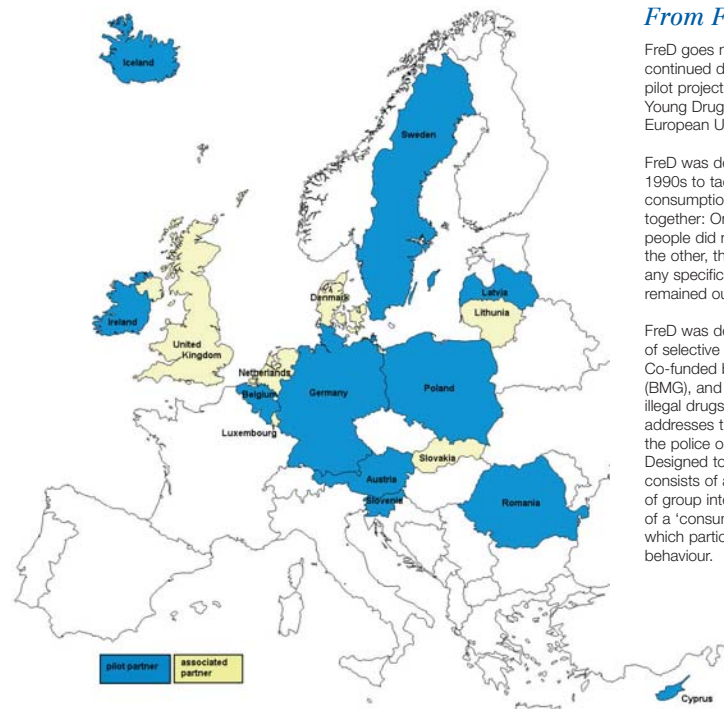




Early Intervention for Young Drug Users

Frühintervention bei ersttauffälligen Drogenkonsumenten



### From FreD to FreD goes net

FreD goes net is the transfer to Europe and continued development of the German Federal pilot project "FreD - Early Intervention for Young Drug Users". 17 countries of the European Union are involved.

FreD was developed in Germany in the late 1990s to tackle the growing incidence of drug consumption in youngsters. Two factors came together: On the one hand, these young people did not think they needed advice; on the other, the support system did not make any specific provisions for them so they remained out of reach.

FreD was developed in Germany as a project of selective prevention to close this gap. Co-funded by the Federal Ministry of Health (BMG), and only targeting youngsters using illegal drugs, the programme specifically addresses those who come to the notice of the police or judicial system for the first time. Designed to reach youngsters early on, FreD consists of an intake interview and eight hours of group intervention. The latter takes the form of a 'consumption reflection course' during which participants reflect on their consumptive behaviour.

### Transfer

The concept of transferring FreD to other European countries grew from the interest expressed by several European institutions. This led to the idea of developing and testing additional access routes to (legal and illegal) drugs consuming young people.

In the original German project, youngsters were primarily accessed through the judiciary system and the police. FreD goes net will broaden this to include schools and the workplace as additional settings.

Methodologically and scientifically, FreD goes net is based on the Transtheoretical Model (TTM) and the concept of Motivational Interviewing (MI).

FreD goes net considers itself a form of early, short-term intervention. At a behavioural level, the course aims to encourage young drug consumers to reflect on and possibly change their consumptive behaviour. The course seeks to build individual risk competencies and self-responsibility in order to stop youngsters from drifting into dependency.

Structurally, the project aims to establish FreD goes net in the countries of the European Union.

Country-based co-operation agreements are a first step towards achieving these aims. Experts from the participating countries are then trained to run FreD courses before the European curriculum is field-tested in a third stage. Towards the end of the project other European experts with an interest in the project and from outside the partner countries will be able to participate in two transfer and training events designed to further spread the contents and structure of the course across Europe.

The project has 19 partners from 17 European countries. They are defined as either 'pilot' or 'associated partner' countries, depending on their degree of involvement and implementation.

Ongoing scientific evaluation is provided during the entire project period from November 2007 to October 2010 by the German FOGS Institute.

The project is managed and co-ordinated by the LWL Koordinationsstelle Sucht, Münster / Germany.

FreD goes net is funded by the EU Community Action Programme for Public Health 2003 - 2008, the project partners and the German Federal Ministry of Health (BMG)

### Project timetable

November 2007 Kick-off
RAR research in all partner countries
March 2008 Workshop I Evaluation of the RAR results
Drafting the manual
July 2008 Workshop II Preparing the pilot courses
September 2008 Train the Trainer seminar
Pilot courses in pilot countries
May 2010 Workshop III Presentation of results
Revising the manual
July/August 2010 Transfer workshops 2 events (North and South)
September/October 2010: Final conference and evaluation workshop

### National contacts:

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