Reitox national reports (2007), taken from population surveys, reports or scientific articles.
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Lisbon



B) How to get ACCESS to users ?



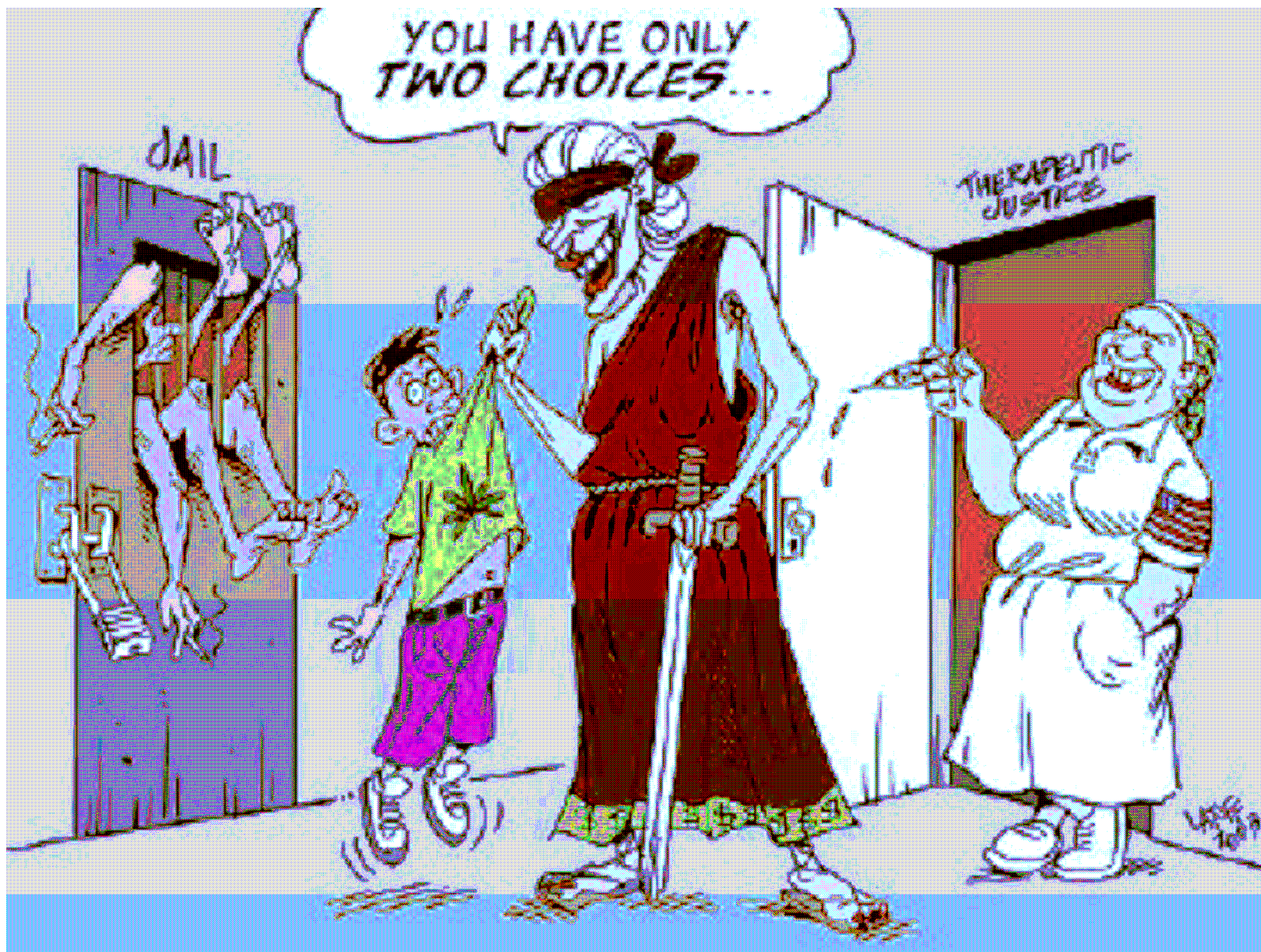
ANONYMOUS

We are many. We are strong. We are Anonymous.

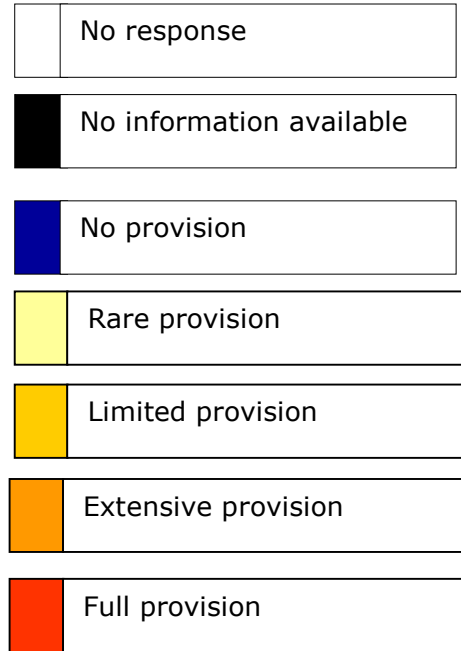
Option 1: Mass media campaigns: they can increase descriptive norm perception (bad)

- US government Cannabis campaign: well studied and implemented messages
- No effects overall, boomerang effects in certain subgroups (GAO 2006): exposure predicted intention to use
- **These subgroups were those that had no thoughts nor conversations about Cannabis before (Jabobsohn 2006)**
- Scottish Cocaine Campaign (know the score)
- 30 % of users wanted to reduce
- 56 % did not change intentions
- **In 11 % the campaign increased the intention of use**



