

# Final Evaluation Report

## of the European Early Intervention Project “FreD goes net”

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Sucht



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## Executive summary

“FreD goes net” successfully tested an early intervention programme for young alcohol and drug users at a European level. In addition to developing a European manual, the intervention (consisting of an intake interview and a group phase) was implemented successfully at various sites in eleven European countries.

The project succeeded in realising the European transfer of the German project “FreD – Early intervention in first-time drug offenders”. It also extended the German FreD approach by including schools and the workplace as additional access routes and trialling the application of the concept in young alcohol consumers. Project evaluation results show that:

- the intervention not only reaches those persons that come to notice on account of illegal drugs, but also those that do so on account of alcohol.
- access to the intervention is possible via the police and judicial system, as well as school and the workplace and other means (e.g. family). A broad range of access routes is therefore feasible.

Evaluation results also show the following:

- In a period of 13 months a total of 1,284 users were reached. Of the 939 who took advantage of the course, 90.6% completed it. The overall satisfaction rate was 82.4%. Taken together, results indicate a high degree of acceptance of the intervention in the young persons reached.
- The average age of those that were reached was 16.9 years. The survey of consumption patterns shows that the great majority were not yet addicted. 75.1% had not made use of any support in connection with drugs or alcohol up to this point. Results show that the intended target group of the project could be reached and that the intervention is indeed a form of early intervention.
- Participants claimed a variety of effects after completing the course. One was that they felt better informed and had better knowledge on alcohol and drug use. Another was that their attitude had changed, in particular to drug use. The majority of participants stated they intended to consume less drugs in future or quit using altogether. Last not least, they stated that they felt better equipped to tackle problems and were more willing to make some changes to their personal situation.

The evaluation results thus demonstrate that the intervention can be used successfully as a form of early intervention in young consumers of psychoactive substances. They therefore confirm the evaluation results of the original project “FreD – Early intervention in first-time drug offenders”.

# 1 Introduction

## *Aims of the European Project*

The European project “FreD goes net” seeks to make available a prevention measure for young drug users who have come to notice as such for the first time, with the aim of intervening early so that a slide into addiction can be prevented. Predominant settings where these youngsters are first noticed are the police, school or the workplace. The European project was based on an evaluated German project “FreD – Early intervention in first-time drug offenders”, which was adapted to the needs and demands of the various European countries. In this context, the project also sought to test whether the intervention would be accepted by young alcohol users.

In “FreD goes net” the intervention is short and targeted, consisting of a personal interview (intake) and eight hours of group work divided into two or four sessions. The intervention thus makes conscious use of the ‘sensitive’ phase when youngsters first come to notice, encouraging them to reflect on their behaviour and motivating them to make the necessary changes. Participation can either be voluntary or result from judicial or social pressure.

Secured access to the target group is essential to the intervention. A major focus of the European project was therefore the development of sTab. forms of cooperation between the ‘noticing’ institutions (the police, workplace, juvenile court) and the providers of the intervention.

Apart from the aims relating to the actual intervention, the second aim of “FreD goes net” project was therefore to test an early intervention programme for young alcohol and drug users at a European level.

## *The approach of the European project*

“FreD goes net” made use of the RAR method (Rapid Assessment and Response) to evaluate existing experiences and good practice models from 17 participating countries. Based on this, and building on the German FreD manual, a European “FreD goes net” manual was developed. The intervention was then tested in twelve pilot countries and the European manual finalised based on the experiences gained.

Implementation of the European project involved the following central tasks:

- Kick-off meeting (Warsaw)

Information on the method of RAR and presentation of the questionnaires etc., where necessary adaptation. Discussion and selection of key settings for every country (e.g. school, police, workplace). Discussion of data protection, procurement channels, agreement of deadlines and processes.

- Workshop I (Luxemburg)
 

Evaluation of the RAR results, presentation of country results, selection of key topics to be covered by the manual, planning of the next steps and dissemination of project results.
- Workshop II (Reykjavik)
 

Presentation and adaptation of the draft European manual “FreD goes net” to the specific country needs. Preparation of the pilot courses and presentation of the current status in the countries with respect to developing cooperation.
- Train the trainer seminar (Linz)
 

Training of addiction prevention experts using the training materials provided in the draft European “FreD goes net” manual.
- Workshop III (Maribor)
 

Presentation of the results of the pilot courses, feedback on the course materials used, adaptation of the European manual, planning of the transfer seminars.
- Final conference of the European project (Münster)
 

Evaluation of the European project “FreD goes net” by means of a SWOT analysis, focusing on the overall approach and process of the project.

#### *Evaluation of the European project*

The European project “FreD goes net” was externally monitored and evaluated by the Cologne-based research institute FOGS - Gesellschaft für Forschung und Bratung im Gesundheits- und Sozialbereich mbH.

Evaluation focused on two main aspects:

1. *Evaluation of the overall project “FreD goes net”*, which centred on
  - A) implementation of the European project by means of the central steps set out above,
  - B) implementation of “FreD goes net” in the participating pilot countries.
2. *Evaluation of the intervention*, which evaluated the realisation of the intervention in the pilot countries.

Taking into consideration the available resources, the complexity of an intervention project involving 17 European countries, and the demands placed on the evaluation itself, an approach was chosen that consisted of qualitative and quantitative methods. The following instruments and methods were employed:

- secondary analysis and evaluation of materials and surveys (e.g. RAR),
- participatory observation (e.g. workshops, training, conference),
- (structured) written questionnaire surveys (e.g. project managers<sup>1</sup>, (pedagogic) prevention experts<sup>2</sup>, FreD goes net users).

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<sup>1</sup> In the participating countries project managers were responsible for the overall coordination of the project.  
<sup>2</sup> Prevention experts carried out the intervention on site.

Tab. 1 gives an overview of the aims of FreD goes net, the questions asked by the evaluation, the indicators used and the instruments employed in the overall project evaluation. Tab. 2 gives a similar overview for the evaluation of the actual intervention.

Tab. 1: Evaluation of the overall project

aims	questions	indicators	instruments
A) Planning and implementation of the European project			
Development and implementation of the European project "FreD goes net"	Are the tasks described in the work plan being implemented successfully (conferences, workshops, trainings)?	Successful implementation of the tasks	Secondary analysis of documents Participatory observation (Structured) written questionnaire survey of project managers
Development of a European manual "FreD goes net" and training of the manual	Is "FreD goes net" successfully trained?	Presentation and acceptance of the manual Successful implementation of training Number of positive ratings on training	Participatory observation (Structured) written questionnaire survey of prevention experts
B) Implementation of the project in the pilot countries			
Implementation of the project "FreD goes net" in the participating countries	Is "FreD goes net" implemented successfully in the pilot countries?	Number of positive ratings on cooperation	Analysis of the RAR exercise Continuous (structured) survey of project managers
Building sustainable structures of cooperation in the participating countries	What are the experiences in the participating countries (strengths/ weaknesses) with respect to implementing the project?	Number of cooperation agreements Number of positive ratings on aspects of implementation	(Structured) written questionnaire survey of project managers



Tab. 2: Evaluation of the intervention

aims	questions	indicators	instruments
Reaching young persons that have come to notice on account of their drug taking	Does the intervention reach young persons?	Number of users reached	User documentation
Utilisation of "FreD goes net" by young persons	Through which channels do the users actually reach the intervention?	Number of documented users	User documentation
	What are the socio-demographic characteristics of those who use FreD goes net?		
	What are the patterns of drug use of those who use FreD goes net?		
Regular completion of the measure	How do the users really utilise "FreD goes net"?	Number of regular completions.	User documentation
Better knowledge on the risks of drug use Better knowledge of the available support system Changed attitude to drug use Changed pattern of consumption	What effects are being achieved?	Number of positive statements given by the users	User survey
Compliance with the intervention	How do those that made use of FreD goes net rate their experience?	Number of positive statements given by the users/level of agreement	User survey

## **2 Evaluation results**

### **2.1 Evaluation of the overall project**

Evaluation of the overall project focused on the following questions:

- Are the tasks set out in the overall project plan implemented as stated, and is implementation successful?
- Is the intervention “FreD goes net” successfully implemented in the pilot countries? Closely connected to this: Are the pilot countries successful in building sustainable cooperation at their respective locations?

