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DRUGS AND i n f o r m a t i o n b u l l e t i n DRUG DEPENDENCE

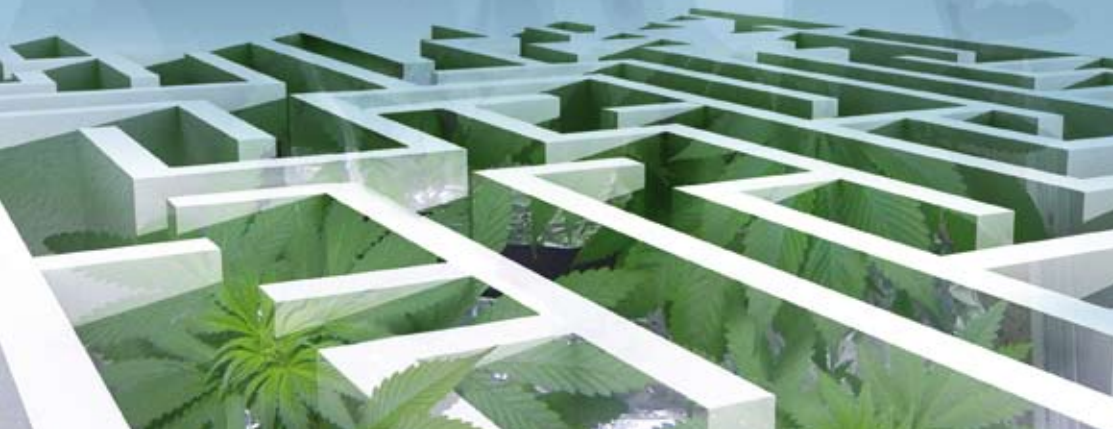
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НАРКОТИЦИ И НАРКОМАНИИ

информационен и образователен бюлетин

Municipal Strategy for Drug Prevention
Varna 2008 - 2011

Municipal Strategy for Rehabilitation and
Reintegration of People Dependent on
Psychoactive Drugs
Varna 2009 – 2013



MUNICIPALITY OF VARNA, DIRECTORATE PREVENTION

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MUNICIPAL STRATEGY FOR DRUG PREVENTION VARNA 2008 - 2011

Adopted on 29.02.2008 by District Council on drugs – Varna

The goals, tasks and activities of the strategy are based on a balanced and integrated approach, which corresponds with good practices.

The negative aspects and adverse consequences of drugs on children and young people are well known as well as the fact that successful drug prevention depends on joint efforts and activities of all parties and stakeholders concerned.

PRINCIPLES

- ❖ **Priority** of drug prevention in the municipal policy;
- ❖ **Balance** of the approaches (universal, selective) and target groups (community, schools, families);
- ❖ **Stability** of prevention policy by providing of steadiness of funding;

- ❖ **Evaluation** of the programs, based on need assessment and effectiveness;
- ❖ **Raising the awareness of the society** by support of non-governmental organizations and volunteer activities and delivering of information campaigns;
- ❖ **Partnership** with local and national institutions and organizations;
- ❖ **Cooperation** with international institutions and organizations.

■ ■ GENERAL AIM

TO REDUCE DRUG USE AND DRUG RELATED RISKS BY DEVELOPMENT OF EFFECTIVE PREVENTION PROGRAMS FOR FAMILIES, CHILDREN AND YOUNG PEOPLE AND TO RAISE THE COMMITMENT OF INSTITUTIONS, ORGANIZATIONS AND SOCIETY AS A WHOLE.

■ ■ ACTIVITIES

A/ PREVENTION AND TRAINING

Aim:

To reduce drug use and risk factors by delivering of effective trainings and prevention programs.

Tasks:

- ❖ Providing of effective prevention programs in schools;

- ❖ Programs targeted at families at risk;
- ❖ Raising the skills of professionals and volunteers;
- ❖ Delivering of prevention materials;

Programs:

- ❖ School-based universal prevention programs;
- ❖ Selective prevention programs targeted at risk groups;
- ❖ Selective prevention in families;

Activities:

Stable development of „School-based universal program for drug prevention (8th -11th grade)“;

Period of time: 2008 – 2011.

