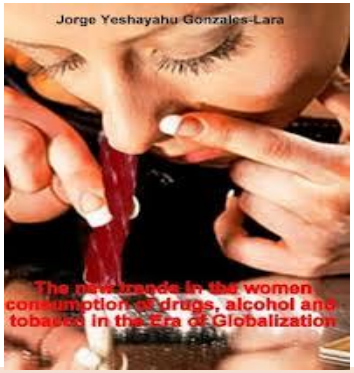
SEMINAR ON RESEARCH AND POLICY

PLANNING AND IMPLEMENTATION OF PREVENTION PROGRAME AND MODELS OF PREVENTION



Trinidad and Tobago

29 October 2014

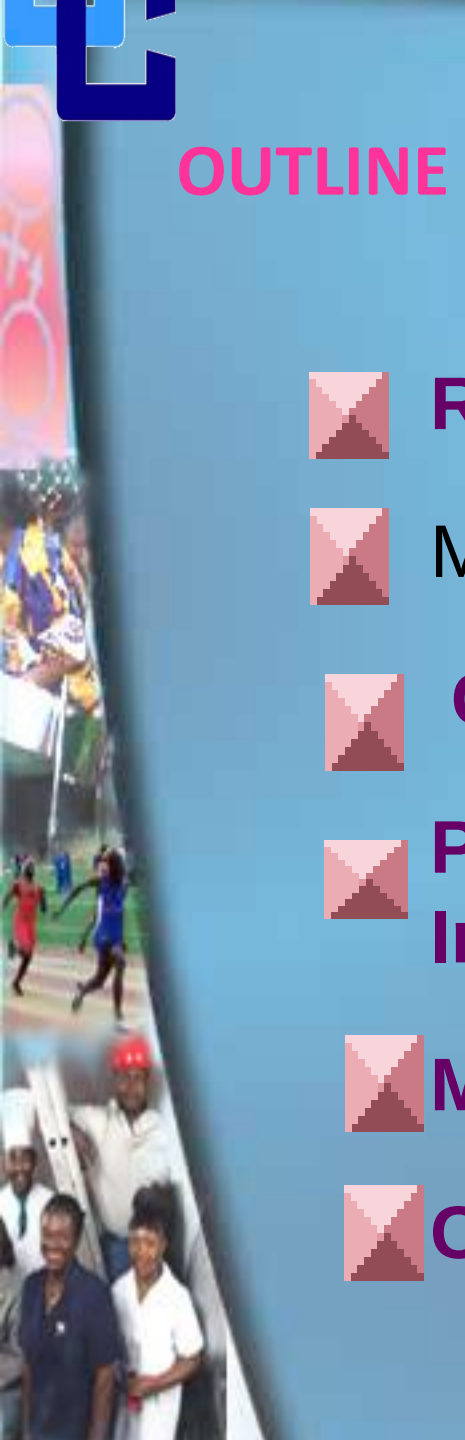
Dr. Morella Joseph

Programme Manager – HRD

CARICOM Secretariat

OUTLINE OF PRESENTATION

- **Recap**
- Models of Drug Prevention
- **Criteria for selection**
- **Programme Planning and Implementation**
- **Monitoring Plan**
- **Conclusion**



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RECAP

- Contextual Understanding
- Theorectical underpinnings

Risk and Protective Factors

- Levels of Prevention and Intervention

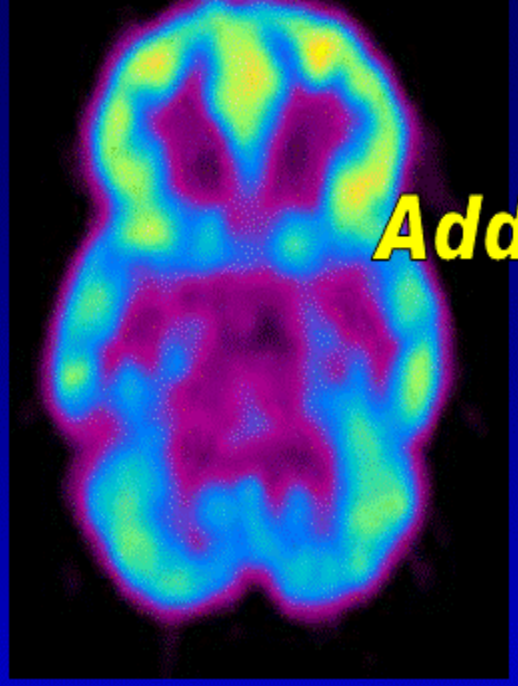
Referrals

Ethical Issues

- Scientific Approach in Drug Prevention
- Quality Prevention programme

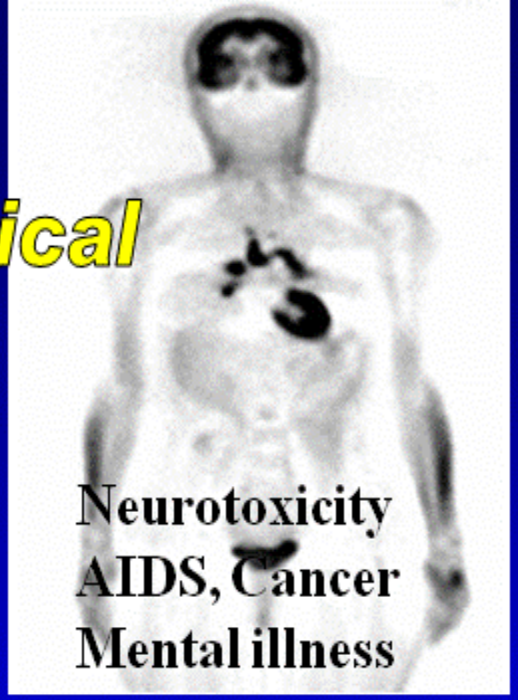
-Methodology

-Who Benefits



Addiction

Medical



Neurotoxicity
AIDS, Cancer
Mental illness

DRUGS

Social

Homelessness
Crime
Violence

Economic

Health care
Productivity
Accidents

BREAKING NEWS!!!

Last update: 30-Oct-2014 3:23 am
Thursday, October 30, 2014

- ***Boy, 15, charged with possession of marijuana found in his schoolbag***

- ***A 15-year-old MALE student who carried marijuana to school on Thursday was arrested and charged with possession of narcotics for the purpose of trafficking.***

- ***Medical student held at indoor marijuana farm***

TRINIDAD and TOBAGO NEWSDAY

The Drug Abuse Problem

Global Problem that affects:

- the user
- The family
- Community
- Society

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TRENDS

- *An increase in rates of drug use*
  - *First use of drugs at a younger age*
- *A change in the traditional patterns of drug use to include designer drugs, mainly ecstasy and other forms of sedatives, tranquilisers and stimulants.*

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Part 1: Models of Drug Abuse Prevention Interventions

1. • Theories /Models behind the interventions
2. • Criteria for choosing drug prevention models
3. • Choosing the model

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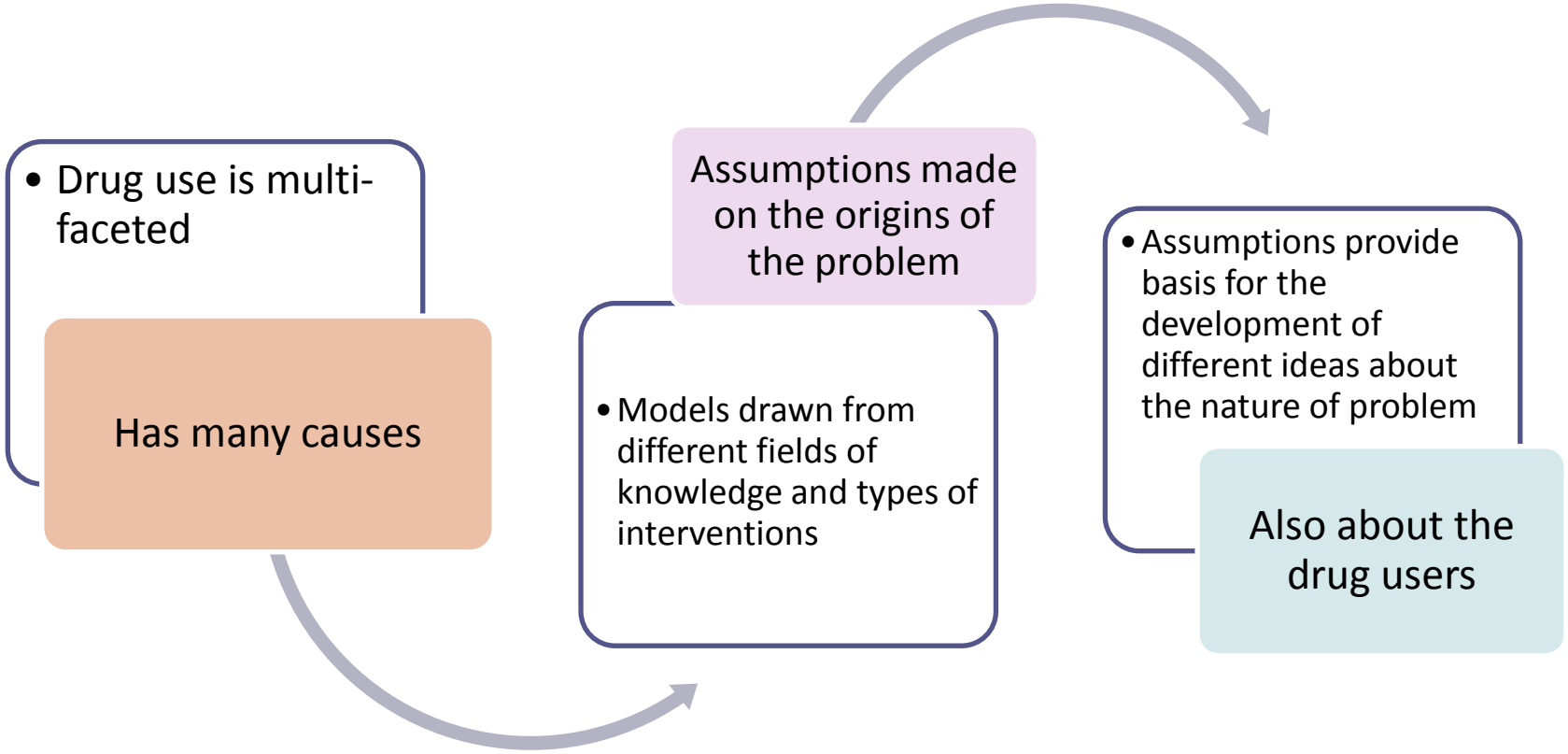
The Theory Behind the Intervention – The Model



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Models of Drug Abuse Prevention Intervention

They offer a set of plausible assumptions about the origins of the problem;

On that basis, ideas about the nature of drug use and the user are given .

Suggestions made on the variables and dimensions involved in the initiation and maintenance of drug using behaviour.