#### **2.1.1 Project coordination and project evaluation**

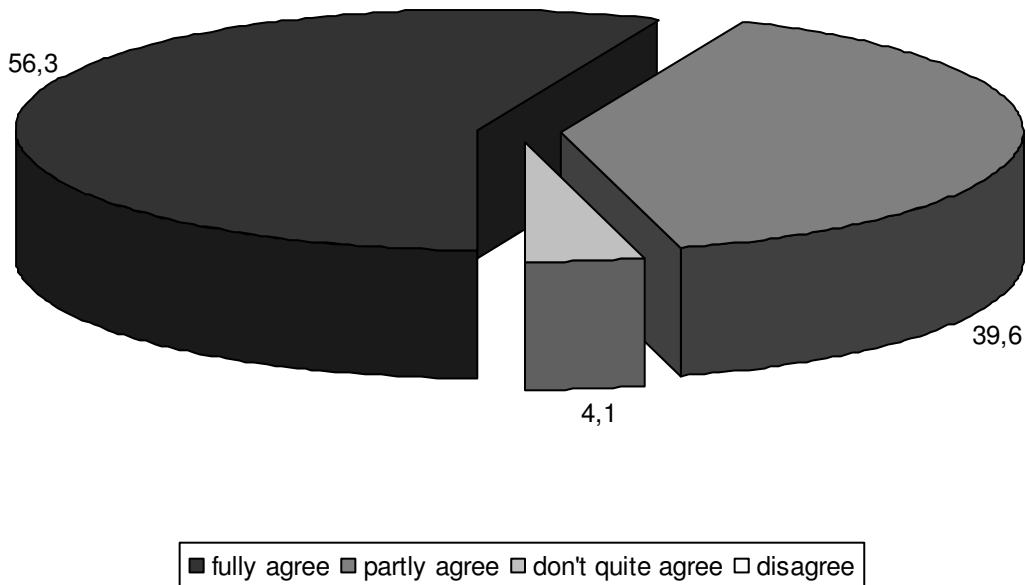
This part of the overall project evaluation addresses the specific tasks of project coordination and project evaluation. Tasks to be completed by the central coordination team included making FreD goes net known in the participating countries, as well as surveying the respective framework conditions and relevant issues in the countries. In a joint process the draft version of the manual was produced, and training was provided for the prevention experts responsible for implementing the intervention. A central evaluation task was to carry out the evaluation of the intervention.

##### *Kick-off conference and workshops (I, II) with the project managers*

The above tasks were fulfilled in three central meetings, consisting of a kick-off meeting and two workshops (I, II). Evaluation relied on participatory observation during these meetings and a written questionnaire survey of the project managers present. The questionnaire was based on a set of differentiated statements that reflected the contents of the workshops and other factors essential for their success (atmosphere, timescale, potential for active participation). Project managers were asked to rate their agreement with these statements on a four-point scale.

Fig. 1 shows the project managers' overall rating of how content was presented and communicated by the project coordinators at the three key events. A total of 16 items are collated here, with figures referring to the level of agreement with qualitative statements (see Tables 1 to 3 and 7 in the Appendix).

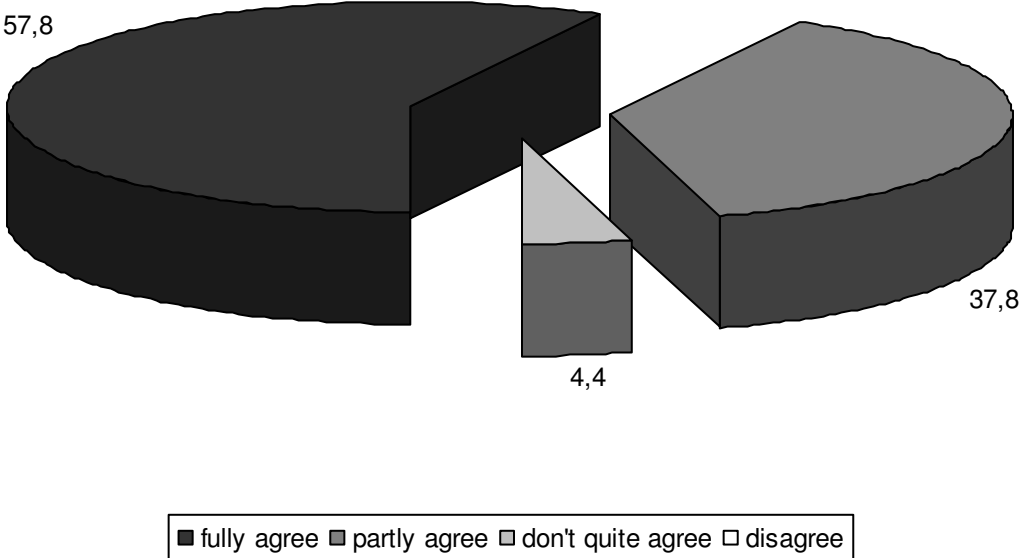
*Fig. 1: Communication of content by the project coordinators during kick-off and workshops I and II as rated by project managers (figures in %)*



The majority of workshop participants (56.3%) felt that the project coordinators had fulfilled their content-related tasks, with another 36.9% considering these tasks partially fulfilled. Given that the content-related tasks were mostly fulfilled, it can be concluded that the central coordination team successfully completed the steps that were necessary for implementing the European project.

The next part looks at the process and the steps involved in implementing the evaluation of the intervention. Fig. 2 shows the overall rating by project managers (3 items, see Tables 1, 3 and 8 in the Appendix)

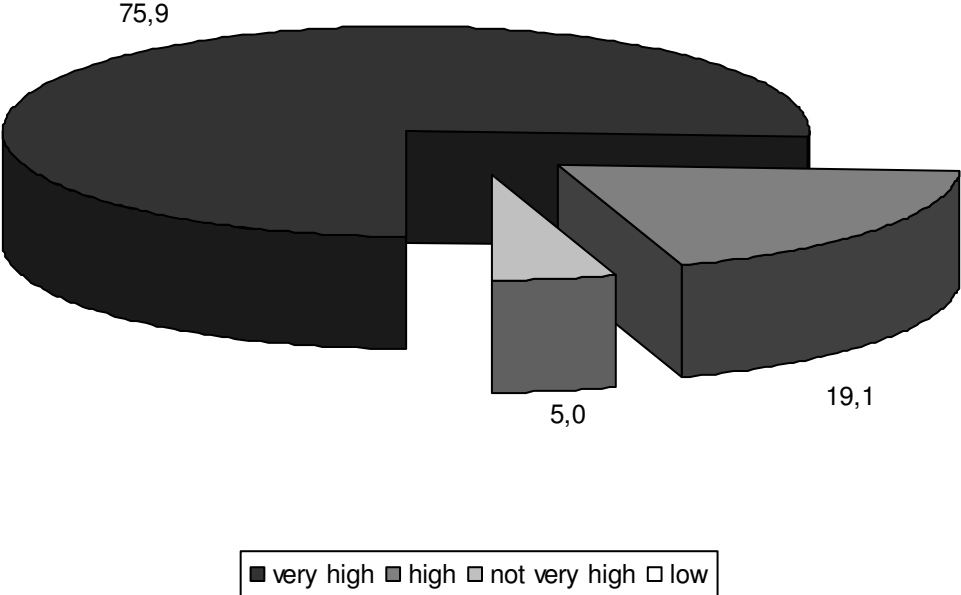
Fig. 2: Implementation of the evaluation at the kick-off event and workshop II, rating by project managers (figures in %)



The majority of project managers (57.8%) stated that the evaluation concept and instruments were presented comprehensively and sufficiently discussed. They also said it was clear to them how the evaluation would be carried out. Another 37.8% considered these tasks partially met.

In addition, satisfaction with selected organisational factors of the workshops (atmosphere, timeframe) was surveyed. Fig. 3 shows the collated rating given by the project managers (9 items, see Tables 1 to 3 and 9 in the Appendix).

