



Drug use among children in Poland and response to this problem

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NATIONAL BUREAU for DRUG PREVENTION

Drug situation and epidemiology

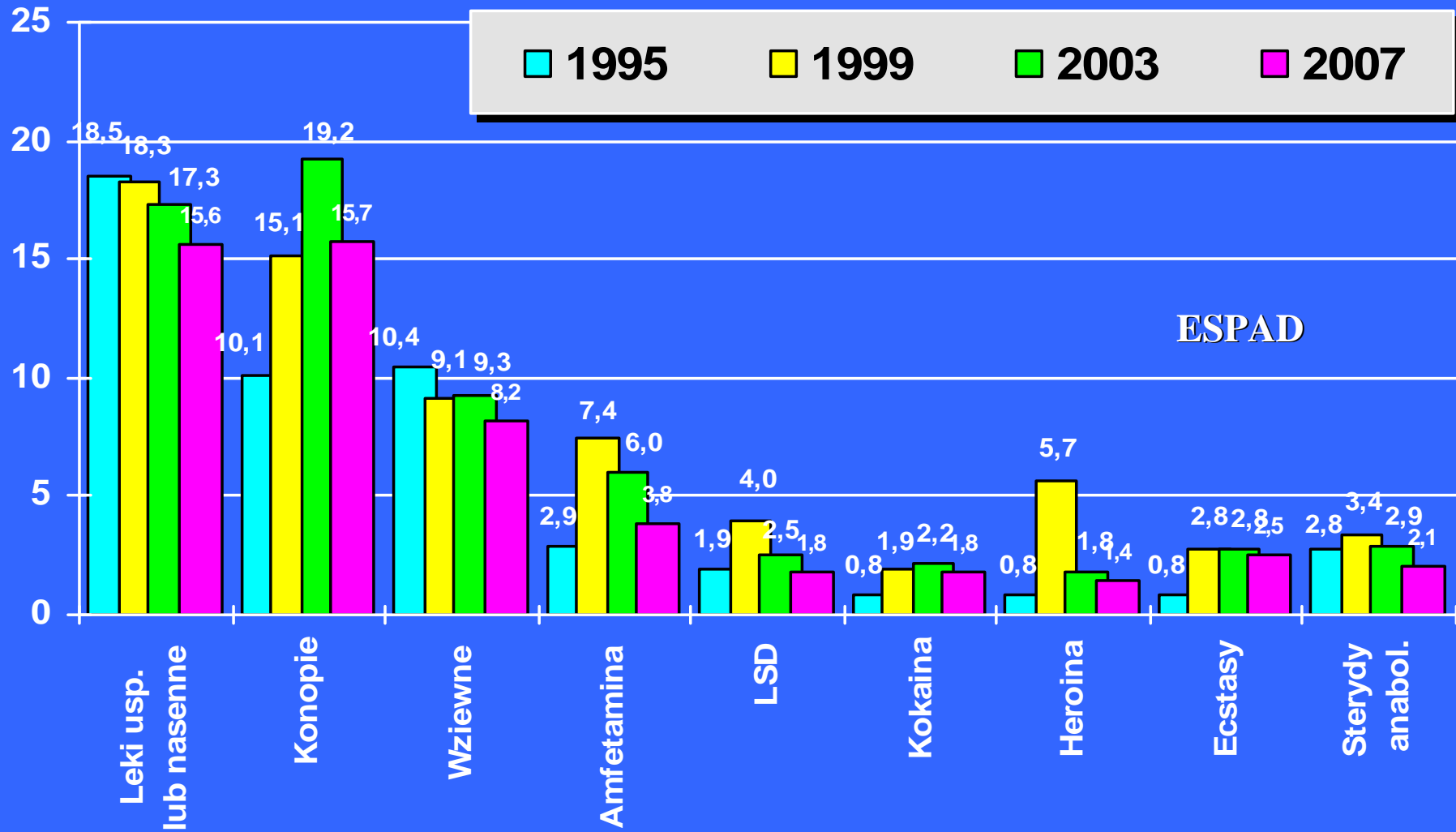
European School Survey Project on Alcohol and Other Drugs (ESPAD)

- Work on the research study ESPAD had been initiated in 1993 year by the team of experts from the Pompidou Groupe (European Council)
- National school surveys (ESPAD) in 1995, 1999, 2003, 2005 and 2007 covering students aged: 15 – 16 and 17 – 18
- 8959 pupils were covered by the last ESPAD
- Last project was conducted by the Institute of Psychiatry and Neurology and was financed by the National Bureau for Drug Prevention and the State Agency for Prevention of Alcohol Related Problems