Generic objectives developed: Suggest solutions, guidelines for the design and implementation of specific policies, strategies, actions and intervention programmes

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THE MODELS

- Medical Model
- Ecological Model
- Legal Model
- Bio-Psycho-social Model
- Social Competency Model
- Community-Based Model

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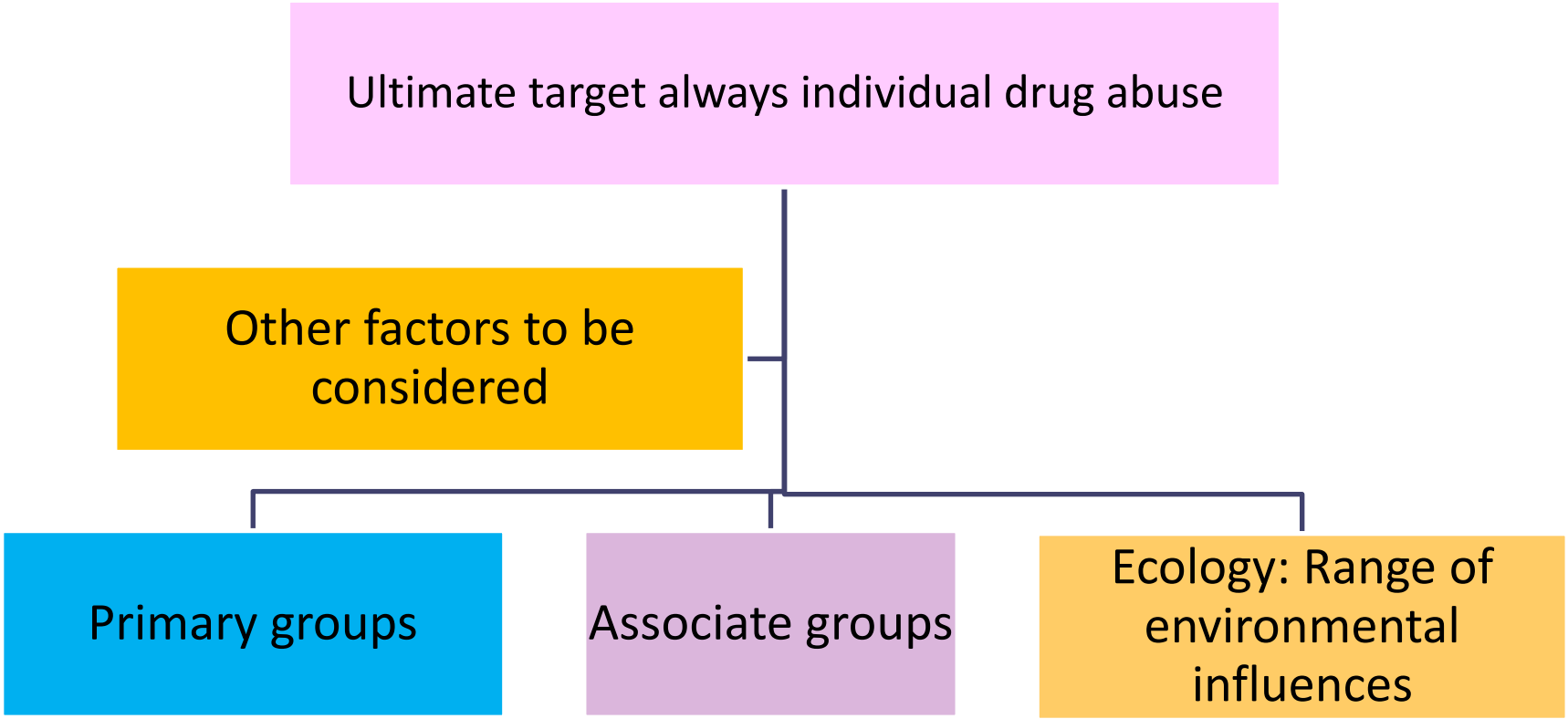
The Target of the Intervention Model



The medical model of alcoholism and drug dependency

- Also referred to as the **disease model**, has been and continues to be one of the predominant models among specialists that provide drug prevention and treatment services.
- Views drug dependence as an illness, which is characterized by a loss of control over the substance that produces dependence.
- The abuser is seen as being ill as a result of drug use itself, and not because of any other underlying disorder or problem.

The medical model of alcoholism and drug dependency

- This means that drug abuse is considered as something inherent in the individual himself, without regard to any other kind of determining factor

- Model recognizes:

  - the influence of psychological and environmental factors on drug use
  - the user's basic personality
  - the social and cultural features of the system

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Medical Model

- The individual drug user is seen as passively receiving the substance, which is an agent that exercises an active role on the body.
- The individual is seen as a body, an organism, and the drug as an active agent.
- When the two interact, they unlock a series of physical and chemical events that produce particular symptoms and a deterioration of physical health and functioning.

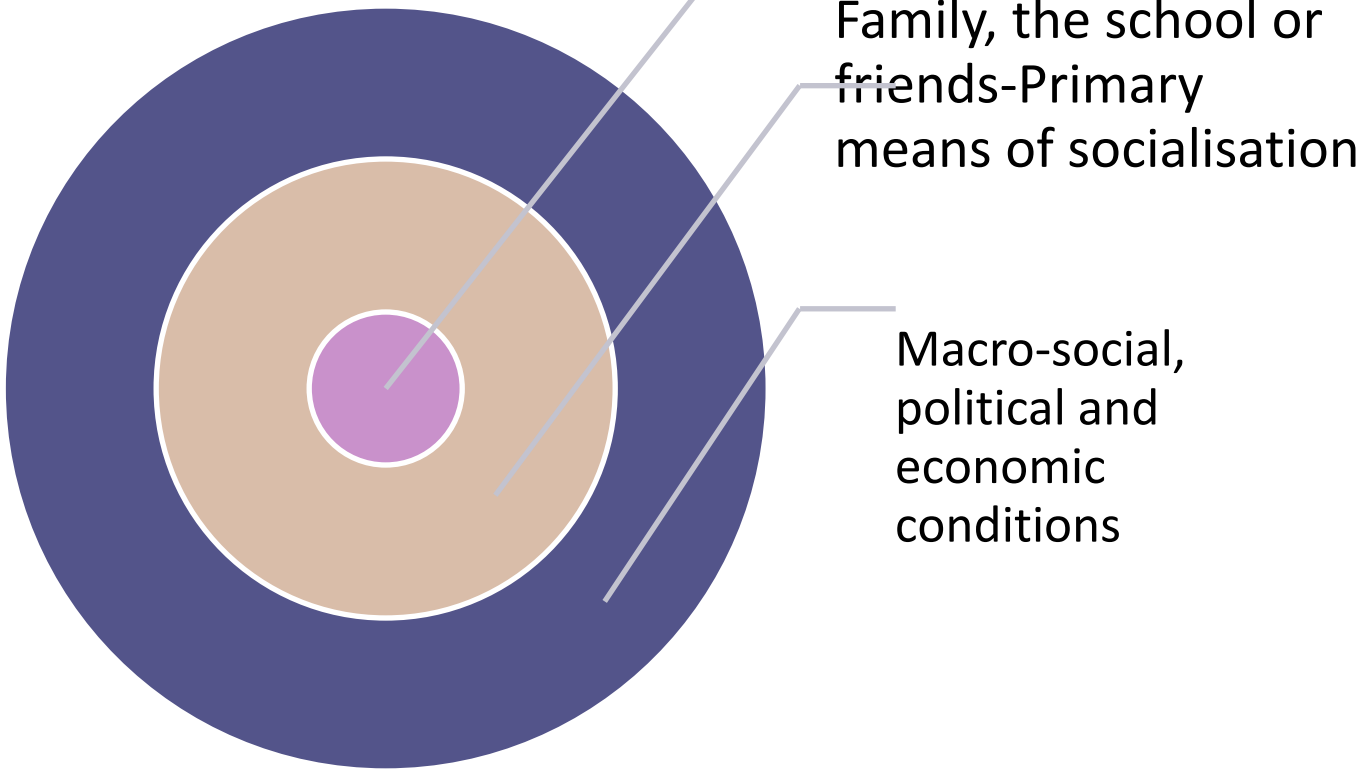
The Medical Model

- The medical model of primary prevention starts from the idea that education and objective information about harmful drugs will prevent drug use and abuse.
- Health education must go beyond merely giving out information.
- It is a systematic educational process designed to encourage and protect individual through personal development and the creation of new, and constructive habits needed for good communications among people and for a happy life (Biocca, 1971).

ECOLOGICAL MODEL

- *Focuses on the interaction between the individual and his or her environment,*
- *Takes into consideration the different settings in which the person lives his or her life.*
- *It sees the individual as part of a set of more or less close relationships, which need to be addressed as a whole, if we want to help people find a better quality of life*.

Ecological Model



All of these circles have a direct or indirect influence on a person's course in life; they are inter-related and therefore must all be taken into consideration when trying to understand drug use as a social phenomenon

Ecological Model

Three broad and inter-related components are worth noting:

- *The substance (type, effect, potency, route of administration)*
- *The individual (mental, emotional and social factors)*
- *The environment (how drugs are viewed by society, social conditions)*

LEGAL MODEL

- *Views drug use from the point of view of its criminal implications.*

- *Drug dependence is not fully an objective or focus of interest in and of itself*

- *Drugs and drug use are of interest to the extent that they are agents or that they directly or indirectly cause serious physical, psychological and social harms to the individual and to the community.*

Legal model

- The model of prevention has behind it a theory that justifies a series of restrictive, repressive measures and actions that are potentially valuable in containing and controlling the progression of the drug use problem.

- Drug prevention interventions: the legal model is set within the broader goal of preventing collective risk, health, safety and individual and societal wel-lbeing.

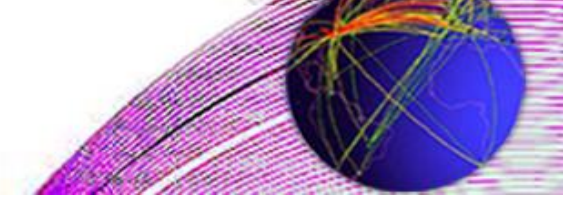
- Primary prevention measures: are eminently restrictive, repressive and punitive, operating as they do through the legislature, the police and the court system

NOTE...

"...in the legal model, the individual drug user will be taken into consideration only when his behaviour or its consequences involve punishable acts that violate the law.

The individual drug user is of interest in the legal model as a victim, to the extent that the drug itself is seen as a dangerous agent that induces crime"

THE LEGAL MODEL



Function: Deals with the "drug phenomenon" as something qualitatively different from drug use, abuse or dependence.

Interest in drug use: the legal model pays particular attention to actions that are implicitly or explicitly associated with drug use and that could potentially be considered a crime, and consequently, subject to legal penalties,

Bio-Psycho-Social Model

This model stresses the importance of encouraging individual and societal responsibility for health care and the maintenance of health,

This is understood as an on-going process of physical, mental and social development.

Bio-Psycho-Social Model

One of the principal contributions of the bio-psycho-social model to prevention is the concept of "risk factor".

