

DIRECTORATE PREVENTION

GENERAL AIM

Prevention of drug abuse, HIV/AIDS, anti-social acts among adolescences and human trafficking by establishment and sustaining of steady, effective prevention programs and raising the awareness and commitment of the institutions, organizations and society as whole.

MAIN OBJECTIVES

I. Drug use prevention

- ❑ Establishment of effective prevention programs in the school;
- ❑ Development of programs for groups at risk;
- ❑ Gathering, analyzing and distribution of information for drug situation in city of Varna;
- ❑ Support of the activities of NGO's and volunteers movements;
- ❑ Establishment of close professional contacts and cooperation with international institutions, organizations and cities;
- ❑ Establishment of network of institutions involved in drug demand reduction;

II. Prevention of anti-social acts among minors

- ❑ Raising the commitment of the community by financial and expert support of projects for prevention of anti-social acts among adolescences;
- ❑ Introduction of the Centers and rooms for social prevention in districts and mayoralities by information campaigns
- ❑ Cooperation with institutions involved in prevention of anti-social acts by exchange of good practices and monitoring;

- ❑ Making popular the secondary prevention in the commission for combating with anti-social acts among minors;

III. Prevention of human trafficking

- ❑ Support in establishment of administrative structures of local level;
- ❑ Raising the information of the society on human trafficking related problems and developing of strategies for tackle with the problem;
- ❑ Training of the members of the Local commissions for combating with human trafficking;

IV. Prevention of HIV/AIDS

- ❑ Establishment of unit for coordination of the activities from "Program for prevention and control of HIV/AIDS" of local level;
- ❑ Analyze of the activities for prevention of HIV/AIDS among specific groups-intravenous drug users, romma community and youth;
- ❑ Analyze of the services for people with HIV/AIDS;
- ❑ Raising the competency of institutions and experts by trainings and education;

MUNICIPAL STRATEGY FOR DRUG ADDICTION PREVENTION VARNA 2008-2011

Adopted on 29.02.2008 by District Council on drugs – Varna

This strategy for drug addiction prevention is a natural continuation of the active policy that Varna Municipality has been carrying out during the last years for decrease of psychoactive substances demand. The goals, tasks and activities set therein are based on a balanced and integral approach, which meets the contemporary requirements for good practice.

The gravity of the negative influence of drugs on children and young people is recognized, as well as the fact, that success in prevention of drug addiction depends on joining the efforts of municipal and state institutions, civil society structures and international partners.

Through the execution of the activities, set in the strategy, Varna Municipality is engaging to exert all efforts for restricting the drug-related problems within the town and to establish itself as a secure and trustworthy partner in carrying out the national and the European policy for fighting drugs.

PRINCIPLES

- ❑ **Priority** of prevention of drug addiction in the municipal policy, in response to public concern for the growing drug demand among population and among youth in particular;
- ❑ **Balance** of the choice approach (universal, selective) and the range (community, schools, families) of preventive programs and interventions;
- ❑ **Stability** of the applied preventive policy through providing continuance and resource security;
- ❑ **Estimation** of the preventive programs and interventions system, based on analysis of needs, influence and effectiveness;
- ❑ **Informing** society through wide presentation of objective, reliable and comprehensive data for drug-related and drug addiction problems;
- ❑ **Engaging** civil society through the support of non-governmental organizations and volunteer initiatives in realizing drug addiction prevention activities;
- ❑ **Partnership** with local and national institutions and organizations, engaged with decreasing drugs demand;
- ❑ **Collaboration** with foreign cities and international institutions and organizations at executing joint actions as to prevention of drug addiction and mutual exchange of knowledge and good practices;

GENERAL AIM

RESTRICTION OF THE RISK OF DRUG ABUSE WITHIN THE TOWN through developing and sustaining stable, effective and gainful programs for families, children and young people and increase of commitment of institutions, organizations and society as a whole.

DIRECTIONS

A. Prevention and training

Aim:

Restriction of drug use, as well as of the risk factors for its development through applying good practices in training and preventive programs and interventions.

Tasks:

- ❑ Introduction of effective preventive programs in schools;
- ❑ Active work with risk families and persons;
- ❑ Increase of the qualification skills of professionals and volunteers, working in the field of drug addiction prevention;
- ❑ Provision of preventive materials;

Field range:

- ❑ Universal prevention, based in schools;
- ❑ Selective prevention in risk groups;
- ❑ Selective prevention in families;

Activities:

Stable development of „Universally structured program for prevention of psychoactive substances use, based in schools (8th -11th grade)“;

Term: 2008 – 2011.