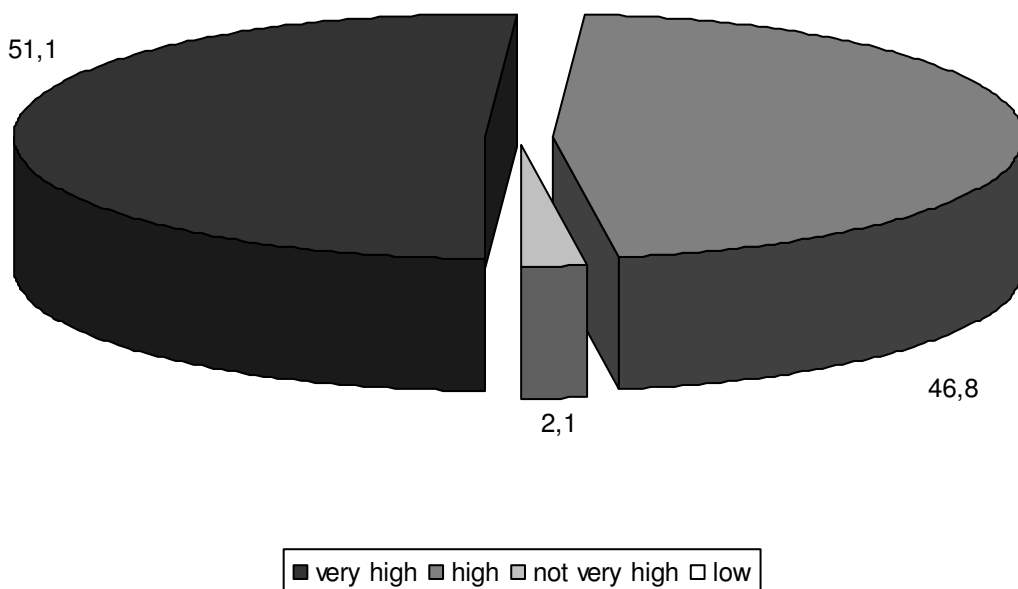
Fig. 3: Rating of organisational aspects, kick-off and workshop II (figures in %)



The majority of project managers stated that the kick-off event and the two preparatory workshops had a good atmosphere. The timeframe was considered appropriate, and the workshops were thought to offer good opportunity to ask questions or make suggestions.

Project managers were then asked to rate their overall satisfaction with the course of the kick-off event and the workshops. Fig. 4 shows the collated satisfaction rate (3 items, see Tables 6 and 10 in the Appendix)

Fig. 4: Satisfaction with the course of the kick-off event and workshops I and II (figures in %)



In total, nearly all project managers were either highly satisfied or satisfied with how the kick-off event and the workshops had gone (97.9%)

Results show broad agreement that the set tasks of project coordination and project evaluation were met and that the quality of implementation was high. Overall satisfaction with the preparatory events of the European project was high.

#### *Train the trainer seminar*

Using the draft European “FreD goes net” manual as a basis, the aim of the train the trainer seminar was to train prevention experts from the pilot countries to carry out the intervention during the pilot phase. Tab. 3 summarizes how the seminar was rated with respect to content (4 items, see Tab. 11 in the Appendix).

Tab. 3: Evaluation of the content of the train the trainer seminar

	entirely agree		partly agree		don't quite agree		disagree	
	no.	%	no.	%	no.	%	no.	in %
Content of seminar <sup>3</sup>	30	30.0	52	52.0	11	11.0	7	7.0

The majority of the prevention experts rated the seminar positively with respect to its primary tasks, which were to present and train the method of Motivational Interviewing

<sup>3</sup> 4 items were collated in this category, see Tab. 11 in the Appendix.

(MI), to present and explain the methodological basis of the intervention, and to give practical hints on running the FreD courses (82%). It must be stated, however, that 18% rated these aspects (rather) negatively.

After completing the seminar, most prevention experts (96%) nevertheless had positive expectations with respect to the practical application of MI and the methods presented during the seminar (2 items, see Tab. 11 in the Appendix).

Tab. 4: *Prevention experts' expectations with regard to the practical application of the methods presented*

	entirely agree		partly agree		don't quite agree		disagree	
	no.	%	no.	%	no.	%	no.	%
Expectations with regards to practical application <sup>4</sup>	39	78.0	9	18.0	1	2.0	1	2.0

During the practical implementation phase, evaluation instruments were used by the prevention experts themselves. It was therefore of interest to learn how these instruments were first introduced and explained. Results show that in the opinion of the prevention experts, the instruments for evaluating the implementation of "FreD goes net" were properly presented and sufficiently discussed (see Tab. 11 in the Appendix).

The prevention experts stated that the seminar was mostly characterized by a good overall atmosphere, an adequate timeframe and plenty of opportunity for asking questions or making suggestions (see Tab. 5).

Tab. 5: *Organisation of the train the trainer seminar*

	entirely agree		partly agree		don't quite agree		disagree	
	no.	%	no.	%	no.	%	no.	%
Overall performance of the workshop <sup>5</sup>	51	68.0	22	29.3	1	1.3	1	1.3

Tab. 6 gives an overview of the overall satisfaction rate with the train the trainer seminar.

Tab. 6: *Satisfaction with the train the trainer seminar*

	highly satisfied		quite satisfied		less satisfied		dissatisfied	
	no.	%	no.	%	no.	%	no.	%
With the train the trainer seminar I am	10	40.0	11	44.0	3	12.0	1	4.0

The majority of prevention experts (84%) were either highly satisfied or quite satisfied with the training seminar. This makes 16% either less satisfied or dissatisfied.

<sup>4</sup> 2 items were collated to form this category, see Tab. 11 in the Appendix.

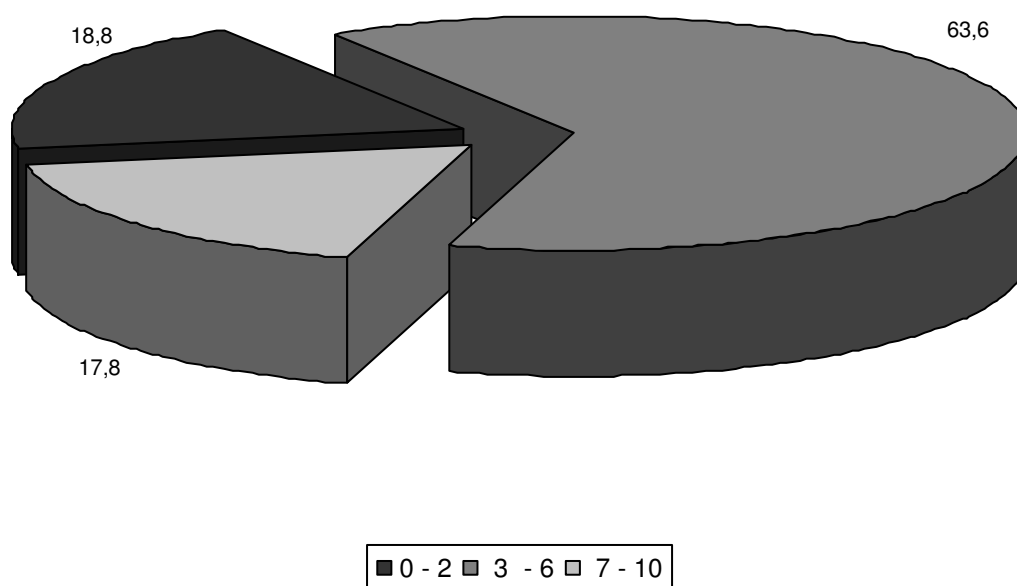
<sup>5</sup> 3 items were collated to form this category, see Tab. 11 in the Appendix.

## 2.2 Implementation and cooperation in the pilot countries

Implementation of the project had to be evaluated against some very different and complex conditions in the participating pilot countries. Given the importance of secured access to the intervention, evaluation also focused on cooperation between the referring institutions and the intervention provider.

In a first step during the kick-off workshop, project managers were asked to rate the difficulties they expected in achieving the various objectives of the European project. Fig. 5 summarizes the results. Ratings were based on a 10-point scale that ranged from 0 = not difficult at all to 10 = very difficult (6 items, see Tab. 12 in the Appendix).

Fig. 5: Degree of difficulty expected in achieving the set aims (figures in %)



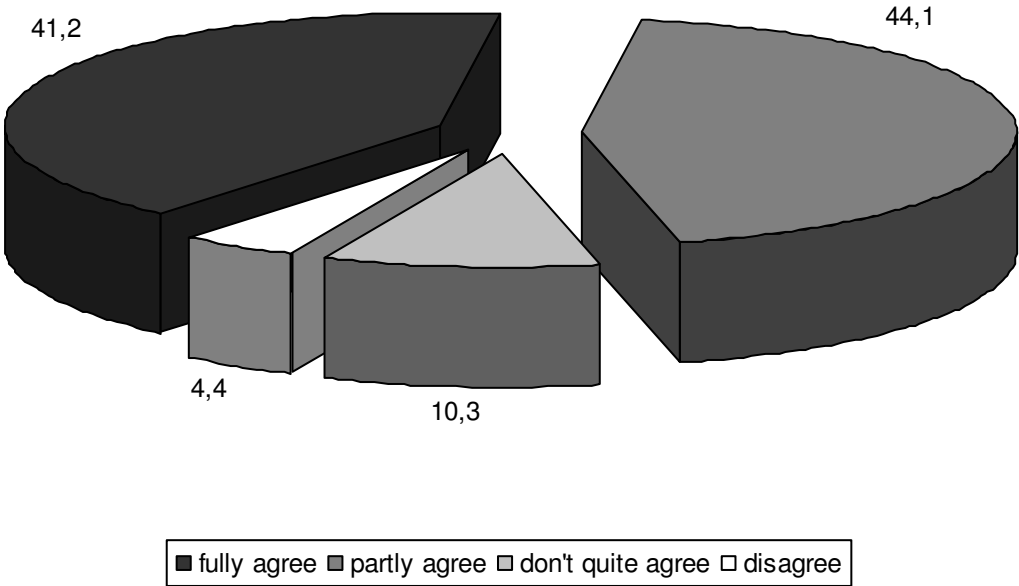
All ratings refer to expectations held at the beginning of the implementation phase. For about one fifth of the objectives, project managers expected no or few difficulties in achieving them (18.8%). Another fifth of the project objectives were thought to be difficult to achieve. Roughly two thirds of the set objectives were rated as moderately difficult to achieve (63.6%).

