

DRUG PREVENTION IN A LOCAL COMMUNITY

HANDBOOK FOR PRIMARY HEALTH CARE SPECIALISTS

ENGLISH SUMMARY

VILNIUS 2002

UDK 613.8(03)
Na-187

DRUG PREVENTION IN A LOCAL COMMUNITY

HANDBOOK FOR PRIMARY HEALTH CARE SPECIALISTS

Prepared by:

Ona Grimalauskiene

The Ministry of Health, Chief Specialist of the Public Health Division

Laimute Bulotaite MD, PHD

Ass. professor of the Vilnius University

Zenonas Javtokas

Director, National Centre for Health Promotion and Education

Emilis Subata MD, PhD

*Ass. professor of the Vilnius University,
Director of the Vilnius Centre of Dependence Disorders*

Rita Vainauskiene

Head of Department, Klaipeda Public Health Centre

Onute Davidoniene

Director, State Psychic Health Centre

Reviewed by **Algirdas Dembinskas MD, PhD**
Professor of the Vilnius University

Advise provided by **Roland Andersson**
*Pompidou Group Consultant,
Lecturer of the Mid Sweden University*

English Summary translated by **Vida Augustauskiene**
Interpreter

© National Centre for Health Promotion and Education (Visuomenės sveikatos ugdymo centras), 2002

ISBN 9986-77-11-9

CONTENTS

<i>Preface</i>	7
CHAPTER I (by O.Grimalauskiene)	
1. SOCIAL AND ECONOMIC BACKGROUND FOR DRUG USE	9
1.1. Drug use phenomenon	9
1.2. Reasons of drug use	12
2. DRUG CONTROL POLICY	17
2.1. Drug control and drug prevention: international agreements, co-operation	17
2.2. Drug control policy in EU accession	20
2.3. Laws on drug control	21
2.4. Republic of Lithuania Law on narcological care	23
2.5. Republic of Lithuania Law on the Principals of the Protection of the child's Rights	25
2.6. Republic of Lithuania Law on Tobacco Control	26
2.7. Republic of Lithuania Law on Alcohol Control	27
2.8. Drug prevention program	27
2.9. EU Strategy of fights Against Drugs 2000-2004	31
2.10. Participation in international programs	33
2.11. Co-ordination institutions	33
2.12. Non-Governmental Organisations	36
2.13. International co-operation	37
2.14. Drug legalisation trends	38
<i>Annex 1</i> Useful references	43
<i>Annex 2</i> Psychological help line	45
CHAPTER II (by O.Grimalauskiene)	
3. EPIDEMIOLOGY AND CONSEQUENCES OF THE USE OF DEPENDENCE SUBSTANCES	47
3.1. Drug use development trends	47
3.2. Drug use consequences	56
3.3. Illegal drug trafficking	62
<i>Annex:</i> Information on Drugs for youth (leaflet)	69
CHAPTER III (by E.Subata, L.Bulotaite, O.Grimalauskiene)	
4. INFORMATION ON EFFECT OF PSYCHOACTIVE SUBSTANCES	71
4.1. General information on psychoactive substances	71
4.2. Drug effect on behaviour	73
4.3. Dependence theories	74
4.4. Individual aspects of dependence	76
4.5. Other dependence theories	77
CHAPTER IV (by O.Grimalauskiene)	
5. THE MAIN NARCOTIC DRUGS AND OTHER PSYCHOTROPIC SUBSTANCES	83
5.1. Opioids	83

5.2. Cannabis preparations	88
5.3. Stimulants	94
5.4. Cocaine	99
5.5. Hallucinogens	102
5.6. Volatile substances	109
5.7. Sedatives and soporific	113
5.8. Effects of several drugs and other psychoactive substances	116
5.9. Tobacco	116
5.10. Alcohol	118