Introduction of „Universally structured program for prevention of psychoactive substances use, based in schools (5th -7th grade)“;

Term: development – 2008;
selection – 2009;

introduction and estimation – 2010 – 2011.

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

Term: planning (methodology, resources, estimation) – 2008;

development – 2009;

selection – 2010;

introduction – 2011.

Stable development of „Family consultative drug program“

Term: 2008 - 2011.

Yearly programs for instructing and training persons, engaged in preventive programs and projects.

Term: 2008 - 2011.

Distribution of contemporary, scientifically based preventive materials

Term: 2008 – 2011

B. Information and Estimation

Aim:

To provide institutions, organizations, media and community with objective, reliable and comparative information in relation to drugs, drug addiction and their consequences. To support the effective management of resources and the authoritative estimation of the preventive influence.

Goals:

- ❑ collection and analysis of the existing information;
- ❑ improvement of methods of collecting information;
- ❑ distribution of data and information;
- ❑ systematic control and estimation of programs, results and effectiveness;

Field range:

- ❑ actual situation;
- ❑ prognostication trends;
- ❑ response policy (normative base, institutional network, prevention programs);
- ❑ media and Internet;

- influence and effectiveness of programs and interventions;

Activities:

Gathering information and data analysis according to the indexes of European Monitoring Center for Drugs and Drug Addictions (EMCDDA);

Term: yearly

Quality studies of drug use;

Term: yearly

Town annual reports on trends of drug use and related problems;

Term: yearly

Distribution of information to wide circle of users, through media, Internet, specialized printed editions, seminars, organized for the purpose, conferences, round tables and other forums;

Term: yearly

Planning and applying instruments for estimation of the structure, the methodology and the resource security of drug addiction prevention programs, based in schools;

Term: planning – 2008;
application – 2009 - 2011.

Planning and applying instruments for estimation of the structure, the methodology and the resource security of drug addiction prevention programs for children, young persons and families at risk.

Term: planning – 2008;
application 2009 - 2011.

Planning and applying instruments for estimation of the influence and the effectiveness of preventive programs and activities

Term: planning – 2009;
application 2010 - 2011.

C. Management and Coordination

Aim:

Providing effective management and coordination of local policy on prevention of psychoactive substances use;

Tasks:

- Improving the coordination between organizations and departments, which carry out local policy on drugs and drug addiction;
- Assisting the work of local institutions and departments, which carry out activities on drug addiction prevention;
- Assisting the work of national institutions and departments, which carry out activities on drug addiction prevention on the territory of the municipality;
- Assisting initiatives of non-governmental organizations and volunteer movements;
- Assisting the introduction of good practices for prevention of psychoactive substances use;

Activities:

Partnership between the members of District Council on drugs – Varna;

Term: yearly

Development and execution of annual programs for the activities of Varna Municipality on drug addiction prevention;

Term: yearly

Expert and information assistance and coordination of programs and projects for drug addiction prevention, carried out by institutions and organizations;

Term: yearly

Participation in the realization of activities related to the execution of the National strategy

for fighting drugs and the National Action Plan on local/regional level;

Term: yearly

Program for municipal budget financing of projects for drug addiction prevention, executed by non-governmental organizations;

Term: yearly

Popularization of the applied good practices through conferences, seminars and other forums;

Term: yearly

D. International Cooperation

Aim:

For Varna Municipality to be internationally recognized as a secure and trustworthy partner in carrying out the European policy for decreasing drug use.

Tasks:

- Strengthening the international collaboration and professional contacts with international organizations and institutions (UNDOC, WHO, EMCDDA, POMPIDOU GROUP – CE, ECAD, ENDCP and others);
- Participating together with international organizations in programs and forums on prevention of psychoactive substances use;
- Development of partnership relations with European cities with a view of pro-

viding mutual exchange of knowledge and good practices;

- Support of local institutions and organizations at participation as an associated partners in international programs for drug prevention.