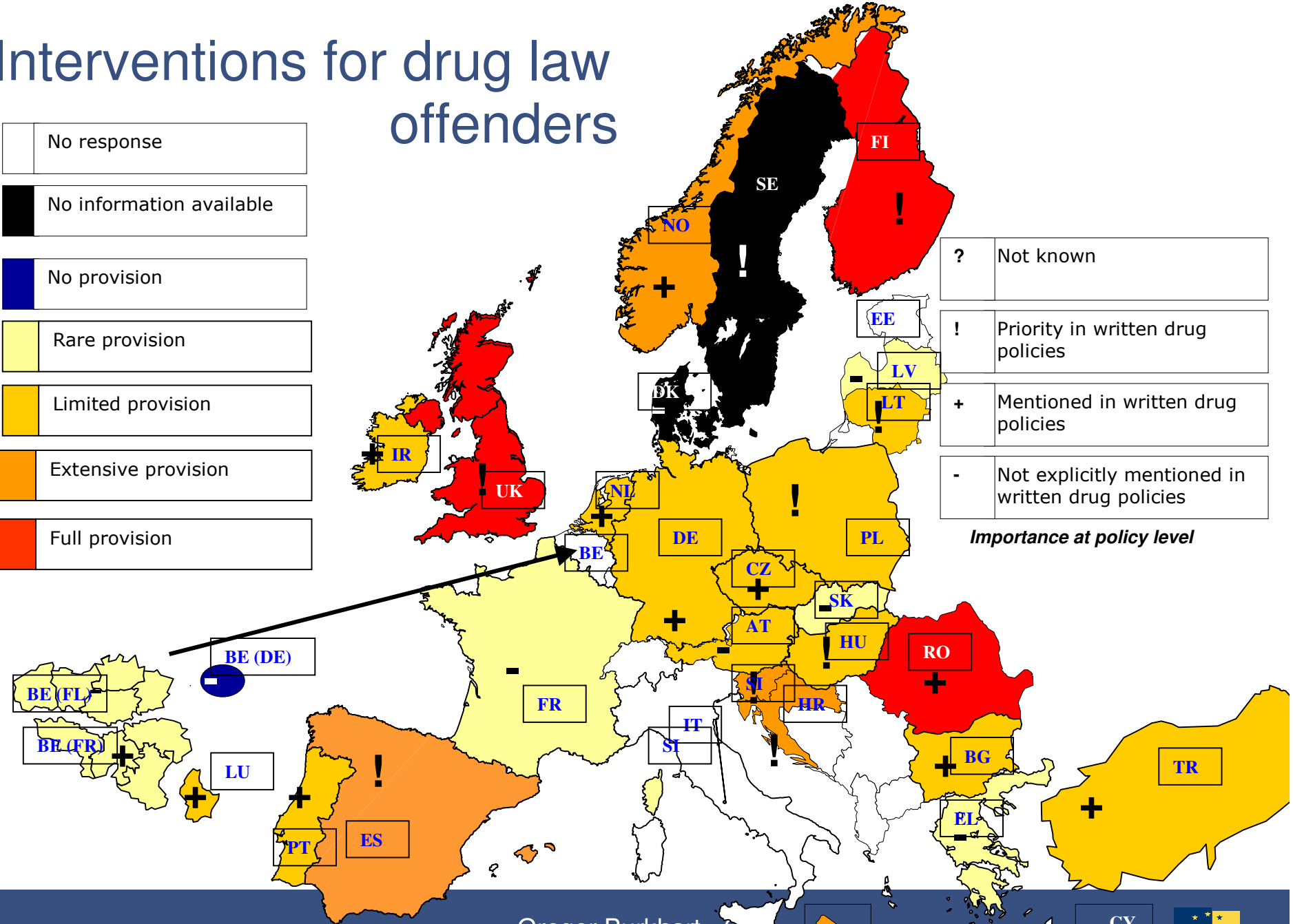


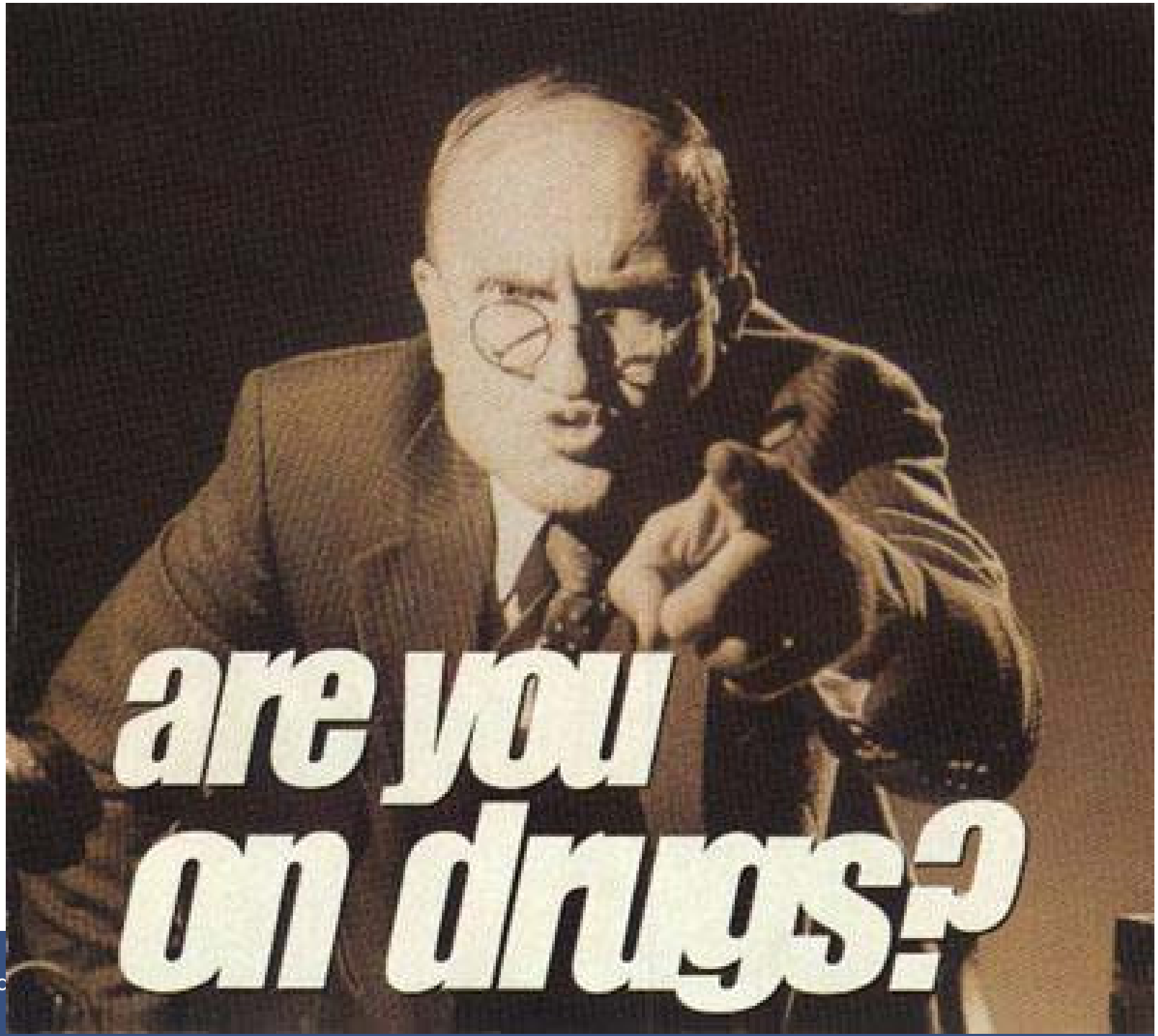
Interventions for drug law offenders



?	Not known
!	Priority in written drug policies
+	Mentioned in written drug policies
-	Not explicitly mentioned in written drug policies

Importance at policy level





Evidence-based contents

- Normative restructuring
 - most peers and females disapprove of use
 - Pluralistic Ignorance (Abilene Paradox)
- Challenge norms of proximal peers
- Assertiveness training
- Motivation and goal-setting
- Improve academic achievements
- Improve parenting styles
- ... and coping



Table 2: Reported Internet-based DTIs of the responding national focal points

Member State	Programme(s) mentioned	URL	Initiation date (programme) ⁽¹⁾	Internet-based DTI? ⁽²⁾	Detailed description included in review
Germany	Quit the shit	http://www.drugcom.de	2004	Yes	Yes
Denmark	SMASH	http://smash.name	2006	No	No
Netherlands	JellinekLive Online Behandeling Cannabis (Treatment Online)	www.jellinek.nl/hulp/content.php?i=89	2008	Yes	Yes
	Cannabis Onder Controle	www.cannabisondercontrole.nl	2008	Yes	Yes
	Grip op gras	www.gripopgras.nl	2008	Yes	See Cannabis Onder Controle
Poland	Wat wil jij met wiet	www.watwiljijmetwiet.nl	-	N/A ⁽³⁾	No
	Internet Counselling Center	www.narkomania.org.pl	2004	No	No
	Päihdelinkki - AddictionLink	http://www.paihdelinkki.fi	1997	No	No
Finland	Voimapiiri (Power Circle)	http://web10334.web1.kuulolaakeri.fi/	2007	No	No
	Mobiilivinkki, the mobile advice	http://www.eopt.fi/en	2005	No	No
	Transfer of Cannabis Self-Help in progress (Know Cannabis and Talk to Frank)	http://knowcannabis.org.uk/ http://www.talktofrank.com	2004	Yes	Yes
Czech Republic	Drogová poradna SANANIM (Drug counselling website)	http://www.drogovaporadna.cz	2001	No	No
	Prevenice zneužívání syntetických drog (Prevention of use of synthetic drugs)	http://www.extc.cz	2001	No	No

⁽¹⁾ If applicable.

⁽²⁾ See definition of Internet-based drug treatment intervention.

⁽³⁾ Data not available.

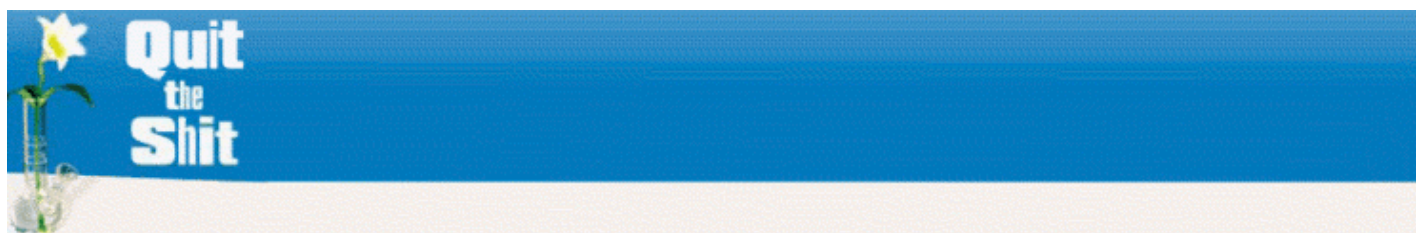
Internet-based drug treatment intervention in EU member states: Four programmes focusing cannabis users