In this approach, a risk factor is understood as a set of personal, societal or drug-related circumstances, facts or elements that increase the probability that an individual will begin and continue drug use.

The circumstances may come together at a particular moment in time, and increase a person's vulnerability to drug use. ***This model has an impact on reducing risk factors.***

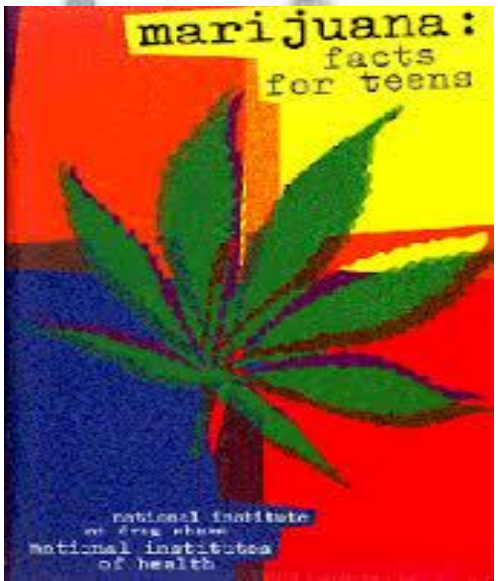
Social Competency Model

- This model focuses on a positive concept of health and on existing competencies, rather than on individual or group defects
- It focuses on prevention activities designed to encourage cognitive development, and behavioural, social and emotional skills
- Will lead to more adaptive behaviours and therefore greater capacity to address critical life situations
- Individual competency for social interaction is a protective factor for drug use*; prioritises skills training to help individuals deal with risky situations*.

Community-based model

- This model takes into consideration how micro-social contexts such as the family, a group of friends and the neighbourhood influence the origins and/or evolution of drug use.

- The intervention is based on the commitment and sense of responsibility of the organized community, which operates in differing ways.



COMMUNITY-BASED MODEL

- Under this prevention model intervention programs should be designed together with the community and for the community.

- *It is therefore essential that the following be borne in mind:*

- *Plan properly using a methodical and scientific approach.*

- *Include institutions and individuals from the beginning of the planning*

.

- *Seek out active community participation, which means drug use must be seen as a problem that affects the community as a whole and not just certain segments of the population.*

COMMUNITY-BASED MODEL

- Refers not to a scenario that is other than the school, family or workplace, but of:

  - risk factors that need to be removed,

  - protective factors that need to be enhanced,

  - actions carried out using an essential ingredient, which is participation.

  - Seeks to change environment

- Programme design – id community needs; change objectives

Criteria for Selecting Models

- Design clearly defines characteristics of target population
- Covers all drugs but highlight those most often used
- Understand risk factors and strengthen protective factors
- Early interventions with adolescents that emphasize addressing risk factors generally have a greater impact.
- Respond to assessment needs and in line with cultural and community norms
- Best practice: Programmes that have proven to show changes in the community tend to have the best cost-benefit ratio.

Choosing the Intervention Model

- Select or design prevention programme
- **Steps to note:**
  - Many factors can contribute to a problem;
  - Select a prevention model that will address those factors
- Prepare tailor-made prevention programme:
- Identify proven experiences that work
- Understand intervention's objectives
- Define target group(s)

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Drafting an Intervention Model

Name of the Model:
Level of Intervention:
Area of Intervention:
Description of the Intervention Model:

PART 2: PLANNING AND IMPLEMENTATION

An ongoing process for improving organizational performance by developing strategies to produce results.

It involves looking at where an organization wants to go, assessing the organization's current situation, and developing and implementing approaches for moving forward.

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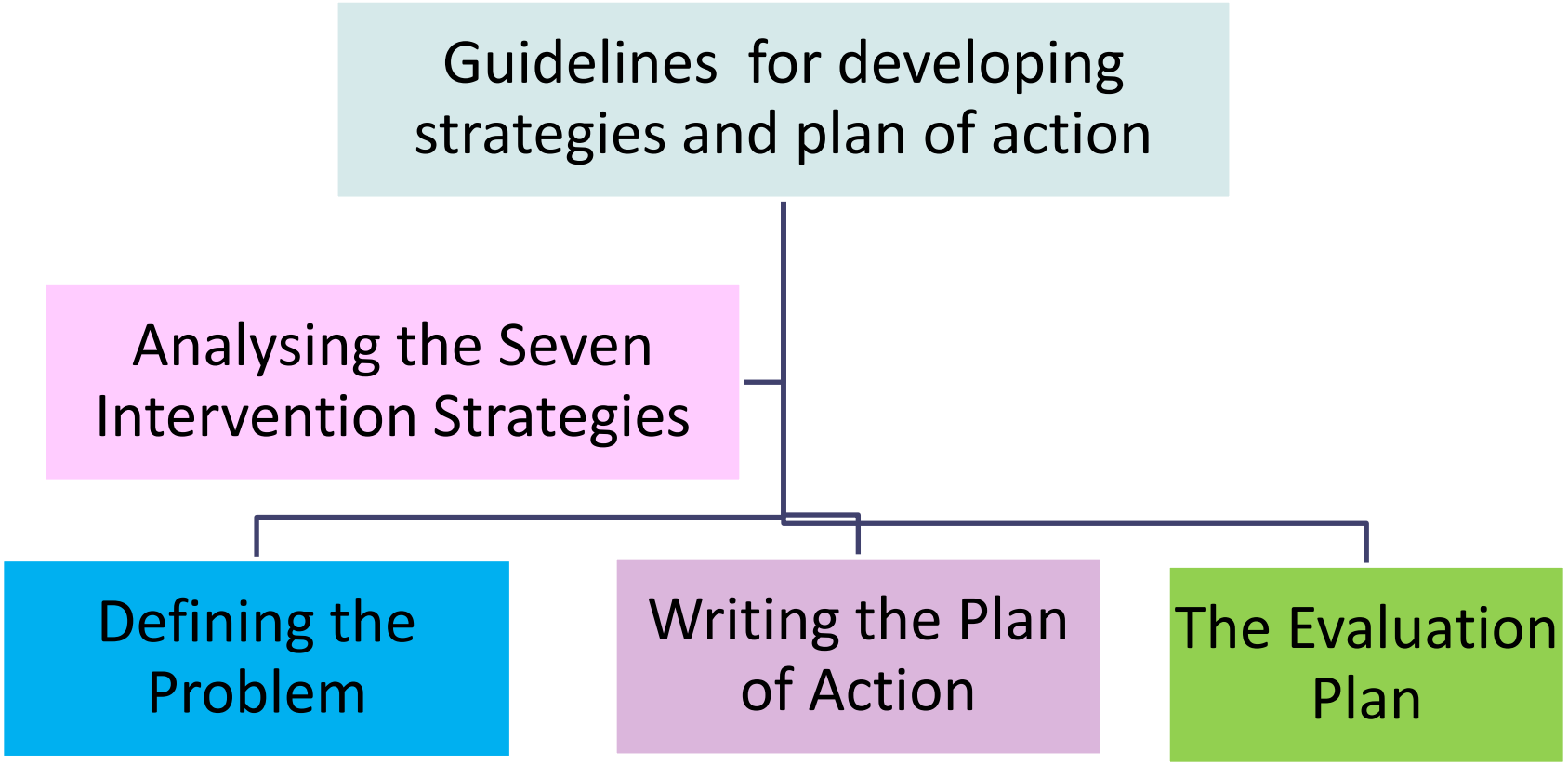
A Drug Prevention Programme



Intervention Strategies

Providing Information

Teaching Skills

Giving Support

Incentives and Penalties

Increasing Access – Lowering Barriers

Changing Policies / Regulations

Changing the Environment

Planning Process

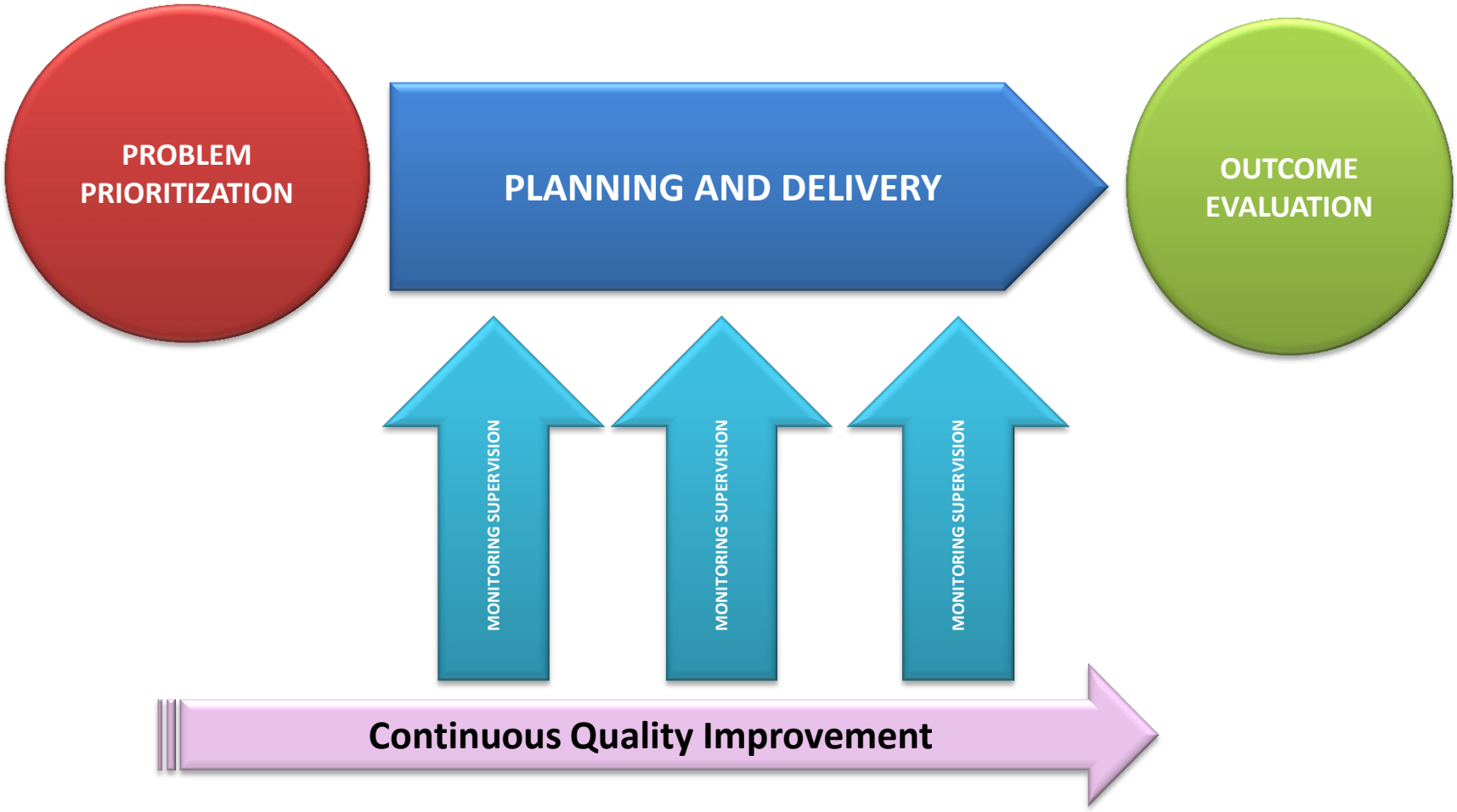
- The design of the prevention programme should start by identifying the needs of a community

