



## Strategies towards responsible alcohol consumption for adolescents in Europe

### TAKE CARE Newsletter 3

April 2011

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## Strategies towards responsible alcohol consumption for adolescents in Europe

### Reports from the project coordination

#### Workshop II in South Tyrol / Italy

#### 20 prevention experts received training of the multi level approach

#### TAKE CARE

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#### „We have become a European family“

Project workshop II in Kaltern / Italy ended with a farewell dinner at the Patscheider Hof in Bolzano after seven tough, yet very successful working days. Klaus Nothdurfter, project manager from Bolzano and host of the prevention experts from ten European countries, referred to the European dimension of the work and also pointed out the continuity of the cooperation between the euro net partners. In this context he coined the term of the „European family“.



A comprehensive training of the four approaches which are scheduled in the TAKE CARE project took place at the integration hotel Masatsch in Kaltern. The workshop was



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characterised by high interest, fruitful discussions and extraordinary collegueship. Despite substantial national, cultural, economic and professional diversity there was an enormous interest in the common European work. The will to implement the complex multilevel approach of TAKE CARE was so strong that interim evaluations revealed top values. This was also due to the excellent commitment of the trainers Ludmilla Dickmann from Guetersloh / Germany, Dr. Peter Koler, Wolfgang Hainz, Renato Botte and Josef Hilpold from Bolzano / Italy as well as David Fraters and Jeroen Aerts from Limburg / Belgium. Project coordinator Nadja Wirth and the project management supported the team.

Klaus Nothdurfter has chosen a first-rate conference hotel. The integration hotel has been an excellent place for uncomplicated learning and offers optimum accomodation at the same time.

The project is now entering the decisive practical phase. After a pilot training for adolescents (May till July) the initiatives in the field of retailers, key persons and parents will be implemented.

As project executing body we wish to all of our colleagues great success and the same extent of fun that we had during workshop II in Kaltern.

Wolfgang Rometsch  
Head of project

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### Reports from the European partner countries

#### South Tyrol / Italy: Interview regarding the ro.pe-training<sup>®</sup>

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The ro.pe-training<sup>®</sup> for adolescents is an important component within the project TAKE CARE. In order to teach the contents of risk optimisation and peer education with adventure-based elements to the participating experts from different countries they first received an introduction and consequently had the chance to experience outdoor education personally. Misiel from Cyprus was one of the participants:



#### **Misiel, if you have to describe the ro.pe-training<sup>®</sup> in a few sentences, what is ro.pe<sup>®</sup> about?**

The essential thing of ro.pe<sup>®</sup> is to build up a trust relationship with youngsters. They should be able to handle the positive and negative aspects of their consumption and to make a thoughtful decision. It's also about reaching your own limits and to discuss them. And of course, fun is also very important.

#### **One part in the training has to do with climbing. So, how was the climbing for you?**

It was a lot of fun and I've never done anything similar to this. Personally it was very challenging and also a strange feeling to know that the one who is holding the rope is responsible for my life. At the beginning it was very hard to "let go", but after the first try it was okay.

#### **So there were instructions before the climbing?**

Yes, and it was a very good and long enough training with information and exercises. The knowledge about the equipment gave me an important sense of safety.

#### **What about risk fall and risk run?**

I already knew the risk fall, but not at that height. Therefore I picked very carefully the people to hold me. On the other hand, the risk run was not very risky and not really challenging. In our case I felt very safe because we were a big group.

#### **You plan to do this project in Cyprus too. How confident are you to implement the ro.pe-training<sup>®</sup>?**

I was very sceptical about the recruitment of the youngsters, but now with all the information I'm quite confident. Also because of the fact that in Cyprus the youngsters probably wouldn't have done it before.



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### **In general, what are your personal impressions concerning ro.pe<sup>®</sup>?**

I think it will appeal the youngsters. The information is good and not too long or too much. The training was build up in a logical order with a good mixture of practical and theoretical inputs and a lot of interesting exercises. I'm sure that the youngsters will enjoy the ro.pe-training<sup>®</sup> like I did. This unit was my favourite part in the whole workshop.

**Thank you, Misiel for your time.**

You're welcome.

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Florian Reiner, South Tyrol and Misiel Kkeli, Cyprus

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## **Denmark:**

### **Homeparty – The intervention module for parents**

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The subject of the home party is to reduce the risk of alcohol consumption among youngsters. The primary aim is to teach young people about healthy consumption patterns, to increase their knowledge and to teach them skills how to deal with alcohol.

The secondary aim is to increase knowledge about alcohol among the parents. And to teach them where to seek further information and help if needed. It is also an aim to increase their knowledge about the system and the offers when it comes to addiction problems.

The prevention experts must find 5 to 12 parents per home party who have kids aged between 12 and 18 years. The host of the home party must be enthusiastic, have children of the right age, be able to win other parents, have no addictions, not belong to a religion that is against the use of alcohol and we need to check out their homes prior to the home party.