KNOW CANNABIS

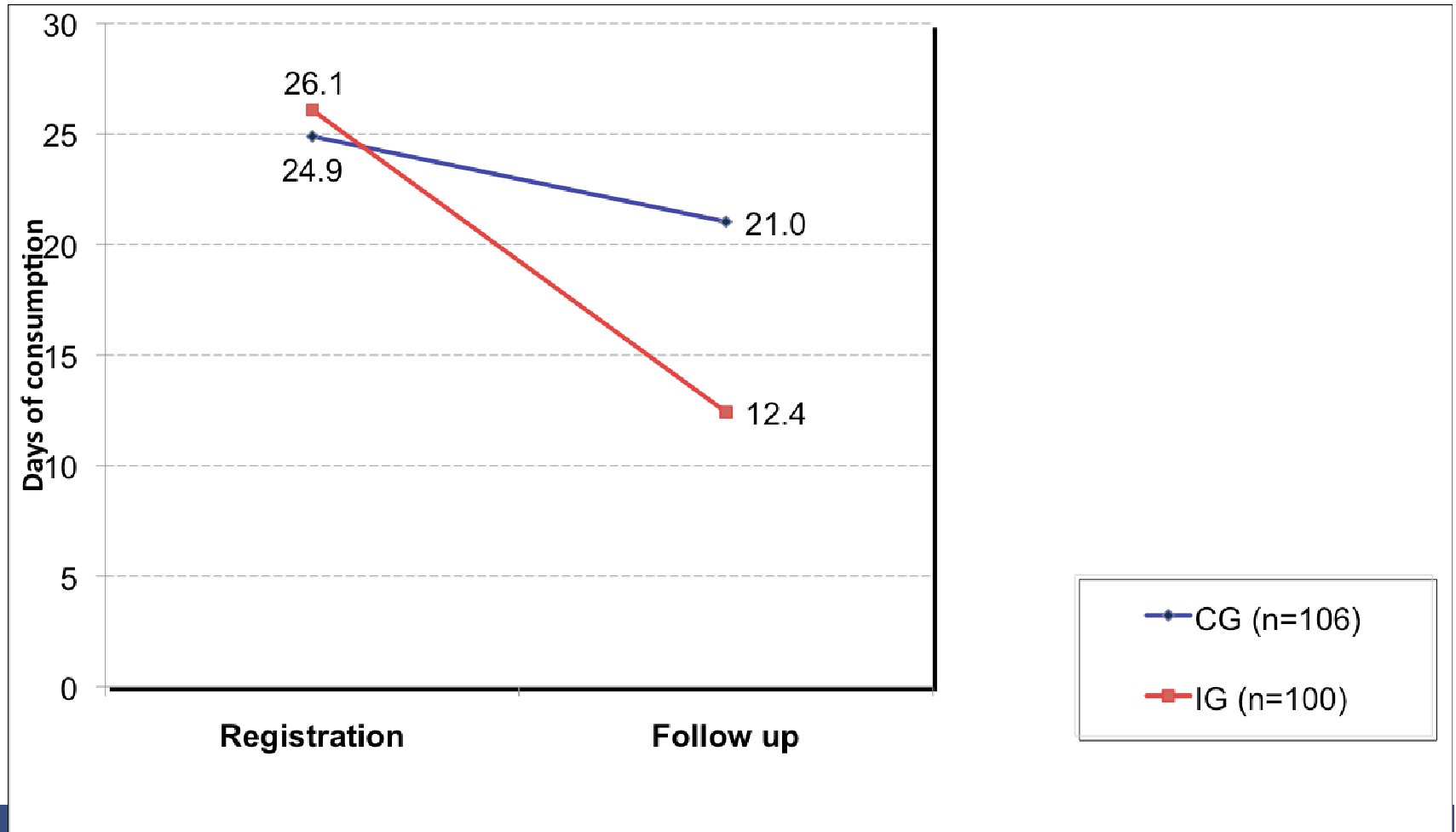


Jellinek Live Onlinebehandeling Cannabis

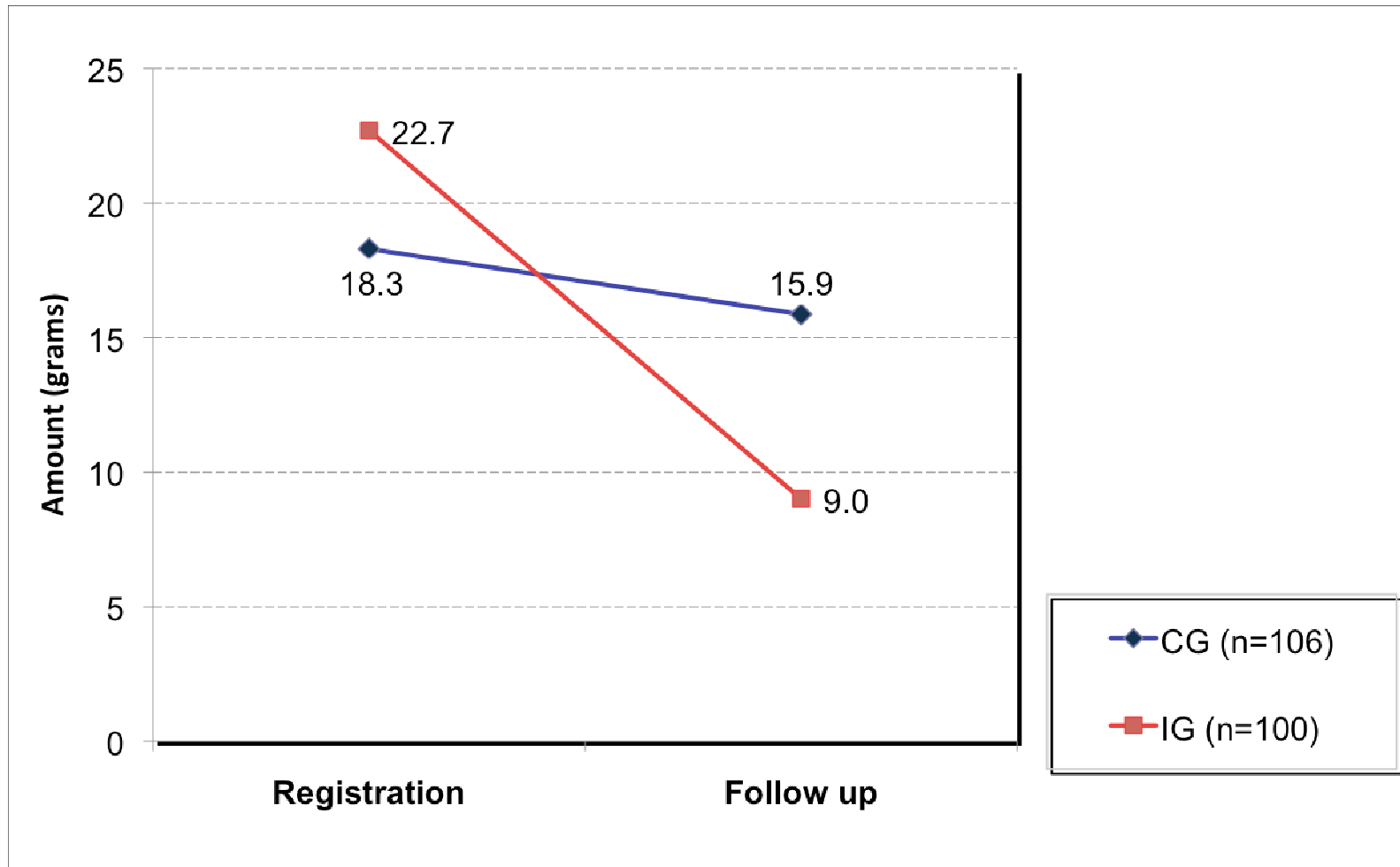
Cannabis
ONDER CONTROLE



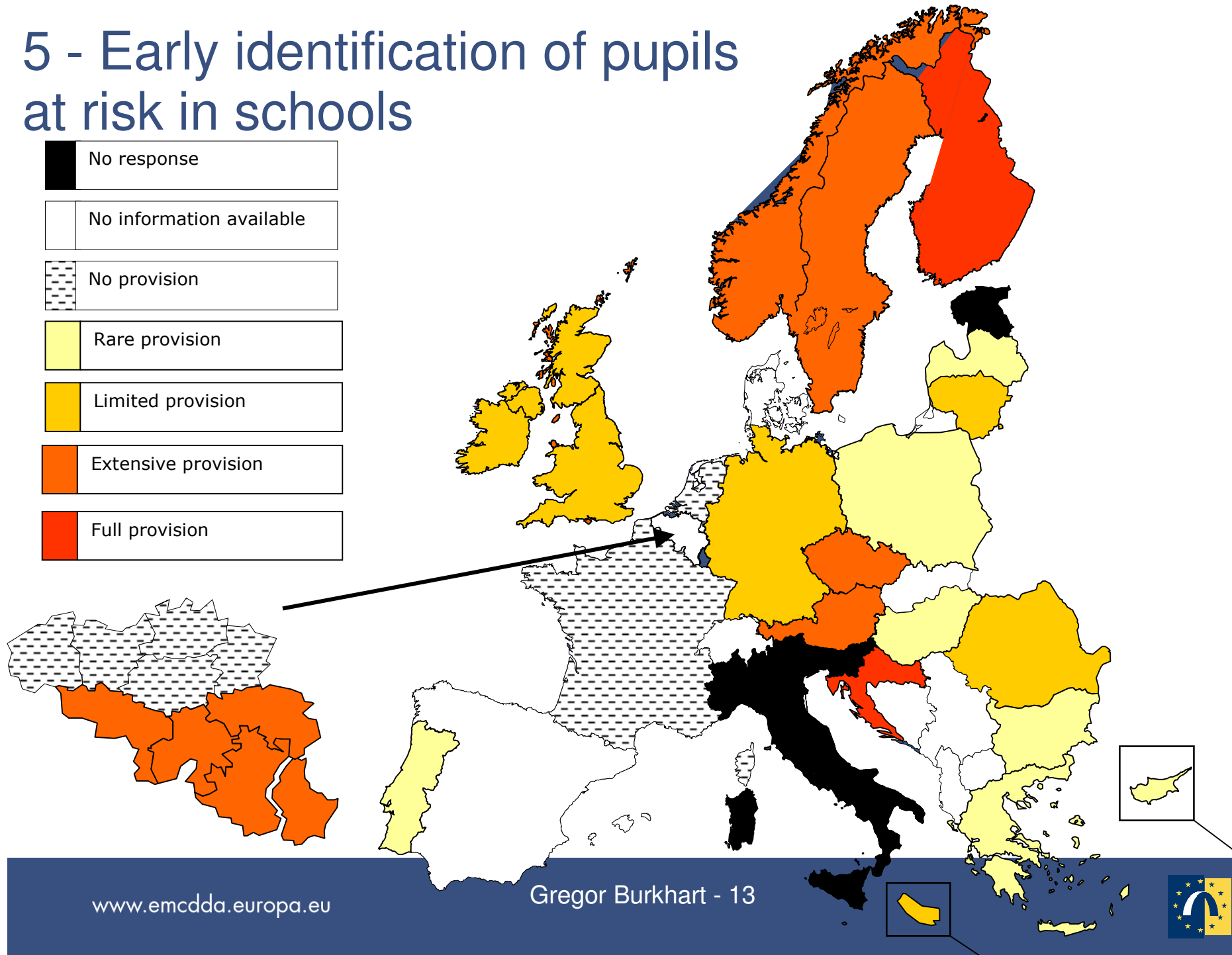
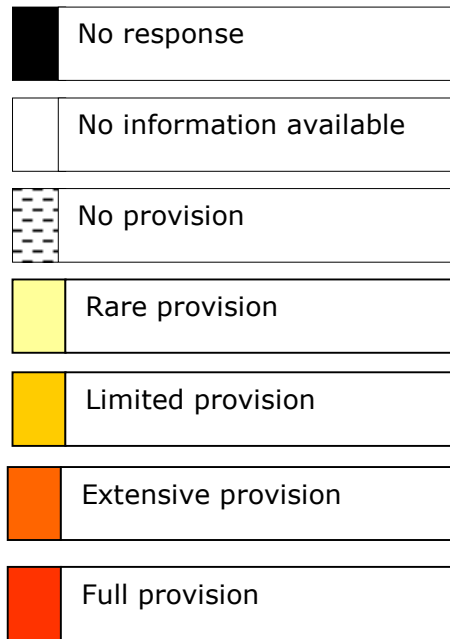
Results: Days of consumption within the past 30 days



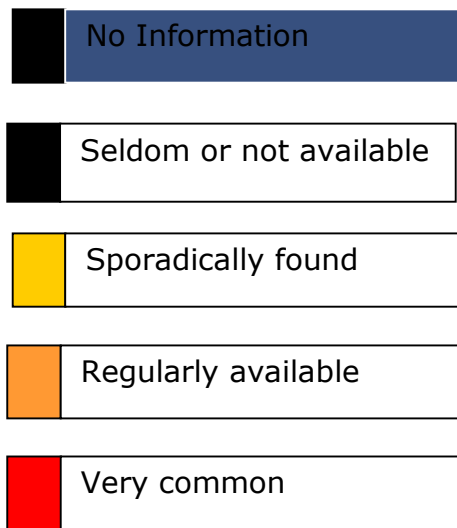
Results: Consumed amount (grams) within the past 30 days



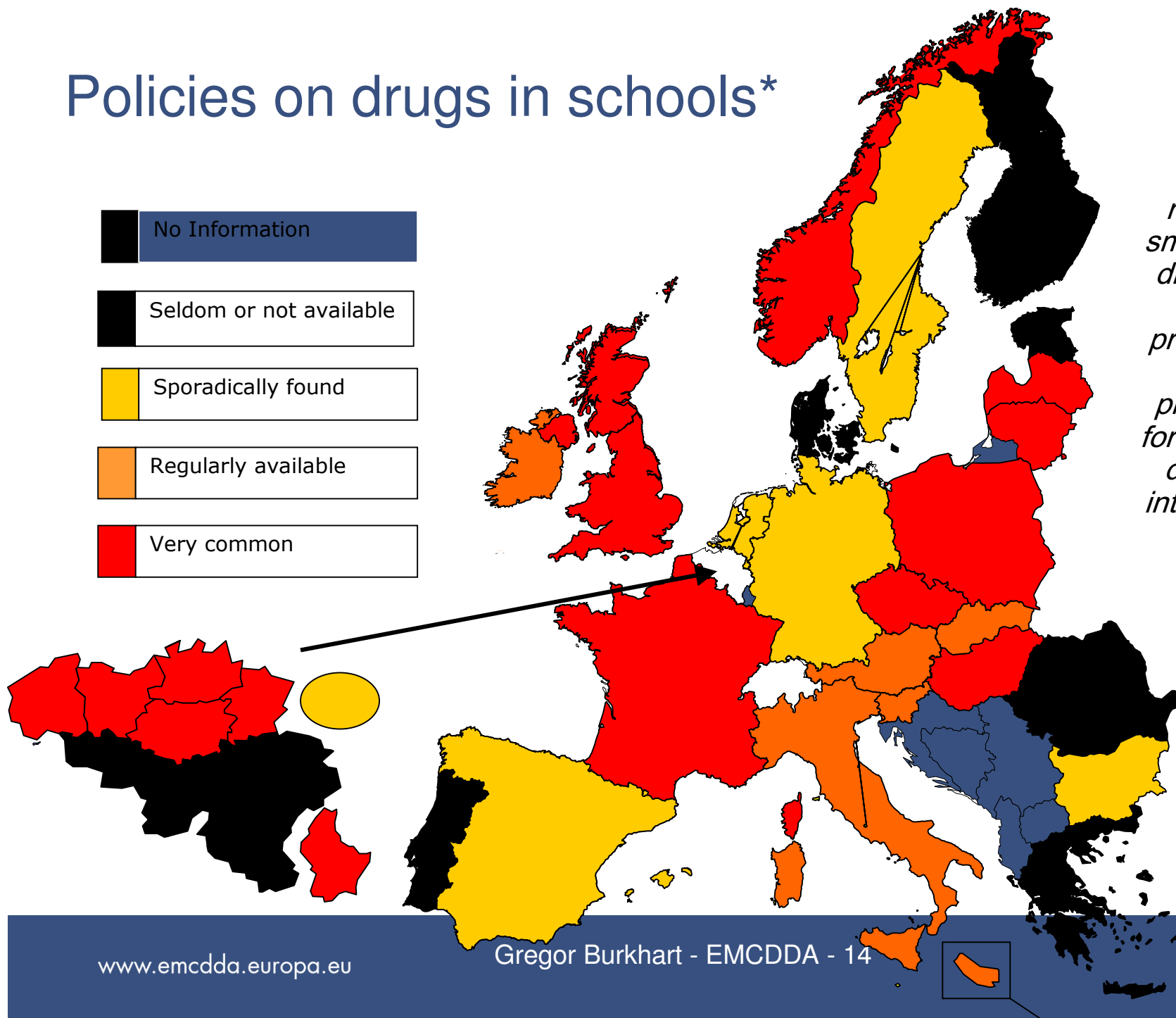
5 - Early identification of pupils at risk in schools



