

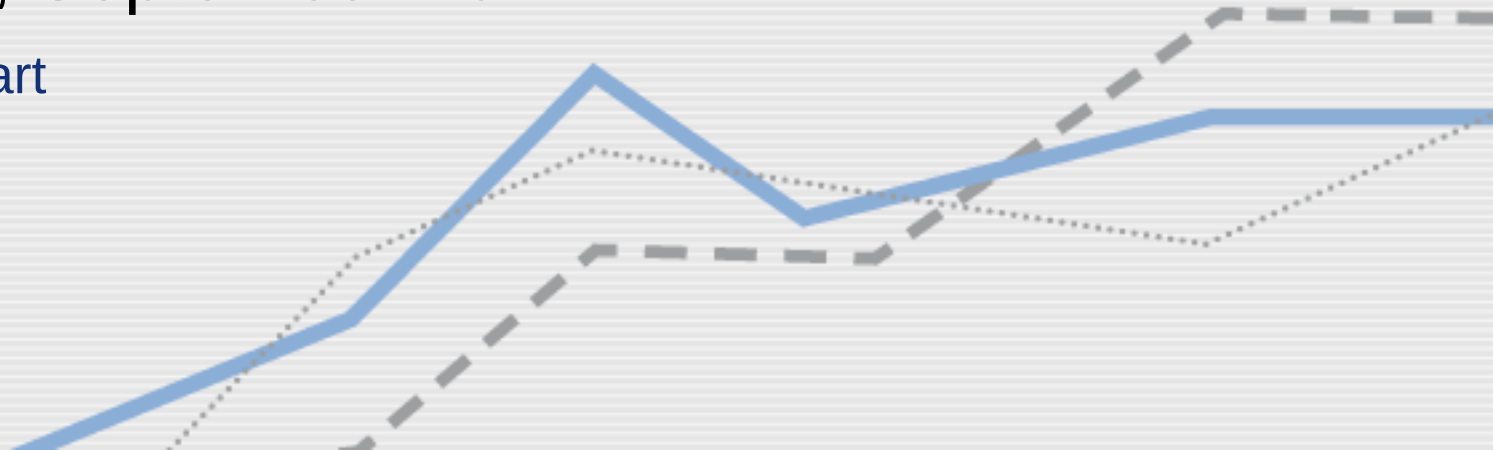


European Monitoring Centre
for Drugs and Drug Addiction

Grundlagen und Möglichkeiten der Verhältnisprävention

Hannover, September 2017

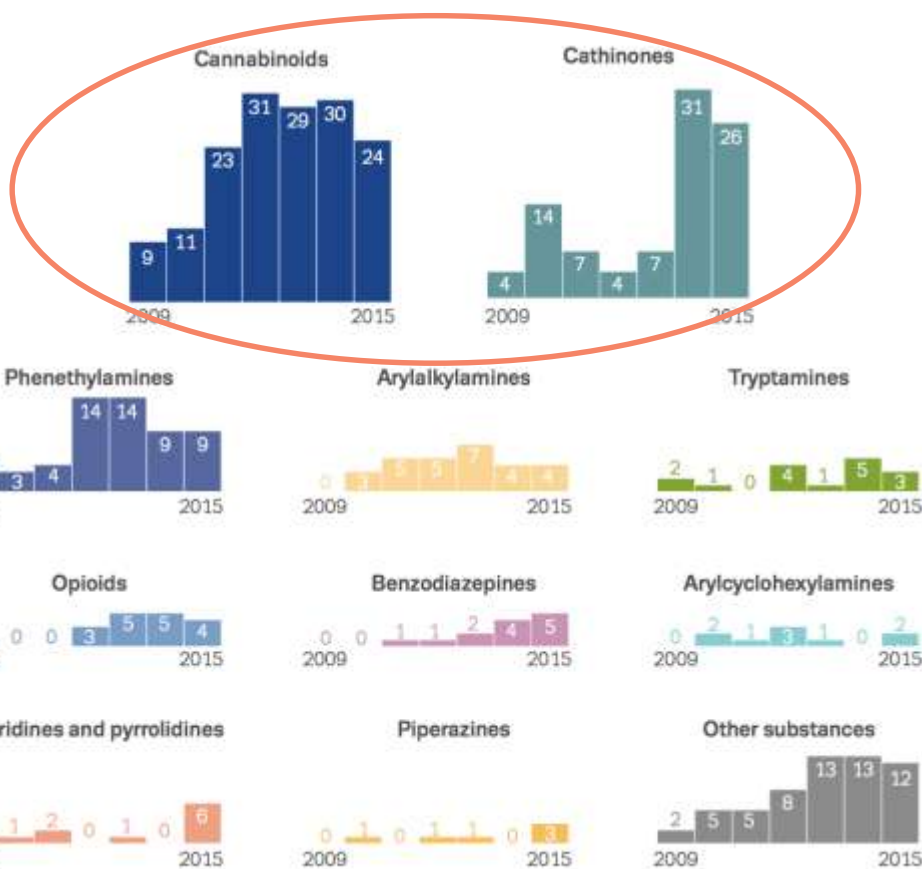
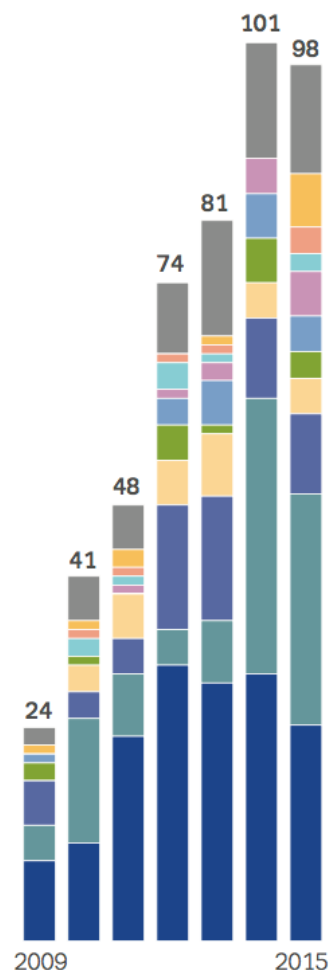
Gregor Burkhardt