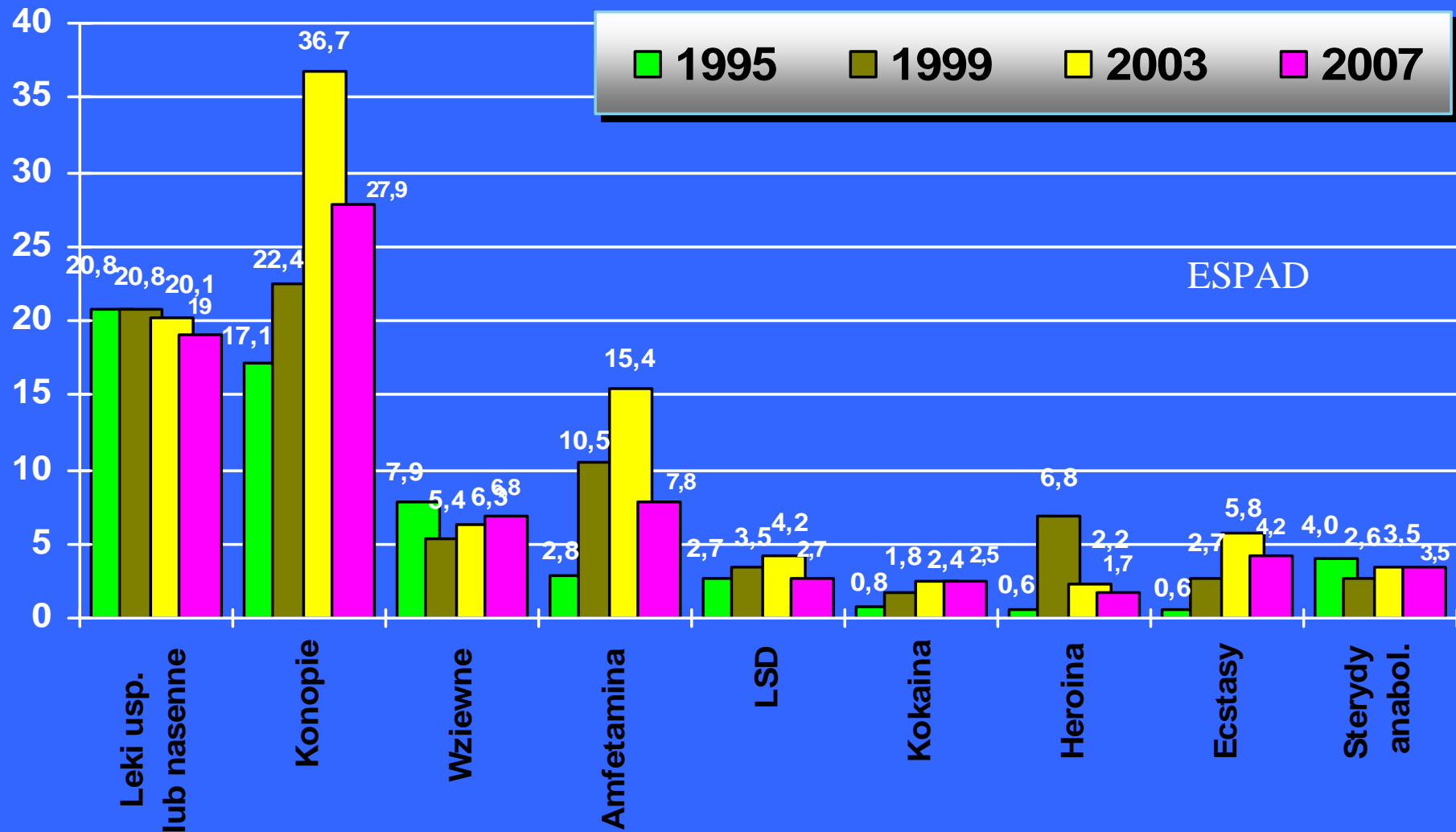
European School Survey Project on Alcohol and Other Drugs

- School surveys provide information about prevalence of experimental and occasional use of psychoactive substances
- There is no possibility to estimate the extent of addiction by means of school surveys
- Observing the changes in prevalence of the use of psychoactive substance facilitates to make the assessment of the effectiveness of prevention actions
- There are also benefits of comparing the results with other countries

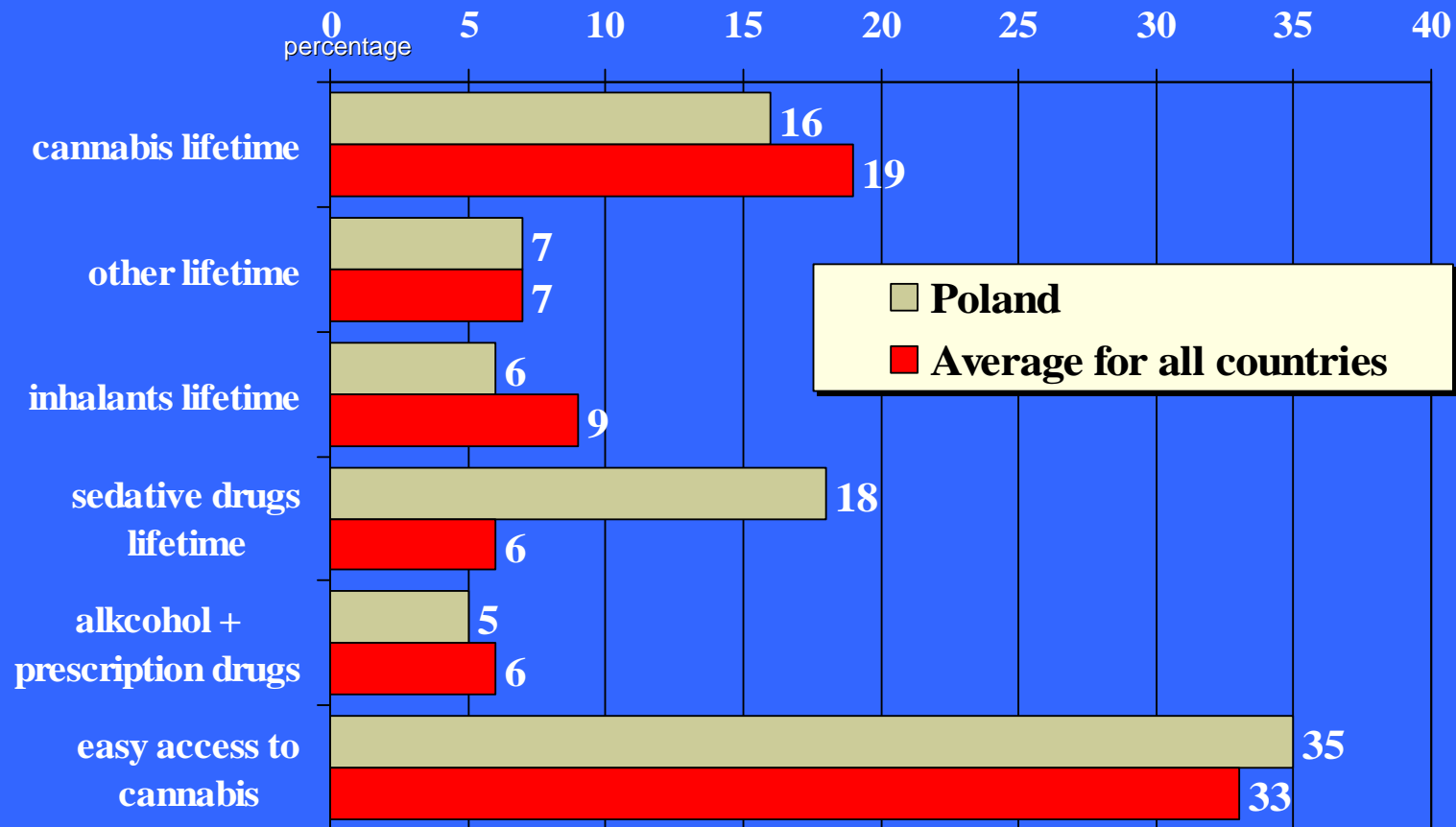
Lifetime drug prevalence in pupils aged 15-16 (percentages)