Policies on drugs in schools*

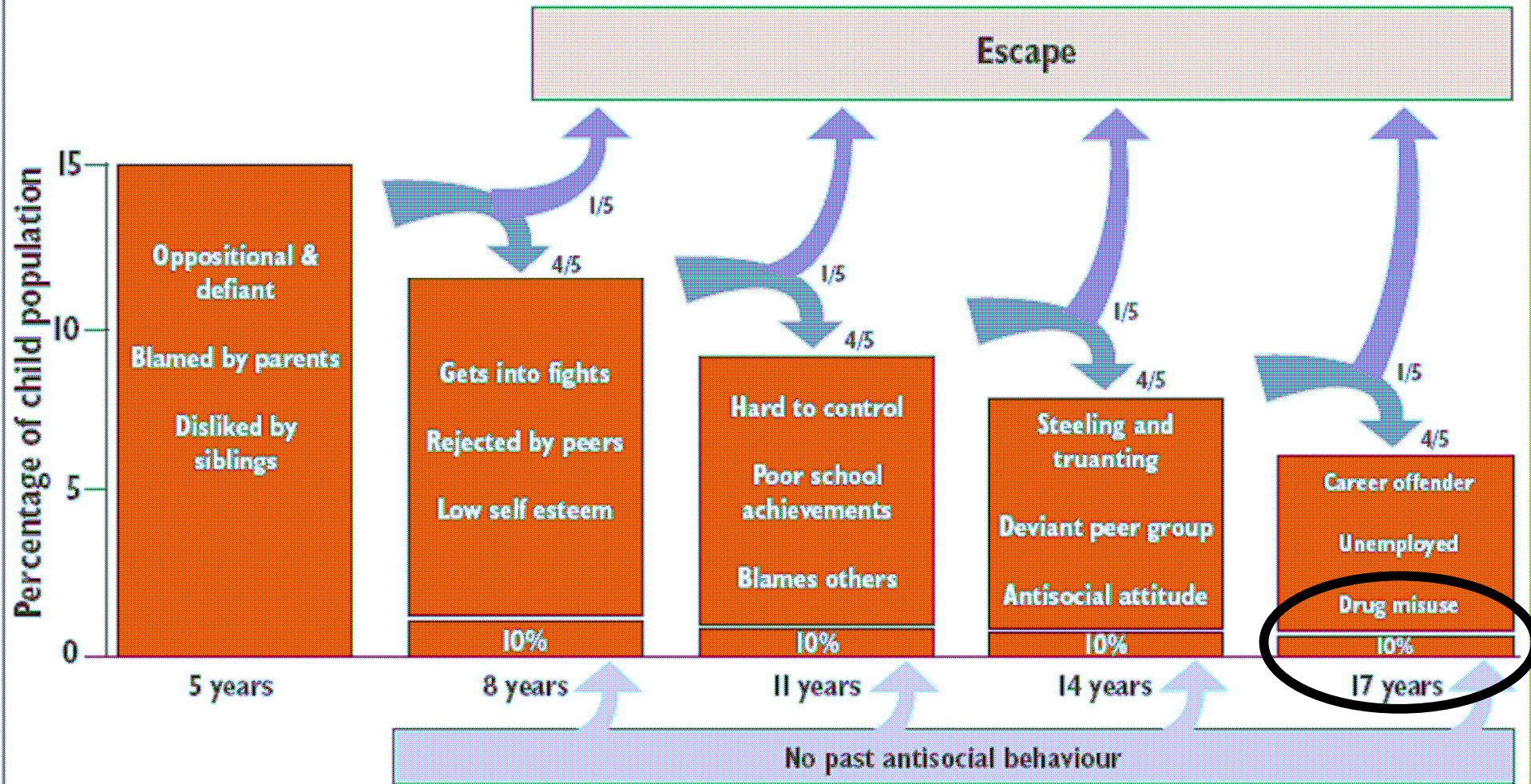


** norms regarding smoking and drug use in school premises as well as procedures for sanctions, detection, interventions*



6 – Identify early trajectories into problem use

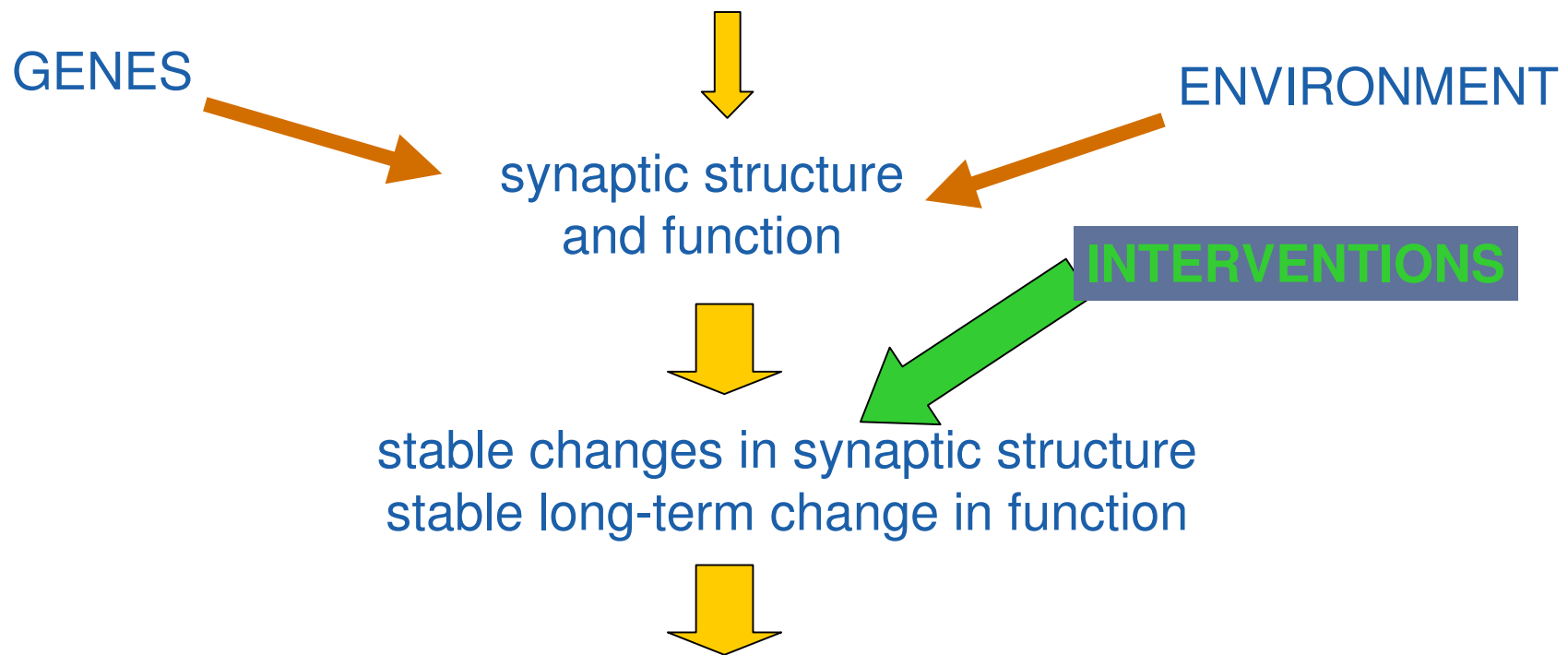
Chart 2.2: Continuity of anti-social behaviour from age 5 to 17



Source: Scott 2002.

Not “nature versus nurture” but bi-directional effects!

DRUG



Keyword: plasticity! ADDICTION



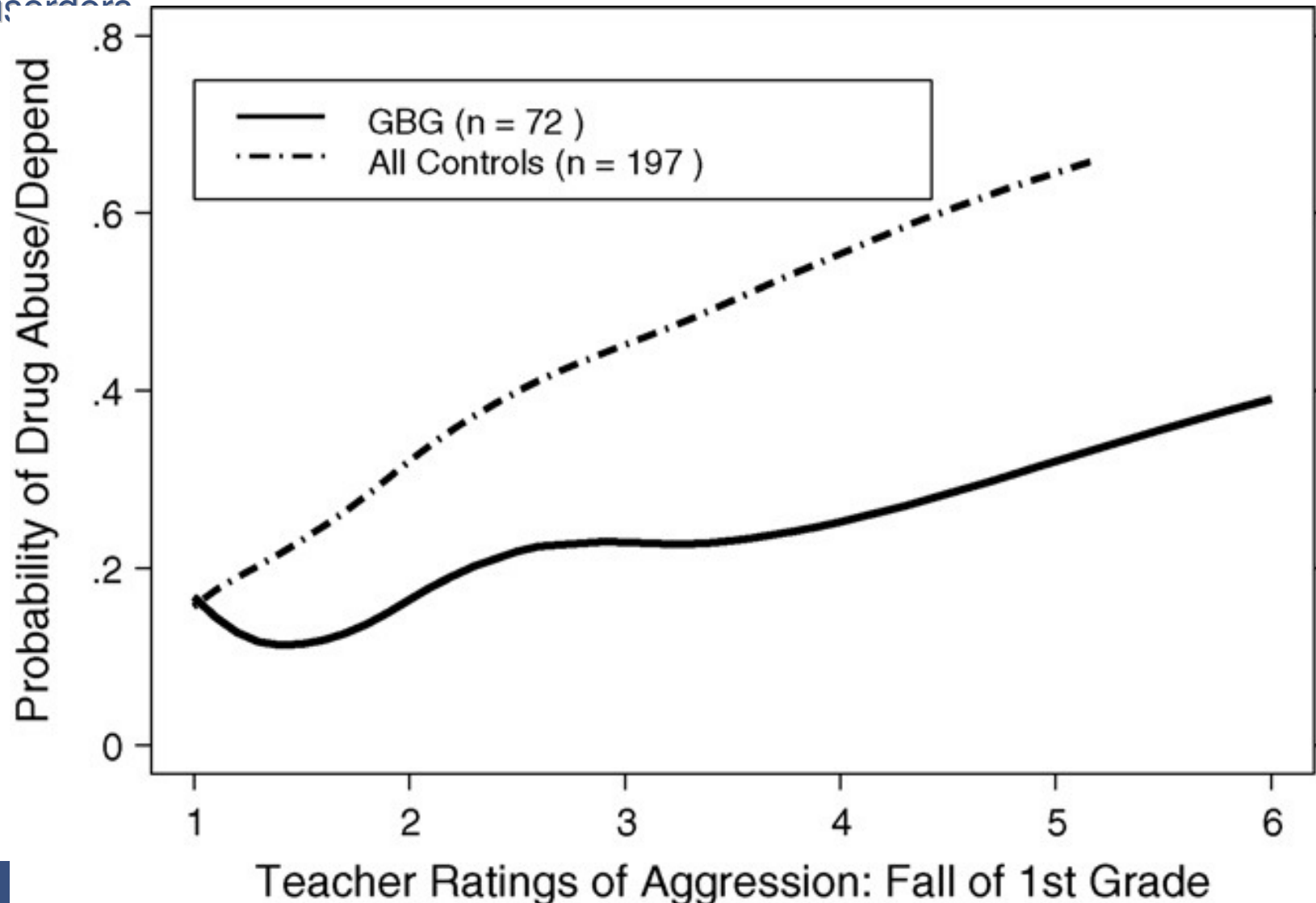
Premises of (indicated) prevention

- Certain conduct or personality traits make individuals more prone for
- ... fast progress into problem drug use
- ...early and quick escalation of other problem behavior
- Sensation Seeking, Conduct Disorder, ADHD, being male => neuro-behavioural de-inhibition
- Predict better intensity than initiation of use
- Mostly independent from socio-economic conditions



