



ORGANISATION AGAINST DRUGS (OKANA)

Munster, 07/10/2010

*"Targeting adolescents within an early
intervention context"*

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*"Early intervention in Europe: FreD goes net and other
innovative projects of prevention"*
(6th to 7th October 2010)

Prevention Center of Evros

www.e-prolipsi.gr

Counseling services addressed to
adolescents showing experimental use of
cannabis

OKANA



Central interministerial body in the field
of drug demand reduction

Supervised by the Ministry of Health and
Social Solidarity

OKANA's general aim



plan, promote, coordinate and implement a national policy on

- prevention,
- treatment and,
- rehabilitation of drug addicts

Prevention

(1) OKANA + Local authorities



71 Prevention Centers

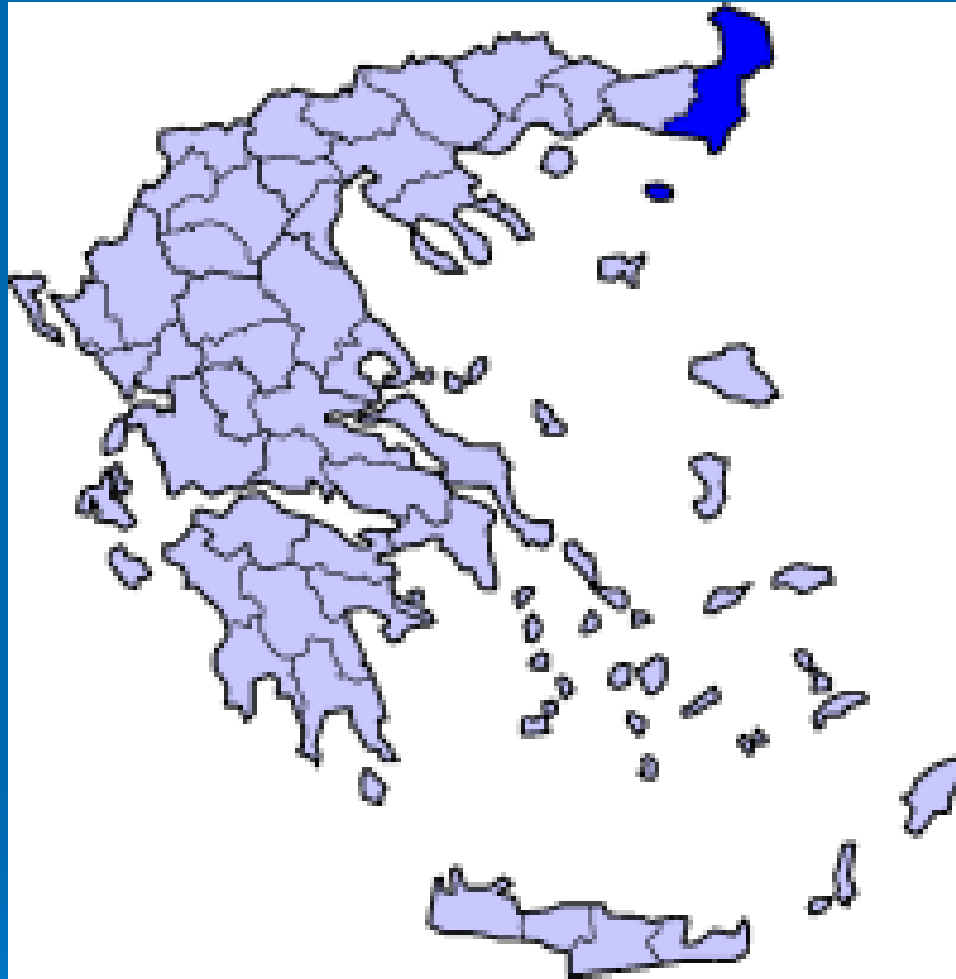
(2) Scientific support + financial support +
coordination

Prevention Center of Evros

- 1998
- Personnel: 6 prevention workers (1 psychiatrist, 3 psychologists, 2 social workers) + secretary
- Prevention activities
- Prefecture of Evros

Prevention Center of Evros

- The *prefecture of Evros* is located in the northeastern part of Greece
- It is a highly strategic location since it's a natural border between Greece and Bulgaria to the north and Turkey to the east



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Prevention Center of Evros



Prefecture of Evros

- *Population: 144.023 inhabitants*
- *Capital: Alexandroupoli*
- *Minorities: - Muslims*
 - *Ethnic Greeks returning to Greece*

Epidemiology

- 12% of students aged 13-18 reported lifetime use of any illicit drug
- *cannabis* is the illicit substance most widely used by the student population

(ESPAD survey 2007)

Prevention Center of Evros

- *Counseling services addressed to adolescents showing experimental use of cannabis*

Target group: Adolescents aged 15 - 18 years old with experimental cannabis use

Size of sample: 47 adolescents

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Aims:



1. Termination of drug use
2. Reference to a therapeutic program

Prevention Center of Evros

Sources of reference:

- family (70,21%)
- school (10,63%)
- friends (10,63%)
- police (8,51%)



Prevention Center of Evros (1998-...)

*Family

Systematic and coordinated action through groups of parents, seminars etc

*Police

Systematic action through meetings of awareness and sensitization

Prevention Center of Evros (1998-...)

The creation of a stable and important network of sensitized and well informed people on:

prevention issues

services offered by the
PC

Prevention Center of Evros

Because of:

(a) the particularities of the target group (adolescents) but also

(b) the fact that it is estimated that the attendance of the family in the intervention increases the probabilities of success

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Type of intervention:



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Adolescents:

individualised intensive or,
short term counselling interventions

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Adolescents:

Aim: to give them the opportunity to find meaning in their life away from substance dependency

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Parents:

Parallel counselling support of parents and
in some cases counselling meetings with
the participation of all the family
members

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Parents:

Aim: to empower and support the family, in order that its members communicate among them more effectively and establish functional relations so as to deter the young person's involvement in drug use

Methodology

1. Motivational techniques:

- Motivational interviewing
- Empathy
- Non critical approach etc


2. Techniques based on:

- Family therapy
- Individual systemic counselling

3. Psychodynamic theory

Follow up

Follow up sessions after 6 months in
82,97% of the cases

Sessions  -Adolescents or
-Parents

Results:

- 57,4% of adolescents: stopped the drug use
- 27,02% of adolescents, after suitable preparation, were referred to a therapeutic program
- 27,02% of adolescents: interrupted the collaboration

Thank you for your attention!

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