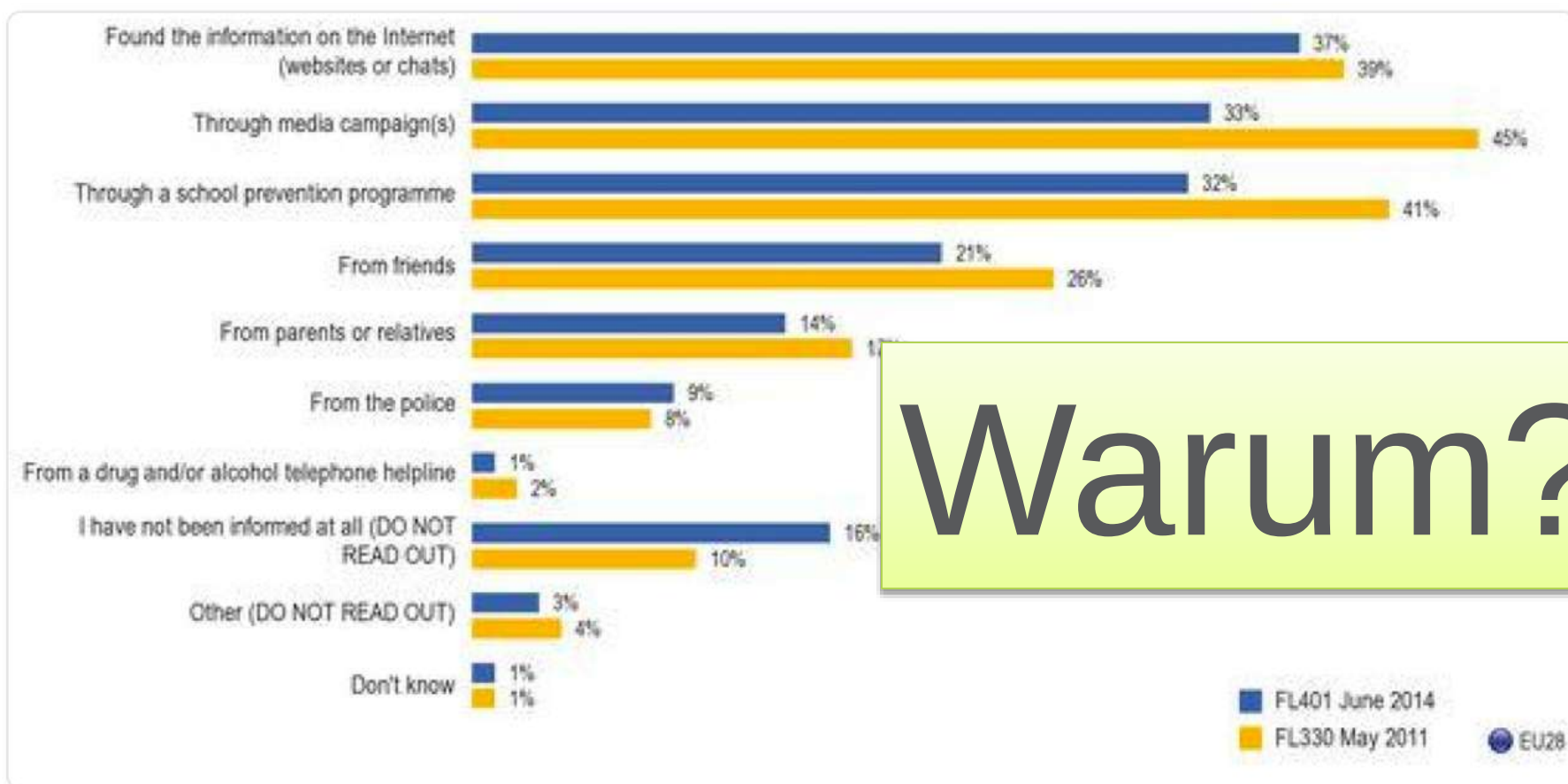
Grundidee

98 new psychoactive substances detected in 2015

> 560 substances monitored by the Early Warning System
Synthetic cannabinoids and cathinones largest groups



.@EurobarometerEU study shows young people less informed about #legalhighs. Time to inform about the lethal risks.



Menschliche Selbstillusionen



Die Hauptschwächen der Prävention

Homo rationalis:

Warnen → Schutzverhalten

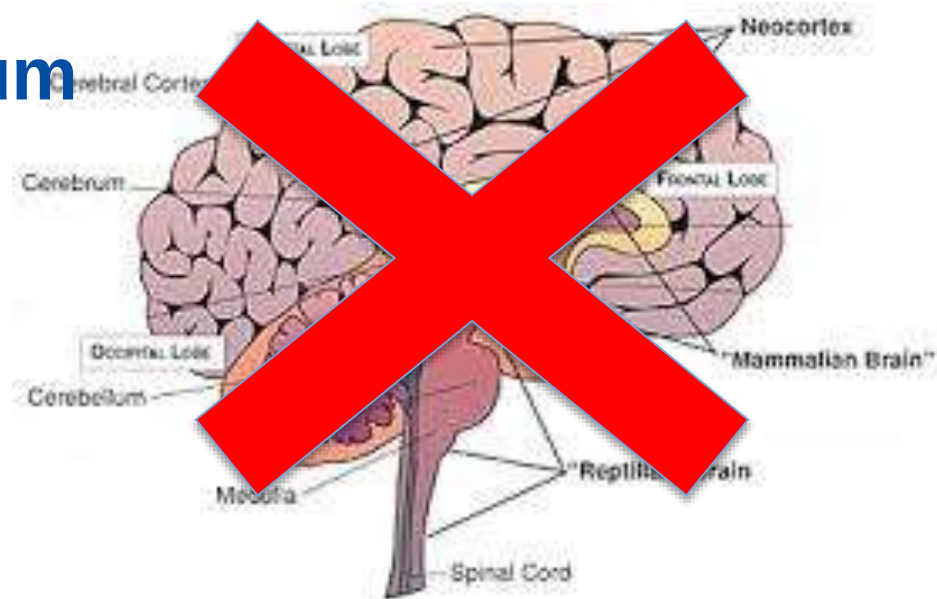
Lehren → Risikokompetenz

Appelle → Moderation

→ Fokus auf das Individuum

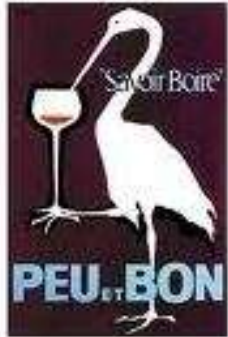
... welches
rational, kontrolliert und frei

von Impulsen, Verlangen und
Begierden ist



Das Individuum ist allein verantwortlich?

À CONSOMMER
AVEC MODÉRATION



**BOIRE
AVEC MODERATION**





We know what will make us happy, why
do we watch TV instead?

[Christian Jarrett \(@Psych_Writer\)](#)
[BPS Research Digest](#)

Implizite Kognition - *Homo automaticus*

Warum bleiben wir bei offensichtlich schädlichem Verhalten?

- Kaum wegen Pro-Kontra Abwägungen
- Wir handeln intuitiv/automatisch, ... und “rationalisieren” hinterher
- Approachbias für Umweltreize
- Aufmerksamkeitsbias → Craving (+ Defizite in der Impulskontrolle)
- Aufwand minimieren (*agency*)
- Sensorielle Reize → Konsum, auch von Essen, v.a. Snacks (Watson, 2014 “working for food you don’t desire”)