Difficulties were particularly expected with respect to building structured cooperation between addiction prevention and treatment organisations and public institutions (e.g. the police, judicial authorities). Difficulties were also expected with respect to improving the accessibility of addiction prevention and treatment centres/institutions to high-risk young drug users. There was also some scepticism on whether the central objective of the early intervention programme could be reached, which was to encourage young drug users to reflect on their use of psychoactive substances and to motivate them to change their attitudes and behaviour.

During the early implementation of the European project a stocktake was carried out in the participating countries using RAR. Fig. 6 shows how project managers rated this stocktake (4 items, agreement with qualitative statements, see Tables 4 and 5 in the Appendix).



Fig. 6: Evaluation of RAR results (figures in %)

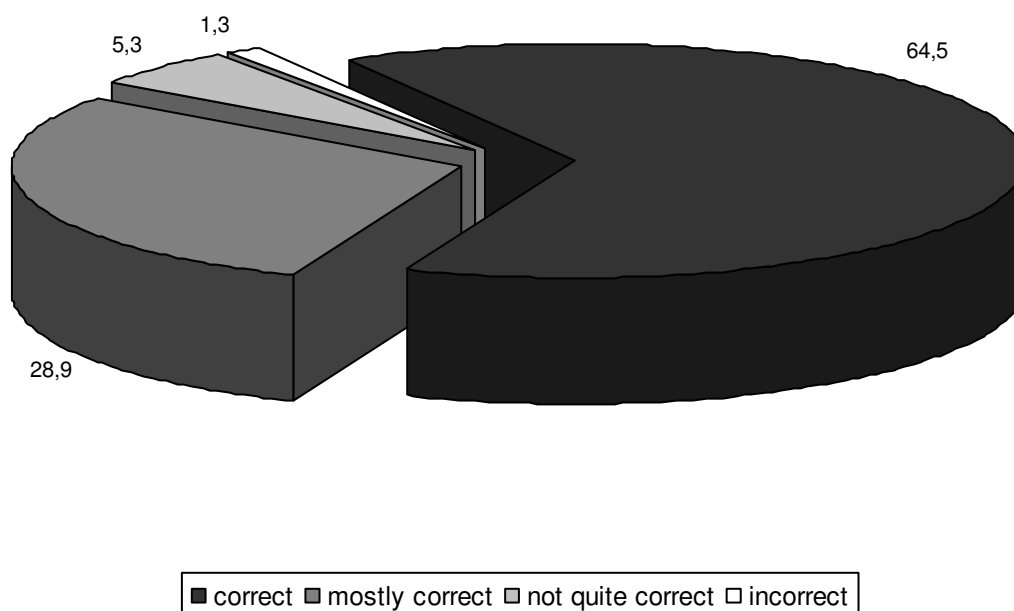


41.2 % of project managers stated that their research had yielded important information on the national background situation, the current status of early intervention in their countries, as well as available help in implementing FreD goes net. 44.1% stated that these results were only partly achieved. 14.7% could not achieve these results.

In a second step the pilot countries were asked what effects the RAR exercise would have on implementing FreD goes net. Results show that the key persons identified, and the focus groups carried out, had mostly (84.1%) yielded important information and hints for implementing the project. In several countries the focus groups in particular did not contribute to such a positive outcome (3 items, see Tab. 13 in the Appendix).

During workshop II project managers were asked to rate the implementation status of the project in their country. Fig. 7 gives the overall ratings provided (7 items, see Tab. 14 in the Appendix).

Fig. 7: Rating of the implementation of FreD goes net in the pilot countries (agreement with qualitative statements, figures in %)



During the final preparatory workshop II project managers agreed with positive statements regarding the implementation status of the project in 64.5% of cases. There was partial agreement in 28.9% of cases. At that point in time, one country had not selected a site, and two countries had not implemented a local steering group.

In the opinion of the project managers, the steps necessary for implementing the project in the pilot countries had therefore mostly been taken as planned.

### 2.3 Evaluation of the intervention

Two instruments were used to evaluate the intervention. A written *user documentation* was used by the prevention experts to survey key characteristics of the users and information related to utilisation. A written *user questionnaire* was then used to survey the effects of the intervention on the participants and to obtain their overall rating of the intervention.

### 2.3.1 Documentation of user characteristics

#### *Socio-demographic characteristics<sup>6</sup>*

In the period December 2008 to end of January 2010 a total of 1,284 FreD goes net users were reached (FreD goes net is defined here as intake only or intake plus course) Of these 320 (24.9%) were female and 964 (75.1%) male<sup>7</sup> (see Tab. 15 in the Appendix and Tab. 16 for the country-specific distribution).

FreD goes net specifically targets young drug and alcohol users. Tab. 7 gives an overview of age-related indicators (see Tab. 17 in the Appendix and Tab. 18 for the average age of participants per country).

Tab. 7: Age

	N	Min.	Max.	Ø	Standard deviation
female	318	13	25	16.3	1.72
male	952	12	29	17.1	2.24
total	1,270	12	29	16.9	2.15

The average age was 16.94 years<sup>8</sup>, with boys nearly one year older on average (17.14) than girls (16.33). With respect to age the European project thus reached the exact target group the intervention is designed for.

In line with their age most youngsters still lived at home (82.4%). 7.4% lived in institutions and 4.4% lived alone (see Tab. 19 in the Appendix).

Tab. 8 shows the educational status resp. job situation of the FreD goes net users.

Tab. 8: Educational status/job situation

	female		male		total	
	no.	%	no.	%	no.	%
at school	232	72.7	679	70.5	911	71.1
at university/college	34	10.7	64	6.6	98	7.6
trainee/apprentice	20	6.3	73	7.6	93	7.3
early school leaver	3	0.9	16	1.7	19	1.5
worker/employee	2	0.6	48	5.0	50	3.9
self-employed	0	0.0	3	0.3	3	0.2
unemployed	26	8.2	69	7.2	95	7.4
other	2	0.6	11	1.1	13	1.0
total	319	100.0	963	100.0	1,282	100.0

As expected, the majority of FreD goes net users were still at school (71.1%) at the point of the intake interview. 7.3% were in vocational training. 7.4% were unemployed, and 3.9% were employed. Most FreD goes net users (86.0%) were therefore still in education.

<sup>6</sup> Comparative results are available from the German reference project "FreD – Early intervention in first-time drug offenders". Reference is made to this where there are noTab. differences in the results. See also (in German): Frühintervention bei erstauffälligen Drogenkonsumenten - FreD. Ergebnisse der Wissenschaftlichen Begleitung. Forschungsbericht 299. Sozialforschung. Bundesministerium für Gesundheit und Soziale Sicherung. 2001.

<sup>7</sup> FreD Germany: 13.1% female, 86.9 % male.

<sup>8</sup> FreD Germany: Average age 17.7 years.

*Attributes related to drug use*

FreD goes net users were first asked about their drug and alcohol use ever in life. In a second step, the frequency of drug use was established with reference to two points in time:

- Frequency of drug and alcohol use in the 30 days before coming to notice (e.g. the police, judicial system, school, workplace),
- Frequency of drug and alcohol use in the 30 days before the intake interview.

