



**WELCOME**

**Final Conference**



**„Early Intervention in Europe“**

Münster, October 6/7th, 2010

Pilot-Partner assoziierte Partner



Executive Agency for Health and Consumers



Für die Menschen.  
Für Westfalen-Lippe.

# Early Intervention in Europe

## FreD goes net – from the idea to the project

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Münster, October 6/7th, 2010



Executive  
Agency for  
Health and  
Consumers

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## **Initial situation in 2000 for the German early intervention project Fred**

- The number of adolescents with risky drug consumption was considerably high.
- There was a problem regarding the access of these adolescents to the support system.
- Specific and effective intervention concepts focused on adolescents with drug consumption were missing.
- In 1999 / 2000 approx. 100,000 investigation proceedings were closed according to § 31 a of the German Narcotics Law (abatement of penalty).
- The moment of conspicuity was not used for a health-based intervention.

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## The guiding idea of Fred

- Submitting a short and specific group offer to young people who have come to the notice of the police or judiciary system for the first time with drug consumption
- Submitting a short and specific group offer to reflect one's own consumption behaviour
- The youths / adolescents can take part in the offer on a voluntary base or via a legal restraint or instruction.



## FreD – Cooperation partners

- Drug counselling services / prevention departments
- Police
- Guardians at item
- Public prosecution office
- (Juvenile) Court



## The targets

... in general

- Prevention of the development of an addiction as well as repeated criminal conspicuity



... of the intervention itself

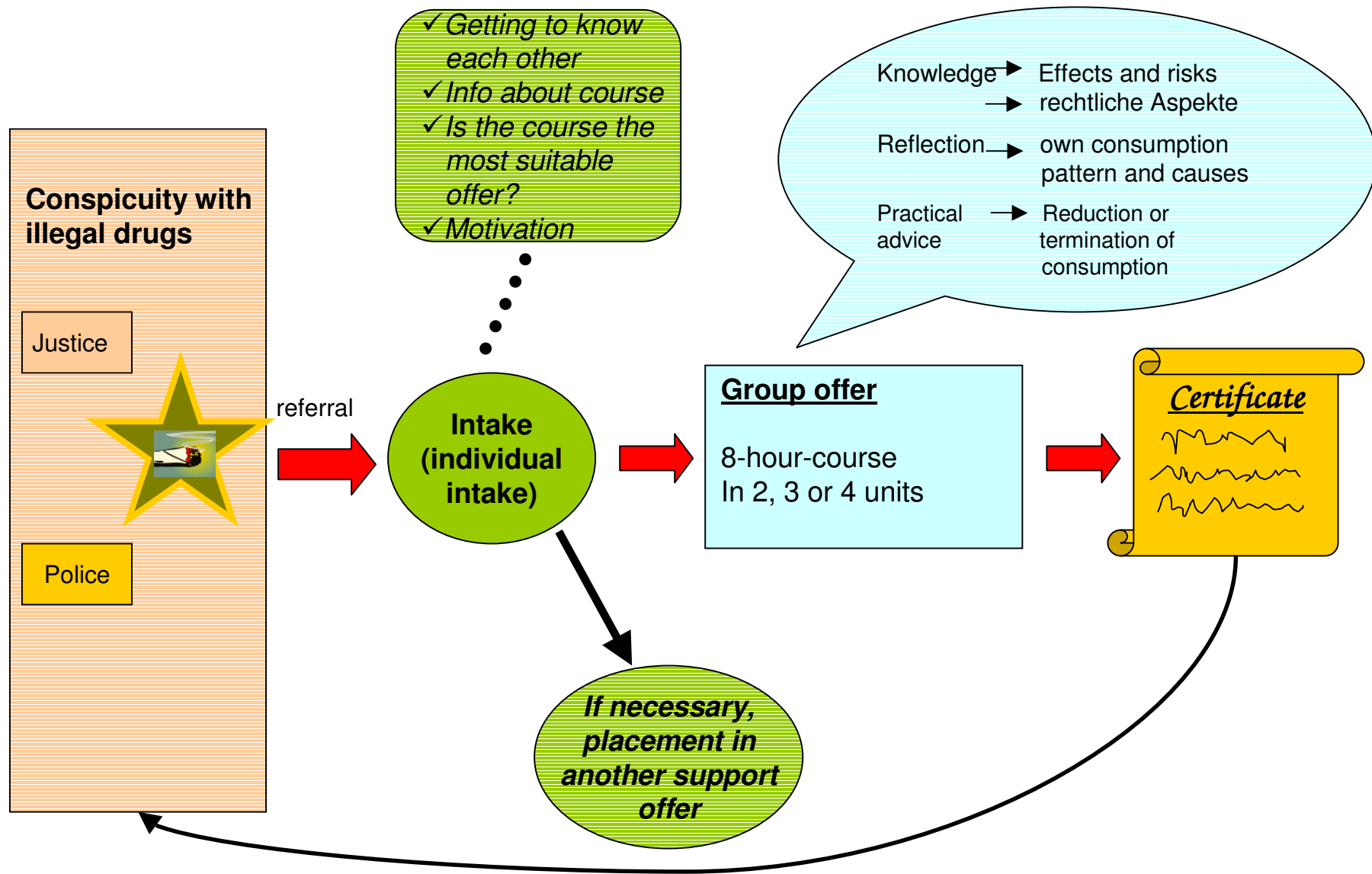
- Increasing knowledge on drugs and legal questions
- Motivation to reflect one's own behaviour
- Encouragement of internal and external apperception, risk competence and one's own responsibility
- Initiating a change of attitude and behaviour regarding drug consumption
- Getting to know the local support system and other drug counselling services.