The contents of the home parties are as follows: Education of parents. Monitoring activities of the children. Insight in needs and problems of the children. Being a good role model for the children. Information about health aspects for young people when consuming alcohol. Information about alcohol. An important issue to stress is that we don't want the parents to *control* their children, but rather to *know* what they are doing.



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The program should take three hours (preferably two hours). It should be simple (don't overdo it). It is important to be aware of the atmosphere of the home party. The prevention experts must be able to handle unforeseen situations and they need to be flexible.

During the home party the prevention experts can do a "drug/alcohol-quiz" for instance and use the answers to have a discussion about values, education and future of the young people and how to talk about consumption patterns with their children (they shouldn't expect their kids to stay away from alcohol if they don't do themselves for instance).

We are sure this approach of the target group will work fine in Denmark, as we are already used to have people in our homes all the time. Also we have a culture of trust that people are here to help us, not to judge us, so we are pretty sure that the parents won't run away in fear of being judged, but rather be more than eager to cooperate with us in order to reduce the alcohol consumption of their kids.

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### Cyprus: Key Training for key persons

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One of the four target groups of the program TAKE CARE is made up of persons who work with or influence youngsters. Part of TAKE CARE is to provide a short training for these persons, which will facilitate their communication with the youth regarding their alcohol consumption habits.

During the one week workshop which took place in Bolzano, Italy, prevention experts got familiar with Motivational Interviewing techniques. This module was presented by Dr. Peter Koler and Mr. Wolfgang Hainz, two Italian psychologists specialized in MI. Basic techniques such as open questions, reflections and affirmations, were introduced and practical exercises were performed in couples and in small groups.

By the end of the module the participants were able to understand the spirit of MI.



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We, as prevention experts, highly appreciate MI- techniques. MI was developed as a therapeutic technique and has received great empirical support as such. TAKE CARE aspires to use MI-based techniques in prevention. We thought that the module was well-presented in the workshop and covered well the MI-theory.

During the practical exercises we experienced both being a counselor providing MI and being a client receiving MI. Overall we believe that it was an interesting and useful presentation, well-balanced between theory and practice.

Returning to Cyprus we feel confident that we will be able to convey such communication skills to key persons that will assist them in their daily contact with the youth. By this training we feel that key persons will be better prepared to address alcohol issues with adolescents and young adults.

In conclusion we highly value our experience with this module and we feel confident and optimistic that the implementation in Cyprus will be successful.

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### Slovenia: First-rate retailer tools

Our Belgian colleagues, who have experience in this field, presented a training for retailers of alcoholic drinks on the 5th day of the TAKE CARE workshop in Bozen, Italy. The aim of the training was to present a training for retailers which can be used in other countries.

The contents of the presentation were very interesting because they included many practical exercises of working with retailers. The presented exercises help retailers to gain more knowledge about alcohol:



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- Legislation about alcohol
- Effects and consequences of using alcohol
- Methods and handling of situations when adolescents want to buy alcohol but are not allowed to do so by law.

The training for retailers also includes the material (folders and flyers, posters, stickers, wobblers) which help retailers of alcoholic beverages to observe the law and warn youngsters about the harmful consequences of using alcohol.

We liked the training for retailers very much, because we got useful information for working with retailers in Slovenia. Before the training we had a lot of doubts how to deal with retailers because we think that this target group is the least motivated group for the changes we wish to achieve with the project TAKE CARE. We feel very satisfied, relieved and optimistic after this training that we will be able to motivate retailers to cooperate in this project.

Besides optimism and motivation we received ideas for getting into touch with retailers, how to gain their cooperation and methods of working with them that will be interesting for them.

We will use the presented techniques of work, methods and proposals for the material in our work with retailers in Slovenia.

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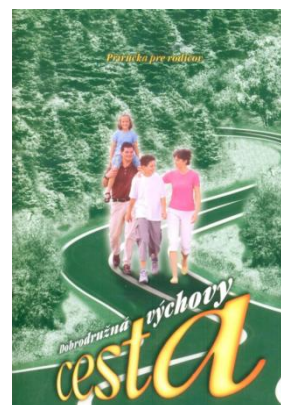
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### TAKE CARE partners present their organisations

#### Prevenca Educational & Psychological – Prevenca V&P (Slovakia)

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“Prevention Educational & Psychological” (Prevenca V&P) was established in 1999. Creation of this NGO was initiated by professionals working at the Research Institute of Child Psychology and Pathopsychology who were working in area of prevention of social pathology. The Research Institute operates on a national level in Slovakia and deals with complex research of psychological aspects of child and youth development, conditions that determine its development and means for positive influencing of a child. Since 2007 the Research Institute has been ESPAD coordinator in Slovakia. The institute provides methodical services to various educational and psychological institutions and participates in policy making regarding educational and psychological counseling and prevention.