- A good needs assessment of the situation should be the first stage in the planning process

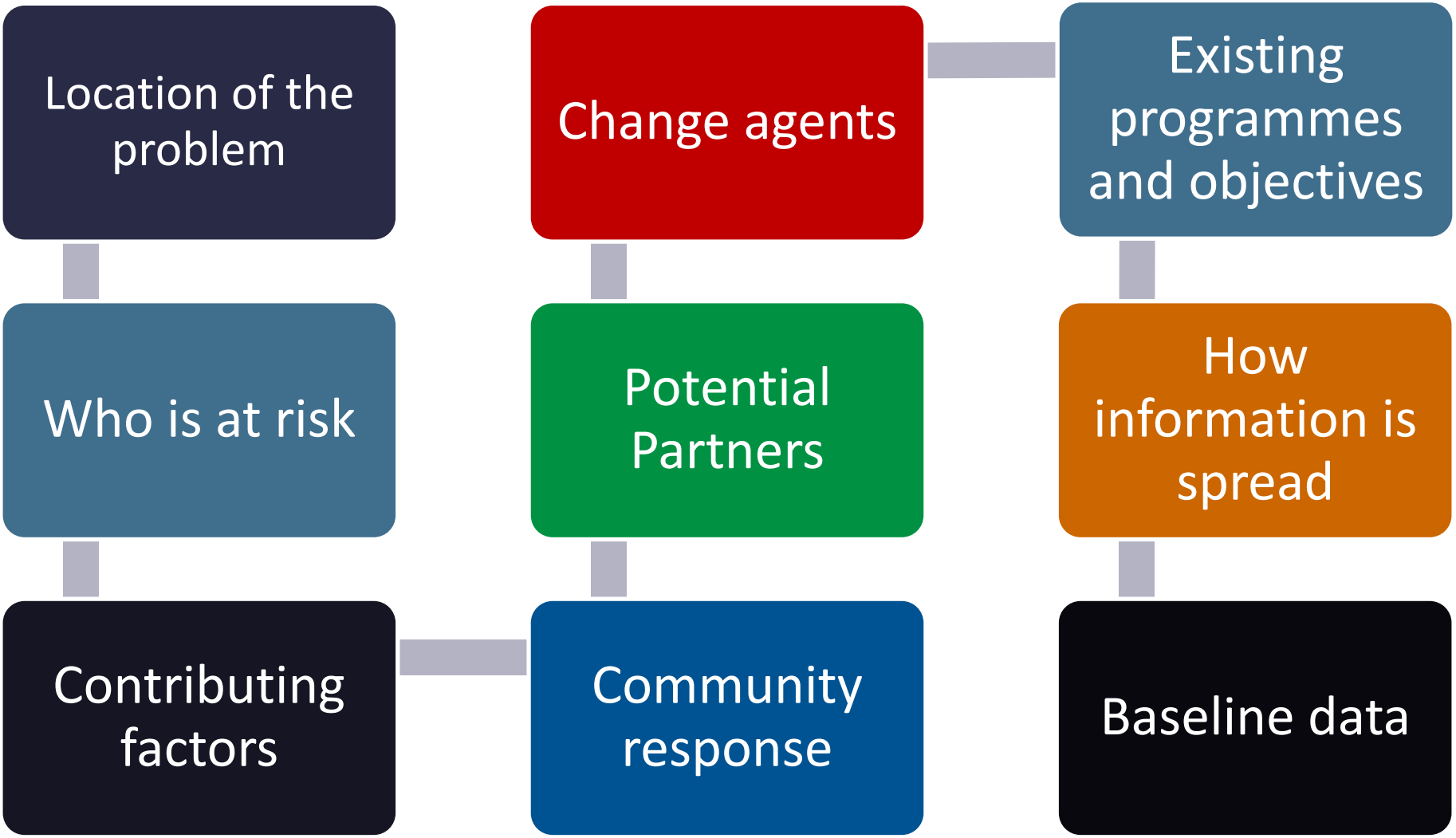
- Data analysis and prioritisation

- Development of a logic model or logic framework and a theory of change

Concept map


PROBLEM PRIORITIZATION
PLANNING AND DELIVERY
OUTCOME EVALUATION
MONITORING SUPERVISION
MONITORING SUPERVISION
MONITORING SUPERVISION
Continuous Quality Improvement

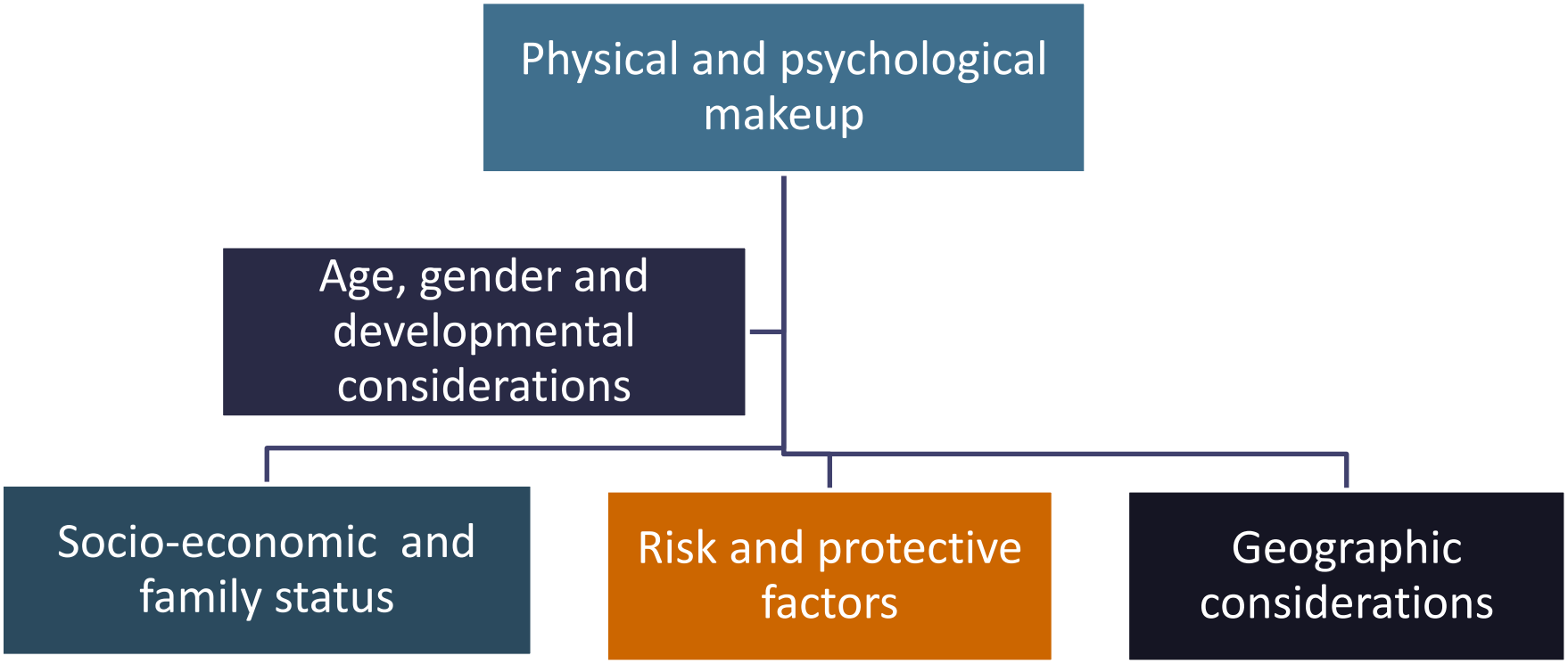
NEEDS ASSESSMENT



Target Populations

- *Develop problem statements*
- *Identify the populations upon which your initiative will need to focus.*
- *Target populations are those individuals and groups who either are directly affected by, involved in, or contributors to the key problems and/or consequences identified in your problem statement.*

1.3 - Characteristics of the target Population



Areas for Drug Abuse Intervention

School: Designed to encourage development of Protective Factors

Reinforce psycho-social capacities and skills	Improve violent and anti-social behaviour

Family: Designed to improve family relations and parenting skills

Empowerment of children is KEY	Harmonious and healthy family environment

Community: Designed to encourage stronger social networks

Stakeholder and community participation	School – Family collaboration

Guidelines on Analysing the Problem and Developing the Logic Framework

1. • Defining the Problem
2. • Defining the Local Situations
3. • Developing the Logic Framework

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Defining the Problem

A poorly defined problem - or a problem whose nuances you don't completely understand - is much more difficult to solve than a problem you have clearly defined and analyzed. The way a problem is worded and understood has a huge impact on the number, quality, and type of proposed solutions.
(Jenette Nagy)

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Defining and Analysing the Problem

The nature of the problem: general to specific; no shortcuts

Formulate and clarify the problem: Knowledge of; gaps; research

Define the problem in terms of needs and as one everyone shares

Decision to solve the problem: importance, feasibility, negative impact

Analysing the problem: What, why, who, when and how much

THE LOGIC FRAMEWORK OR MODEL

A conceptual framework with logical steps for analysing drug abuse problems

Identifies strategies that can impact those relationships to achieve a desired outcome. (Visually shows how intervention works)

A useful planning tool for describing relationships among multiple factors and components in a community,