Introduction of „School-based universal program for drug prevention (5th -7th grade)“;

Period of time: development – 2008; selection – 2009; introduction and estimation – 2010 – 2011.

Introduction of „Selective prevention program for children and young people with problematic development“;

Period of time: planning (methodology, resources, evaluation) – 2008; development – 2009; selection – 2010; introduction – 2011.

Stable development of program „Family counseling“

Period of time: 2008 - 2011.

Delivering of prevention materials

Period of time: 2008 – 2011

B/ INFORMATION AND EVALUATION**Aim:**

To provide institutions, organizations, media and community with reliable information on drugs and drug addiction. To support the effective management of funding and evaluation of prevention activities.

Goals:

- ❖ collection and analysis of the existing information;
- ❖ improvement of methods of collecting of information;
- ❖ delivering of data and information;
- ❖ control and evaluation of programs and program effectiveness;

Field range:

- ❖ current situation;
- ❖ trends;
- ❖ policy (legislation, institutional network, prevention programs);
- ❖ media and Internet;
- ❖ influence and effectiveness of programs;

Activities:

Data gathering and its analysis by the indexes of European Monitoring Center for Drugs and Drug Addictions (EMCDDA);

Period of time: annually

Qualitative studies in drug use tendencies;

Period of time: annually

City annual report on drug use and related problems;

Period of time: annually

Delivering of information by medias, Internet, printed materials and seminars. Organization of conferences

Period of time: annually

Setting up and use of methods for evaluation of structure, methodology and stability of school-based drug prevention programs;

Period of time: planning – 2008; introduction – 2009 - 2011.

Setting up and use of methods for evaluation of structure, methodology and stability of programs for children, youth and families at risk.

Period of time: planning – 2008; introduction 2009 - 2011.

Planning and use of instruments for evaluation of the influence and effectiveness of prevention programs

Period of time: planning – 2009; introduction 2010 - 2011.

C/ MANAGEMENT AND COORDINATION

Aim:

To provide effective management and coordination of local drug prevention policy;

Tasks:

- ❖ Effective partnership and coordination between all parties concerned;
- ❖ Support of local institutions, which carry out drug prevention activities;
- ❖ Support of non-governmental organizations and volunteer activities;
- ❖ Support of introduction of good practices for drug use prevention;

Activities:

Joint activities and effective partnership between the members of Municipal Drug Council – Varna;

Period of time: annually

Assistance and coordination of programs and projects for drug prevention;

Period of time: annually

Municipal program for funding of NGO projects for drug prevention:

Period of time: annually

Organization of conferences, seminars and workshops;

Period of time: annually

D/ INTERNATIONAL COOPERATION

Aim:

Varna Municipality to be identified as a trustworthy partner in carrying out the European policy for decreasing drug use.

Tasks:

- ❖ Cooperation and partnership with international organizations and institutions (UNDOC, WHO, EMCDDA, POMPIDOU GROUP – CE, ECAD, ENDCP and others);
- ❖ Joint action with international organizations;
- ❖ Development of partnership with other European cities;
- ❖ Support of local institutions and organizations.

Activities:

Membership in European Cities Against Drugs (ECAD)

Period of time: annually

Participation in the activities of the European Monitoring Centre for Drugs and Drug Addiction (EMCDDA) and POMPIDOU GROUP – Council of Europe;

Period of time: annually

Participation in local activities of UN and WHO;

Period of time: annually



MUNICIPAL STRATEGY FOR REHABILITATION AND REINTEGRATION OF PEOPLE DEPENDENT ON PSYCHOACTIVE DRUGS VARNA 2009 – 2013

Municipal strategy for rehabilitation and reintegration of people dependent on psychoactive drugs, Varna 2009 - 2013 was adopted by Decision No.1042-10(11)09, 11.12.2008 by City Council – Varna

Municipal strategy for rehabilitation and reintegration of people dependent on psychoactive drugs, Varna 2009 - 2013 is the first municipal program document of its kind in the country and is a natural continuation of the active policy carried by Municipality of Varna in recent years on reducing the demand for psychoactive substances.