Lifetime drug prevalence in pupils aged 17-18 (percentages)



Poland comparing to the average for all European countries - drugs 2007



Reasons for the initiation

age	Reasons to try a psychoactive substance (for the first time in life)	1999	2003	2007
15-16 years old	I wanted to be on „high”	4,1	4,0	3,2
	I did not to be outside of the group	2,2	1,8	1,1
	I did not have nothing else to do	1,8	1,9	1,4
	I was curious	15,0	15,0	11,7
	I wonted to forget about me problems	4,1	3,4	2,8
	Other reason	6,1	6,8	6,3
	I do not remember the reason	3,5	3,1	3,2
17-18 years old	I wanted to be on „high”	4,6	4,9	4,1
	I did not to be outside of the group	1,7	2,6	1,6
	I did not have nothing else to do	2,3	3,3	2,3
	I was curious	22,1	30,5	22,9
	I wonted to forget about me problems	4,1	4,1	3,4
	Other reason	7,5	7,2	7,0
	I do not remember the reason	2,7	3,0	2,9

YOUTH 2008

Study on the consumption of psychoactive substances by youth

Executor:

Public Opinion Research Center (task commissioned by NBDP)

Time period: 8-24 October 2008.

Sample = 1 400

Last classes of secondary school

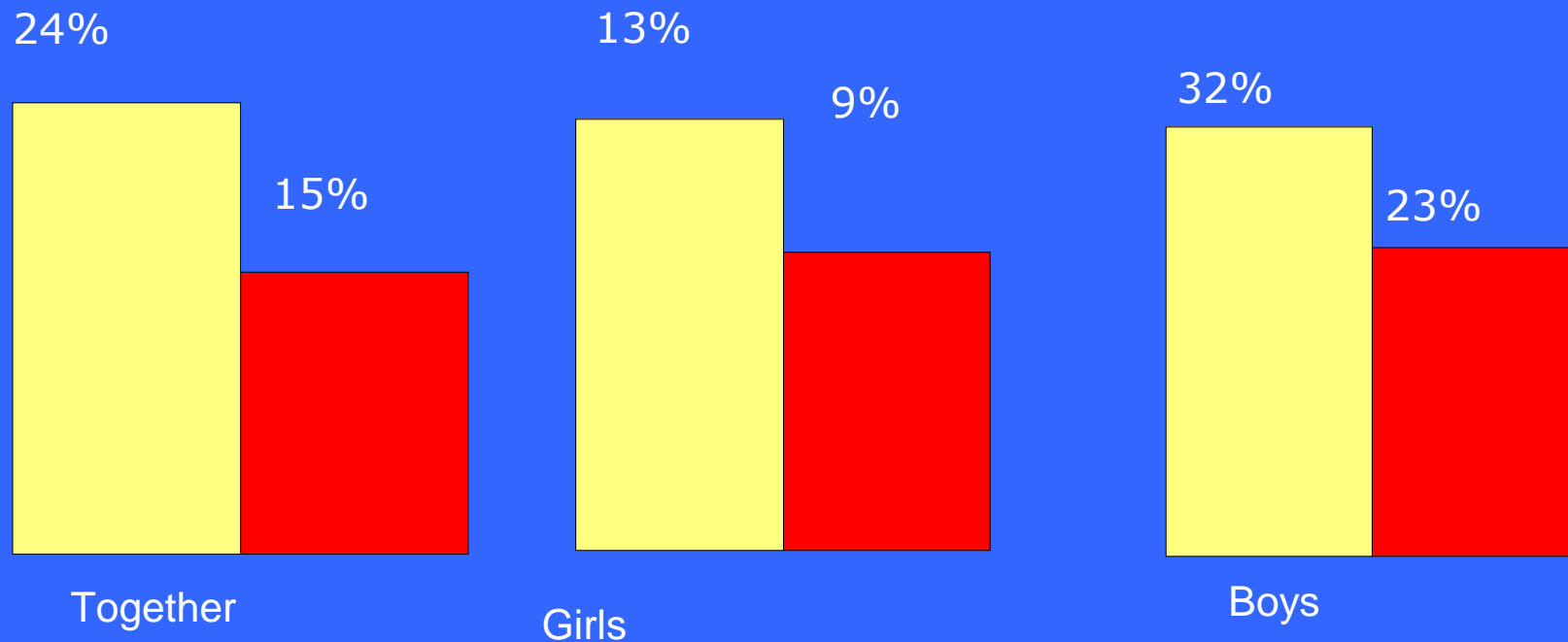
Mainly youth aged 18-19

Use of psychoactive drugs ever in life – percentage

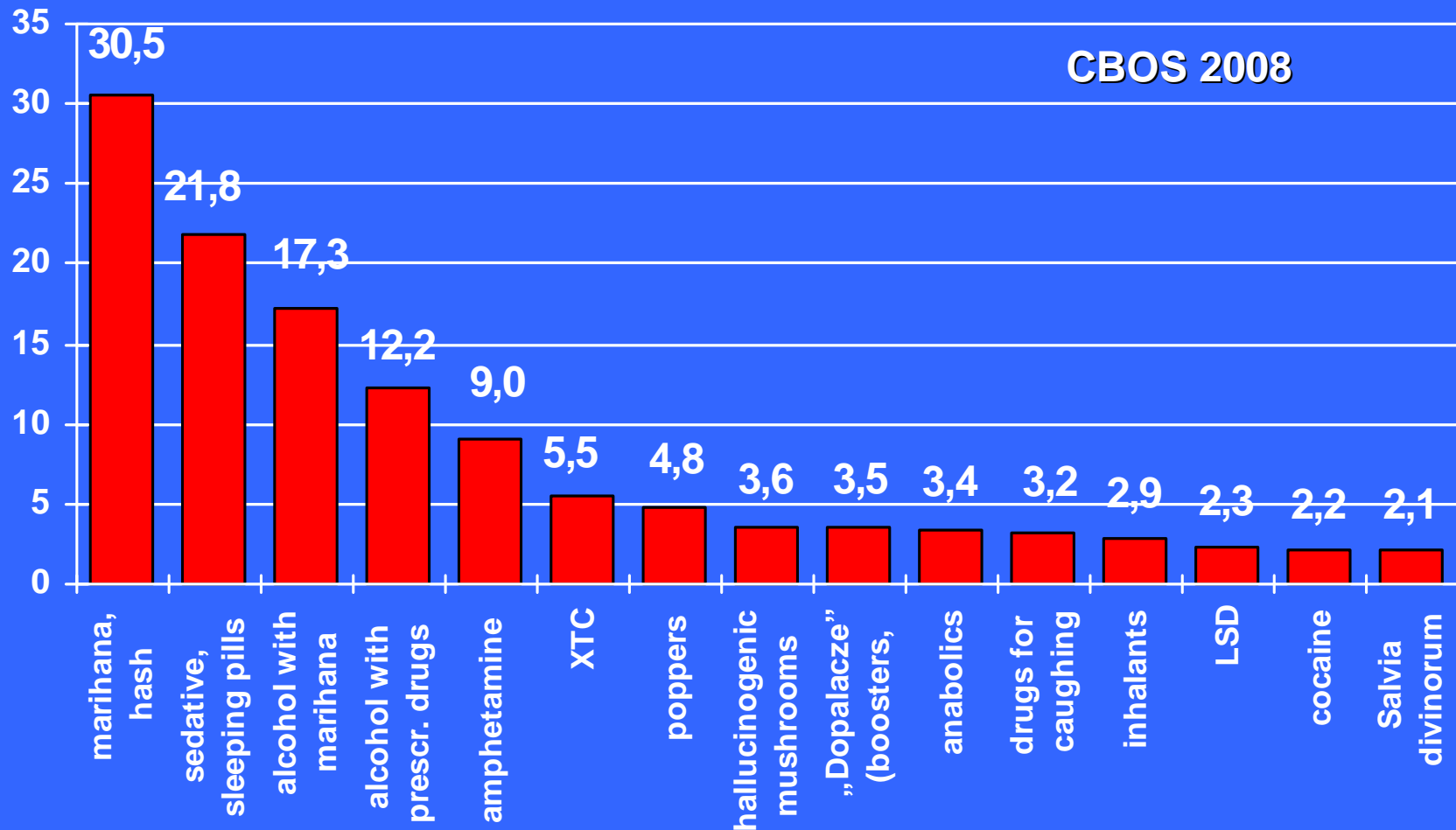
Answer: YES

CBOS 2003, 2008

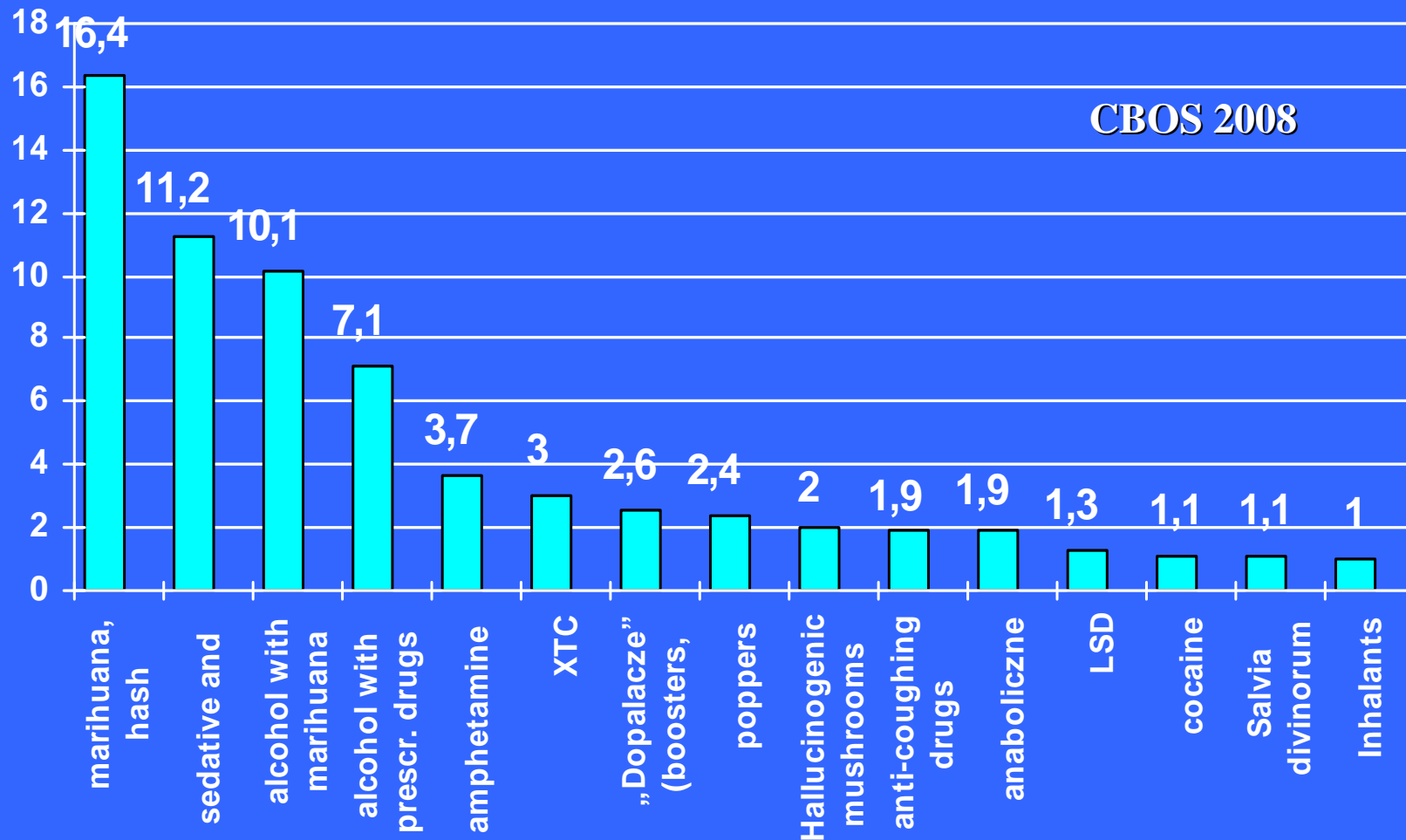
2003 2008



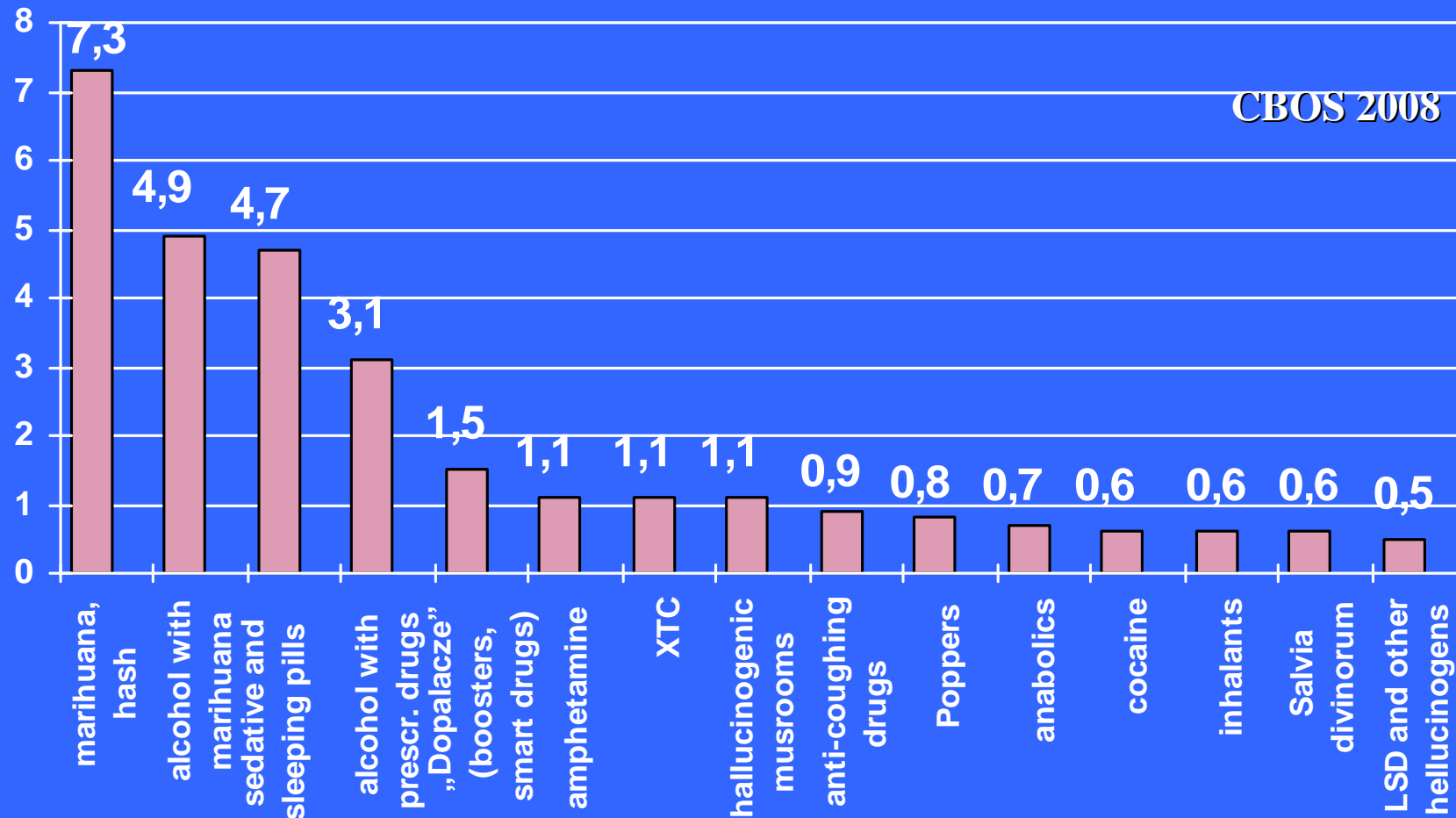
Percentage of pupils who used psychoactive substances at least once during life time



