

Good practice in early intervention for young drug users

-
**Experiences in the European project
Fred goes net**

In: “New trends in the area of drug prevention and control”

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Executive
Agency for
Health and
Consumers

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Für Westfalen-Lippe.

Overview



- From  to 
- Initial situation in Germany
- Course of action and objectives of the intervention
- Evaluation results in Germany (2002)
- Activities in FreD goes net
- FreD quality guidelines
- (Evaluation) Results of FreD goes net (2010)
- Success factors

Initial situation in 2000 for the German early intervention project FreD

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

The guiding idea of FreD

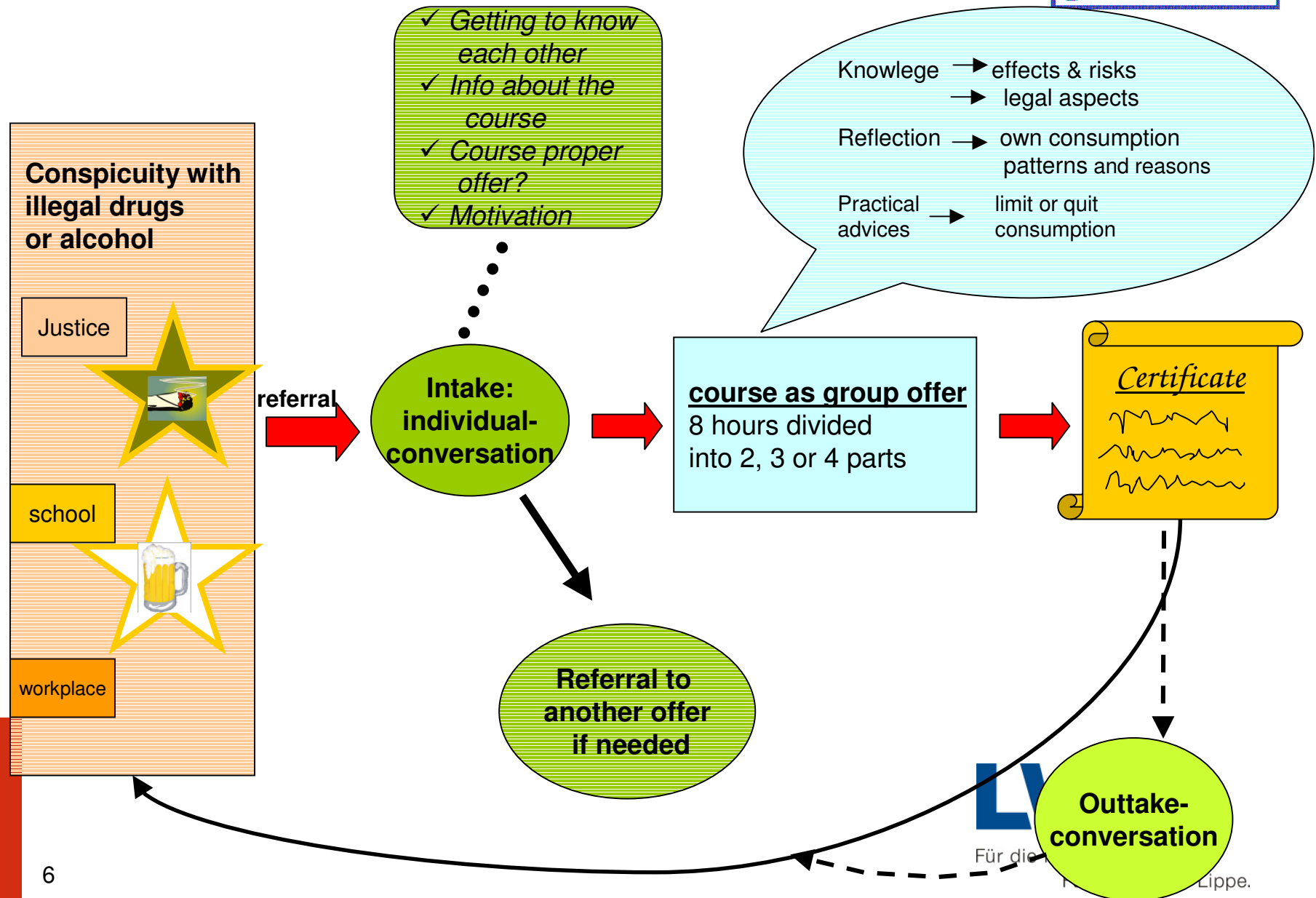
- Submitting a short and specific group offer to young people who have come to the notice of the police or judiciary system for the first time with drug consumption to reflect one's own consumption behaviour.
- The adolescents can take part in the offer / intervention on a voluntary base or via a legal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