Tab. 9 shows the drug use of FreD goes net users ever in life, 30 days before being noticed, and 30 days before the intake interview<sup>9</sup> (see Tab. 21 in the Appendix for the country-specific distribution of lifetime prevalence)

Tab. 9: *Drug use ever in life, 30 days before being noticed, and 30 days before the intake interview (figures in %)*

	ever in life		30 days before being noticed		30 days before the intake interview	
	no consumption	consumption	no consumption	no consumption	consumption	no consumption
alcohol (N = 1.267)	2.1	97.9	4.0	96.0	15.8	84.2
cannabis (N = 1.272)	20.9	79.1	17.2	82.8	40.0	60.0
amphetamines/other stimulants (N = 1.166)	69.8	30.2	41.8	58.2	58.2	41.8
benzodiazepine/other sedatives (N = 1.118)	92.4	7.6	47.1	52.9	60.0	40.0
LSD/other hallucinogens (N = 1.127)	91.0	9.0	59.4	40.6	79.2	20.8
cocaine/crack (N = 1.138)	85.9	14.1	60.9	39.1	67.7	32.3
heroin/other opiates (N = 1.112)	97.9	2.1	73.9	26.1	87.0	13.0
inhalants (N = 1.117)	86.2	13.8	74.7	25.3	78.6	21.4
other drugs (N = 1.040)	88.8	11.2	46.6	53.4	62.1	37.9

Tab. 9 shows that those that were reached by FreD goes net had experience with a multitude of psychoactive substances. As expected, the lifetime prevalence of alcohol (97.9%) and cannabis (79.1%) were particularly high. Results also show, however, that a significant number of FreD goes net users have consumed other psychoactive substances at some prior point. Nearly one third (30.2%) stated they had consumed amphetamines (or other stimulants) at least once in their life<sup>10</sup>.

In the 30 days before coming to notice, stated consumption is clearly lower than the lifetime prevalence, in particular where hard drugs such as amphetamines, cocaine and LSD are concerned. This is as expected. At the same time, the great majority of FreD goes net users continued using alcohol and cannabis during this period. During the second 30-day

<sup>9</sup> Percentage values always refer to the total number of users that have indicated prior consumption of the respective substance (N). Percentage values in the two windows in time 1) before being noticed and 2) before the intake interview refer to the total number who said they had consumed the respective substance at least once in their lives.

<sup>10</sup> The clients of the German FreD project therefore markedly differ from those of the European FreD goes net project: In the German project current consumption rates of other illegal drugs were much lower (e.g. amphetamines 6.7%, cocaine 3.4%)

window, a further reduction in the use of all psychoactive substances can be noted. 60% of those with prior cannabis experience, 41.8% of those with experience of amphetamines, and 32.3% of those with cocaine/crack experience continued using these drugs during that time. Independent of the potential overlap of the two windows, results show that the fact of coming to notice alone is sufficient to bring about changes in the FreD goes net users with respect to their drug use.

Apart from the type of psychoactive substances used, frequency of consumption is another important indicator in establishing the severity of the problem. Tab. 10 shows the frequency of consumption 30 days before coming to notice (1) and 30 days before the intake interview (2).

Tab. 10: *If drug consumption, frequency of use in the 30 days before coming to notice (1) and before the intake interview (2) – total (figures in %)*

Substance	every day		on 8 to 25 days		on 2 to 7 days		on one day	
	1	2	1	2	1	2	1	2
alcohol (N = 1.119/1.045)*	2.7	1.4	28.4	24.7	53.2	52.0	15.7	21.9
cannabis (N = 833/604)	20.8	15.4	28.6	27.8	32.3	35.6	18.4	21.2
amphetamines/other stimulants (N = 205/147)	10.7	7.5	19.0	14.3	34.1	42.9	36.1	35.4
benzodiazepine/other sedatives (N = 45/34)	4.4	2.9	13.3	26.5	40.0	35.3	42.2	35.3
LSD/other hallucinogens (N = 41/21)	0.0	0.0	9.8	9.5	31.7	23.8	58.5	66.7
cocaine/crack (N = 63/52)	7.9	7.7	9.5	9.6	36.5	50.0	46.0	32.7
heroin/other opiats (N = 6/3)	0.0	0.0	0.0	33.3	16.7	0.0	83.3	66.7
inhalants (N = 39//33)	5.1	3.0	15.4	24.2	41.0	36.4	38.5	36.4
other drugs (N = 62/44)	35.5	40.9	16.1	13.6	27.4	27.3	21.0	18.2

\* With regard to N, the first figure refers to 30-day-period before coming to notice (1) and the second figure to the 30-day-period before the intake interview (2).

Looking at the 30-day period before coming to notice (1), most active drug users had consumed the respective substance on one to seven days out of the 30. This is indicative of sporadic and/or weekend consumption. As expected, alcohol is an exception, which is consumed by the majority of respondents on a regular basis. Cannabis was also used comparatively regularly, with 20.8% indicating daily use and 28.6% on 8 to 25 days. Taking daily consumption as an indicator of potential addiction, 20.8% of active drug users can be classed as problem consumers and potential addicts in case of cannabis, 10.7% in case of amphetamines/other stimulants, and 7.9% in case of cocaine/crack. It must be noted, however, that except for cannabis the figures shown here are no absolutes.

The European project particularly sought to reach persons who had not made use of professional services or counselling before. Tab. 11 shows the prior utilization of such services or programmes by the FreD goes net users.

Tab. 11: Previous use of professional services/advice in connection with drug use

	female		male		total	
	no.	%	no.	%	no.	%
yes	57	27.3	256	24.4	313	24.9
no	152	72.7	793	75.6	945	75.1
total	209	100.0	1.049	100.0	1,258	100.0

Results show that the majority of persons reached (75.1%) had not made use of professional services or counselling before coming to notice<sup>11</sup>.

### 2.3.2 Course of the intervention and results

#### Access routes

Access to adolescent drug users plays a key role in early detection and intervention. In this clientele, those that seek help voluntarily are clearly the exception. Tab. 12 lists the institutions involved in the referring process (see Tab. 20 in the Appendix for the distribution of the referring institutions by country).

Tab. 12: Referring institution

	female		male		total	
	no.	%	no.	%	no.	%
police/judiciary (e.g. prosecution, court)	69	21.8	394	41.2	463	36.3
school	131	41.3	276	28.8	407	31.9
workplace	8	2.5	29	3.0	37	2.9
family	21	6.6	90	9.4	111	8.7
other	53	16.7	104	10.8	157	12.3
no referral, direct access	35	11.0	65	6.8	100	7.8
total	317	100.0	958	100.0	1,275	100.0

In FreD goes net access to drug-using youngsters was predominantly through the police and judicial system (together 36.3%) and schools (31.9%). Other institutions and access routes were clearly less important. Family acted as a referring institution in 8.7% of cases, and the workplace in 2.9% of cases. 7.8% of users were not referred to FreD goes net by any institution. These results reflect the pre-planned access routes of the participating countries and project sites, and can also be taken as an indication which access routes proved to be successful overall.

With respect to gender, it can be noted that a greater share of boys was referred to FreD goes net by the police and judiciary system, and a greater share of girls by schools and other referring institutions.

<sup>11</sup> In the German FreD project the percentage of those who had never made use of any professional counselling services before was 89%.

*Intake interview*

The ability of early intervention programmes to reach their clients is influenced by a variety of factors. In case of FreD goes net, these tend to be country-specific factors and conditions, such as demographic characteristics, the legal framework conditions, the structure of the support system, the state and degree of cooperation between institutions and the support system and general consumption habits. Tab. 13 gives an overview of the persons documented in the pilot countries during the pilot phase. Further information on country-specific utilisation is provided in Tab. 22 in the Appendix.

Tab. 13: *Number of intake interviews by country*

	no.	%
Austria	14	1.1
Belgium	234	18.2
Cyprus	91	7.1
Germany	151	11.8
Ireland	81	6.3
Iceland	120	9.3
Latvia	124	9.7
Poland	171	13.3
Sweden	59	4.6
Slovenia	86	6.7
Romania	105	8.2
Luxembourg	48	3.7
total	1284	100.0

Tab. 13 shows that the number of young drug users reached varies across the pilot countries. The per-country share of the total number of youngsters reached ranges from 1.1% (Austria)<sup>12</sup> to 18.2% (Belgium).

One task of the intake interview was to motivate the youngsters to take part in the course. Another was to establish whether course participation was actually indicated. This ensured that those who were not suited for FreD goes net could be referred on to other services and/or therapy. Tab. 14 shows the results of the intake interviews.

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<sup>12</sup> Austria broke off the pilot phase because of specific framework conditions.