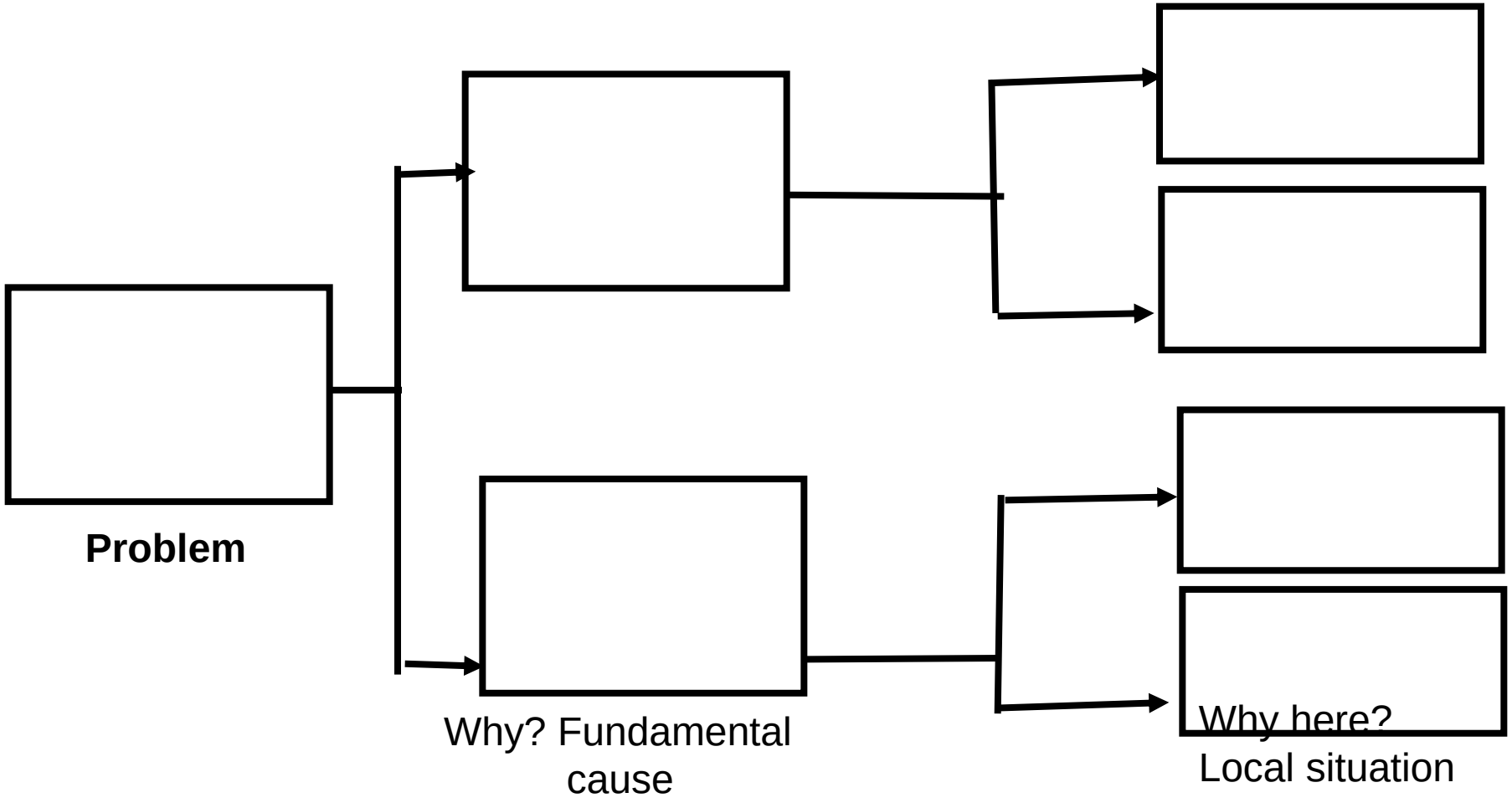
The Model identifies and links problems, consequences, and underlying condition, local situations or intervening variables

The logic of how change happens.

- Logic Model Defined
  - Road map Model of change
    - Blue print for change
    - Framework for action
  - Conceptual Framework
    - Programme framework

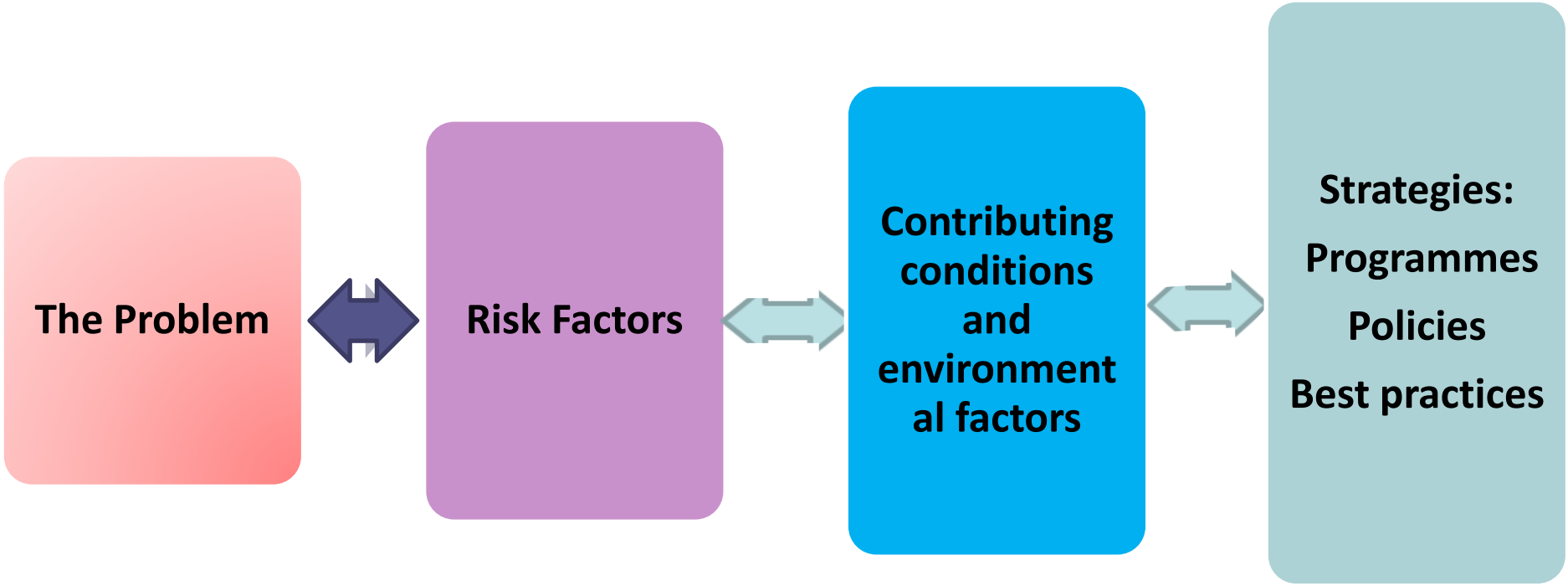
Exercise : Drafting the Logic Model

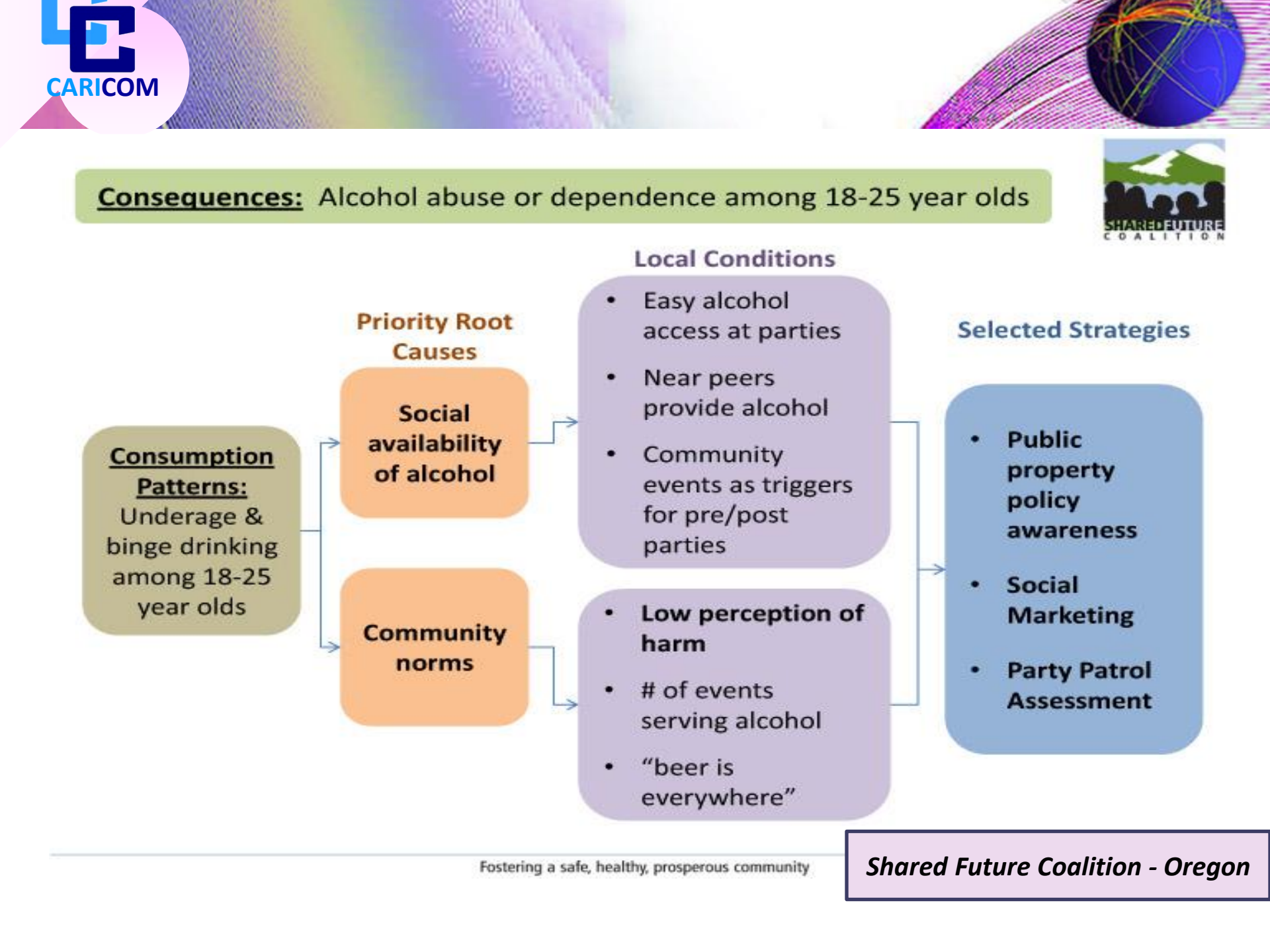
The Logic Framework



Exercise: Drafting a Community Logic Model

Community Logic Model/Framework

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Consequences: Alcohol abuse or dependence among 18-25 year olds
SHARED FUTURE COALITION
Local Conditions
Priority Root Causes
Selected Strategies
Consumption Patterns: Underage & binge drinking among 18-25 year olds
Social availability of alcohol
Community norms
Easy alcohol access at parties
Near peers provide alcohol
Community events as triggers for pre/post parties
Low perception of harm
# of events serving alcohol
"beer is everywhere"
Public property policy awareness
Social Marketing
Party Patrol Assessment
Fostering a safe, healthy, prosperous community
Shared Future Coalition - Oregon

Drafting a Drug Prevention Strategic Plan

Once the problem has been identified and the logic framework developed, it is time to develop a Strategic Plan.