Unbewußte Stimuli in der Umwelt

Deskriptive Norm – *“alle” tun X oder Y*

Injunktive Norm – *X oder Y ist OK und akzeptabel*

Implicit Cognition – Automatische Verarbeitung von Stimuli



**‘Junge Männer denken
an vier Sachen,... von
denen wir eine brauen
und zwei sponsoren’**

Louise.Delage --- 112 000 Follower auf Instagram





Priming: Norm, Ziel, Gewohnheit

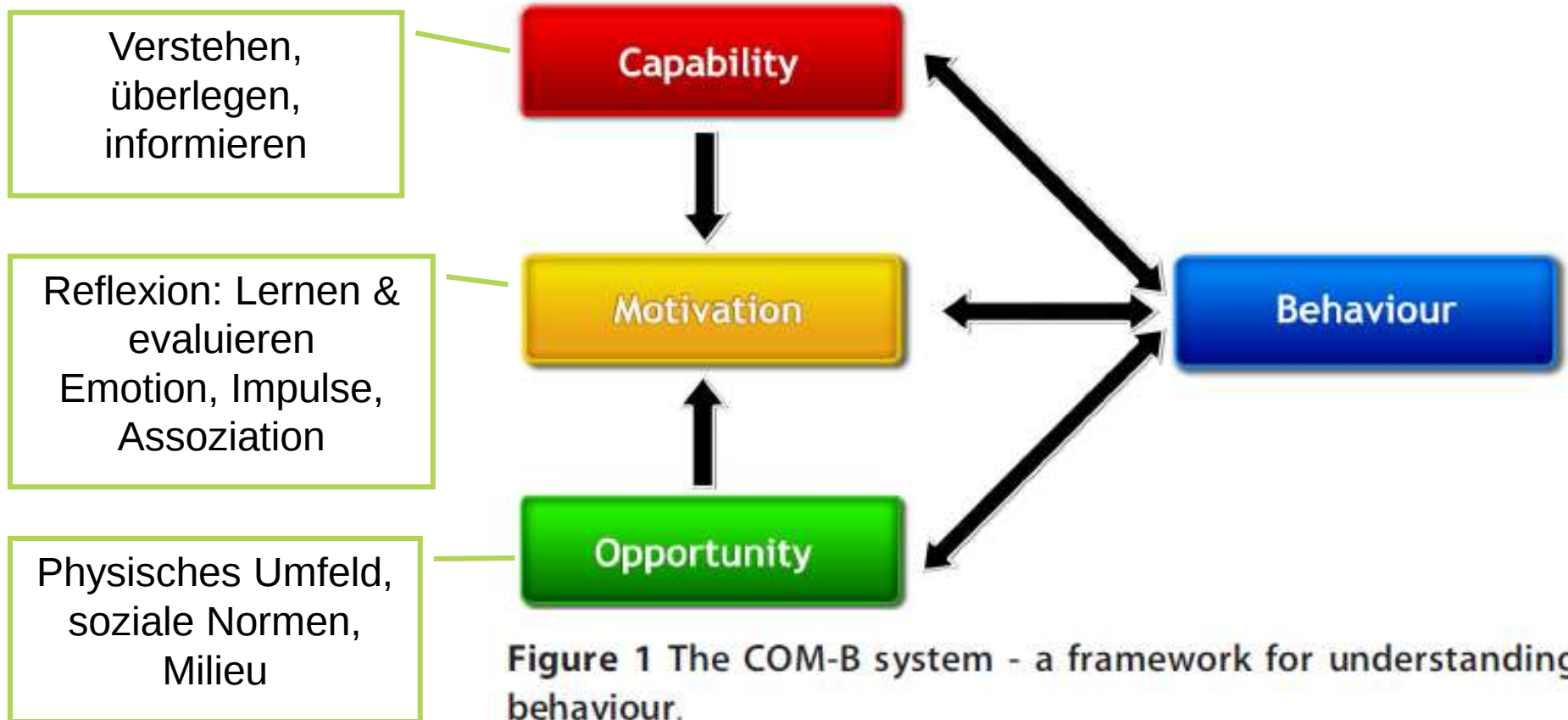


<http://www.talithafavaro.com.br>

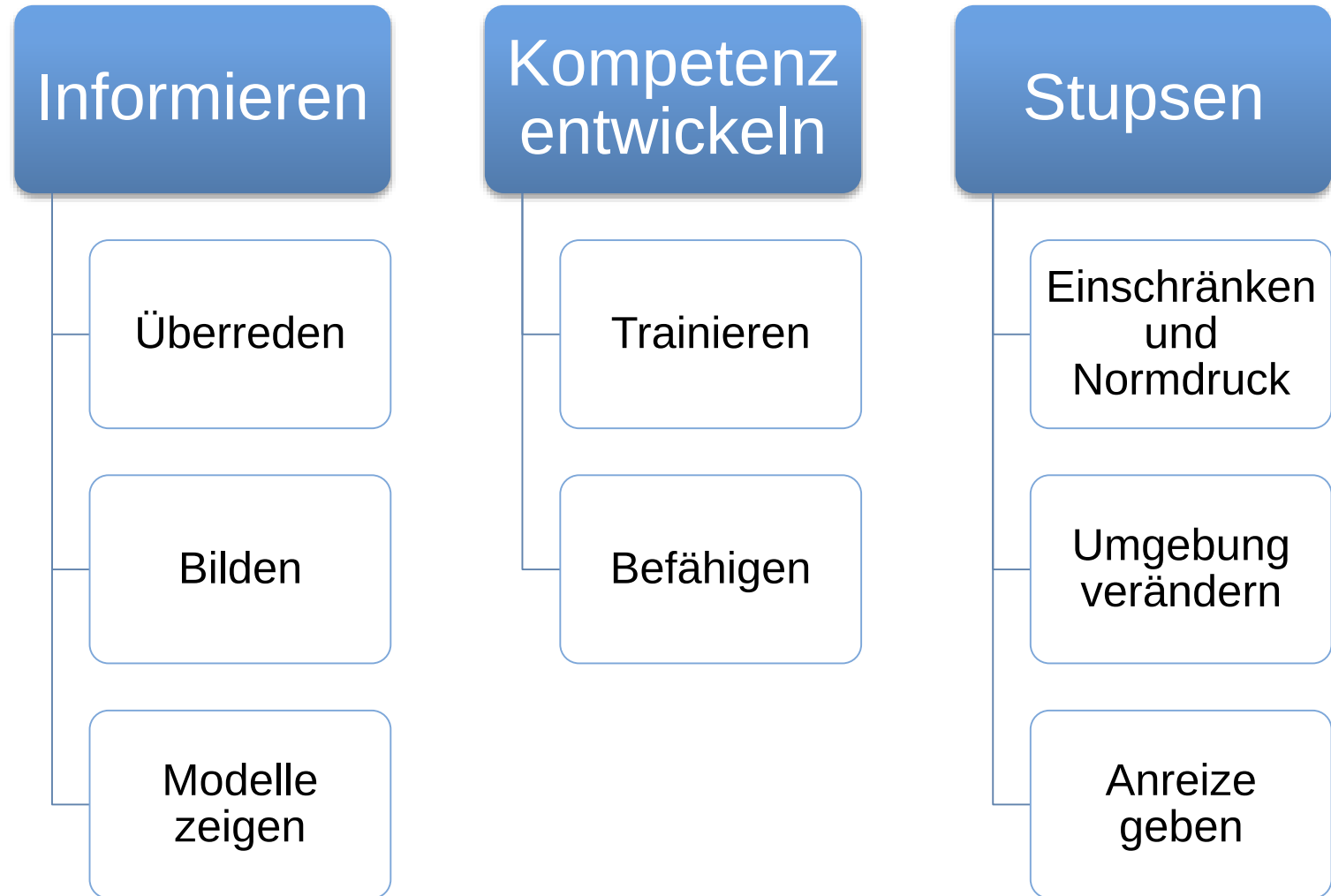
Was steuert unser Verhalten?