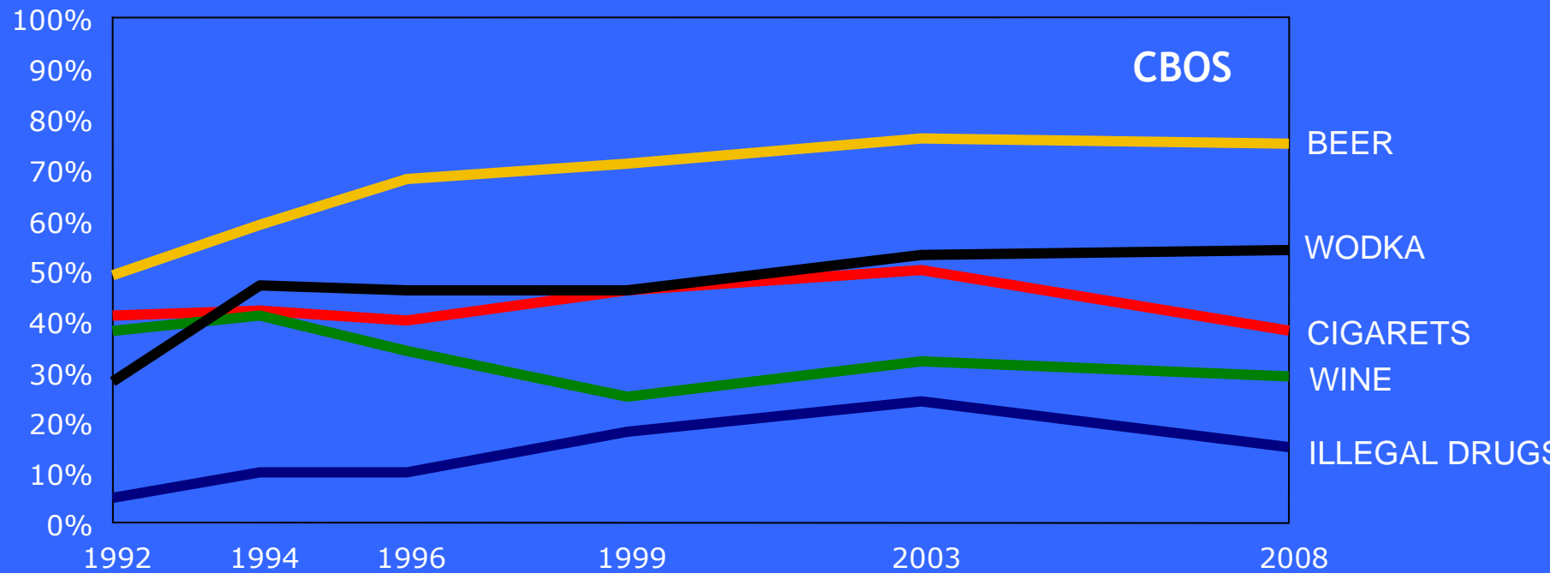
Percentage of pupils who used psychoactive substances at least once in last 12 months



Percentage of pupils who used psychoactive substances at least once in last 30 days



Prevalence of psychoactive substance use among school youth - trend dynamics



Cigaretts – regulary and in special occasions

Alcohol – during last 12 mounths

Illegal drugs – life prevelance

Conclusions regarding drug situation

- obserwujemy niższy, niż w państwach Zachodniej Europy poziom rozpowszechnienia zjawiska narkomanii wśród młodzieży szkolnej
- alkohol jest wśród polskiej młodzieży (podobnie jak i wśród osób starszych) nieporównywalnie bardziej rozpowszechnioną substancją psychoaktywną niż wszystkie substancje nielegalne razem wzięte
- pod względem rozpowszechnienia używania leków uspokajających i nasennych bez przepisu lekarza polskie piętnasto-szesnastolatki plasują się na pierwszym miejscu w Europie.
- generalnie rozpowszechnienie nielegalnych substancji jest wyższe w wielkich miastach, niż w małych miejscowościach.
- najbardziej rozpowszechnione jest wśród polskich nastolatków palenie papierosów, następnie alkohol, następnie konopie, następnie leki

Conclusions regarding drug situation (continuation)