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# Schedule of the intervention





## Professional classification of FreD

- Early intervention + short intervention
- Selective / indicated prevention
- Cooperation project

## Methodical background

- Motivational Interviewing (Miller & Rollnick)
- Transtheoretical model-TTM (Prochaska and DiClimente)
- Salutogenesis (Antonovsky)
- Concept of risk competency (Koller e. a.)
- Theme centered interaction (Cohn)
- Various diagnostic procedures
- Phases of group work



## **Evaluation results of the model phase 2000 – 2003**

The participants ...

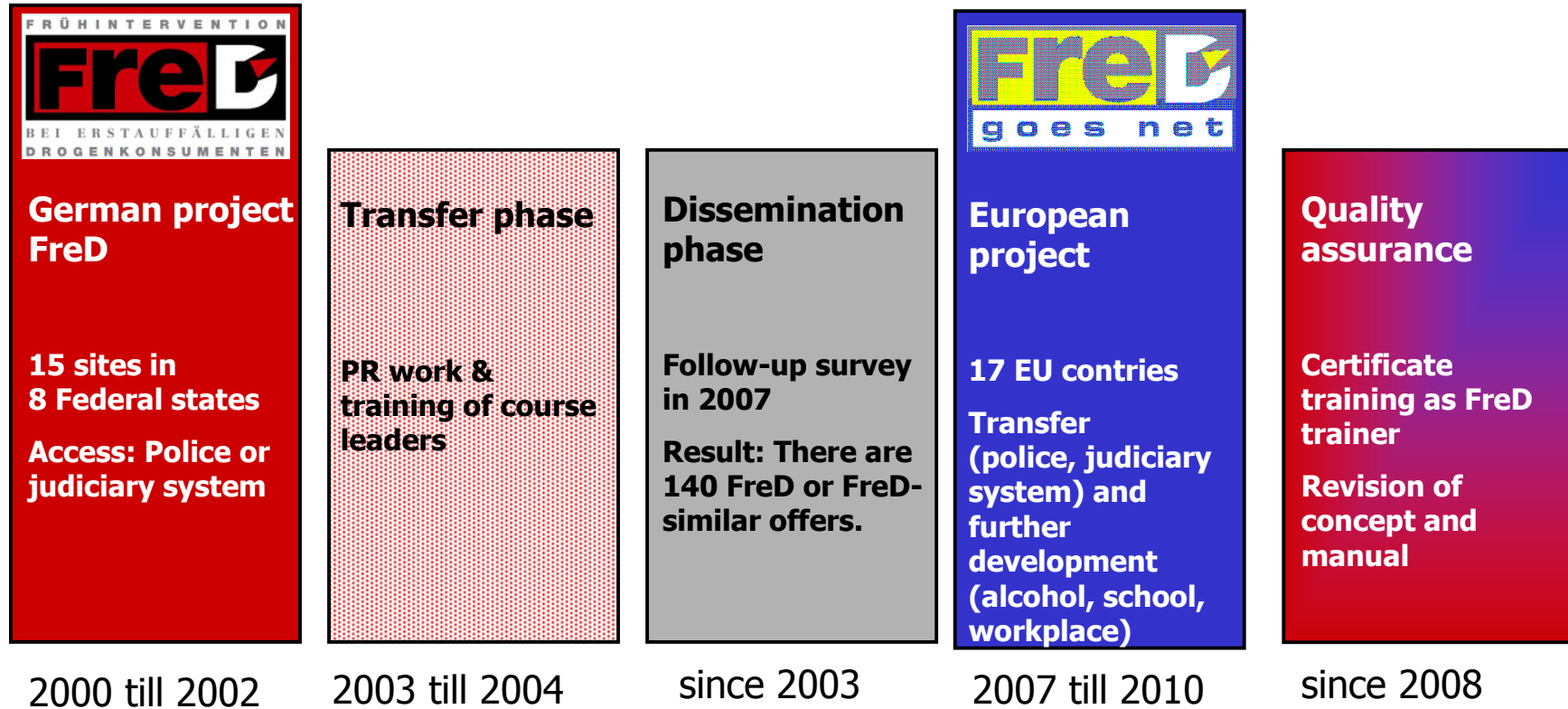
- were mostly male (86.9 %)
- were on average 17.7 years old  
(for comparison: average age of first contact to the support system: 25 years)
- students (48.6 %) or trainees (23.4 %) and
- mostly lived with their parents (83.1 %)