CHAPTER V *(by E.Subata)*

6. PRIMARY AND SECONDARY PREVENTION OF DRUGS AND OTHER PSYCHOACTIVE SUBSTANCES AND PRIMARY HEALTH CARE	121
6.1. Abuse of psychoactive substances and primary health care	121
6.2. Principals of doctor-patient communication at primary health care doctors'	123
6.3. Communication therapy: three functions interview model	123
6.4. Communication of information, education of patients and its results	126
6.5. Treatment contracts	127
6.6. Obstacles of efficient doctor-patient communication	128
7. EARLY DIAGNOSTICS OF PSYCHOACTIVE SUBSTANCES ABUSE	129
7.1. Examination of the use of alcohol and other psychoactive substances	130
7.2. Early detection methods of the use of illegal drugs and other psychoactive substances	135
7.3. Additional information from other sources	136
7.4. Assessment of the patient's condition	137
7.5. Assessment of the health condition	140
8. HELP TO A PERSON DEPENDENT ON PSYCHOACTIVE SUBSTANCES	142
8.1. Detoxification	143
8.2. Out-patient treatment of dependence disorders	145
8.3. Social and psychological measures in primary health care	146
8.4. Maintenance treatment and rehabilitation	148
8.5. Sending to specialised health care institutions	150

CHAPTER VI *(by L.Bulotaite)*

9. PRIMARY PREVENTION OF ALCOHOL AND OTHER NARCOTIC DRUGS	151
9.1. Primary prevention	151
9.2. Concept of traditional prevention	151
9.3. Psycho-social aspect of prevention	153
9.4. The main prevention principals	154
9.5. Specifics of communication with different age groups	155
9.6. Communication of information on drugs and use consequences	157
9.7. Development of social skills	159
9.8. Executors of prevention measures and programs	160
9.9. Preparation of prevention programs	162
10. EARLY PREVENTION. SPECIFICS OF COMMUNICATION WITH TEENAGERS	164

10.1. Motivation of the use of alcohol and other drugs by teenagers	164
10.2. Problems and challenges of early diagnostics of drug use	165
10.3. Motivation development	166
10.4. Assessment of drug use problems	167
10.5. Preparedness of a consultant to work with teenagers	168
10.6. The main principles of help to teenagers using different drugs	171
10.7. Special intervention	171
10.8. Co-operation of institutions	175

CHAPTER VII *(by Z.Javtokas)*

11. METHODS AND STRATEGY OF PREVENTION ACTIVITIES	177
11.1. Goals and objectives of prevention activities	177
11.2. Prevention priorities	179
11.3. Prevention strategy in the community	179
11.4. The implementation of prevention programs	181
12. HEALTH PROMOTION STRATEGY	182
13. THE PRINCIPLES OF PREPARATION OF PREVENTION PROGRAMS	184
14. HEALTH PROMOTION PROGRAMS	191
14.1. Health promoting schools	191
14.2. Health promoting at work place	192
14.3. Health promoting hospitals	193

CHAPTER VIII *(by Z.Javtokas)*

15. EVALUATION OF PREVENTION PROGRAMS	195
15.1. Elements of the program evaluation	196
15.2. Evaluation of the program plan	196
15.3. Evaluation of the program implementation	199
15.4. Evaluation of the program results	201
15.5. Announcement of results	202

CHAPTER IX

16. ANNEXES	205
16.1. Experience of drug use prevention in Klaipeda community <i>(by R.Vainauskiene)</i>	205
16.2. A glossary of demand reduction terms <i>(by Z.Javtokas and P.Morkuniene)</i>	213
16.3. Dynamics of prevalence of alcohol psychosis, drug addiction and toxication, 1994-2001 <i>(Data of State Public Health Centre)</i>	216
16.4. Dependence disorders centres	216
16.5. Mental health centres (2002)	217
16.6. Prevalence and morbidity of dependence disorders in towns and regions of Lithuania in 2001 <i>(Data of State Public Health Centre)</i>	218
16.7. Addresses of rehabilitation institutions	219
16.8. References	220
16.9. Summary (English)	223

Handbook on Local Community Drug Prevention, Lithuania

Summary

This Handbook prepared within the framework of the DRSTP II Project in Lithuania and supported by the EC Pompidou Group aims to be a practical tool in a daily work for primary health care staff who make an effort in the field of local community prevention of illicit drugs and misuse of legally prescribed pharmaceuticals. It focuses on the drug problem being a concern for the whole local community, the need of early detection and intervention, as well as the necessity to share an intersectorial approach in the field of drug demand reduction.

This Handbook will support the ongoing process in Lithuania towards better drug prevention. It will help to support a process which pays attention to the local community, based on policy development, scientific and social knowledge, improved intersectorial and active involvement of community participation.