- zacierają się różnice między chłopcami a dziewczętami jeśli chodzi o używanie substancji psychoaktywnych
- na przestrzeni lat obserwuje się coraz mniejszy wpływ grupy rówieśniczej na inicjację narkotykową. Zdecydowanie najczęstszym powodem sięgnięcia po narkotyki jest ciekawość.
- od 2003 roku obserwujemy wśród młodzieży szkolnej spadek lub stabilizację używania poszczególnych substancji psychoaktywnych
- ... a także spadek dostępności narkotyków w ocenie badanych
- nowe tendencje i zagrożenia:
 - 1) używanie łącznie substancji psychoaktywnych tzw. politoksykomania
 - 2) sięganie po nowe (legalne) substancje tzw. dopalacze (smart drugs). Dopalacze pojawiły się w sprzedaży stacjonarnej na początku 2008 roku. W ciągu niecałych 2 lat powstało w Polsce co najmniej 80 sklepów stacjonarnych i wciąż powstają nowe.

Respos to drug problem

Responses

To reduce the problem of use of psychoactive substances by children and young people - several approaches are used;

- School prevention
- Selective prevention and early intervention
- Risk reduction and outreach
- Treatment

Responses

- In Poland the majority of activities addressed to children and young people endangered with drug addiction and drug dependend are carried out by non governmental organizations (NGO's).
- The responsible entity for the school (universal) prevention is Ministry of Education which obliges primary schools and econdary schools to conduct it. Schools can cooperate with NGO's and „hire” them to provide information classes.
- Selective prevention, early intervention, risk reduction and outreach work with „street children” is mainly financed from the sources of local authorities. Here also the NBDP supports this kind of programs if they are conducted by non public institutions/organizations
- Treatment (impatient and outpatient) is financed by the National Health Fund and can be conducted only by (public and non public) health centers. But, those (public) health centers can be run be NGO's

Selective prevention

- Target group: children and young people at risk, endangered of addiction, very often after first attempts with psychoactive substances, using them occasionally or in a harmful way.
- The main kinds of activities are: information and education, counselling, trainings of personal skills, groups of support, motivation to change the behaviour, critical interventions, providing interesting and alternative (to psychoactive substance use) ways of spending free time, through e.g.: sport, dance and music, art, social engagement etc.
- Selective prevention is conducted in counselling centers, youth clubs, socio-therapeutic centers, community common room.
- In 2008 NBDP commissioned and co-financed 102 prevention programs conducted in 118 facilities within the whole country.

Early intervention

- Target group: children and young people at risk, endangered of addiction, very often after first attempts with psychoactive substances, using them occasionally or in a harmful way.
- The main kinds of activities are: arousing reflection among the participants, motivation to change the behaviour, information and education, trainings of personal skills.
- Since 2007 Poland is implementing early intervention project – „Fred goes net” an international project co-ordinated by LWL (Germany) and financed from the UE sources.
Target group – young people (14-21) noticed for the 1-rst time due to consuming psychoactive substances. Phase of experimenting or occasional use. Not addicted!
Thanks to this project participants may increase their knowledge about effects and risk referring psychoactive substances and legal aspects as well; have reflection about own consumption; have practical advice how to limit or quit their consumption.

Risk reduction and outreach

- Target group: children and young people at risk, endangered of addiction, very often after first attempts with psychoactive substances, using them occasionally or in a harmful way
- „Party working programs” and „street working programs”. Both are conducted by NGO's
- NBDP commissions and finances this kind of programs (within open competition for a contract announced every year for tasks from the field of preventing drug addiction)
In the year 2008 NBDP commissioned 9 programs addressed to not addicted drug users:
Execution by 5 organizations, in 7 cities. Those programs in 2008 reached about 6 000 participants.
- Also local authorities are financing those kind of projects

Risk reduction and outreach: Party working

- Places of actions: places of meeting of children and young people, where is high probability for drug consumption:
 - having fun at discos, clubs, plener events, concerts

Activities:

1. providing education and information (also in the form of flyers, leaflets) about i.e.:
 - danger of overdoses and mixing several drugs (also with alcohol);
 - sexual transmitted diseases;
 - helping instututions;
2. providing support (if necessary);
3. condoms distribution;
4. crisis intervention (i.e. first aid in the case of an overdose);
5. motivation to change the behaviour;
6. convincing the organizers to make the place of event more safe (e.g. easy access to water to „chill out zone”, not to throw out someone who is in a „bad shape” but rather call for help...)

Risk reduction and outreach: street working

- Places of actions: places of meeting of children and young people, where is high probability for drug consumption:
 - streets, shopping malls, city yards, railway stations (street children). These projects are aiming also young commercial sex workers.

Activities:

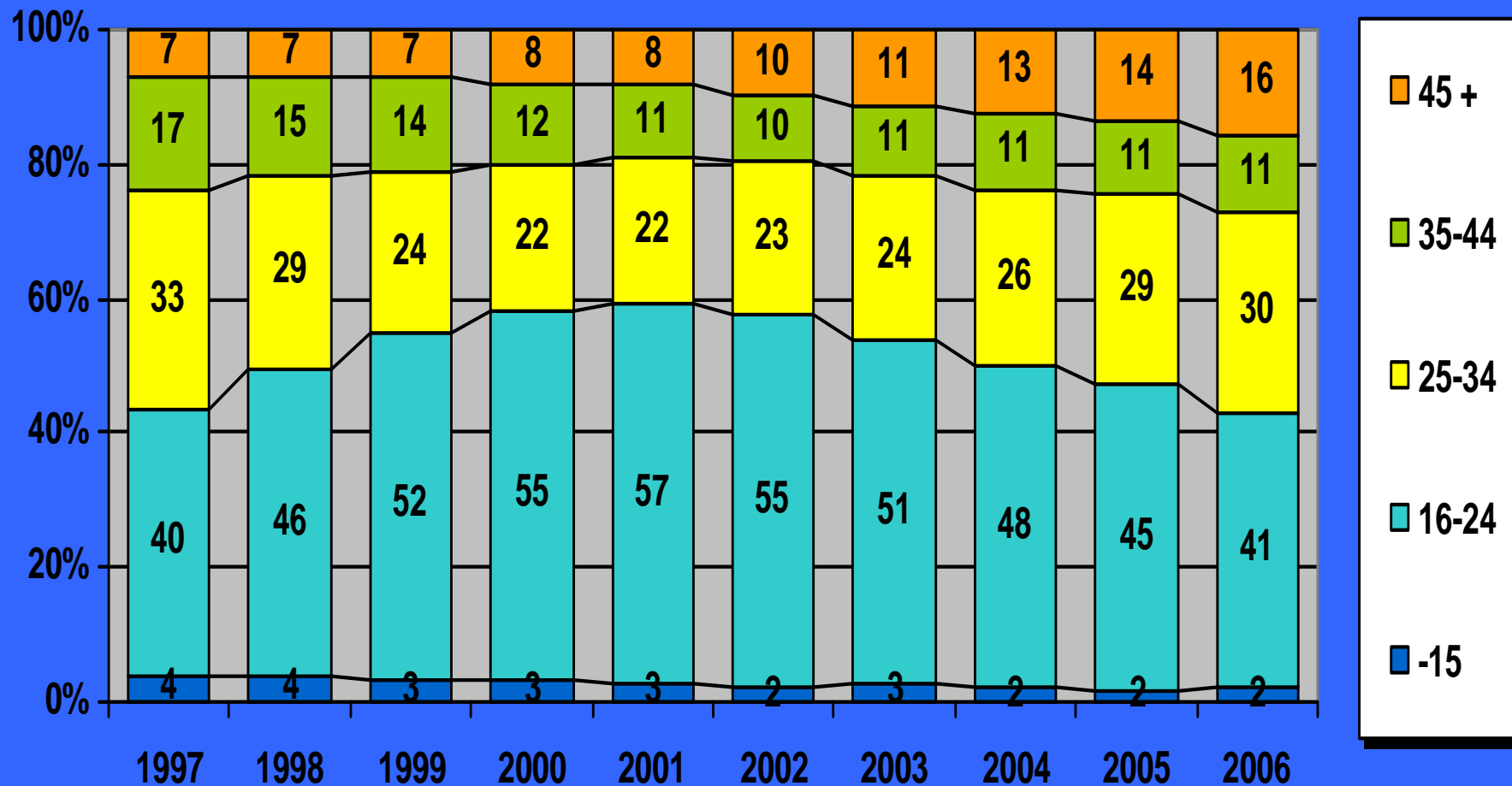
- providing interesting and alternative (to psychoactive substance use) ways of spending free time, through e.g.: sport, dance and music, art, social engagement etc.
- critical interventions
- education about the risk connected with drugs
- giving support (also social, legal, medical...)
- motivation to change the behaviour

Treatment

- For drug dependent young people therapy is provided in outpatient and inpatient centers. In last years in Poland we had 26 inpatient (no private) facilities admitting people under age
- Nation Health Fund is financing therapy in Poland
- People under age can be referred to compulsory treatment
- the main method in Polish treatment system is therapeutic community

Admitted to inpatient treatment in the years 1997 – 2006 due to mental and behavioral disorders caused by using psychoactive substances according to age (percentage of patients)

Source of information: Institute of Psychiatry and Neurology



Udział osób poniżej 18 roku życia w leczeniu ambulatoryjnym

Dane nt. przyjęcia do leczenia ambulatoryjnego zbierane są także przez Instytut Psychiatrii i Neurologii jednak przed rokiem 2005 stosowano inne kategorie (w tym kategorie wiekowe: poniżej 19 roku życia) więc porównywanie aktualnych danych z danymi sprzed roku 2005 obarczone byłoby poważnym błędem.

Poradnie uzależnienia od substancji psychoaktywnych (z wyłączeniem poradni zdrowia psychicznego i poradni odwykowych):

- W 2005 osoby niepełnoletnie stanowili ponad 22 % wszystkich pacjentów.
- W roku 2007 (najnowsze dostępne dane) grupa ta stanowiła już nie całe 16,7 %

Conclusions regarding providing help

- Kompleksowa pomoc (szczególnie z włączaniem rodziny) jest skuteczniejsza niż ukierunkowana na jeden obszar;
- Im wcześniej udzieli się pomocy, na im wcześniejszym etapie używania - tym większe jest prawdopodobieństwo sukcesu, dlatego praca z młodzieżą eksperymentującą rokuje większe nadzieje niż z młodzieżą uzależnioną;
- Niezwykle istotne jest obalanie mitów dot. narkotyków i uzależnień (np. że marihuana nie uzależnia);
- Straszenie i moralizowanie nie przyczynia się do ograniczenia zjawiska używania substancji psychoaktywnych.
- Znacznie skuteczniejsze wydaje się:
 - wpływanie na zmiany postaw, system wartości, motywację
 - organizowanie wolnego czasu młodzieży i pokazywanie alternatywnych do narkotyzowania się form rozrywki a także rozwój umiejętności psychosospołecznych;



Thank you for attention !

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