The strategy is an important expression of the sensitivity of Varna society towards the issues arising from drugs and alcohol use among young people and belief in the need of building a bridge between life in dependence and personal will, responsibility and freedom. It is also an expression of willingness of the municipal administration,

municipal council, institutions and agencies, NGOs, the Orthodox church, professionals and volunteers, civil society and individual communities to take responsibility for integration of dependent persons, giving them a helping hand.

This document will assist the public process to achieve a higher level of health protection, welfare and social cohesion among young people of Varna.

The strategy builds on the current operation principles laid down in European program documents, by complementing them, including the specifics of the country and region. At the same time it is an important element in the process of building and developing the civil society.

The strategy and the action plans resulting therefrom are based on integrated, multidisciplinary and balanced approach. This approach requires cooperation and coordination. Given the horizontal nature of the problem, such cooperation and coordination will need to be further developed not only in many local sectors and systems, providing health, social, legal, educational and psychological services, but also with Bulgarian and foreign cities, organizations, institutions and forums sensitive to the issue. A balanced approach also requires adequate partnership with a broad group of research centers, professionals, representative NGOs, civil society and individual communities.

By implementing this strategy, Municipality of Varna and its partners in the professional sector and civil society commit themselves to make every effort to reduce the problems associated with drugs in the city and to establish themselves as reliable and trustworthy partner in the conduct of National and European Policy to Combat Drugs.

■ ■ KEY DEFINITIONS

Rehabilitation for persons dependent on psychoactive drugs is a process of integrated and coordinated implementation of medical, psychological, social, educational and vocational measures for training and recovery to the highest possible level of knowledge and skills of the individual. Rehabilitation activities begin with early medical intervention and continue after their completion.

Resocialization is a process resulting from rehabilitation and aims at the fullest possible inclusion and functioning of the individual in different social groups (family, school, work, friends, etc.). In resocialization, social and psychological interventions come to the fore.

Reintegration is the ultimate goal of rehabilitation and resocialization and directly affects the improvement of quality of life.

■ ■ BASIC PRINCIPLES

- ❖ **Adequacy** of programs and activities to the standards of Bulgarian and European legislation;
- ❖ **Sustainability** of the rehabilitation and reintegration programs applied by ensuring the continuity and resource security;
- ❖ **Evaluation** of the system of programs and interventions based on analysis of needs, impact and effectiveness;
- ❖ Public **awareness** through a broad presentation of objective, reliable and complete data on drugs and drug addiction related problems;

- ❖ **Involvement** of civil society through support from NGOs and voluntary initiatives in the implementation of rehabilitation and reintegration activities for persons dependent on psychoactive drugs;
- ❖ **Partnership** with local and national institutions and organizations involved in drug demand reduction;
- ❖ **Cooperation** with foreign cities and international institutions and organizations in the implementation of joint activities for rehabilitation and reintegration of drug addiction and mutual exchange of knowledge and best practices;
- ❖ **Acceptance and positive attitude** towards addicts and their families by supporting the process of understanding, trust and mutual respect;
- ❖ **Spontaneity in the choice** of the dependent person what should be the nature and extent of contact or aid they receive;
- ❖ **Orientation to the needs** of the dependent person in determining the work plan and joint development of appropriate initiatives and projects;
- ❖ **Orientation to the resources** of dependent persons in order to be developed, supported and promoted their strengths and capabilities of action and problem solving;
- ❖ **Tolerance** to overcome the discriminatory social attitudes and behavior patterns based on gender, culture, ethnicity or religion.

GOAL

Reduction of social and health consequences associated with dependence on psychoactive drugs, by building and sustainable development of affordable, effective, balanced and integrated system for rehabilitation and social reintegration in Municipality of Varna.