A strategic plan helps you to decide how to implement the strategies that were identified in the logic model: It helps you to:

- ***draft the vision;***
- ***develop the mission statement;***
- ***define objectives;***
- ***refine strategies;***
- ***develop your action plan***

Drafting a Strategic Plan

CONCEPT	OPERATIONAL DEFINITION
Vision	Describes how you expect your community to be once the objectives of the plan have been achieved. Your vision should have the following characteristics: - Understood by and shared with community members; - Holistic and include varying local perspectives; - Inspiring everyone involved in the effort; - Easy to communicate and sufficiently short.
Mission	Describes what it is intended to do, and why. The mission is more concise, inclusive and results-oriented.
Objectives	Specific, quantifiable outcomes of the programme or project. A good objective should include the time period in which the change is expected to take place

Drafting a Strategic Plan

CONCEPT	DEFINITION
Outcomes	Milestone of progress; they allow us to know when the goal was achieved**.** (the percentage increase or decrease); - Identify the target population or group we want to impact; -Specify the behaviour, situation or knowledge that we wish to change;
Strategies	Identify the main approach to be used in achieving the desired outcomes, and are a reflection of the change theory or theories chosen, and the various activities that you plan to carry out in your community.
Indicators	Quantitative or qualitative factor or variable that provides a simple and reliable means to measure achievement.
Goals	Help to determine how indicators have performed over a specific period of time

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Outcomes

- Outcomes state the degree of change you hope to achieve within a specific time frame

- Outcomes should be specific, measurable, achievable, realistic, and limited to time

- **long term**

Goal oriented and quantifiable degree of behaviour change

medium / intermediate

Link to objectives and quantifiable change in underlying conditions

short / immediate

Link to strategies and activities and quantifiable change in knowledge, skills and abilities

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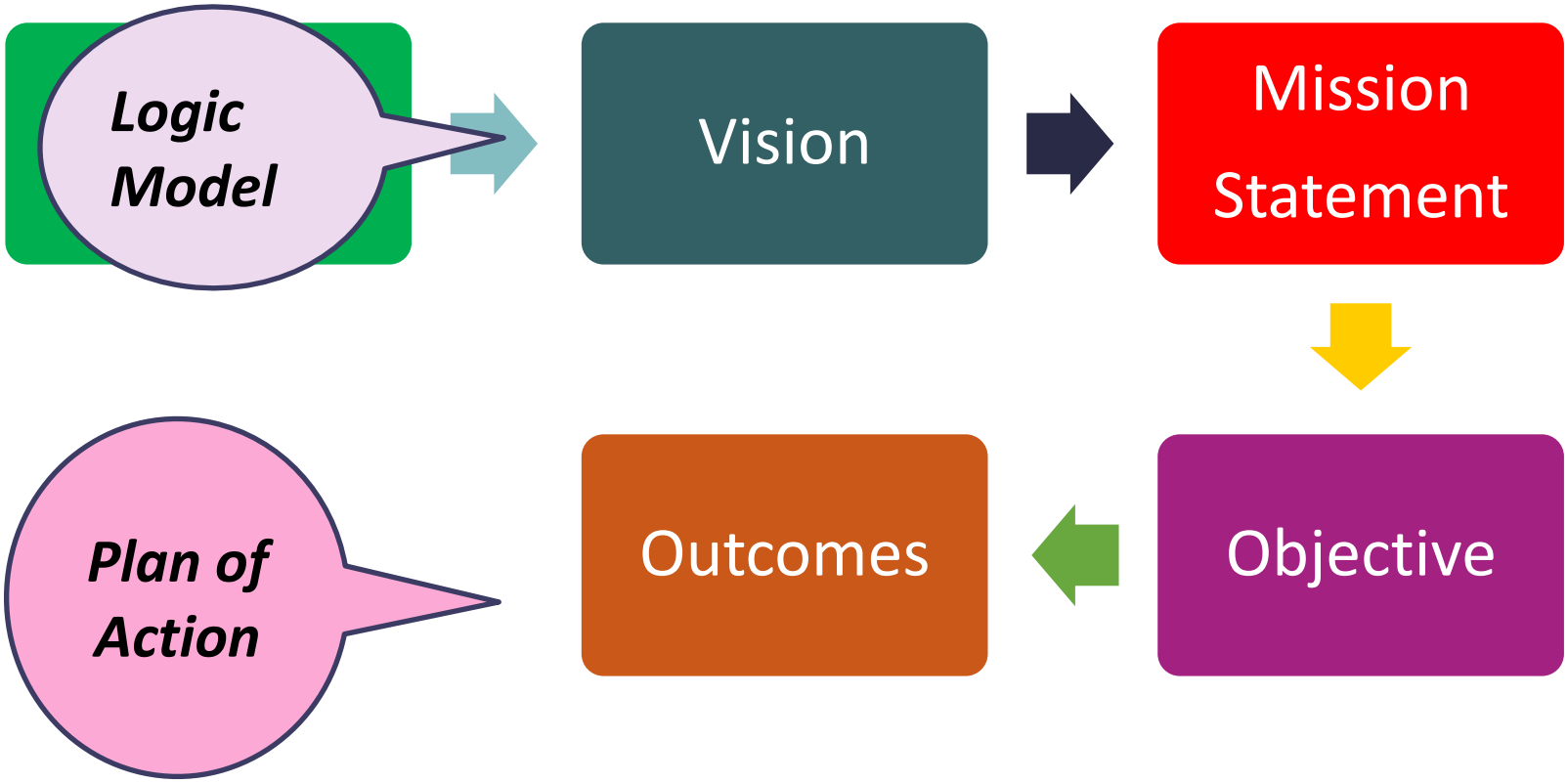
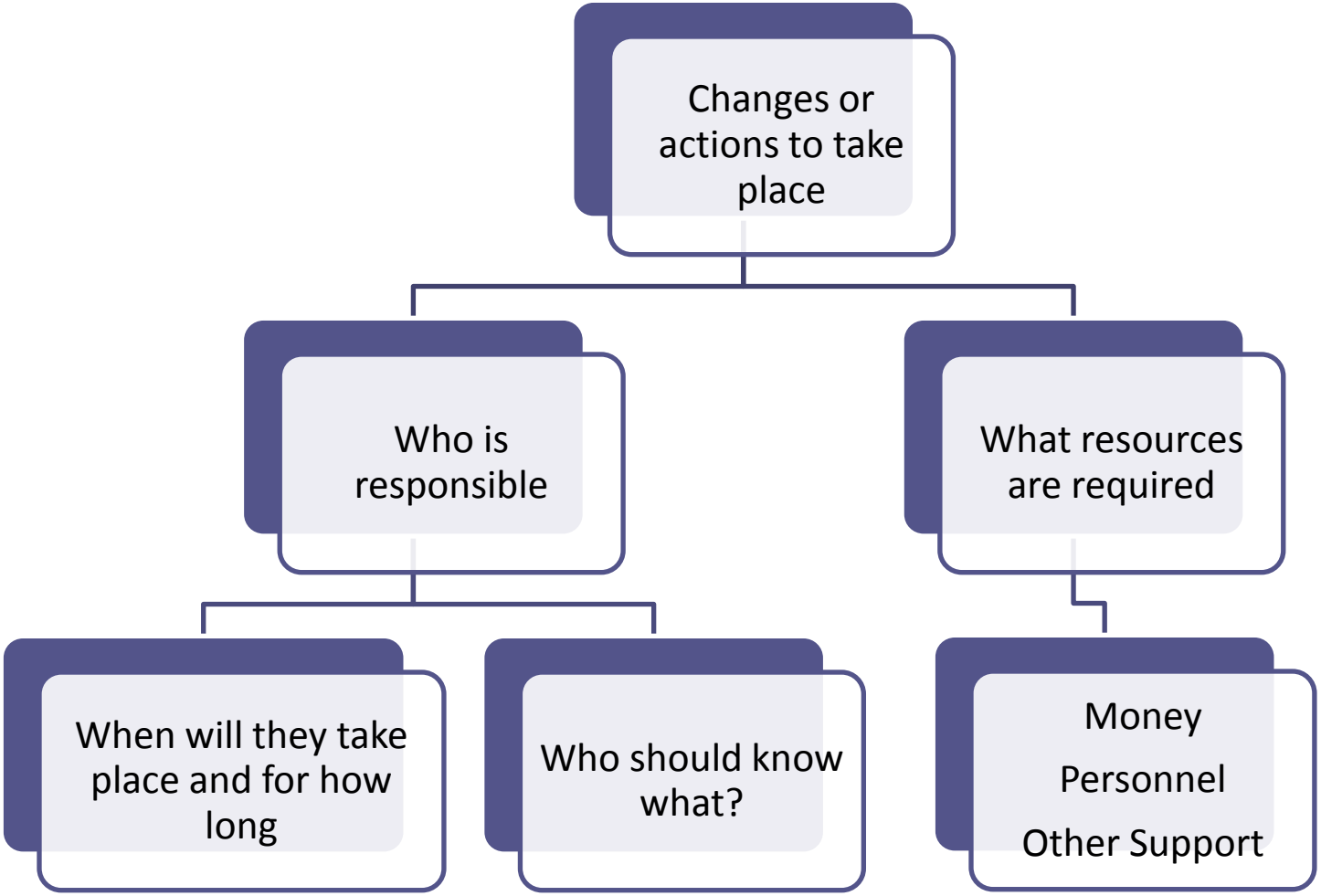
The Strategic Plan



Plans of action consist of stages in which we take action to achieve the objectives and outcomes proposed.



Drafting a Work Plan

CONCEPT	OPERATIONAL DEFINITION
Activities	Actions taken to ensure that the objectives are achieved. The activities are carried out by those responsible for the programme. All activities should be described specifically, and a budget should be assigned.
Management Teams	The programme will be managed by a multi-sectoral team of people who are involved in the drug problem in the community. Properly trained, respected in community and understand their responsibilities: planned activities; programme outcomes
Programme Timetable	Should be decided, in order to establish a base line and therefore know when it is proposed to observe the changes and to measure them
Budget	Human and financial resources are needed to implement the action plan or work plan and to carry out all of the activities that are planned for the community.