Activities:

Active membership of Varna Municipality in European Cities Against Drugs (ECAD) and in the development of a Balkan network of the organization;

Term: yearly

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

Term: yearly

Active participation in regional initiatives of UN and WHO;

Term: yearly

In carrying out this Strategy, Varna Municipality develops yearly drug prevention programs, approved by District Council on drugs – Varna and Municipal Council – Varna. In accordance with art 15 of the Drug and Precursors Control Act, the coordination of the municipal programs for drug prevention programs are executed by “Preventions” Department at Varna Municipality.

GOOD PRACTICE IN SUBSTANCE USE CARRIED OUT BY PREVENTION DIRECTORATE OF MUNICIPALITY OF VARNA

I. Community program for drug use prevention in the schools

The program is a long-term, steady and accessible training method which incorporated into one system information delivering for drugs and drug use related risks and life and social skills training for young people.

The program method is developed and put into practice by “Trimbos Institute”-Netherland together with Foundation “Community program for drug use prevention in the schools”.

The program is based on a global approach and is not aimed only at the pupils but also at teachers, parents and experts in prevention and education at municipal level.

The program is carrying out in 10 hours of the class.

Aim of the program

The main aim of the program is the pupils to develop positive attitude and acquire a knowledge and abilities for healthy life, avoiding the risk behavior as well as learning of social-adaptive behavior.

Target group: pupils from VIII to XII class.

Materials:

- ❑ Guidance for teachers
- ❑ Methodological development for VIII-XII class

- ❑ Work sheets-VIII-XII class
- ❑ Exercise books-VIII-XII class.

The program is entirely funded by Municipality of city of Varna-“Program for drug use prevention”.

II. Program for family consulting on drugs

The program is a structural part of the selective prevention program, carrying out by Prevention Directorate. The Program for family consulting offers free services for the target groups and includes activities and interventions on 4 main themes:

- ❑ What are drugs like? What are the effects of drug-use? What are the drug use related risks;
- ❑ How to minimize the risk of drug use;
- ❑ How to identify the drug use ;
- ❑ What to be done if drug use is identified;

Aim of the program:

- ❑ To develop abilities for tackling with drug-use related problems and risk behaviors among the adolescences and their parents;
- ❑ To set up positive change of the structure and manner of communication in the family.

Target group:

Adolescences at risk and their families.

Methods and interventions:

- System approach;
- Individual and family consulting;
- Problem-oriented family therapy;
- Referral and Case management.

Team of the program:

- Family therapist (psychiatrist);
- Social worker;
- Pedagogue;
- Supervisor.

The program is entirely funded by Municipality of city of Varna-“Program for drug use prevention”.

III. Program for funding of NGO's for drug use prevention projects

Main aim

To stimulate NGO's to implement activities aimed at drug use prevention among adolescences and youth.

Support in establishing of network of institutions and organizations.

Target groups:

- pupils
- teachers
- parents
- vulnerable groups and family at risk
- volunteers
- others (organizations, institutions, media)

Specialists involved in the carrying out of the project are: parents, pedagogues, pedagogue counselors, psychologists, social assistants, doctors, outreach-workers from Roma community, volunteers.

The activities are the following:

1. Information of the target groups by structured trainings, discussions, seminars, editing of brochures, fliers and bulletins.
2. Social and life skills training for parents and children.
3. Consultation for youth who are at risk and their families.
4. Establishing of network of institutions and organizations
5. Outreach activities.

The duration of the projects is 5 months.

The projects are entirely funded by Municipality of Varna-“Drug use prevention program”.

IV. Trainings of school medicine staff on drugs and drug use related risks

Aim:

To raise the knowledge of the school medicine staff on drugs, drug addiction and drug use related risks.

Target group:

- school doctors*
- nurses*

(*divided into different groups)

Structure:

28 hours and seven modules, every module is with duration of 4 hours.

Methodology:

Themes of the modules-terms and definitions, models and context of drug use, attitudes, planning and carrying out of preventive programs, patterns of dependant behavior, interventions in case of drug related non-fatal emergency cases.

Trainers:

Head of II Psychiatric Clinic of city of Varna

Head of Toxicology Clinic

Senior expert in Prevention Directorate, Municipality of Varna

Materials:

Everyone of the target group gets “Short information book on addiction” which is developed

by Prevention Directorate and Association of Varna Organizations for Drug Prevention as well as the book “Drug abuse and addiction” written by Igor Kucenok and Georgi Dimitrov.

The program is entirely funded by Municipality of Varna - “Drug use prevention program”.

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