Michie et al. *Implementation Science* 2011, **6**:42

<http://www.implementationscience.com/content/6/1/42>



Drei Dimensionen von Präventionsfunktionen



Informieren

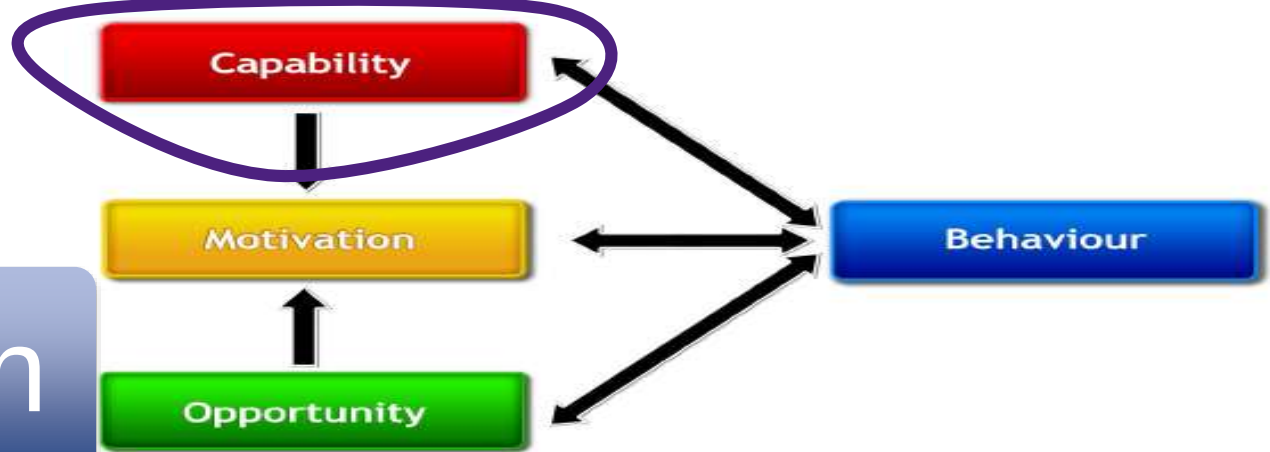


Figure 1 The COM-B system - a framework for understanding behaviour.