Tab. 14: Result of the intake interview (several answers possible; N = 1,272)

	no.	%
course participation recommended	1079	84.8
contact to other service/programme recommended	196	15.4
course participation <b>not</b> recommended	101	7.9
total	1,376	108.2

In the great majority of those reached (84.8%) course participation was recommended. In about one tenth of cases course participation was not recommended. 15.4% of those reached were referred to other measures and programmes (including some of the first two groups).

#### *Participation in the course and mode of termination*

Information on course participation is available for 1,079 persons: 939 (87.1%) took part in the course (see Tab. 22 in the Appendix). Out of these, the great majority (83.3%) took part in all course units.

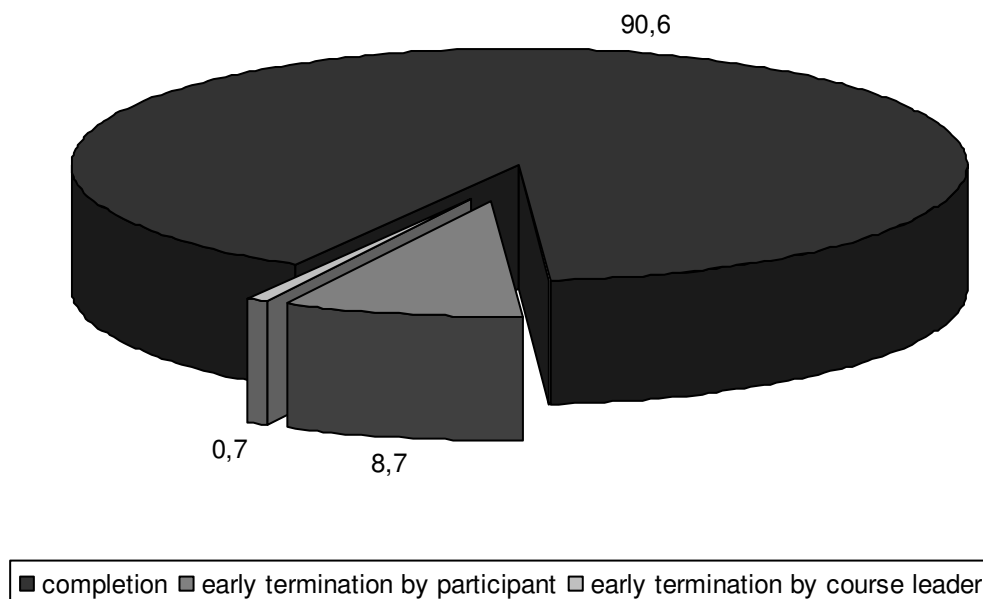
Tab. 15: Participation in the course

	no.	%
participation in all course units	753	83.3
participation in some course units	151	16.7
total	904	100.0

Regular completion is a first important indicator of successful participation. Fig. 8 shows the degree of completion and mode of termination.



Fig. 8: Degree of completion and mode of termination (N = 874) (figures in %)



90.6% of participants took part in all course units and properly completed the course. Only 8.7% dropped out or were sent off by the course leader. Despite the social and/or institutional pressure to complete the course, this can be taken as an indicator of the high overall acceptance of the intervention by the young drug users<sup>13</sup>.

### 2.3.3 Survey of course participants

Participants were surveyed after completing the course, with a total of 901 participants taking part. The relative share by country is provided in Tab. 23 in the Appendix. Data on age and gender very closely match those of the intake interview (see Tables 24 and 25 in the Appendix).

Of interest was the relationship between the reason for contacting FreD goes net (what brought them to notice) and the type of drug. Tab. 16 shows the results from the perspective of the participants.

<sup>13</sup> FreD Germany: 83.3% regular completion, 14.1% early termination by the participant.

Tab. 16: Why did you get in touch with FreD goes net?

because of	female		male		total	
	no.	%	no.	%	no.	%
alcohol	110	46.4	151	23.1	261	29.3
illegal drugs	35	14.8	151	23.1	186	20.9
both of them	92	38.8	353	53.9	445	49.9
total	237	100.0	655	100.0	892	100.0

Roughly half of the participants stated they got in touch with FreD goes net because of illegal drugs **and** alcohol. About a quarter got in touch on account of illegal drugs (20.9%) and alcohol (29.3%), respectively. The European project “FreD goes net” thus shows that the intervention is also able to reach young persons that come to notice on account of alcohol.

#### *Effects from the perspective of FreD goes net users*

Immediately after completing the course, self-evaluation by participants can give an important first indication of the effects that were achieved. Participants were asked to rate a number of qualitative statements on a four-point scale, depending on whether the statements applied to them or not.

Tab. 17 show the responses of course participants and how important participation in the course was to them. Results are differentiated into the groups listed in Tab. 16, which are coming to notice on account of a) alcohol, b) drugs, c) alcohol and drugs. Participants that were noticed on account of alcohol sometimes also commented on illegal drugs and vice versa. These statements indicate an accompanying effect and are therefore listed in a separate row.

#### *Noticed on account of alcohol*

Tables 17 to 19 show the results from participants that were noticed in connection with alcohol use (A). The statements of these participants concerning drugs are shown separately (D).

Tab. 17: Importance of participation in the course I – only alcohol

		entirely/partly applies		applies somewhat/ does not apply at all	
		no.	%	no.	%
Participation in the course was important to me personally.	A	197	75.8	63	24.2
	D	79	84.9	14	15.1
Participation in the course has improved my level of information/ knowledge on the effects and risks associated with alcohol/illegal drugs.	A	220	84.9	39	15.1
	D	88	95.7	4	4.3

For the majority of respondents participation in the course was important or partly important. They were able to improve their information and knowledge on alcohol use (84.9%).

Tab. 18: Importance of participation in the course II – only *alcohol*

		entirely/partly applies		applies somewhat/ does not apply at all	
		no.	%	no.	%
Participation in the course has changed my attitude towards my drinking.	A	175	67.3	85	32.7
	D	67	73.6	24	26.4
Now that I have finished the course I intend to drink less alcohol/to consume less drugs.	A	172	66.4	87	33.6
	D	67	74.4	23	25.6
Now that I have finished the course I intend to stop drinking/taking drugs completely.	A	69	26.5	191	73.5
	D	63	68.5	29	31.5

The second block of statements was concerned with changes in attitude and behaviour with respect to participants' drinking. As shown in Tab. 18, a majority of users intend to change their attitude to alcohol and drinking and also drink less in future (66.4%). Quitting drinking altogether, however, is considered by far fewer persons (26.5%).

Tab. 19: Importance of participation in the course III – only *alcohol*

		entirely/partly applies		applies somewhat/ does not apply at all	
		no	%	no	%
I now feel better equipped to deal with problems that arise from drinking/drug consumption.	A	229	88.4	30	11.6
	D	80	87.9	11	12.1
If I did have problems with alcohol/drug consumption, I now know where to get professional support.	A	246	94.6	14	5.4
	D	85	93.4	6	6.6
Now that I have finished the course I intend to make some changes in my life.	A	166	63.8	94	36.2
	D	65	70.7	27	29.3

With a view to alcohol – and as estimated by the respondents – problem solving competencies (88.4%) and knowledge of the available support system (94.6%) show the greatest level of improvement. With respect to alcohol, FreD goes net therefore has a preventative effect when looking at intended future consumption and future problem situations. Beyond their actual drinking, the majority of users stated that now the course was completed, they intended to make some changes to their personal situation (63.8%).

#### *Noticed on account of drugs*

Tables 20 to 22 show the results from participants that were noticed in connection with drugs (D). The statements of these participants concerning alcohol are shown separately (A).

Tab. 20: Importance of participation in the course I – only drugs

		entirely/partly applies		applies somewhat/ does not apply at all	
		no.	%	no.	%
Participation in the course was important to me personally.	A	67	83.8	13	16.3
	D	156	84.8	28	15.2
Participation in the course has improved my level of information/knowledge on the effects and risks associated with alcohol/illegal drugs.	A	63	79.7	16	20.3
	D	166	90.2	18	9.8

For the majority of respondents participation in the course was important or partly important. They were able to improve their level of information and knowledge on drug use (90.2%).

Tab. 21: Importance of participation in the course II – only drugs

		entirely/partly applies		applies somewhat/ does not apply at all	
		no.	%	no.	%
Participation in the course has changed my attitude towards my drinking/drug consumption.	A	39	50.6	38	49.4
	D	126	69.2	56	30.8
Now that I have finished the course I intend to drink less alcohol/to consume less drugs.	A	39	51.3	37	48.7
	D	144	78.3	40	21.7
Now that I have finished the course I intend to stop drinking/taking drugs completely.	A	20	26.3	56	73.7
	D	106	59.2	73	40.8

The second block of statements was concerned with changes in attitude and behaviour with respect to participants' drug use. As shown in Tab. 21, the majority of users intend to change their attitude to drugs and drug use and consume less in future (78.3%). A smaller number, but still the majority is considering quitting drugs altogether (59.2%).