Chapter I elucidates the country's social and economic conditions for drug use, gives a description of a drug use phenomenon and analyses the reasons of the increasing drug problem. It describes how the rapid social and economical transition to a free market economy and new information technology has increased the risks of increased drug supply and drug demand. It calls for new policies and strategies in drug prevention. Besides knowledge of the negative impact of narcotic drugs on human health and life, drug prevention also means active social policy, towards youth in particular.

The Chapter points out the importance of international conventions, provides detailed information on the national laws regulating the areas related to drug prevention. Lithuania's drug control policy based on respective laws in compliance with the UN conventions and EU strategy 2000-2004, Lithuania's participation in international programs and co-operation are enhanced.

The Chapter also identifies the important national institutions which can support the implementation of drug prevention activities.

Chapter II provides information on epidemiology of use and abuse of drugs and psychotropic substances, drug use tendencies supported by data of the ESPAD

epidemiological surveys carried among schoolchildren in 26 European countries. The survey showed the prevalence of drugs in schools being related to the implementation of prevention measures, i.e. in schools with prevention activities on an appropriate level drugs are not used. The survey results identified close interrelation between smoking cannabis preparations, heroine or other drugs and tobacco smoking behaviour, the later being a risk factor for drug use.

This Chapter provides data on tobacco and alcohol use, describes the situation of the use of drugs and psychotropic substances among risk children groups. The survey data on drug use among youth in clubs and discotheques (2000) lead to the conclusion that it is necessary to organise information and drug awareness campaigns in schools and discotheques in a more active manner.

On the national level women account for 1/5 of the registered drug users, the rest are men; this indicator continues throughout the recent years, though this ratio may change in the future due to an increasing number of young female users. Deaths related to drugs and alcohol, infectious diseases, HIV, also behaviour of a drug user causing social, legal, family problems are discussed.

This Chapter includes information on illicit trafficking, criminal actions related to drugs and police operations against them, illicit trafficking routes via Lithuania.

Chapter III provides general knowledge of psychoactive substances, classification of psychic and behaviour disorders, pharmacology of behavioural effects of drug use. The description of different theories of psychological dependence are discussed, as well as information on the dependence formation process and stages, behavioural changes.

Traditional observation shows that drug user's tolerance encourages to increase their drug doses. However, abstinence is only one aspect of the complicated drug addiction problem.

The Chapter analyses why drug use is such a complex habit and difficult for individuals to quit, what and why different dependence attitudes of individuals exist.

Chapter IV includes terms and definitions of the main narcotic drugs and psychoactive substances, their effects on the human organism and how to recognise intoxication symptoms, including overdose symptoms, abstinence symptoms (such detailed information is provided for each drug group). In this respect, it gives a short overview of the most common substances used as drugs in Lithuania i.e. opioids,

cannabis, sedatives, cocaine, stimulants, hallucinogens, LSD, volatile substances, tobacco, alcohol, etc., their properties and effects. Among youth increasing use of heroine is observed; 74 percent of all registered drug users consume opioids. Tolerance, dependence, abstinence syndrome, physical and psychological effects of different drugs are discussed in detail. Aggressiveness, violence and criminal actions are related to drugs; 25-30 percent of criminals are drug users, cannabis in particular.

The Chapter provides information on risks and threats on drug users. Also, tobacco and smoking, effects of nicotine are elucidated. Among tobacco smokers death risk is 70 percent higher compared to non-smoker; 80 percent of patients ill with lung cancer are tobacco smokers. Alcohol is most widely spread substance having effect on psychic condition and causing dependence too.

Chapter V deals with primary and secondary prevention, early symptoms and early detection, primary health care; the national legal framework (laws and implementing legislation) regulating health care of narcological patients is introduced, including such provisions as the rights of patients with dependence disorders and provision of health care services prescribed in the laws.

The role of a general practitioner (GP) in drug prevention is analysed comprehensively; GPs have to treat dependence disorders as ones caused by biological, psychological and social factors or actions; for the treatment plan, besides solutions of the patient's clinical problems, GPs also should identify and respond adequately to broader psychological and social needs of each individual, at the same time being aware of the public health problem approach.