The main activities of the NGO - Prevention Educational & Psychological are:

- Trainings for professionals in the field of universal, selective and indicated prevention; social psychological trainings, supervision, brief intervention
- Development, evaluation and dissemination of preventive programs
- Design and dissemination of psycho diagnostic tools for screening, early detection and assessment
- Research in the area of conduct disorders, drug abuse, social pathology
- Methodological support and all services are provided to professionals working in schools, counseling centers for children and youth, residential correction homes, residential care

The organization has participated in several international projects:

- Joint UNESCO-UNICEF Project: Monitoring Learning Achievement Slovakia, UNESCO, Paris (2000 – 2003)
- ELSA - Enforcement of national Laws and Self-regulation on advertising and marketing of Alcohol, Stichting Alcoholpreventie STAP, Netherlands
- PHEPA - Project on Disseminating brief interventions on alcohol problems Europe wide - Department of Health, Government of Catalonia (2005 – 2006)
- Bridging the Gap - Alcohol Policy Network in the Context of a Larger Europe - Alliance House Foundation, UK
- Building Capacity - Implementing Coordinated Alcohol Policy in Europe Institute of Public Health, Slovenia



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- FreD goes net - Early intervention for young drug users, LWL, Muenster, Germany
- Social Serious Games for the Detection and Treatment of Young People with Alcohol Problems – CITIC, Spain (project submitted)

Our team consists of professionals well experienced in theoretical and practical work with youth and their families at risk of social pathology. Groups for children with conduct disorders and groups for their parents were led. Nowadays we participate in synergic networking of institutions taking part in the prevention of social pathology in the Bratislava region.



The “TAKE CARE” team is coordinated by Stefan Matula and supported by Alena Kopányiová and Zuzana Vojtová.

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## Strategies towards responsible alcohol consumption for adolescents in Europe

### Scientific support in TAKE CARE: Zurich University of Teacher Education (PHZ), Switzerland

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The Zurich University of Teacher Education has almost 700 employees and is the country's largest university in the field of teacher education. The PH Zurich prepares students to become teachers in kindergartens, primary and secondary schools. Education for secondary school teachers and vocational teachers is provided in cooperation with the University of Zurich and the Federal Institute of Technology (ETH Zurich) at the Zurich University for Teacher Education (ZHSF).

Further to the field of education and advanced training the university provides of a research and development department consisting of seven research groups which focus on different topics and an evaluation department.

Having established a department and research team in the field of health promotion and prevention the PHZH has become one of the most important actors in practice and research in Switzerland. Specialist departments deal with the prevention of addiction and violence and focus on topics such as environment and health, peer education, resilience promotion and burnout prevention. The research group "Health and special educational needs" deals with questions of juvenile health and functioning in their living and relational context at school, at home and in peer groups. Our work is based on the principles as created by the World Health Organisation, such as the Ottawa Charta for Health Promotion and Prevention and the International Classification of Functioning, Disability and Health (ICF-CY, version for children and youth<sup>1</sup>). Starting from a bio-psycho-social and salutogenetic approach research is done regarding the factors from their physical and mental environment which influence health and functioning of children and youth in a positive or negative way. Further it is investigated how health-promoting behavior, participation and resilience can be supported and established in the educational system.

Work of the research team is based on the disciplines of health science and (special) education. It follows their theories and paradigms for the development of questions, methodical implementation and use of results.

Topical focuses are:

- Importance of participation as being involved in a life situation in the context of health, prevention and disability
- Effectiveness of programs and measures in the field of health promotion and prevention
- Implementation of the ICF-CY in educational systems
- Prevention and interventions at home, in a peer group and at school

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<sup>1</sup> ICF-CY

International Classification of Functioning, Disability and Health for Children and Youth, editor: WHO World Health Organisation, 2010 issued by Hollenweger, Judith



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The research teams are assisted by the evaluation department ESOB (Evaluations in School, Organisation and Education). This department offers support to schools, non-school educational establishments and other organisations (such as offices or child protection and prevention) in the implementation of evaluations. The research teams cooperate with the evaluation department, e. g. in larger projects<sup>2</sup>. The work for projects that have been supported by the evaluation department ESOB ranges from evaluation services (data acquisition and evaluation) up to scientific evaluations. A high degree of flexibility and practical relevance is a prerequisite in order to meet the challenges of the rather pragmatic and predominantly scientific evaluations. Evaluation of the project TAKE CARE is effected by the specialist department and the research team „Public Health and Special Educational Needs“. This will ensure that the required scientific and methodical level as well as the demands from the practical field are met.

### Further information:

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Project manager evaluation TAKE CARE  
Head of the research team “Public Health and Special Educational Needs”

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<sup>2</sup> A list of all projects can be seen at the button research on our website [www.phzh.ch](http://www.phzh.ch).



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### News

#### Staff

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Gerhild Meendermann, project assistant TAKE CARE, left the LWL-Coordination Office for Drug-Related Issues by the end of March 2011. We combine our thanks for a good cooperation with the best wishes for her future.

Kathrin Horre has taken over the function of project assistant. Please feel free to contact her, Nadja Wirth (project coordinator) and Wolfgang Rometsch (head of project) for any information or question around the project TAKE CARE.

**Kathrin Horre**

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