



“DRUG PREVENTION: A FI WI RESPONSE..ABILITY”

National Council on Drug Abuse

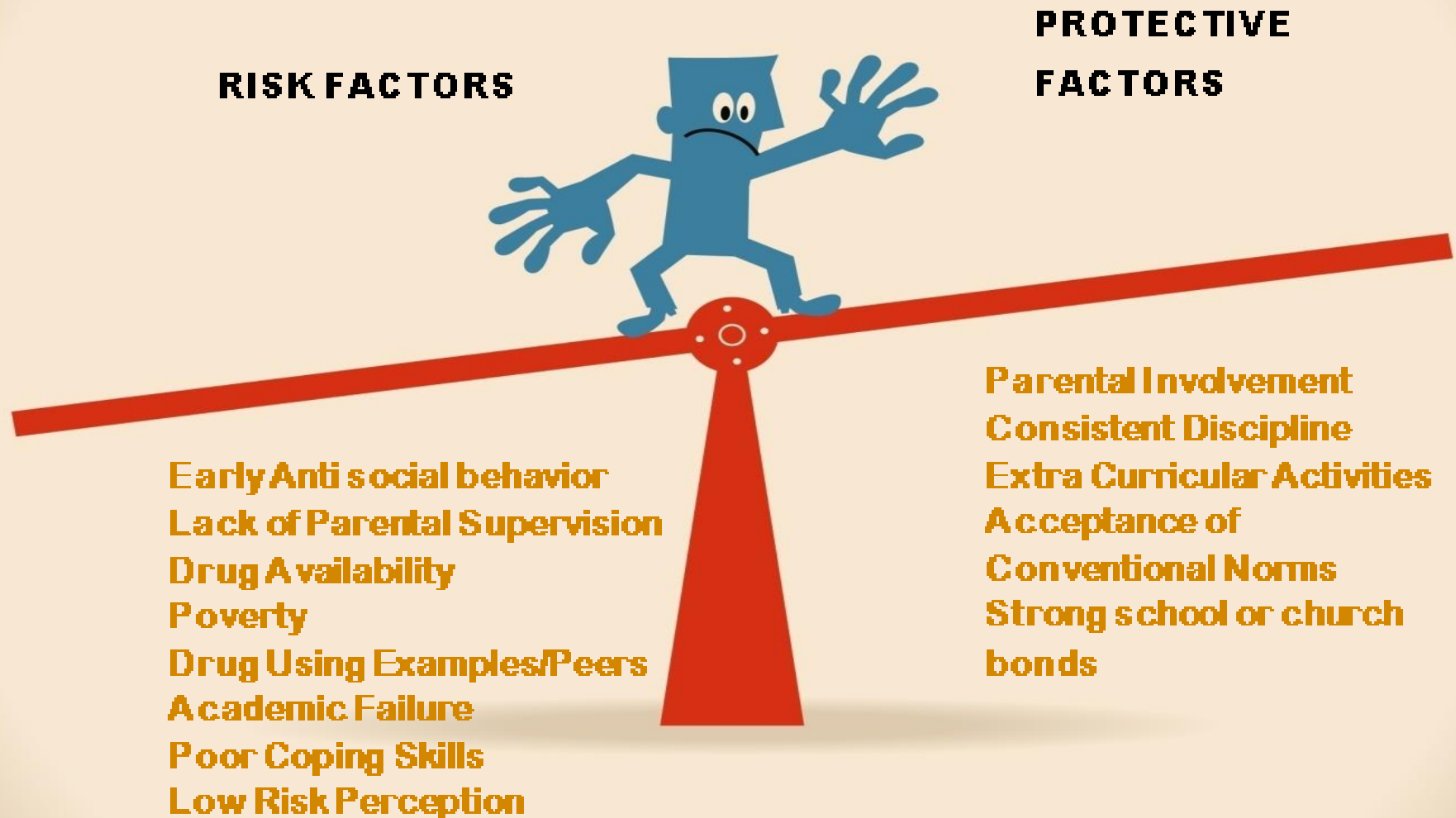
Paulette Spencer-Smith

National Council on Drug Abuse

- Statutory Body under the Ministry of Health
- ***Our Mission***
 - ***We exist to provide quality, reliable information,the general public, about substance use and abuse in Jamaica:- its nature, the extent, prevention, treatment, control.***
 - ***We are dedicated to strengthening protective factors against substance abuse,....., through the implementation of treatment and prevention programmes.***



Risk & Protective Factors



The Primary Role of The School

- Teachers have a primary authority role for children
- School bonding is a significant protective factor
- Promotion of conventional norms
- Behaviour modification possibility for students and parents

NCDA SCHOOL PREVENTION RESPONSES





Prevention Approaches

- Universal
- Selective
- Indicated

Our Universal Response

- Public Awareness Campaigns
 - Presentations, Exhibitions , Ads on radio & TV
- In School awareness programmes
 - “Wise UP”/”Squeaky Clean”
 - Targets transition grades for formal awareness sessions
 - Involves parents and community
 - Uses edutainment methods
 - No assessment of risk



Programme Sample

WISE UP

- WISE UP is designed to delay the onset of drug use. It targets schools and community in an effort to expose both to the message of risk reduction, and simultaneously and harmoniously build a supportive environment in both communities to protect children from access to drugs.