## Results of the model phase (approx. 6 months after termination)

- Two third of the participants changed their attitude towards drug consumption.
- Half of them still consumed illegal drugs at least one time after termination of the course
  - wherefrom: 73 % less, 6 % more, 21 % unchanged.
- 4.9 % came to notice by the judiciary system another time.
- 6.5 % accepted further support offers.
- 87.5 % of the interviewees were satisfied or very satisfied with the course offer.



# Die development of FreD

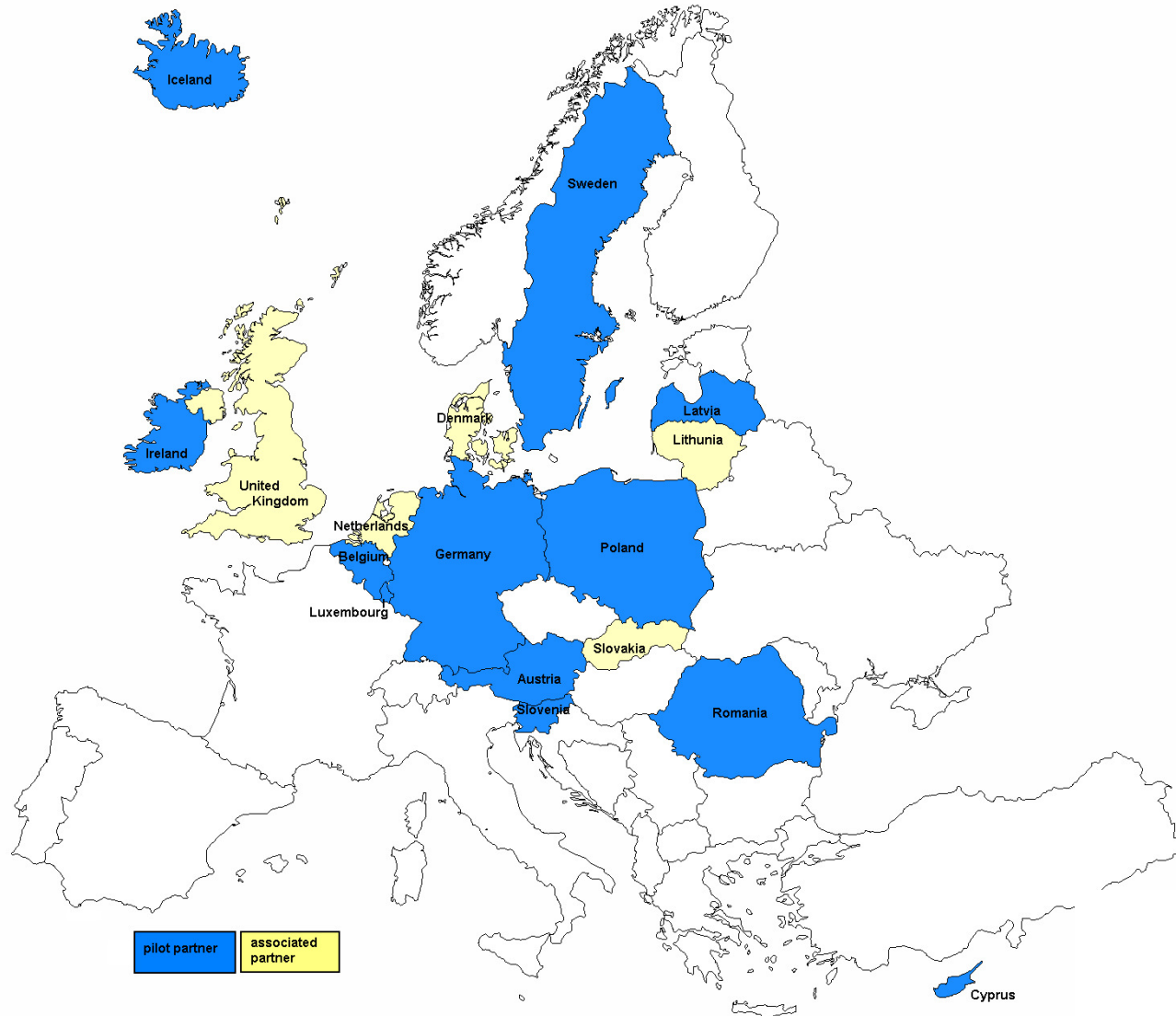




## The objective of Fred goes net

- Transfer of the intervention approach (best practice research – culture specific adoption – common European manual)
- Further development
  - regarding the settings (school, workplace)
  - regarding the substances (alcohol)

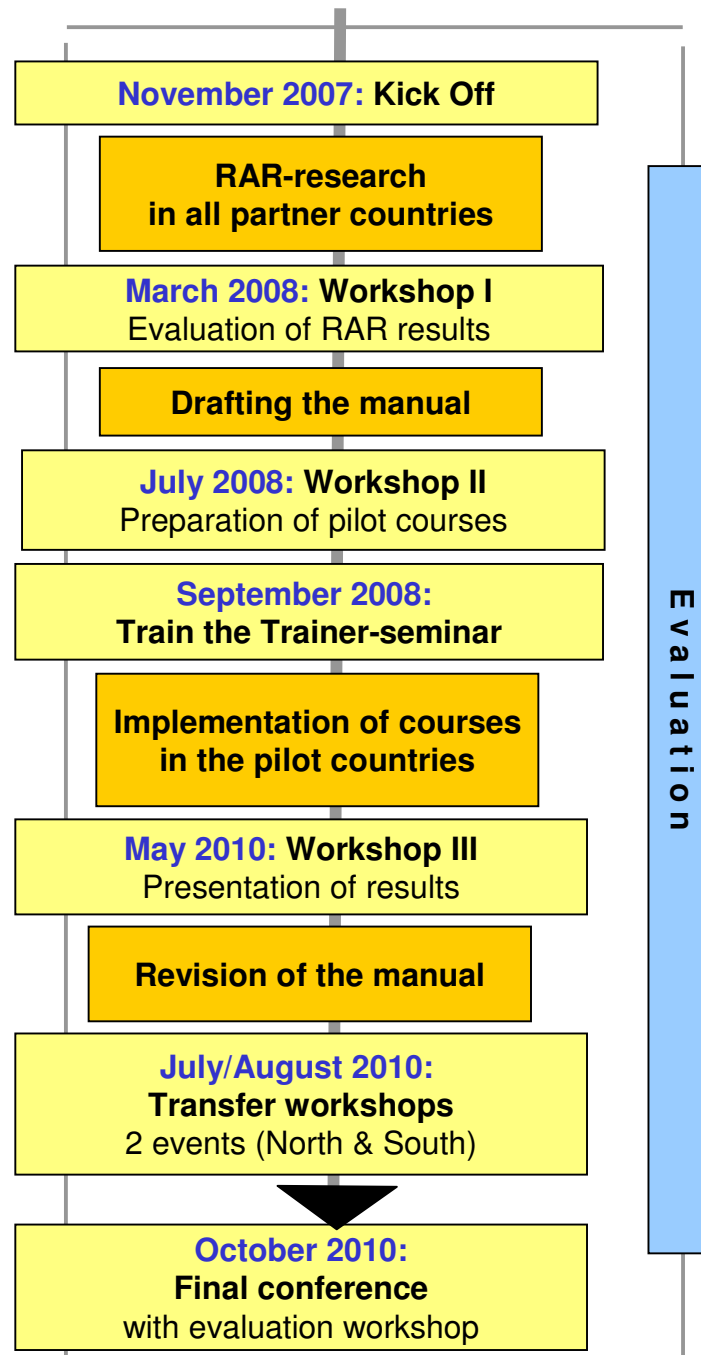
# Project partners of Fred goes net



16 „Pilot“ (blue) and associated partner countries (yellow)