Impact of GBG vs. controls combined on lifetime drug abuse/dependence disorders

disorders



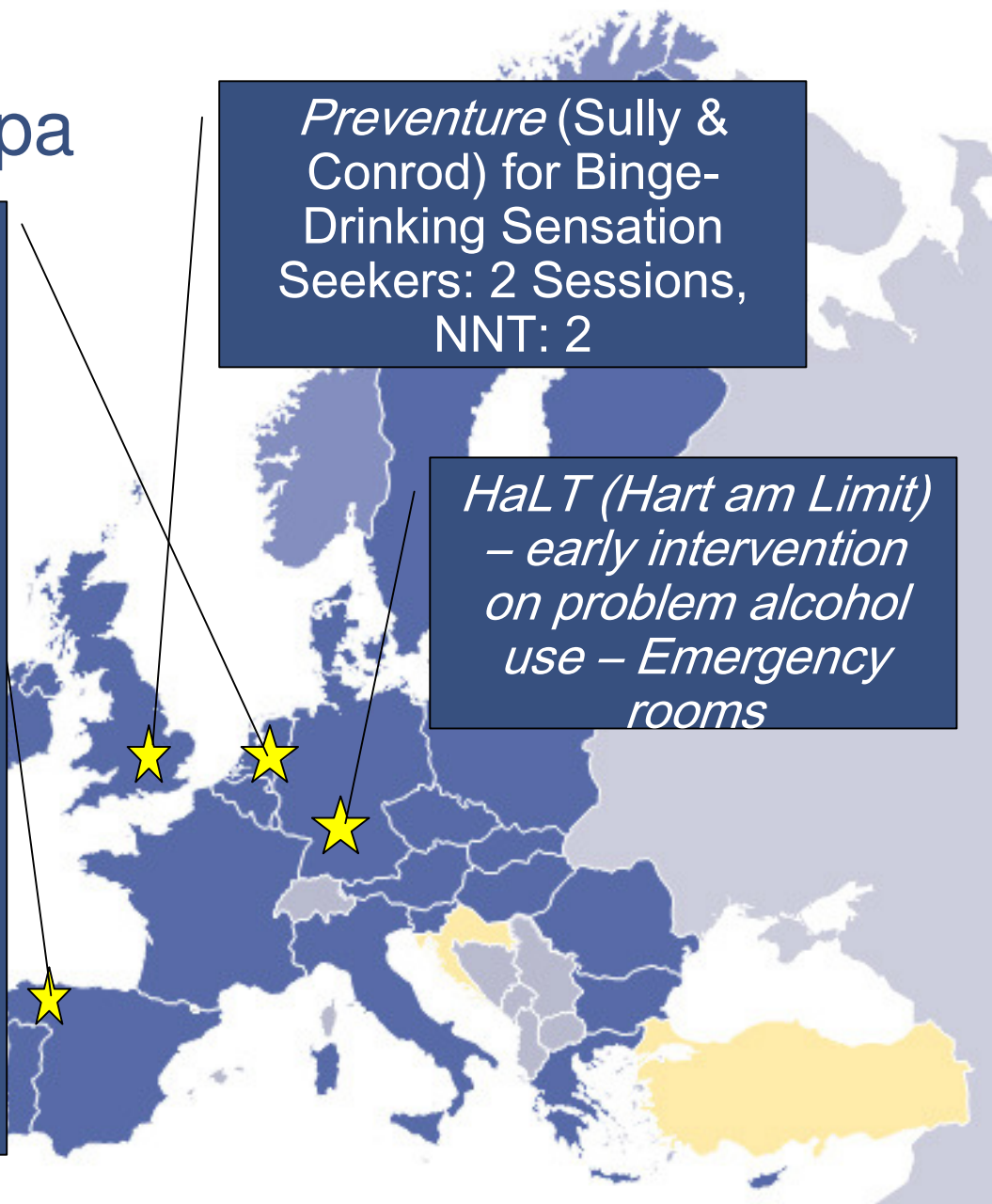
Programmes in Europa

Coping power (Zonneville-Bender)

- Children 8-13 years with disruptive behaviour disorder
- Manualised cognitive therapy; 23 weekly sessions 1 ½ h for children and parents
- 5 year follow up: reduction of smoking, reduction of cannabis use, no differences in delinquent behaviour

Prevention (Sully & Conrod) for Binge-Drinking Sensation Seekers: 2 Sessions, NNT: 2

HaLT (Hart am Limit)
– early intervention on problem alcohol use – Emergency rooms



Risk trajectories

- New statistical approaches available
- E.g. sub-typing individuals according to a common trajectory (growth curves) of substance use
- latent classes (like an early-heavy group, a late-moderate group) may be promising for detecting early antecedents and predicting outcomes for each subgroup separately

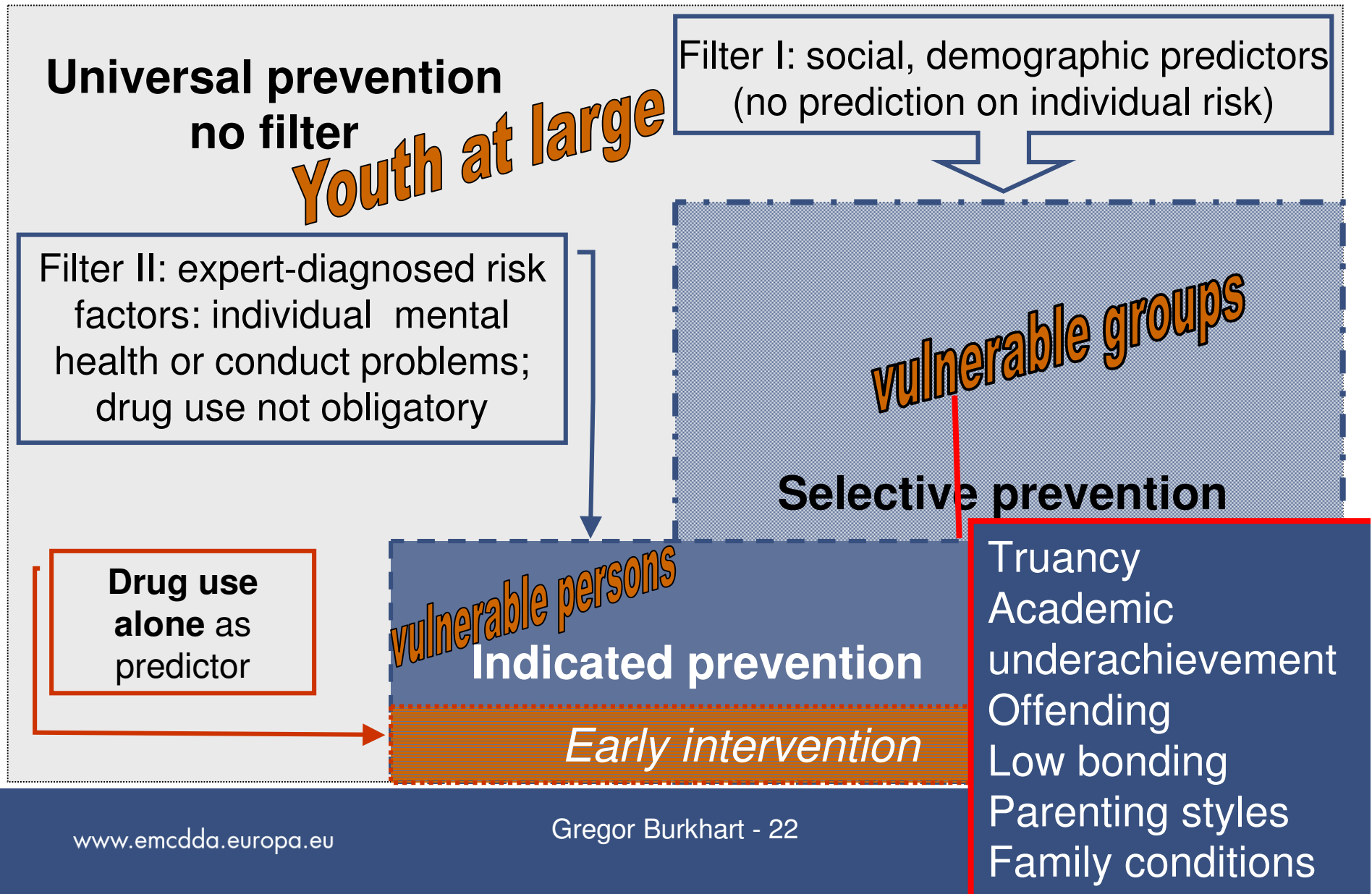


Indicated prevention - approaches

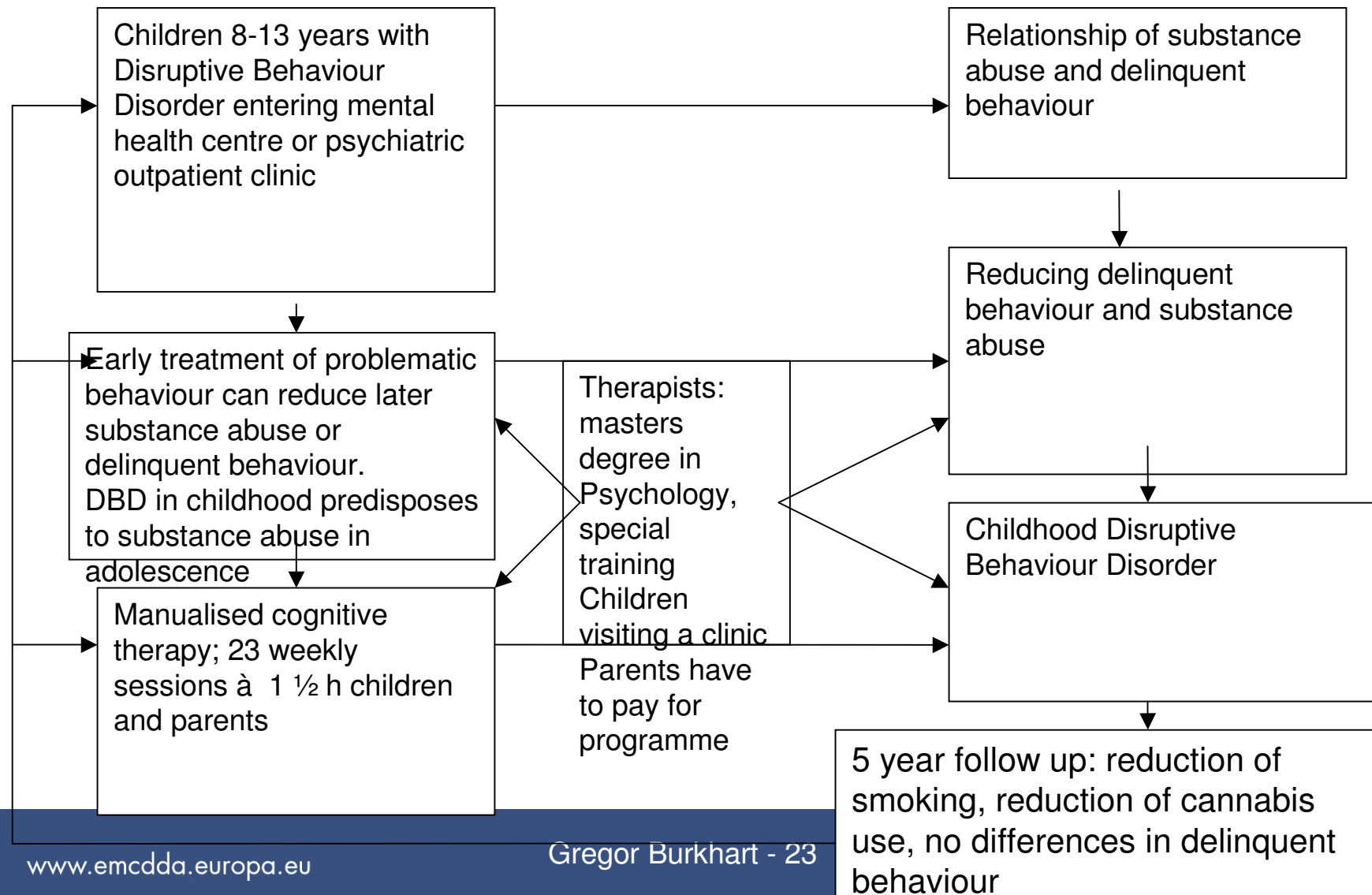
- Cognitive-behaviouristic interventions
- Life-skills training, impulse and emotional control
- Motivational interviewing or: just monitor consumption
- Contingency training, deal positively with difficult temper: convert into chance.
- Psychiatric diagnosis, treatment, follow-up,
- Medication