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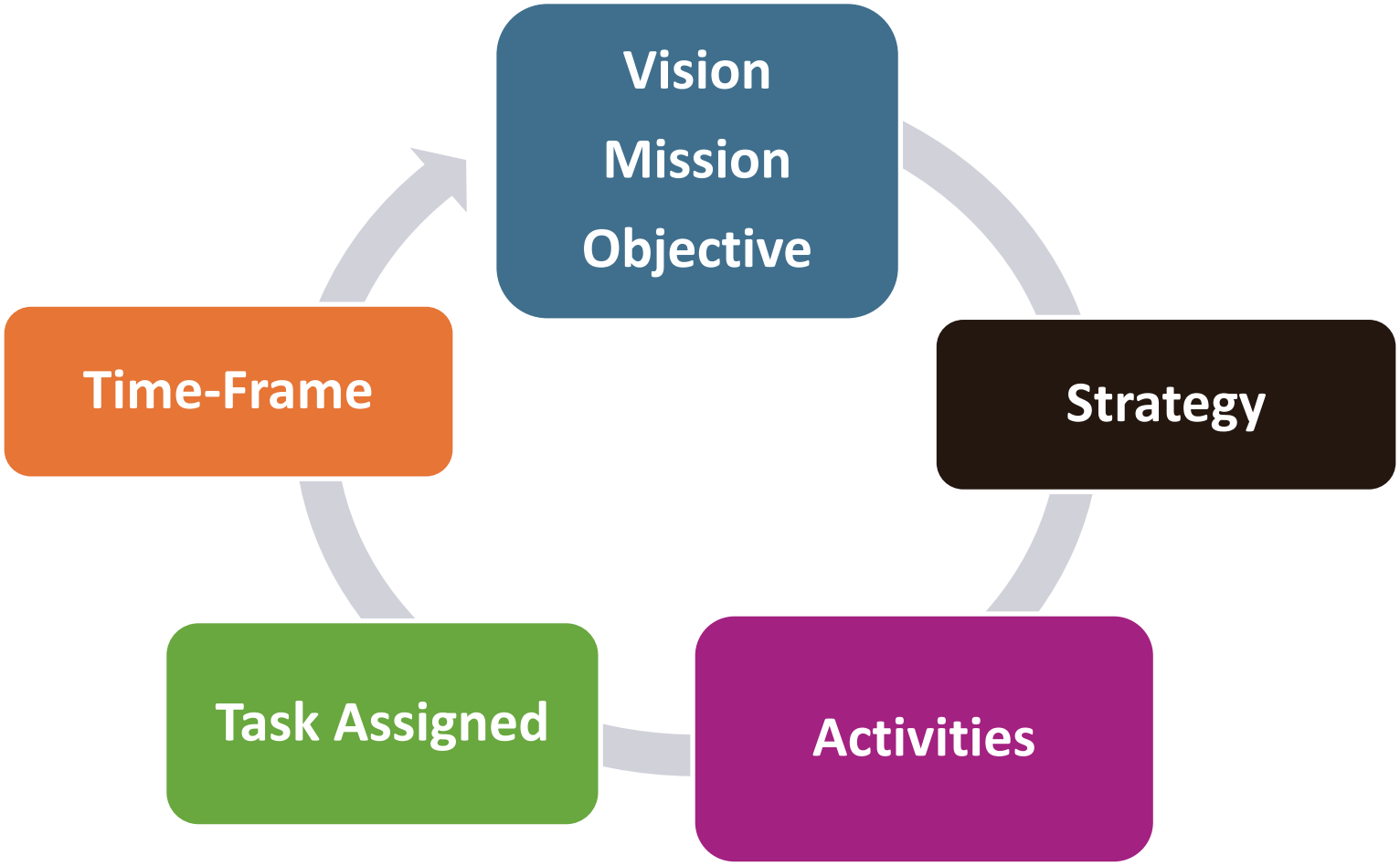
Drafting a Work Plan



Exercise: Preparing a Work Plan

LOCAL SITUATION

STRATEGY	ACTIVITY	GOAL	TIMETABLE												PERSONS RESPONSIBLE	RESOURCES
			1	2	3	4	5	6	7	8	9	10	11	12		

Drug Prevention

A plan of action based on:

A drug abuse prevention programme

-ethical principles

-guided by the scientific approach that is designed to change a particular drug abuse related profile of a population in order to prevent or delay the initiation of drug use

-promote cessation of use

-reduce the frequency and/or quantity of use

- prevent the progression to hazardous or harmful use patterns

- prevent or reducing negative consequences of use.

Key elements in successful programme planning

- **Prepare : visioning, assessment, prior knowledge, stakeholder input already involved**

Develop Plan

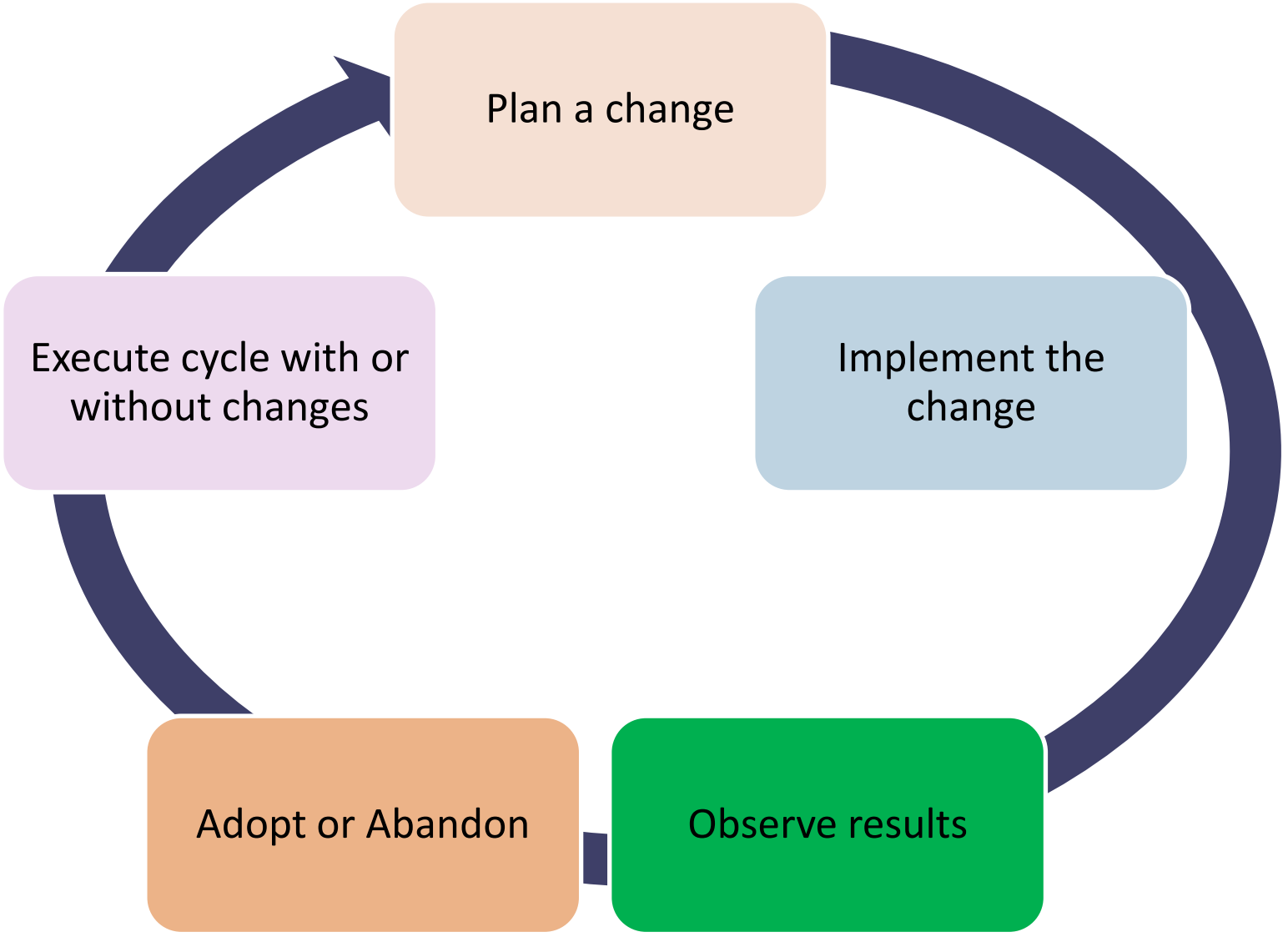
Implement: communicate or market plan, manage, supervise, monitoring and report progress

- **Set priorities based on needs and resources**
- **Key questions: What changes? How to get there? Making progress?**

- Review: Cycle

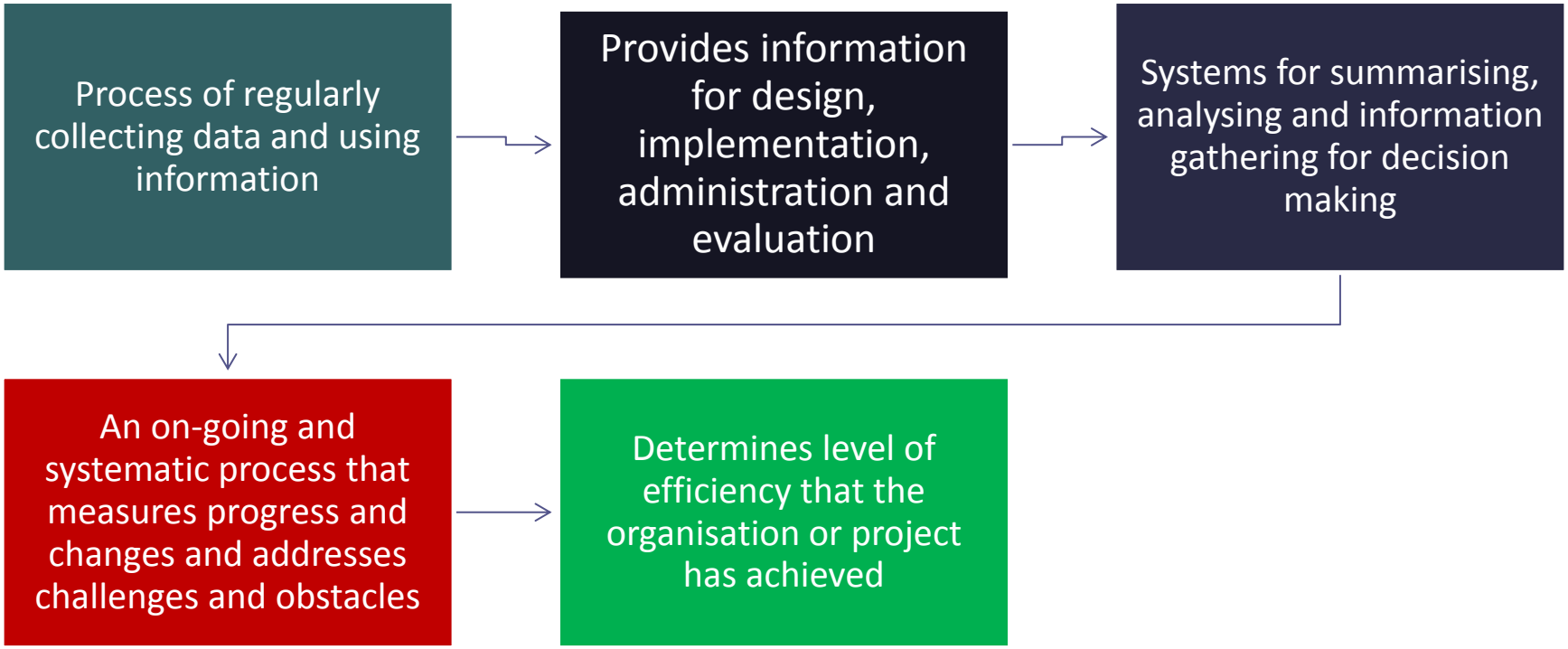
- **Reassess goals, strategies, action steps**
- **Evaluate outcomes**
- **Revise plan**

Cyclical process of continuous quality improvement (DEMING CYCLE)