Tab. 22: Importance of participation in the course III – only drugs

		entirely/partly applies		applies somewhat/ does not apply at all	
		no.	%	no.	%
I now feel better equipped to deal with problems that arise from drinking/drug consumption.	A	59	75.6	19	24.4
	D	168	91.8	15	8.2
If I did have problems with alcohol/drug consumption, I now know where to get professional support.	A	76	96.2	3	3.8
	D	175	95.1	9	4.9
Now that I have finished the course I intend to make some changes in my life.	A	55	71.4	22	28.6
	D	145	78.8	39	21.2

With a view to drugs – and as estimated by the respondents – problem solving competencies (91.8%) and knowledge of the available support system (95.1%) show the greatest level of improvement. FreD goes net therefore also has a preventative effect with respect to drugs when looking to intended future consumption and future problem situations. Be-

yond the actual drug use, the majority of users stated that now the course was completed they intended to make some changes to their personal situation (78.8%).

*Noticed on account of alcohol and drugs*

Tables 23 to 25 show the statements of users that were noticed on account of alcohol (A) and drugs (D).

Tab. 23: *Importance of participation in the course I –alcohol and drugs*

		entirely/partly applies		applies somewhat/ does not apply at all	
		no.	%	no.	%
Participation in the course was important to me personally.	A	302	68.0	142	32.0
	D	325	73.4	118	26.6
Participation in the course has improved my level of information/ knowledge on the effects and risks associated with alcohol/illegal drugs.	A	333	75.0	111	25.0
	D	377	85.1	66	14.9

For the majority of respondents that had come to notice on account of alcohol and drugs, participation in the course was either important or partly important. Participation improved their level of information and knowledge on alcohol and drug use (A: 75%, D: 85.1%).

Tab. 24: *Importance of participation in the course II –alcohol and drugs*

		entirely/partly applies		applies somewhat/ does not apply at all	
		no.	%	no.	%
Participation in the course has changed my attitude towards my drinking/drug consumption.	A	195	44.2	246	55.8
	D	308	69.5	135	30.5
Now that I have finished the course I intend to drink less alcohol/to consume less drugs.	A	223	50.9	215	49.1
	D	326	74.1	114	25.9
Now that I have finished the course I intend to stop drinking/taking drugs completely.	A	104	24.0	330	76.0
	D	256	58.4	182	41.6

Tab. 24 shows that the majority of respondents intend to change their attitude to alcohol and drugs or their consumption of alcohol and drugs and use less drugs in future (A: 50.9%, D: 74.1%). The majority also intends to quit using drugs (58.4%, although only 24% intend to quit drinking).

Tab. 25: Importance of participation in the course III –*alcohol and drugs*

		entirely/partly applies		applies somewhat/ does not apply at all	
		no.	%	no.	%
I now feel better equipped to deal with problems that arise from drinking/drug consumption.	A	288	65.8	150	34.2
	D	362	82.3	78	17.7
If I did have problems with alcohol/drug consumption, I now know where to get professional support.	A	377	85.9	62	14.1
	D	398	90.0	44	10.0
Now that I have finished the course I intend to make some changes in my life.	A	270	61.6	168	38.4
	D	306	69.7	133	30.3

With a view to drugs and alcohol – and as estimated by the respondents – problem solving competencies (A: 65.8%, D: 82.3%) and knowledge of the available support system (A: 85.9%, D: 90%) show the greatest level of improvement. Beyond their actual drug use, the majority of users stated that now the course was completed they intended to make some changes to their personal situation (A: 61.6%, D: 69.7%).

Survey results show that effects in connection with drugs tend to be a little stronger than effects in connection with alcohol.

#### *Overall rating of FreD goes net*

An overall rating of FreD goes net from the perspective of participants was obtained by asking for an overall estimate of satisfaction.

Tab. 26: How satisfied are you with FreD goes net?

	female		male		total	
	no.	%	no.	%	no.	%
very satisfied	87	36.9	221	33.7	308	34.5
satisfied	113	47.9	314	47.9	427	47.9
partly satisfied	29	12.3	103	15.7	132	14.8
not very satisfied	4	1.7	11	1.7	15	1.7
not at all satisfied	3	1.3	7	1.1	10	1.1
total	236	100.0	656	100.0	892	100.0

The great majority of participants (82.4 %) were either very satisfied or satisfied with FreD goes net. Only few users were explicitly dissatisfied. The high degree of satisfaction can be taken as another indication that the intervention is well accepted by the users (see also the number of regular completions) and suitable for the target group.

Further information is provided by the question of whether participants would recommend FreD goes net to others (Tab. 27).

Tab. 27: *Would you recommend FreD goes net to your friends or anyone else?*

	female		male		total	
	no.	%	no.	%	no.	%
yes	208	88.1	548	83.3	756	84.6
no	28	11.9	110	16.7	138	15.4
total	236	100.0	658	100.0	894	100.0

As many as 84.6% stated they would recommend FreD goes net to others. This further confirms that the intervention enjoys a high degree of acceptance.

## 2.4 Survey of project managers

After workshop III project managers were surveyed with respect to their experiences in the FreD goes net project. Questions referred to selected elements of the overall project, to the implementation of the project and the results of FreD goes net in the respective countries.

### *Rating of the overall project*

Tab. 28 shows the project managers' satisfaction with organisation and management of the European project.

Tab. 28: *Satisfaction with the overall organisation and management of the European project*

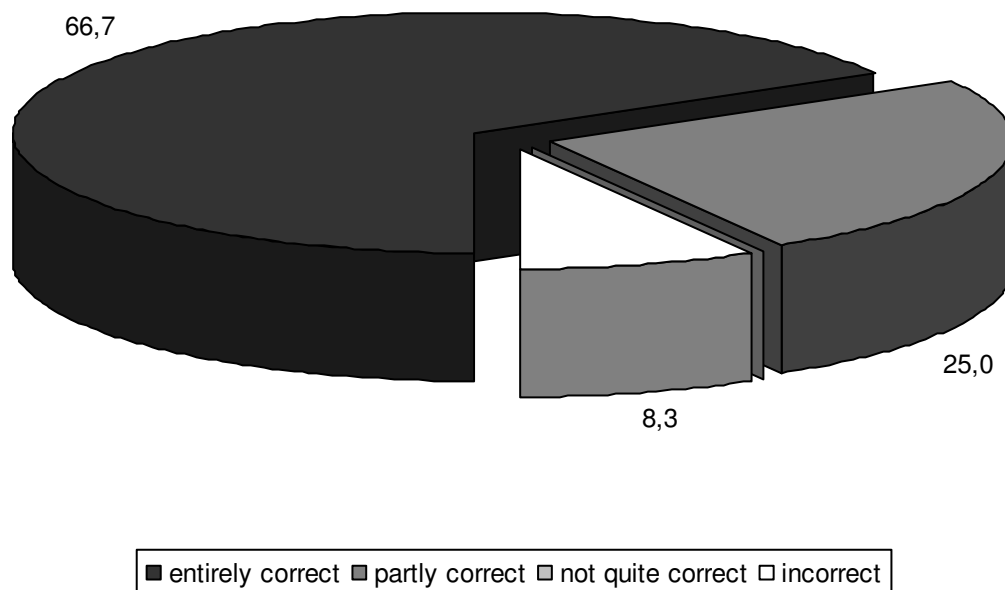
	highly satisfied		rather satisfied		rather dissatisfied		very dissatisfied	
	no.	%	no.	%	no.	%	no.	%
When it comes to the overall organisation and management of the European project FreD goes net (including workshops, conferences, project coordination), I am:	9	81.8	2	18.2	0	0.0	0	0.0

Project managers also made clear that FreD goes net had made an important contribution to the technical exchange between the participating countries, to improving mutual understanding and to increasing their level of information (see Tables 26 and 27 in the Appendix).

### *Implementation and results of FreD goes net*

After completing the pilot phase project managers were asked to rate the implementation of FreD goes net and the project's outcomes in their country. This first focused on selected aspects of implementation (whether achieved as planned, the number of drug users reached, whether the project met needs). Fig. 9 shows the overall rating of the project by the project managers (3 items, see Tab. 28 in the Appendix).