Programme Sample

- WISE UP comprises a school, parent and community component. Each is targeted and designed to increase awareness and knowledge about substance use and misuse.
- For the **school** the specific goal is the increased the capacity of teachers, guidance counselors and resource personnel, and participation of school personnel in roll-out of drug prevention programmes.

Programme Sample

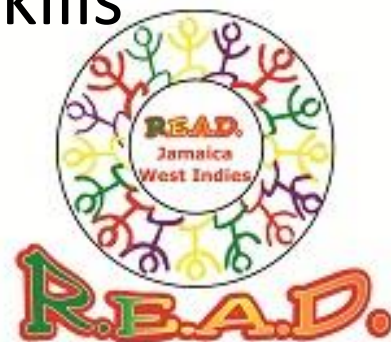
- For the **community** the goal is increased community interest and participation to address the sale of banned substances to minors
- For **parents** the goal is improved parenting skills. For **students** WISE UP focuses on building the skills of communication ,decision making, coping and stress management, self awareness / self-efficacy , conservative values and attitudes and refusal skills.

Youth Lifestyle Leader Award

- Peer /School Recognition Awards for secondary level
 - Leadership/volunteerism
 - Peer support

Our Selected Response

- Targeted At Risk programmes eg. R.E.A.D.
- At Risk Groups
 - Children with low academic achievement
 - Children being bullied
 - Children living in pro – drug use communities
 - Children with parents that are users
- Purpose is to build/support emotional intelligence, life skills and resistance skills
- Children not assessed



The READ © Generation

READ

- For Juniors
- Age 5-7

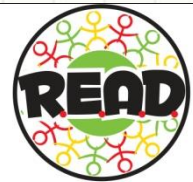
READ for minors

- Age 9-11

READ Ages 11-17

READ Plus

- Substance Abuse plus HIV/AIDS



Programme Sample

R.E.A.D.

- An intervention designed to delay drug use among at risk Jamaican in school and out of school use youth.
- READ uses a social influence model to influence behavior change and build resilience.
- The ultimate goal of the READ programme is to change the balance between risk and protective factors so that protective factors outweigh the risks, and train children to make good choices about drugs.

Programme Sample

- Programme delivery includes role play, videos music and workbook activities

COMPONENTS OF THE READ JR. PROGRAMME

1

**ACTIVITY &
COLOURING
WORKBOOK**

2

**INTERACTIVE
SESSIONS**

3

**PICTURE
STORIES &
INTERPRETIVE
PLAY**

QUIZ

COMPETITIONS

FIELD TRIP

MEMOROBIELIA

4

5

6



Components of READ plus

- o Affective: Self concept, perspectives, attitudes, feeling of safety, vulnerability/protective factors, needs, behaviours.
- o Cognitive: Definitions, reasons for use, rights, the law, drugs of abuse
- o Skills: Coping, decision making, resisting offers made through advertising/marketing
- o Competencies-how to say no and mean it, taking responsibility, selecting the right friends, safe practices

Our Indicated Response

- Targeted At Individuals at Risk
 - eg. Step UP ,
 - Counselling ,
 - Cessation programmes
- Individuals exhibiting problem behaviour
- Purpose is to support behaviour modification and delay /stop damage from substance abuse





05/20/2013 PM 01:21



ks. Prevention Works. Prevention Works. Prevention Works. Prevention Works.
e. Stay Drug Free. Stay Drug Free. Stay Drug Free. Stay Drug Free.



CATHERINE HALL
PRIMARY SCHOOL



Programme Sample

STEP UP

- STEP UP is part of the NCDA's harm reduction initiative directed at adolescents and teenagers. The target population is in school youth age 12-18 years who are experiencing problems related to marijuana use and have been referred by their respective school.

Programme Sample

- STEP UP is designed to help delay the onset of drug **misuse** and to assist students experimenting with or smoking marijuana to quit smoking. STEP UP is geared to building the young person's life skills in order to promote better decision making and healthier choices.

Programme Sample

- The programme targets include the reduction of drug use by at least 50%, strengthening or building refusal and resistance skills, self esteem, resilience, personal control, problem solving capabilities and emotional intelligence among others.

Programme Sample

STEP UP

- The programme uses psycho-education- including resistance, coping, life skills , social Support , and sporting activities
- STEP UP programmes are facilitated by trained specialists and includes mandatory drug testing.



RESISTANCE EDUCATION AGAINST DRUGS



RESISTANCE EDUCATION AGAINST DRUGS

Monitoring & Evaluation

- Pre and post tests
- Post intervention focus groups
- Role-Plays (demonstration of skills)
- Competitions (DJ/Poster)
- Reports to funders (US Embassy, National Health Fund, Ministry of Health etc)