The prevention “filters”: intervention criteria



UCPP: Zonneville-Bender et al. (2007)



A) Premises of prevention: use is not always risk

Estimated number
of users in
Europe

Cannabis, population 15-34 years:

Lifetime	Last year	Last month
19 mill	10 mill	5 mill

European average

30.5 %	15.8 %	8.3 %
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Range

3.7–43.9%	1.5–28.2%	0.5–16.9%
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Drug use is just ONE possible predictor for problems

Cannabis users

70 Million Europeans ever used (LTP)

13 Million in last month

3 Million daily

Problem escalation

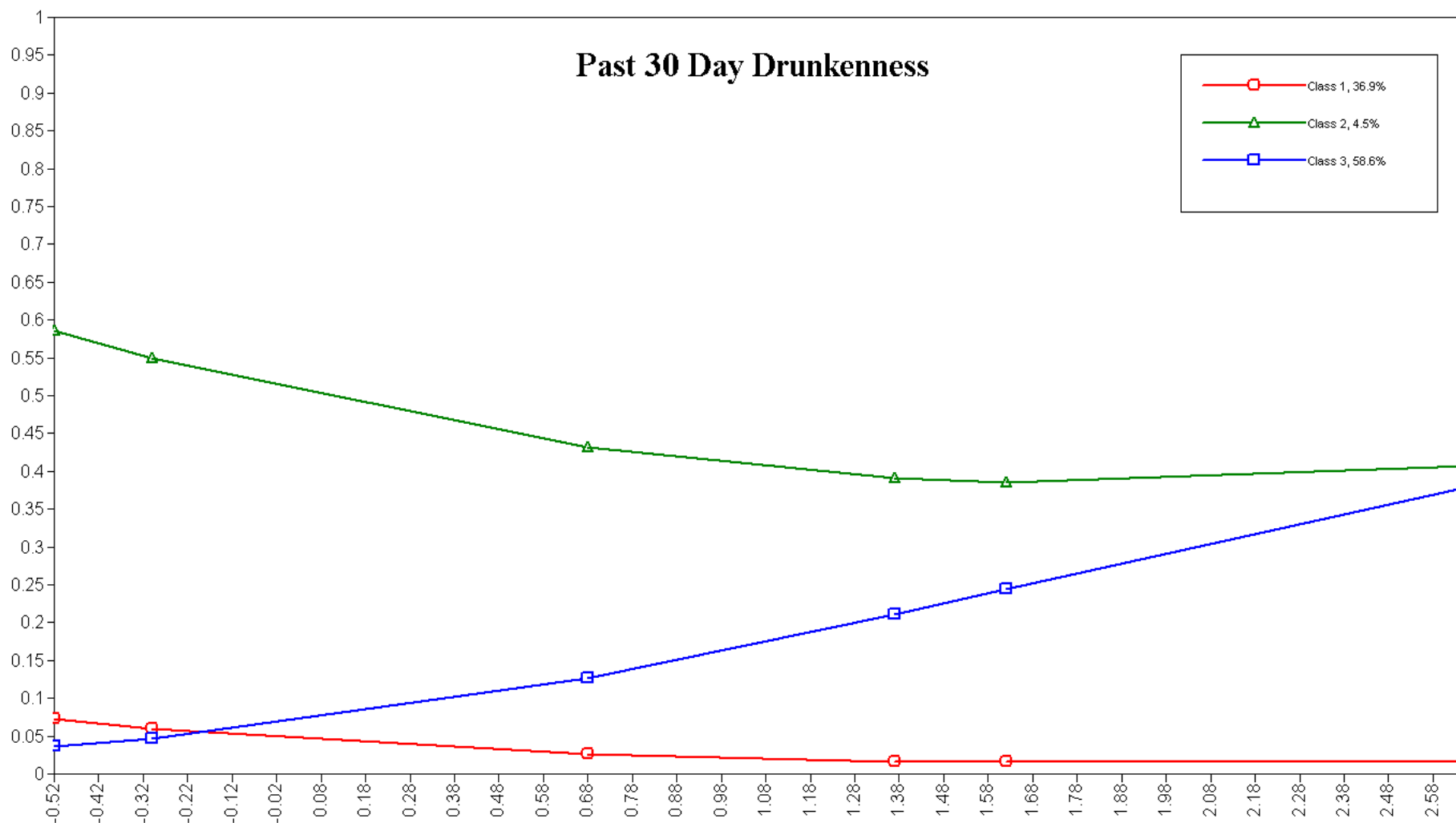
Early intervention

Indicated prevention

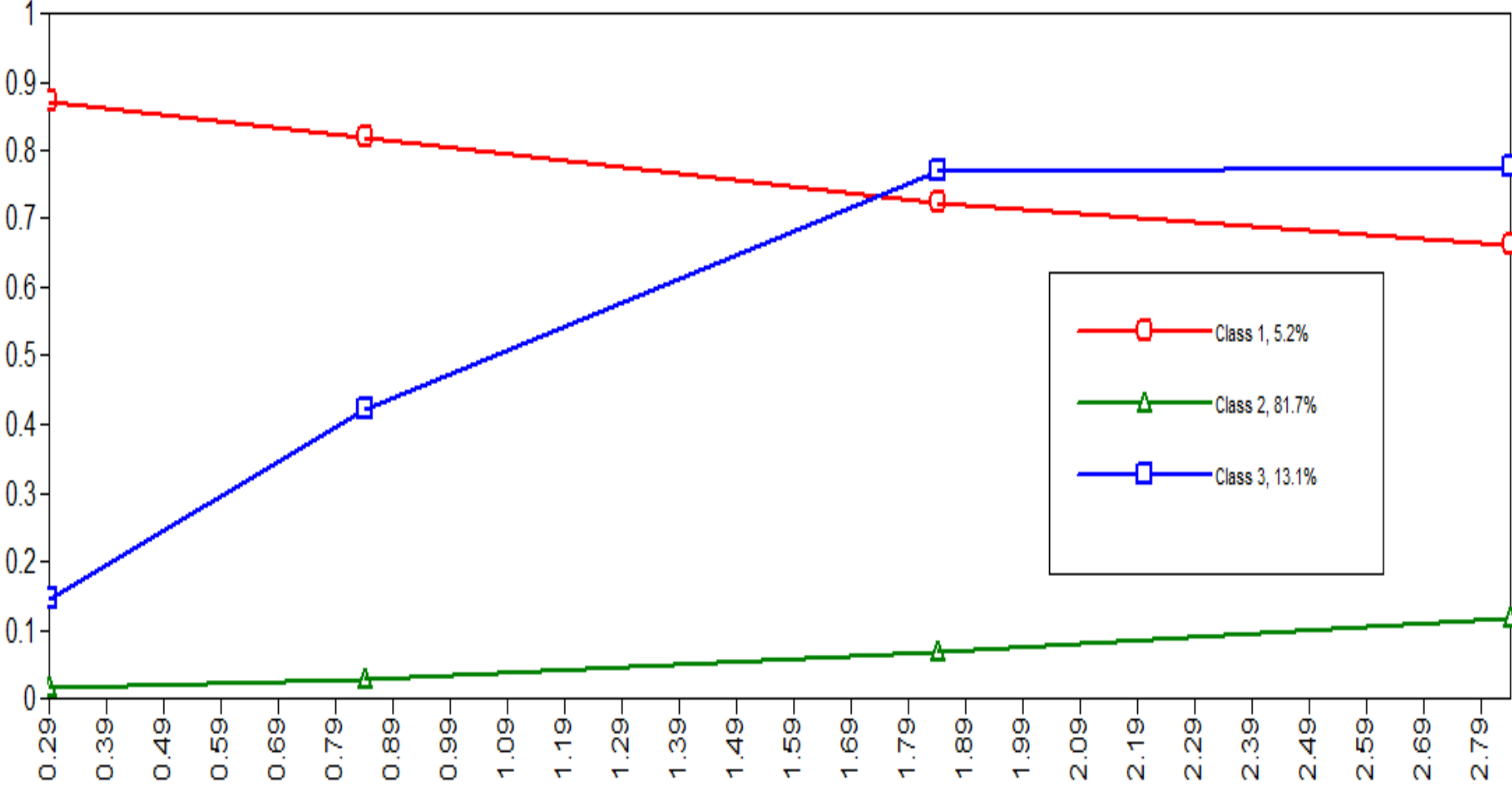
Mental health problems
Behavioral disorders
Violence
Alcohol problems



US study: estimated probabilities of the GMM with within-class variation of the intercepts with 3 classes for the variable 'getting drunk in past 30 days'.