FreD Germany ↔ FreD goes net

	FreD Germany	FreD goes net
Duration	10/2000 up to 12/2002, Transfer: 2003 + 2004	11/2007 up to 10/2010
Target group	14 – 21-olds, who are consuming illegal drugs (mainly cannabis)	14 – 21-olds, who are consuming illegal drugs or alcohol
Access path	judiciary / police	judiciary / police, school , workplace (or others)
Intervention	early and short intervention in form of an 8 hours` group offering	

intervention's course of action

goes net





Course objectives and contents



- Introducing and getting to know – building up **confidence**, creating a positive group atmosphere
- Increasing **knowledge**
 - about drugs and legal aspects
- Enhancing **self-perception**
 - concerning consumption patterns and how to cope with emotions
- Setting personal **goals** and knowing (realistic) routes how to reach them
- Knowing about **possibilities of support** (in and outside the support system)



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Evaluation results

Follow-up in the model project 2000 – 2002

The participants ...

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

Evaluation results

Follow-up in the model project 2000 – 2003

- 2/3 of the participants have changed their attitude towards drug consumption.
- Half of them has consumed illegal drugs at least one time after termination of the course ...
 - wherefrom: 73 % less, 6 % more, 21 % unchanged.
- 4.9 % came to notice by the judiciary system another time.
- 6.5 % accepted further support offers.
- 87.5 % of the interviewees were satisfied or very satisfied with the course offer.