Fig. 9: Rating of selected aspects of implementation (agreement with a range of statements, figures in %)



As shown in Fig. 9 all pilot regions – with the exception of one country – were able to implement the intervention as planned. The number of drug users reached was close to expectations, and the pilot regions were mostly able to meet the demand for FreD goes net courses.

Project managers pointed out that implementing FreD goes net required much effort with respect to cooperation. Successful implementation of the project is therefore dependent on regular exchange between cooperation partners and their constructive cooperation (see Tab. 29 in the Appendix).

Apart from aspects relating to cooperation, project implementation was also influenced by the respective framework conditions in the pilot countries. Most project managers rated the legal prerequisites for implementing FreD goes net as predominantly favourable (eight pilot countries). In four pilot countries, however, sometimes considerable obstacles existed with respect to implementing FreD goes net. Project managers also reported that the responsible administration had given sufficient support to implementing the project (see Tab. 30 in the Appendix).

The overall positive experiences of project managers in implementing FreD goes net were also reflected in their overall satisfaction rating.



Tab. 29: Satisfaction with the implementation of FreD goes net.

	highly satisfied		rather satisfied		rather dissatisfied		very dissatisfied	
	no.	%	no.	%	no.	%	no.	%
When it comes to the overall implementation of FreD goes net in my country, I am	8	66.7	3	25.0	1	8.3	0	0.0

With one exception all project managers are rather satisfied or highly satisfied with the implementation of FreD goes net in their country. Out of the twelve pilot countries, eleven state that they will continue FreD goes net even after the European project is completed.

Lastly, project managers were asked to rate the technical content of the intervention (intake interview and course) Tab. 30 shows the results.

Tab. 30: Rating of the FreD goes net intervention

	very good		quite good		not very good		not at all good	
	no.	%	no.	%	no.	%	no.	%
the intervention "FreD goes net" is:	5	41.7	7	58.3	0	0.0	0	0.0

All project managers rate the intervention as very good or quite good. The choice of "quite good" by the majority (58.3%) indicates potential for further improvement.

All project managers also state that they would recommend the intervention (intake interview, course).

### 3 Summary and conclusions

Evaluation of the European project focused on two main aspects:

1. Evaluation of the overall implementation of "FreD goes net" at a European level: This included the communication of the basic concept, the stocktake of existing provisions in the participating countries, the development and use of a European manual, and the implementation of the intervention in the participating pilot countries.
2. Implementation of the intervention "FreD goes net" in the participating pilot countries: This included reaching of the target group, compliance, and the effects of the intervention.

The following is a summary of key results.

### 3.1 Implementation of the overall project

#### *Implementation at the European level*

At the European level the overall project was implemented as planned. Implementation of the European project included a kick-off event, two workshops with the project managers from the participating countries, and continuous management by the central coordination team based at the Landschaftsverband Westfalen-Lippe. Ratings given by the project managers show that for the most part, the project coordination team ensured that the workshops delivered the necessary content, which means that all steps involved in the overall project could be successfully completed. The same applies to implementation of the evaluation. Achieving the objectives of the workshops, however, not only depended on providing the right content, but also on the organisational framework and overall course of the events. From the perspective of most project managers, the workshops mostly had a good overall atmosphere and suitable timeframe and provided sufficient opportunity to ask questions and make suggestions. Taken together, compliance ratings for the events and their overall positive ratings yield an overall satisfaction rate of 97.7% (project managers are either very or rather satisfied).

#### *Implementation in the pilot countries*

As this was a cooperation project involving various participating institutions (e.g. counselling and support, police, schools) difficulties with implementing the project were to be expected. Accordingly, at the beginning of the project, about one fifth of project managers expected difficulties in achieving the project's set objectives, although this was countered by another one fifth who did not. Roughly two thirds of project managers expected some problems. Difficulties were mostly expected with respect to building structured cooperation between addiction prevention and treatment institutions and public institutions (e.g. police, judicial system), and improving high-risk young drug users' access to addiction prevention institutions. There was also some scepticism of whether it would be possible to motivate young drug users to reflect on their use of psychoactive substances and to change their attitudes or behaviour, which was a central aim of the early intervention.

During the last preparatory workshop II most project managers fully agreed with positive statements describing the implementation status of the project in their country (64.5%). Some partly agreed (28.9%). At that point, one country had not yet chosen a site and two countries had not instigated a local steering group. Overall – in the view of the project managers - survey results show that the necessary steps for implementation in the pilot countries were mostly taken as planned.

The survey of project managers after completing the pilot phase shows that the pilot countries mostly implemented the intervention as planned. This had required considerable effort in cooperation. Most problems could be solved by regular exchange of information between the cooperation partners and a constructive working mode. In the view of the project managers the legal prerequisites for implementing FreD goes net were favourable in most pilot countries (eight countries). In four countries considerable obstacles existed to the successful implementation of FreD goes net. Project managers also report that the responsible administration had given sufficient support to the project's implementation. These mostly positive experiences of the project managers are reflected in the overall satisfaction rates of 91.7% (very satisfied and rather satisfied). Project managers also made clear that the project FreD goes net had made an important contribution to the technical exchange between the participating countries, to improving mutual understanding, and to deepening the available level of information.

### *Training the use of the European manual*

Prevention experts from the pilot countries were trained in using the European manual FreD goes net and prepared to carry out the intervention during the pilot phase. The evaluation of the train the trainers seminar shows mostly positive feedback (complete or partial agreement with positive statements) with respect to teaching the technical basis (82%) and the conditions for implementation (97.4%) of the intervention. Most prevention experts (84%) were therefore either very satisfied or rather satisfied with the seminar.

## **3.2 Evaluation of the intervention**

### *Reaching the target group*

In the twelve pilot countries 1,284 FreD goes net users were reached in the period considered, although the proportional share of countries varied between 3.7% and 18.2% (figures refer to the intake interviews). Course participation was documented for 939 users, with the relative share per country between 5% and 14%.

The average age of FreD goes net users was 16.9 years. With respect to age the European project therefore reached exactly the target group the intervention set out to reach. It can thus be assumed that the intervention did indeed take place as a form of early intervention.

Those that were reached had mostly consumed alcohol (97.9%) and cannabis (79.1%) up to this point. At the same time, some users also had experience with other psychoactive substances (e.g. amphetamines/other stimulants 30.2%, cocaine/crack 14.1%).

In a 30-day period most active consumers had used psychoactive substances on one to seven days, which can be taken as evidence of sporadic and/or weekend use. As expected alcohol is an exception, which the majority consumed regularly. 20.8% of active consumers used cannabis daily and 28.6% on eight to 25 days out of a 30-day period. Taking daily drug use as evidence of habit-forming consumption of a psychoactive substance, it has to be assumed that problematic drug use and possibly addiction to cannabis was present in 20.8% of active consumers, to amphetamines/other stimulants in 10.7% of active consumers and to cocaine/crack in 7.9% of active consumers. This however has to take into account that these are no absolute figures with the exception of cannabis.

The European project primarily sought to reach persons that had not previously sought help in connection with their drug use. Documentation results show that the majority (75.1%) had not made use of any support at the point of first coming to notice.

### *Course compliance*

Even though most FreD goes net users took part in the intervention as a result of pressure (e.g. an instruction issued by a court, school), the 90.6% of regular completions indicates high acceptance of the intervention amongst the young alcohol and drug users. The high level of compliance with the course is also expressed in an overall satisfaction rate of 82.4% (very and rather satisfied), and a quota of 84.6% recommending the intervention to others.

The share of regular completions and the positive feedback given by the users can also be seen as an indication that the intervention is well accepted by the users and meets the needs of the target group.

*Effects of the intervention*

Lastly, course participants were asked to rate eight effects of their participation in FreD goes net. Results show that the majority found the course (quite) important to them personally and that they were able to increase their level of information and knowledge on alcohol and drug use.

Results also show that a majority of FreD goes net users want to change their attitude to alcohol and drugs and cut back on their use of psychoactive substances in future. The majority are also considering quitting using illegal drugs altogether, although only one in four had this intention when it came to alcohol.

The majority of users also feel better equipped to cope with problems and have better knowledge of the professional support system. A majority of users also state that they would like to make (some) changes in their personal situation up and beyond the use of drugs.

Effects in connection with drugs tend to be a little stronger than those in connection with alcohol. The answers provided by the users directly after completing the course show that the intervention has complex effects in a majority of FreD goes net users.

*Evaluation of the intervention by the project managers*

After completing the pilot phase project managers were asked to give an overall rating of the intervention (intake interview and course) based on their experience and from their perspective as a prevention expert. 41.7% rated it as very good and 58.3% as quite good. All prevention experts recommend FreD goes net.