The Chapter covers motivational interviewing, which is an essential part of the dialogue with the patient/client and will be of interest to many others. The Chapter includes information on the patient - doctor communication pattern, the therapy of discussion, the communication of information, the obstacles for successful relationship between the doctor and patient. Doctor's good communication skills play a crucial role in successful communication with a patient, in medical interviewing him/her leading to better identification of the patient's problem. Efficient patient - doctor communication skills facilitate treatment progress and produce positive results of the interview therapy applied by staff of mental health centres, psychiatrists, nurses, social workers. The interview model aims at three functions which are broadly described in this Chapter: i) gathering data and information; ii) feeling the

patient's emotional condition (empathy); iii) providing information to the patient and his/her family, education and its efficiency.

Having drawn up a joint treatment plan, the patient's motivation for behavioural changes strengthens, and for successful treatment agreement with the patient is crucial. Identification of obstacles for successful and reasonable communication is an important issues, as sometimes any hindrances can be difficult to identify because they are hidden.

The issues concerning early diagnostics, screening, screening methods, the evaluation of the patient's health condition, potential help to be offered to the patient are developed. The test of disorders due to alcohol use (AUDIT) is described. Additional information from different sources (family, friends, etc.) adds to better understanding of the patient's health condition. Detoxification, social-psychological measures in primary health care, further treatment and rehabilitation, making decisions to place a patient in special health care establishments are briefed.

Chapter VI provides a deeper psychosocial analysis of primary prevention for individuals and groups, the main goals of primary prevention, traditional concept of primary prevention. Methodological advice is given on how to encourage self-evaluation, develop communication and decision making skills, arrange value clarifications and self-development for individuals and groups in their social environment.

It provides a description of primary prevention and its aim, traditional view on prevention, a psycho-social view on prevention, the main prevention principles, specifics of communication of information to different age groups; problems and risks of providing information about drugs, development of social skills, executors of prevention measures and programs.

The importance of early intervention, the specifics of work with teenagers and the establishment of motivation are described. The information and message about drugs used for the implementation of prevention programs must be clear, scientifically accurate and reliable, consistent with the cultural specifics in the location and timely, also well targeted.

This Chapter focuses on the main principles of help to teenagers by the primary health care staff in the context of the drug abuse problem evaluation and co-operation among different institutions. Preparation of prevention programs and

measures shall be effective provided they are planned with scrutiny, including all steps starting with the goals and ending up with the evaluation.

The environment and circumstances have to be taken into consideration, methods and techniques adequately selected, the implementation planned realistically taking into account the resources. Knowledge of motivation of use of alcohol and other drugs by the teenagers help to structure youth prevention and early intervention programs.

Chapter VII provides methods and strategy of prevention activities, prevention goals, objectives and priorities, implementation of prevention programs. Identification of priorities of prevention activities is a primary task, the set out of priorities can be vertical based on risk factors or prevalence enabling the facilitation of protection of a target group against negative factors. Application of the epidemiological method helps to identify the problem scope, i.e. the drug problem, using statistical data, information from police, customs, epidemiological surveys, direct and indirect observation methods, treatment and evaluation data. However, such epidemiological data is expensive and due to this on a community level methods consolidating the community to act should be favoured.

The concept of the 'traffic light' in drug prevention in local community is described. The implementation of drug prevention programs on a community level may be described as programs targeting the main drug prevention goal, with a drug substance being a subject of the program, and creating supportive environments for health (*SESAME* model) i.e. health promoting programs developing healthy lifestyle and environment. Complexity and integrity of prevention programs are pointed out. The strategy for preparation of health promotion and prevention programs, health promoting in school and at workplaces is described.

The Chapter elucidates five principal dimensions to the concept for encouraging a holistic and multidisciplinary approach to health promotion, i.e. the physical environment, the policy environment, the social environment, the resource environment, the political environment.

Seven strategies of creating supportive environments for according to the Health Promotion Strategy Analysis model (HELPSAM), as well as the main principals of prevention programs and a checklist for assessment of problem prior to program preparation are provided. The Chapter provides advice on health promoting in school, at workplace, in hospitals.

Chapter VIII provides detailed guidelines how to evaluate prevention programs, i.e. organisation of the evaluation of a program plan, the program implementation, as well as program results and making such results available publicly. These guidelines are based on the European Commission and EMCDDA materials provided in conferences. The Chapter describes each evaluation component, deals with the program quality evaluation and efficiency outcome. A sample questionnaire to be used in the evaluation is provided.

Chapter IX includes Annexes. These provide the experience of drug prevention in Klaipeda implemented since 1995 with the outbreak of AIDS, a glossary of terms used in the field of drug prevention and control, addresses of respective institutions, useful references.