The development of FreD



FRÜHINTERVENTION
FreD
BEI ERSTAUFFÄLLIGEN
DROGENKONSUMENTEN

**German project
FreD**

**15 sites in
8 Federal states**

**Access: Police or
judiciary system**

2000 till 2002

Transfer phase

**PR work &
training of course
leaders**

2003 till 2004

**Dissemination
phase**

**Follow-up survey
in 2007**

**Result: There are
140 FreD or FreD-
similar offers.**

since 2003

FreD
goes net

**European
project**

17 EU countries

**Transfer
(police, judiciary
system) and
further
development
(alcohol, school,
workplace)**

2007 till 2010

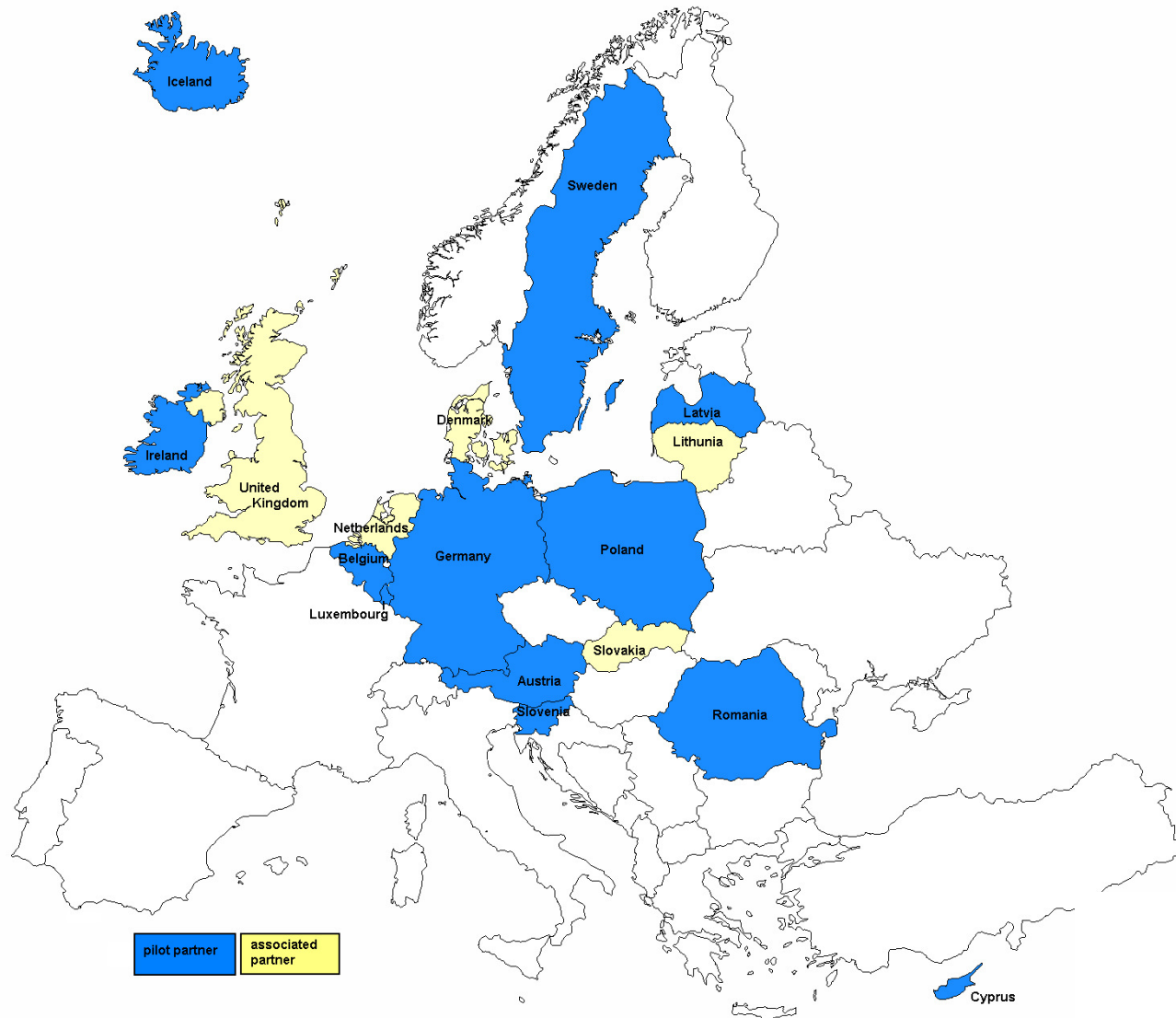
**Quality
assurance**

**Certificate
training as FreD
trainer**

**Revision of
concept and
manual**

since 2008

Project partners of FreD goes net



11 Pilot- (blue) and associated partner countries (yellow)

Activities within the project



- First year: implementation phase
Pilot partners select appropriate settings for the referral of youngsters and built up cooperation structures.
- Second year: pilot phase
Conducting the first FreD courses within the pilot countries.
- Third year: transfer phase
Revising the handbook on basis of pilot partners' experience; conducting transfer workshops for associated partners and new ones.

Evaluation



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Task definition of the evaluation

- Generally: FreD goes net is an EU funded **practical, not a scientific** project
- Topics of the evaluation:
 - A) Planning and implementation of the European project
 - B) Project implementation in the pilot countries

Access paths / Settings in the countries

Combination school – police or judicial system:

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

Combination school – work place:

Germany

Police or judicial system only:

Sweden and Cyprus

„Without legal drugs“:

Austria and Cyprus

FreD quality guidelines (1)

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

FreD quality guidelines (2)

- The overall objective of the FreD courses is the prevention of dependency. Participants are to become aware of their personal protection and risk factors. They are encouraged to reflect on their drug use critically.
- Courses are run by experienced experts. One of them has to be a certified FreD trainer. (The principles of Motivational Interviewing are very important.)
- FreD is a cooperation project.