DEVELOPMENT DIRECTIONS

To fulfill the goal and in accordance with the basic principles, this strategy identifies five key development directions:

I. STRUCTURES AND PROGRAMS

1. Daycare centers with complex-type programs for individual, family and group work with different duration and intensity:

- 1.1. Day care centers („drug free“ type);*
- 1.2. Day care centers for persons involved in maintenance and substitution treatment programs;*
- 1.3. Day care centers at specialized and non-specialized clinics and outpatient centers;*
- 1.4. Day care centers in places of imprisonment or probation.*

Priority Programs and Approaches

- Programs for motivational training for acquiring skills for active behaviour on the labor market and job realization;

- Programs for acquisition of work habits, occupation and additional skills (computers, language training, etc.);
- Programs to provide employers;
- Programs for general and specific training of social skills;
- Programs for counseling, motivation, mentoring and case management;
- Programs for structuring of leisure time, including art therapy, sports, games, cultural and entertainment events;
- Programs for minors and their families;
- Programs to strengthen the family;
- Programs for prevention of relapse;
- Programs for managing anger and aggressive behavior;
- Programs for training of emotional expression, understanding, communication and self-control;
- Programs for individuals with special needs - pregnant women, mothers with children, persons with comorbid somatic and/or mental diseases, imprisoned, individuals with suspended sentences or under probation, subcultural communities, etc.;
- Programs for individuals with addiction to more than one substance (poly drug addiction);
- Programs to support self-help groups - parents, spouses, Alcoholics Anonymous (AA), Drug Addicts Anonymous (DAA) and others;
- Programs for social reintegration of persons who have successfully undergone residential programs (therapeutic communes / communities);
- Other programs for specific and non-specific interventions to improve health, psychological and social status.

2. Centers for structured long-term behavioral modification (therapeutic communes/communities)

Priority Programs and Approaches

- Programs on introduction, motivation, support and training for inclusion in the residential setting;
- Programs for group work in a residential setting - morning and evening groups, general meetings and seminars, confrontational groups and groups for emotional growth;
- Programs for behavioral restructuring in a residential setting;
- Programs for psychological growth and intellectual development in a residential setting;
- Programs for training of social skills in a residential setting;
- Programs for medical interventions in a residential setting;
- Programs for workload and structuring of leisure time in a residential setting;
- Programs based on spirituality;
- Programmes for removal from the residential setting and reintegration into family and community.

3. Temporary Accommodation Centers („Protected Housing“ type)

Priority Programs and Approaches

- Programs for specific and nonspecific interventions to stabilize health, psychological and social status;
- Programs on motivation, support and training for inclusion in rehabilitation programs relevant to the needs;
- Programs for counseling, referral and case management.

4. Other centers/programs for rehabilitation and reintegration of addicts of psychoactive drugs

II. MONITORING AND EVALUATION

1. Quantitative research through data collection and data analysis on the methodologies of the European Monitoring Centre for Drugs and Drug Addiction (EMCDDA);
2. Qualitative studies of psychoactive drugs abuse and related health and social consequences and public attitudes;
3. Annual reports on the trends of the development of the psychoactive drugs problem;
4. Dissemination of information to a wide range of users through media, Internet, specialized publications, workshops, conferences, roundtables and other forums organized for this purpose;
5. Planning and implementation of tools to assess the needs of programs and activities for rehabilitation and reintegration of persons dependent on psychoactive drugs;
6. Planning and implementation of tools to assess the structure, methodology and resource availability of programs and activities for rehabilitation and reintegration of persons dependent on psychoactive drugs;
7. Planning and implementation of tools to assess the impact and effectiveness of programs and activities for rehabilitation and reintegration of persons dependent on psychoactive drugs.