EU-DAP: estimated probabilities of the LCGA with 3 classes for the variable 'getting drunk in past 30 days'

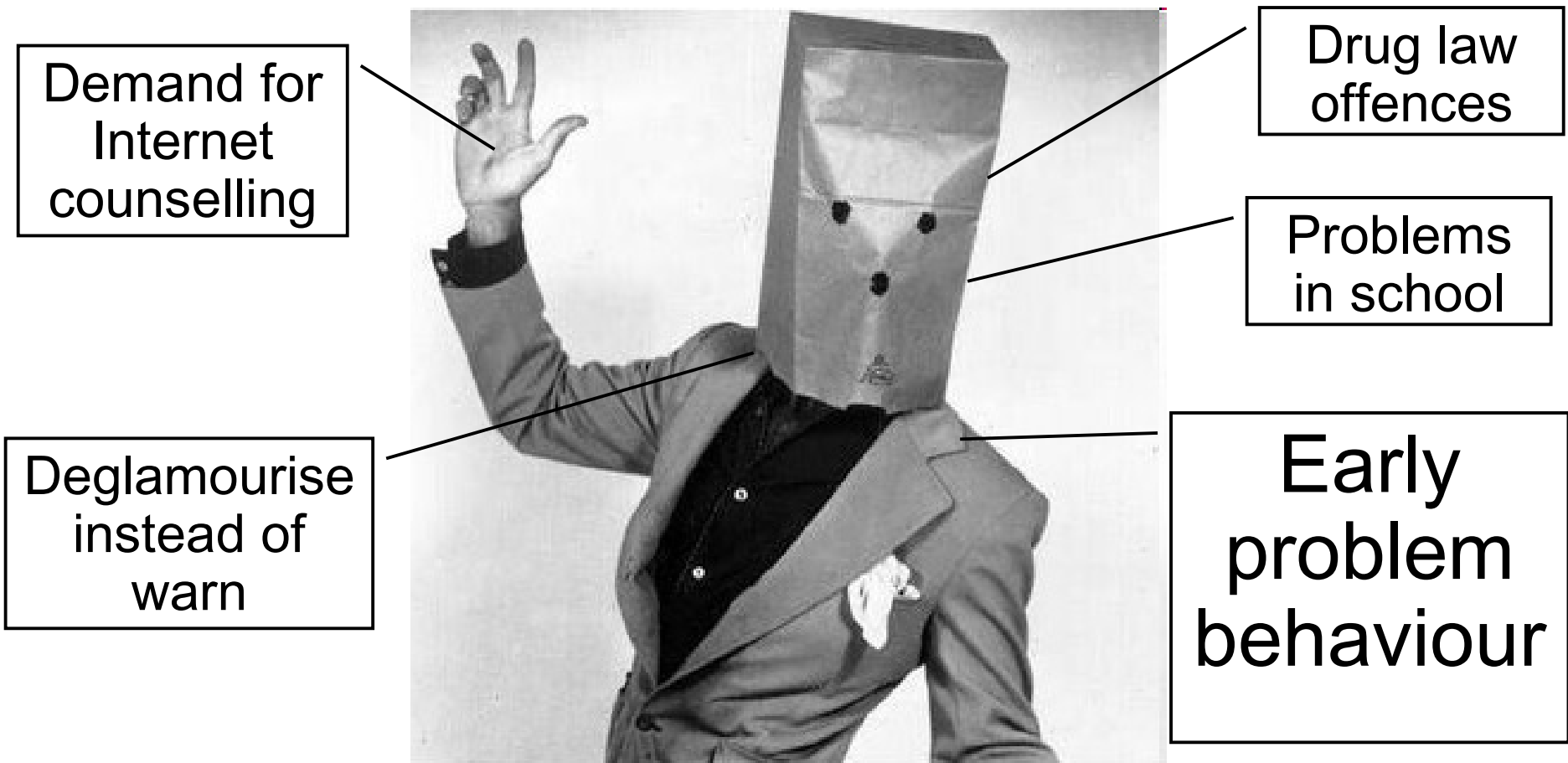


What is being done?

- Only six countries report on interventions for kids with ADHD or disruptive behaviour
- while ...
- A third of EU member states invest in “early intervention” alone.
- i.e. Focus on drug use alone
- Focus on “come approaches”, using existing services and structures



How to get to the anonymous problem users? Use other markers and surrogates



Promising approaches but few evaluations

- Nice: “offer support to young people showing risky consumption early on in order to prevent them from sliding into dependency”
- But: we have numerous examples of interventions that affect subjects differently based on their own baseline risk
- produce iatrogenic effects: adolescents learn deviant behaviour
- produce differential effects across cultures or community settings



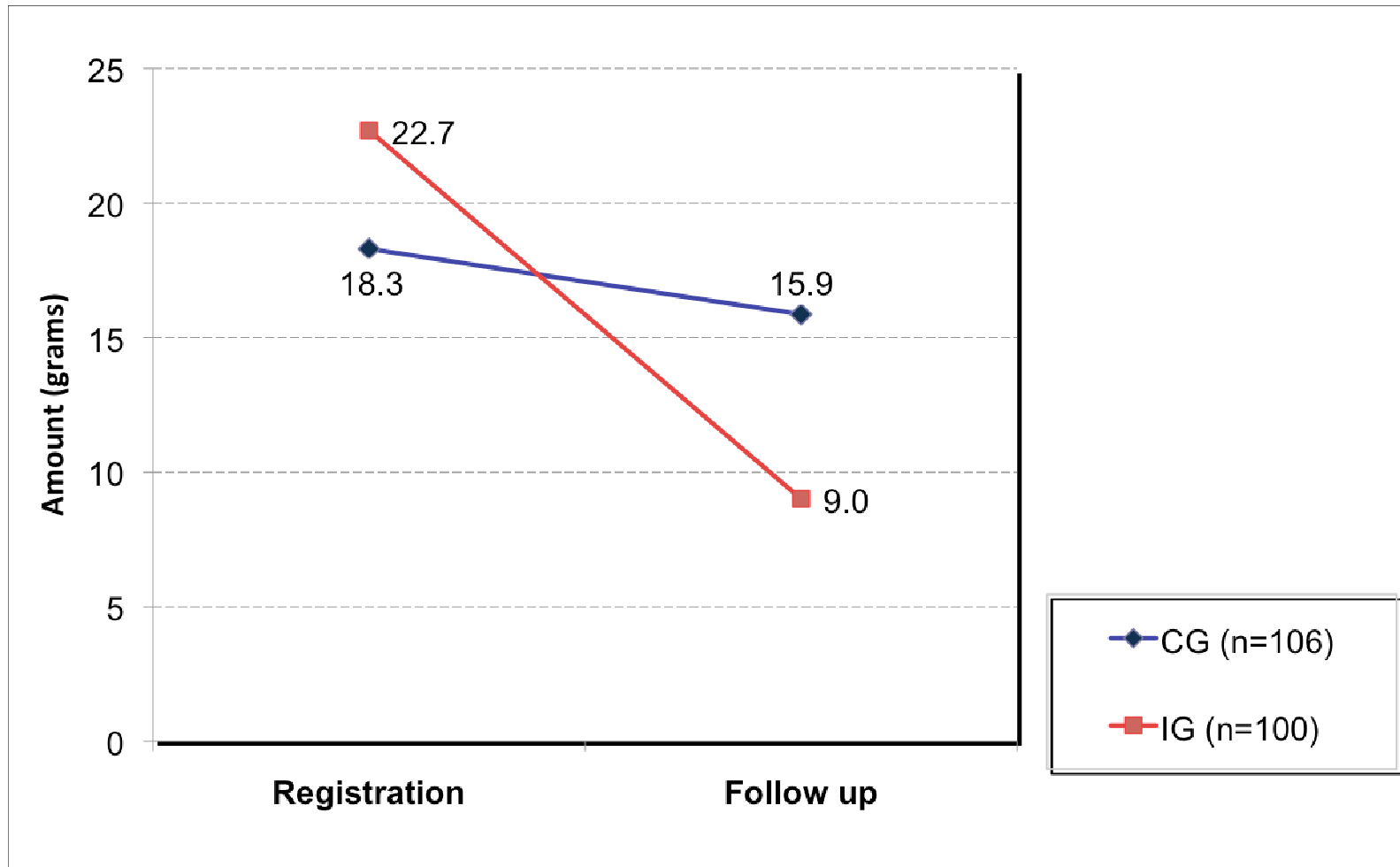
Ethical needs and outlooks

- better evaluation designs that allow for valid claims of effectiveness compared to non-intervention
- instruments and intervention methods that allow to respond to especially vulnerable individuals among young consumers
- exchange effective components with other evidence-based interventions



Results:

Consumed amount (grams) within the past 30 days



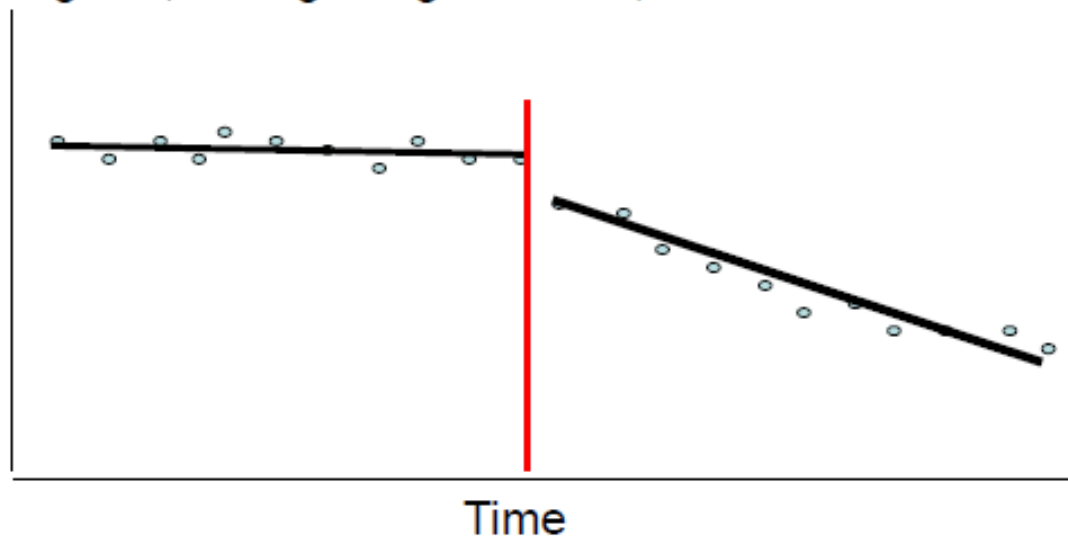
Alternatives to RCTs: interrupted time series

Observe some measure at regular intervals over time

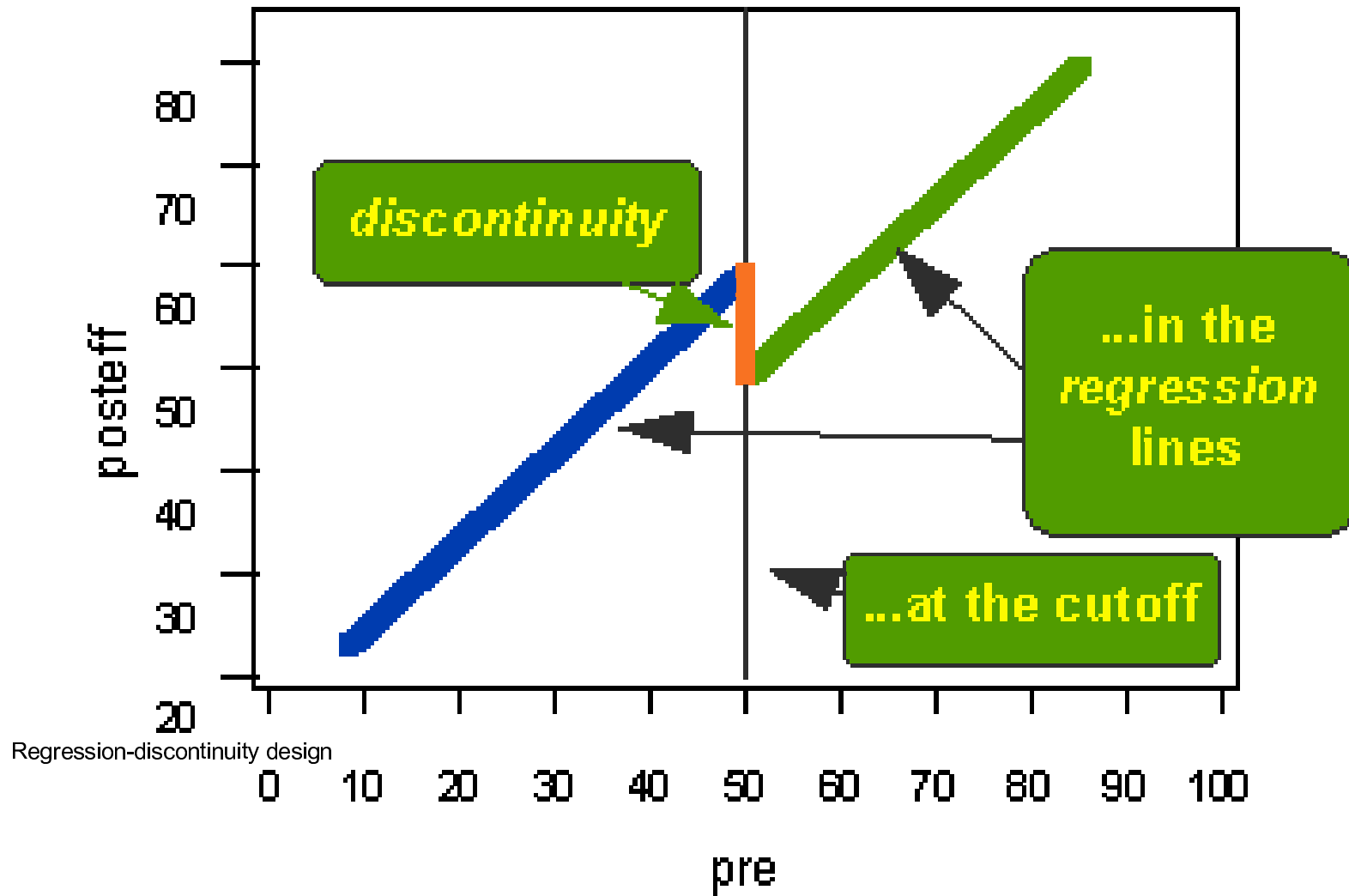
Note there is one observation per time point