# Project schedule:



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## Access paths / Settings in the countries

### Combination school – police or judicial system:

Belgium, Ireland, Iceland, Latvia, Austria, Poland  
Slovenia, Romania

### Combination school – work place:

Germany

### Police or judicial system only:

Sweden and Cyprus

### „Without legal drugs“:

Austria and Cyprus



## FreD quality guidelines (1)

- Conspicuity in coherence with alcohol or illegal drugs is followed by a health-based intervention.
- FreD is an early intervention project and
- a group offer for youngsters and young adults (14 – 21 years).
- FreD consists of an intake interview and eight hours of group work, subdivided into two or four parts; if needed plus outtake“.
- The contents are mediated in an interactive way (group work).

The logo for LWL consists of the letters 'LWL' in a bold, blue, sans-serif font.

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## FreD quality guidelines (2)

- Overall objective of the FreD courses is the prevention of dependency. Participants are to become aware of their personal protection factors. They are encouraged to reflect on their drug use critically.
- Courses are run by experienced experts. One of them has to be a certified FreD trainer. Course leaders deal with participants based on the principles of Motivational Interviewing.
- FreD is a cooperation project.



## Recommendations

- The FreD-course should be led by two experienced persons, if possible a man and a woman.
- Further help offers should be made available to those participants willing to seek additional support.
- Attending a FreD course should be linked to a visible 'benefit' to the youngster.



## Results (1)

Further development of the concept

- Setting (school)
- Setting (work place)
- Conspicuity with alcohol
  
- Outtake
- Offer for / involvement of partents



## Results (2)

### Implementation

- Successfully introduced in 11 from 12 pilot countries



## Results (3)

Satisfaction of the

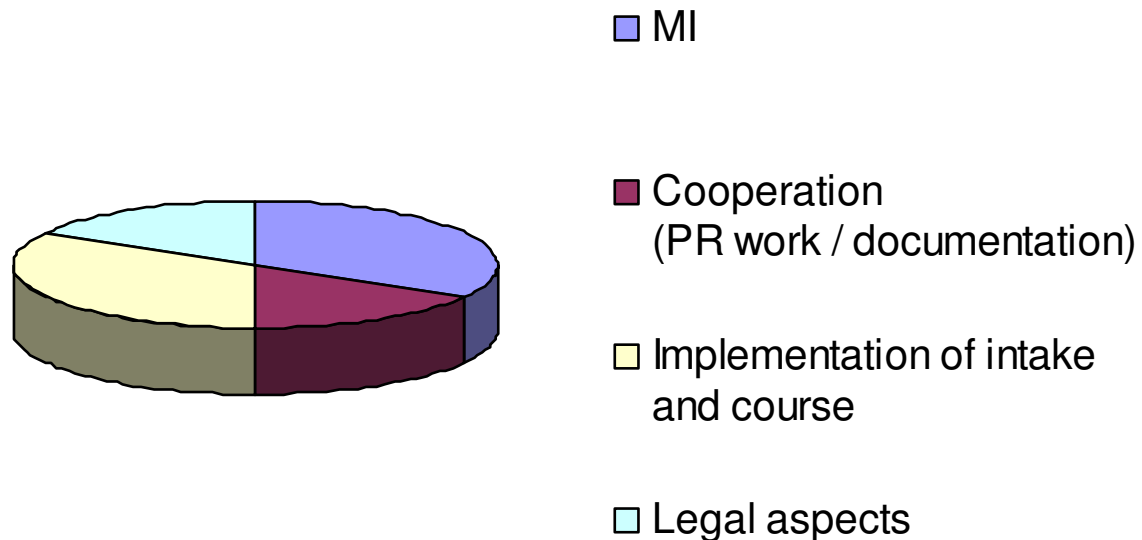
- partners with the overall concept: 1.5  
(scale from 1 = very good to 4 = not good)
- participants with the intervention: 82.4 %



## Results (4)

FreD - Trainer - Certification (transfer)

Time: 48 lessons



### Certified FreD-trainers (per September 2010)

- In Germany: 88 experts
- In EU countries: 45 experts



## Further information:

[www.projekt-fred.de](http://www.projekt-fred.de)

[www.fred-goes-net.org](http://www.fred-goes-net.org)

[www.lwl-ks.de](http://www.lwl-ks.de)