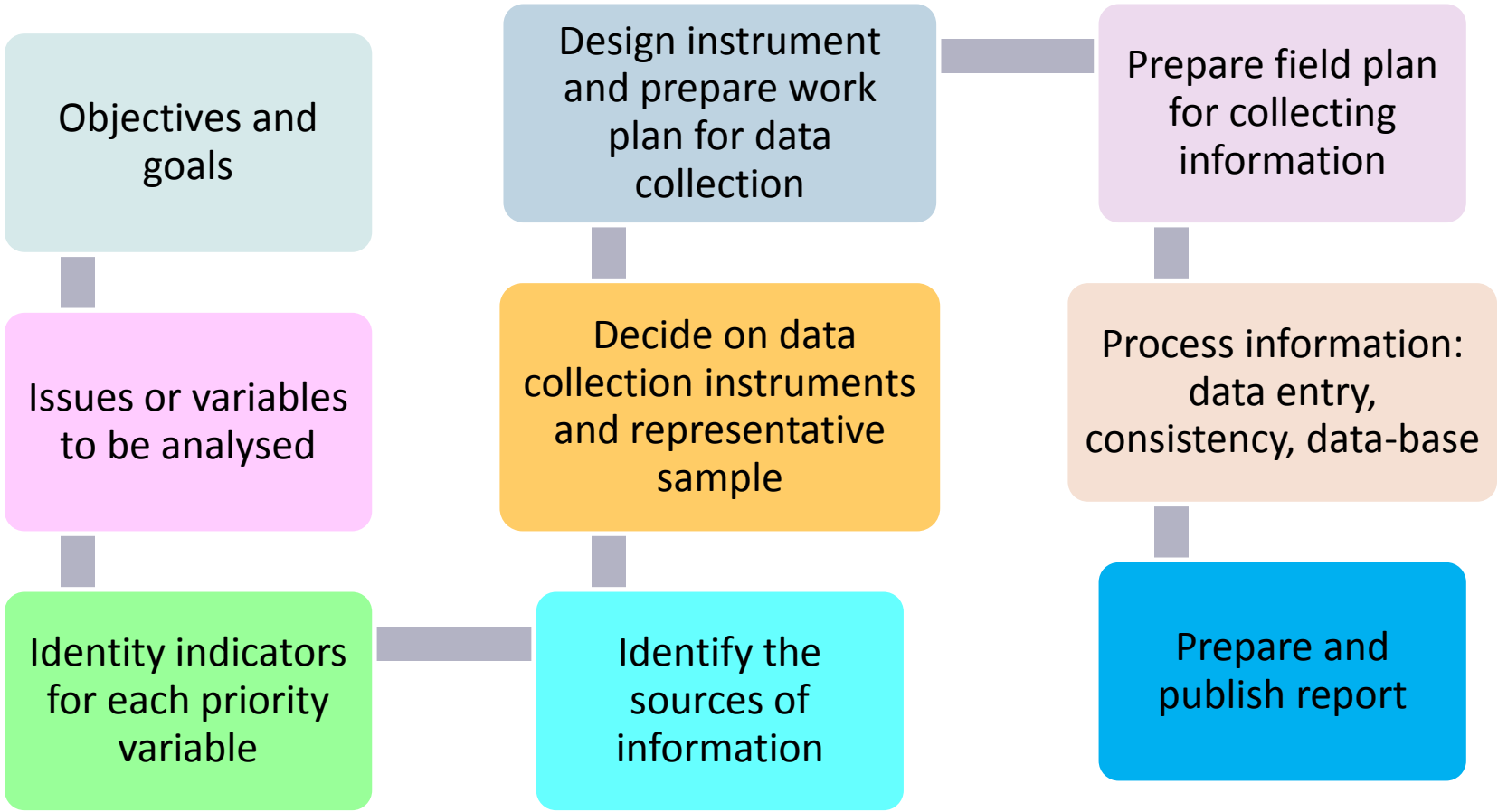


Monitoring and follow-up

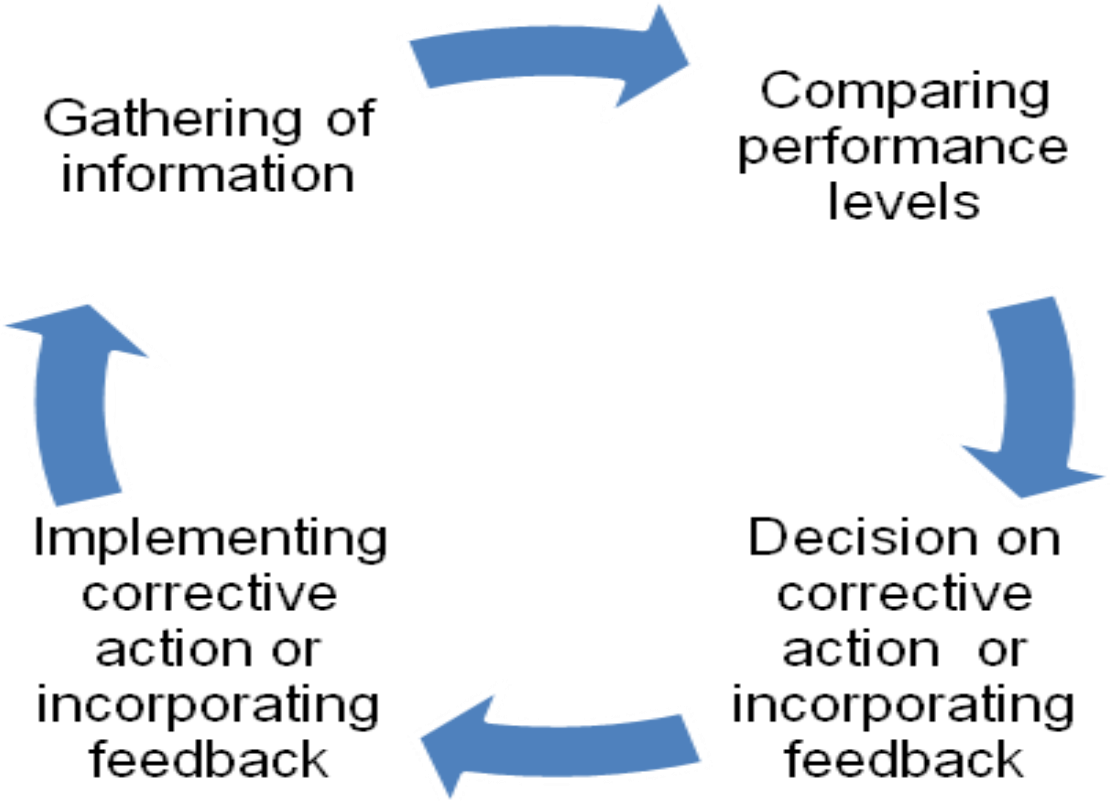
Monitoring: A Vital Management Tool



Method for Designing a Monitoring Plan



Monitoring Cycle



EVALUATION

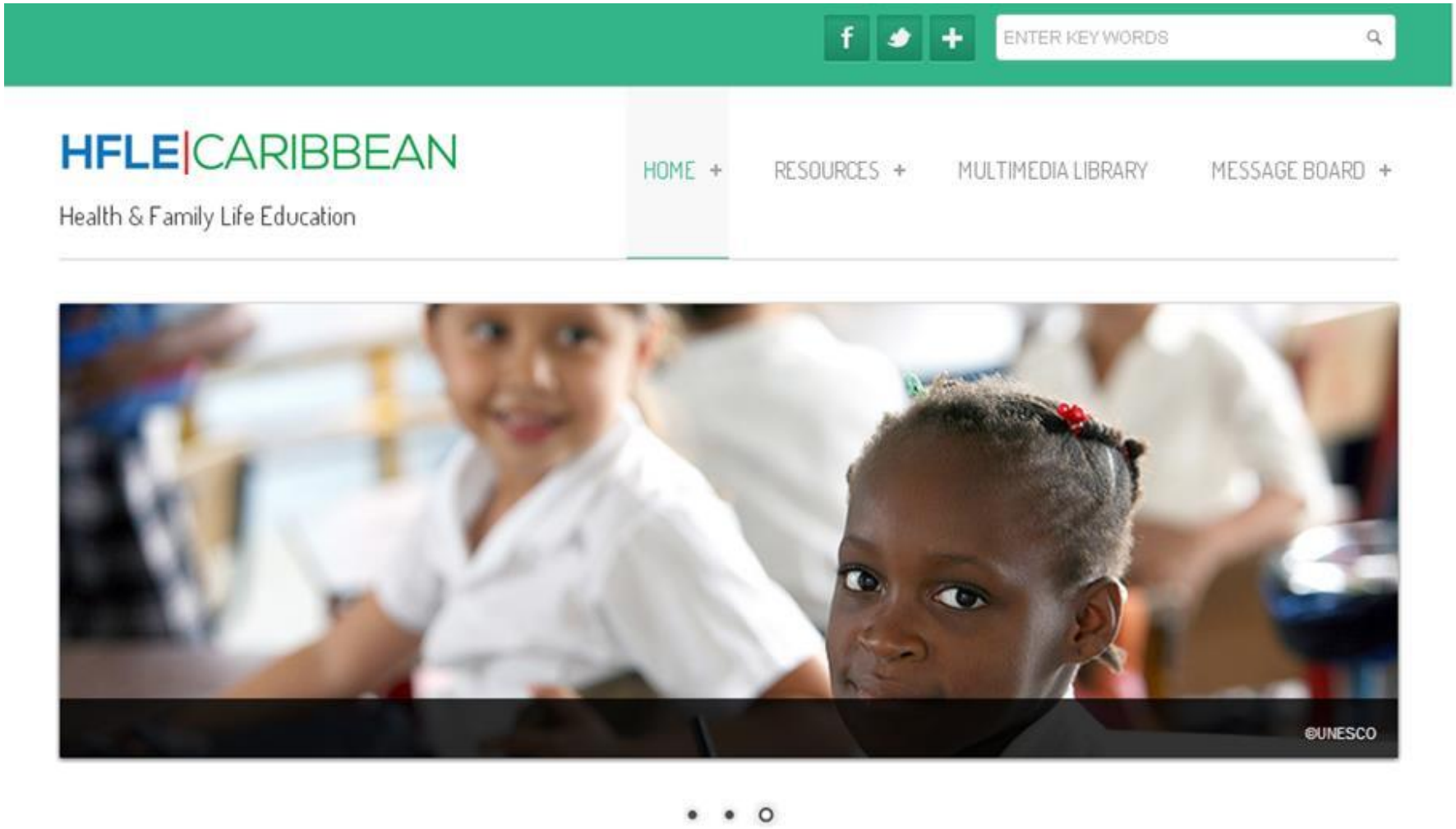
Evaluation is a formal process of collecting, analysing and interpreting information on the implementation, impact and/or effectiveness of an intervention.

Approach in addressing Drug prevention: holistic, multi-faceted , multi-disciplinary and multi-sectoral.

Intervention should target the home, school, community, youth leaders, faith-based organisations, media, policy makers, adolescent girls and boys especially the marginalised and high risk, multi-sectoral programmes to include life skills education.

Take a tour of the new HFLE website online

http://www.open.uwi.edu/hflecaribbean



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As today's children are the citizens of tomorrow's world, their survival, protection and development are the prerequisites for the future development of humanity.

(WFFC)

THANK YOU

For children and young people