At some point an interruption occurs

- New program, change in guidelines, intervention

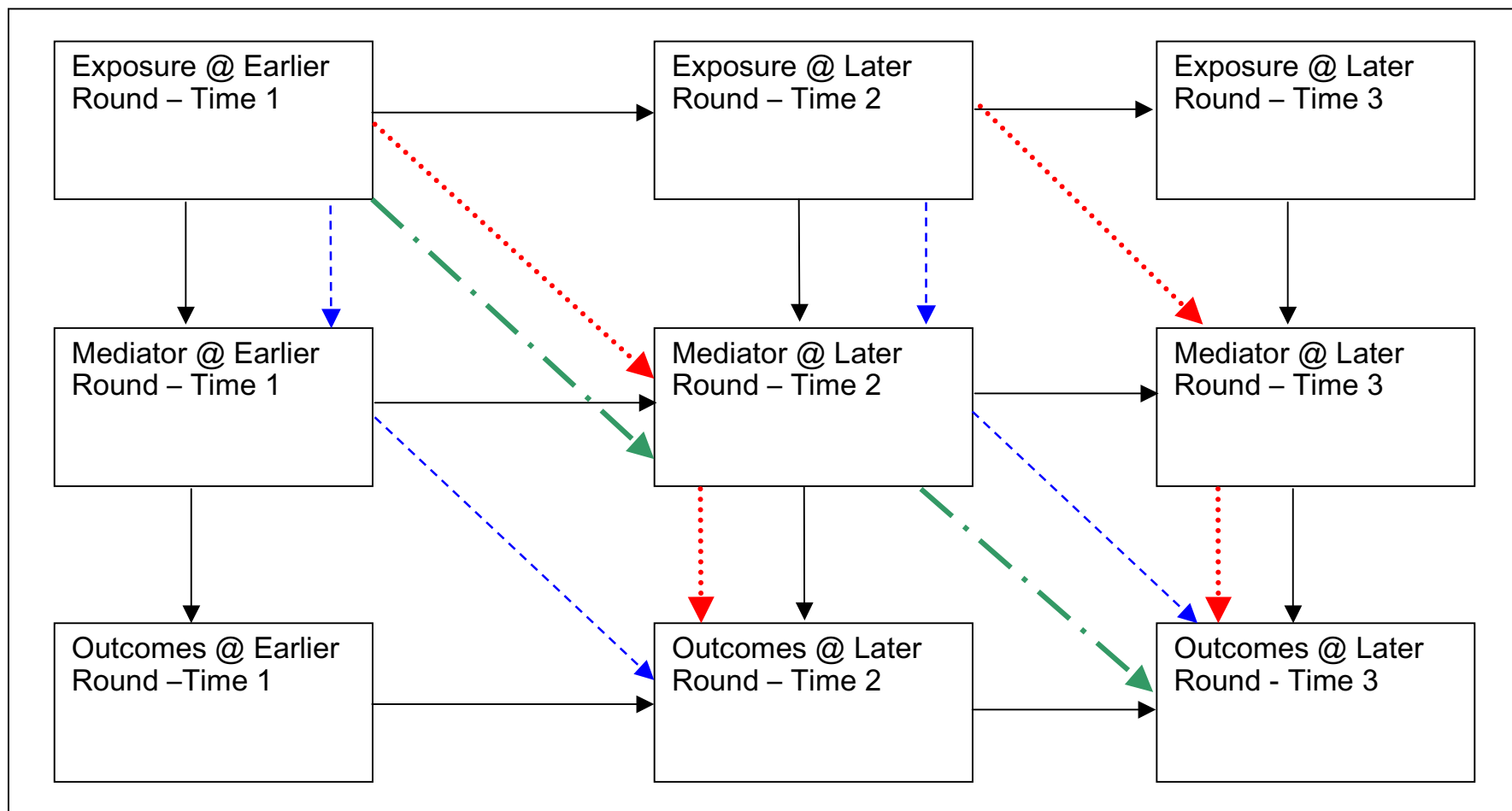


If there is a treatment effect, there will be a...



Hypothesized Mediator Relationship

- Use of no lag, single lagged, and double lagged analyses





European Network on Exchange Early Detection Drug-consumption

- HOME
- PROJECT
- ACTIVITIES & NEWS
- PARTNERS
- OUTPUTS
- DOWNLOADS
- CONTACT

Activities & News

National (UK) conference on injecting drug use. Org. Exchange Supplies

National (UK) conference on injecting drug use. Org. Exchange Supplies

...

Partners

Education and Culture DG
Lifelong Learning Programme

Home

Search instruments

Original Name

Original Author

Original Language
English
French
German
Italian
Portuguese
Romanian
Spanish

Adaptation Name

Adaptation Language
English
French
German
Italian
Portuguese
Romanian
Spanish

<http://www.eneedd.eu>

- ### Evaluated Variables
- Access Perception to Drugs
 - Availability
 - Avoidment strategies
 - Body image
 - Control
 - Control perception
 - Coping style
 - Expressiveness

ENGLISH ESPAÑOL

Next meeting

ISTAMBUL, 5th NOV, 2010

Links Results

Contact

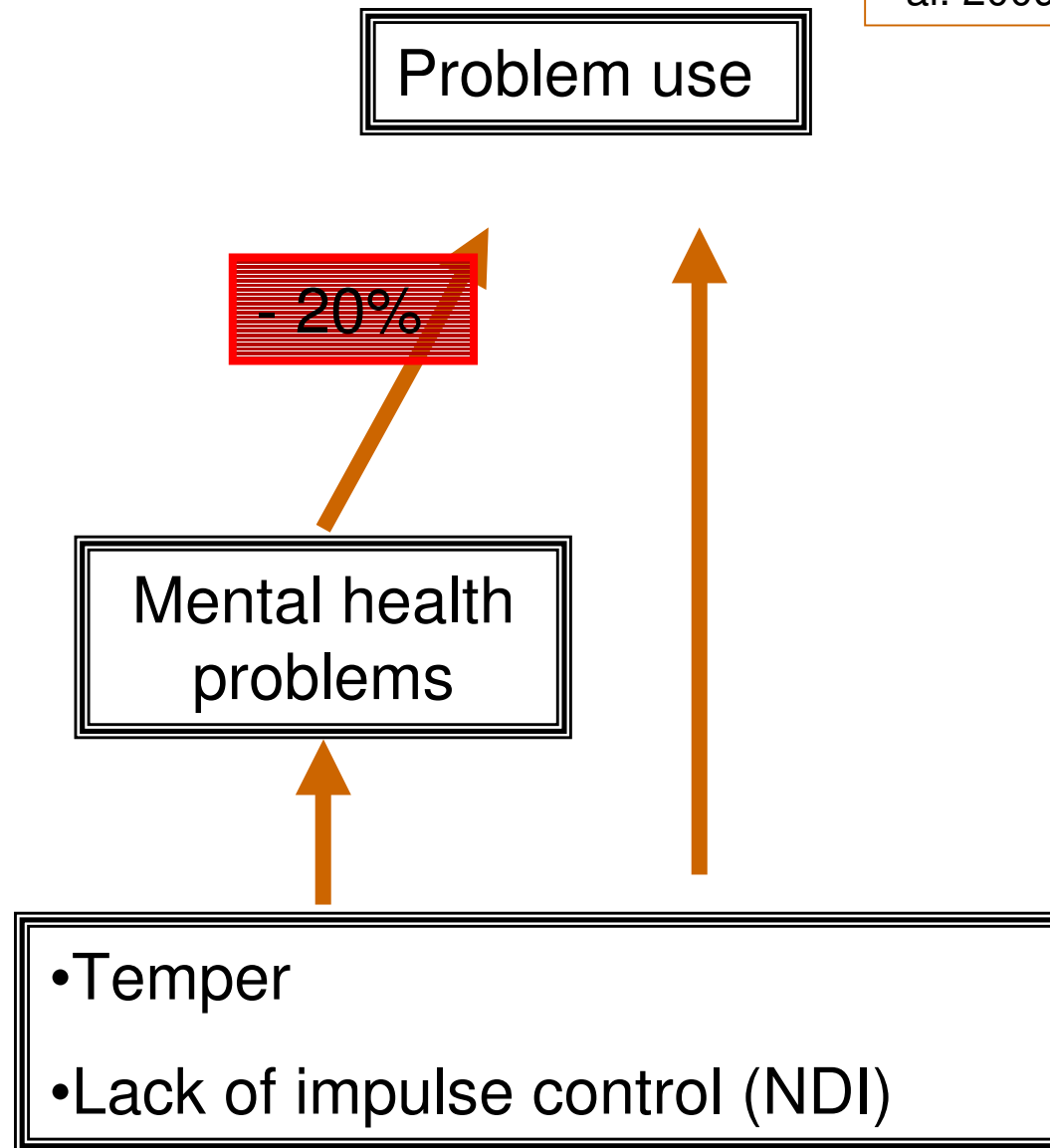
UNED. Dpto de Psicología Social y de las Organizaciones
iamoriano@psi.uned.es

UNIVERSIDAD MIGUEL HERNANDEZ.
Dpto de Psicología de la Salud



Polemic?

- Initiation of substance use is a social process (environmental strategies, universal prevention)
- Self-control of use, or exiting it: matter of opportunities and support (selective prevention)
- (quick) problem development: genetics (indicated prevention)



For the next steps

- Assure sustainability
- Transfer methodology, including manuals
- Transfer into other settings: schools, families
- “first of all: do no harm” – and improve evidence
- More intensive research and presence in the research community: US (SPR)
- Apply to DG Research
- Standardise also the intake procedure (instruments)?



Youth in government care

	No response
	No information available
	No provision
	Rare provision
	Limited provision
	Extensive provision
	Full provision

?	Not known
!	Priority in written drug policies
+	Mentioned in written drug policies
-	Not explicitly mentioned in written drug policies

Importance at policy level