III. TRAINING AND SUPERVISION

1. Annual training programs and training of professionals and volunteers involved in programs and activities for rehabilitation and reintegration of addicts;
2. Publication of specialized literature on problems associated with psychoactive drug use, and guidelines for planning, implementation and evaluation of rehabilitation and reintegration of addicts;
3. Organizing regular professional seminars for programs presentation and exchange of good practices;
4. Development and introduction of a system of individual and team supervision;
5. Development and introduction a system to prevent „burn out“ (prevention of occupational risk and stress).

IV. COORDINATION AND COOPERATION

1. Supporting the work of national institutions and departments within the municipality in carrying out activities for rehabilitation and reintegration in implementing the National Strategy for Combating Drugs, the National Program for Prevention, Treatment and Rehabilitation of Drug Addiction and the National Action Plan at Local/Regional Level;
2. Expertise, methodological and informational support and coordination of programs and projects for rehabilitation and reintegration of persons dependent on psychoactive drugs carried out by institutions, NGOs and voluntary movements;

3. Supporting the implementation of best practices for rehabilitation and reintegration of persons dependent on psychoactive drugs, and their promotion through conferences, seminars and other forums;
4. Strengthening the international cooperation and professional contacts with international organizations and institutions: United Nations Office on Drugs and Crime (UNDOC), World Health Organization (WHO), European Monitoring Centre for Drugs and Drug Addiction (EMCDDA), Pompidou Group - Council of Europe (PGCE), European Cities Against Drugs (ECAD), European Network on Drugs and Infection Prevention in Prison (ENDCP), etc.;
5. Joint participation in international organizations in forums and programs for rehabilitation and reintegration of persons dependent on psychoactive drugs;
6. Development of partnerships with European cities with a view to ensuring mutual exchange of knowledge and best practices;
7. Supporting local institutions and organizations in participating as associated partners in international programs for rehabilitation and reintegration of persons dependent on psychoactive drugs;
8. Full program participation in activities of the European Monitoring Centre for Drugs and Drug Addiction, Pompidou Group - Council of Europe and European Cities Against Drugs;
9. Active participation in regional initiatives of the UN and WHO.

V. MANAGEMENT AND FUNDING

1. Structuring the Public Council for rehabilitation and reintegration of persons dependent on psychoactive drugs

The Council is a management and coordination structure. It is composed of representatives of the municipal administration, municipal councilors, the governing body of the Regional Drug Council, heads of relevant institutions and agencies, NGOs, professionals, representatives of traditional religions, and other public figures. The main task of the Public Council is to adopt the common policy on rehabilitation and reintegration of persons dependent on psychoactive drugs, annual action plans and proposals for their security resources. The Council is established by resolution of the City Council - Varna on the proposal of the Mayor of Varna.

- 2. Adoption of annual action plans.** The annual Action Plan is the practical implementation of the Strategy. It should meet five basic criteria:
- *Activities should consist of comprehensive goals, objectives, target groups, approaches, methodologies and resources, their results must be measurable and realistic;*
 - *Action plans should explicitly state the time frame in which the activities will be carried out, as well as institutions and/or organizations responsible for implementation and evaluation;*
 - *Activities should contribute directly to achieving the goal and be in accordance with the priority directions and programs set out in the Strategy;*

- *Activities should comply with the criterion „cost - effectiveness“;*
- *Activities should include interventions proven by science and practice.*

3. Funding

- Adoption of City Ordinance on the terms and conditions for financial support of projects for rehabilitation and reintegration of persons dependent on psychoactive drugs made by NGOs;
- Financial support by the municipal budget to programs of institutions and organizations for rehabilitation and reintegration of persons dependent on psychoactive drugs, in accordance with the Public Procurement Act;
- Financing with funds from the municipal budget, programs and activities for rehabilitation and reintegration of persons dependent on psychoactive drugs conducted by local health facilities;
- Borrowing funds under national programs: National Program for Prevention, Treatment and Rehabilitation of Drug Addiction, National Programme for Employment and Education for People with Disabilities and others;
- Borrowing funds under EU structural funds by developing long-term projects;
- Borrowing funds from international donors with an interest in providing financial assistance to combat drug use;
- Other sources of funding.

Municipality of Varna

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