Results of FreD goes net (1) (country reports)

- ✓ FreD can be adapted and further developed considering country-specific needs
 - Successful implementation in 11 from 12 pilot countries

- ✓ Access to youngsters with risky alcohol or drug consumption works (better).
 - Partners' satisfaction with the FreD approach = „1.5“ (scale: 1= very good, 4 = not at all)



Results of FreD goes net (2) (evaluation report)

- ✓ The target group accepts the offer.
 - 82.4 % are satisfied with the FreD course and
 - 84.6 % would recommend the course to friends.

- ✓ The intervention leads to positive effects with the participants ...

Results of FreD goes net (3) (evaluation report)

		entirely/partly agree		don't quite agree/disagree	
		no.	%	no.	%
Participation in the course has changed my attitude towards my drug/alcohol 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 consume less drugs/alcohol.	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 consuming drugs/alcohol completely.	A	20	26.3	56	73.7
	D	106	59.2	73	40.8



Results of FreD goes net (4) **(evaluation report)**

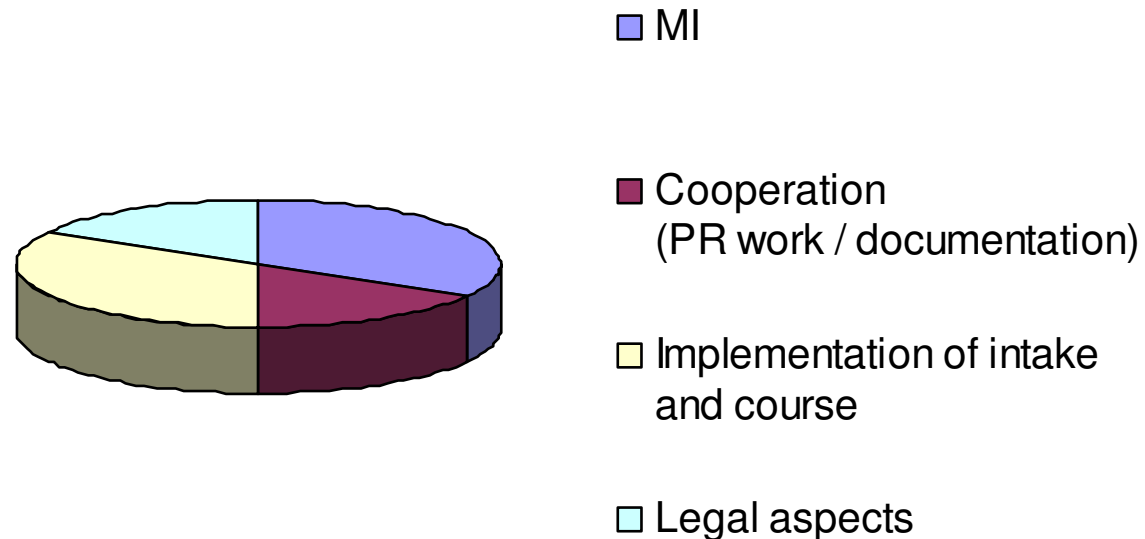


Effectiveness of the intervention (participants' questionnaire):

- **Improvement of the information level regarding alcohol and illegal drugs;**
- **Change of attitude especially towards drug consumption;**
- **A majority states that they will consume less drugs or stop consuming drugs completely;**
- **Improvement of the problem solving competency as well as a higher readiness to change their personal situation.**

Results (5) – Quality Assurance

FreD - Trainer - Certification (transfer)



Certified FreD-trainers (per September 2010)

- In Germany: 88 experts
- In EU countries: 97 experts

Success factors in Fred goes net

- Situation and needs analysis at a preliminary stage on regional level
- Successful cooperation
- Offering youngsters a benefit if they participate in the course
- Short intervention as interesting group offer for peers
- Involvement of parents
- Experienced experts work on the basis of a manual
- Setting quality guidelines



For more details, summaries and country-specific success factors please see ...

www.fred-goes-net.org

Downloads of

- lectures of the final conference (already available)
- evaluation report and
- project report (both end of November)



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Für Westfalen-Lippe.



*Thank
you
for
your attention!*

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