Überzeugen

Erziehen

Modelle
zeigen

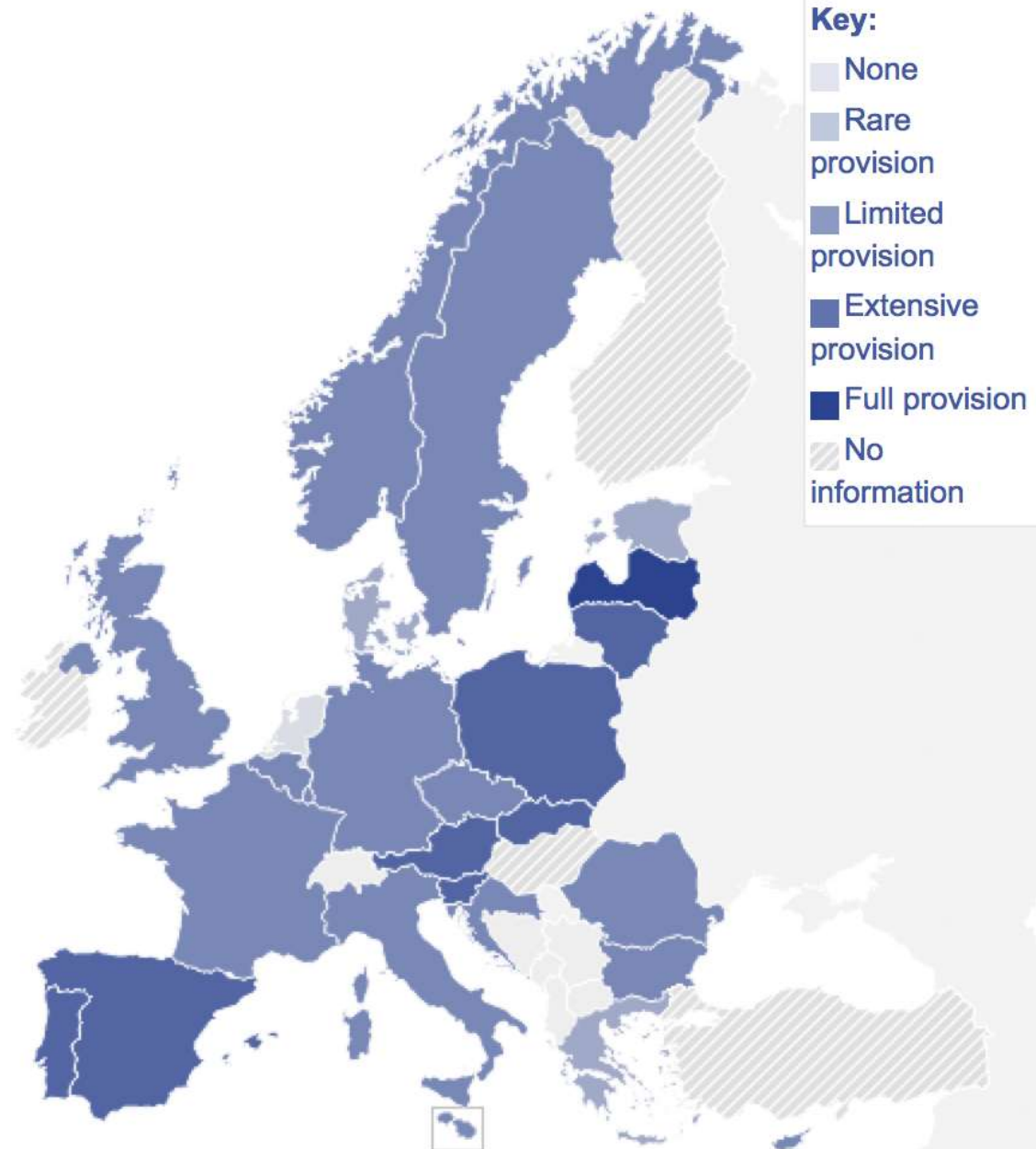


Denken, überlegen, überzeugen

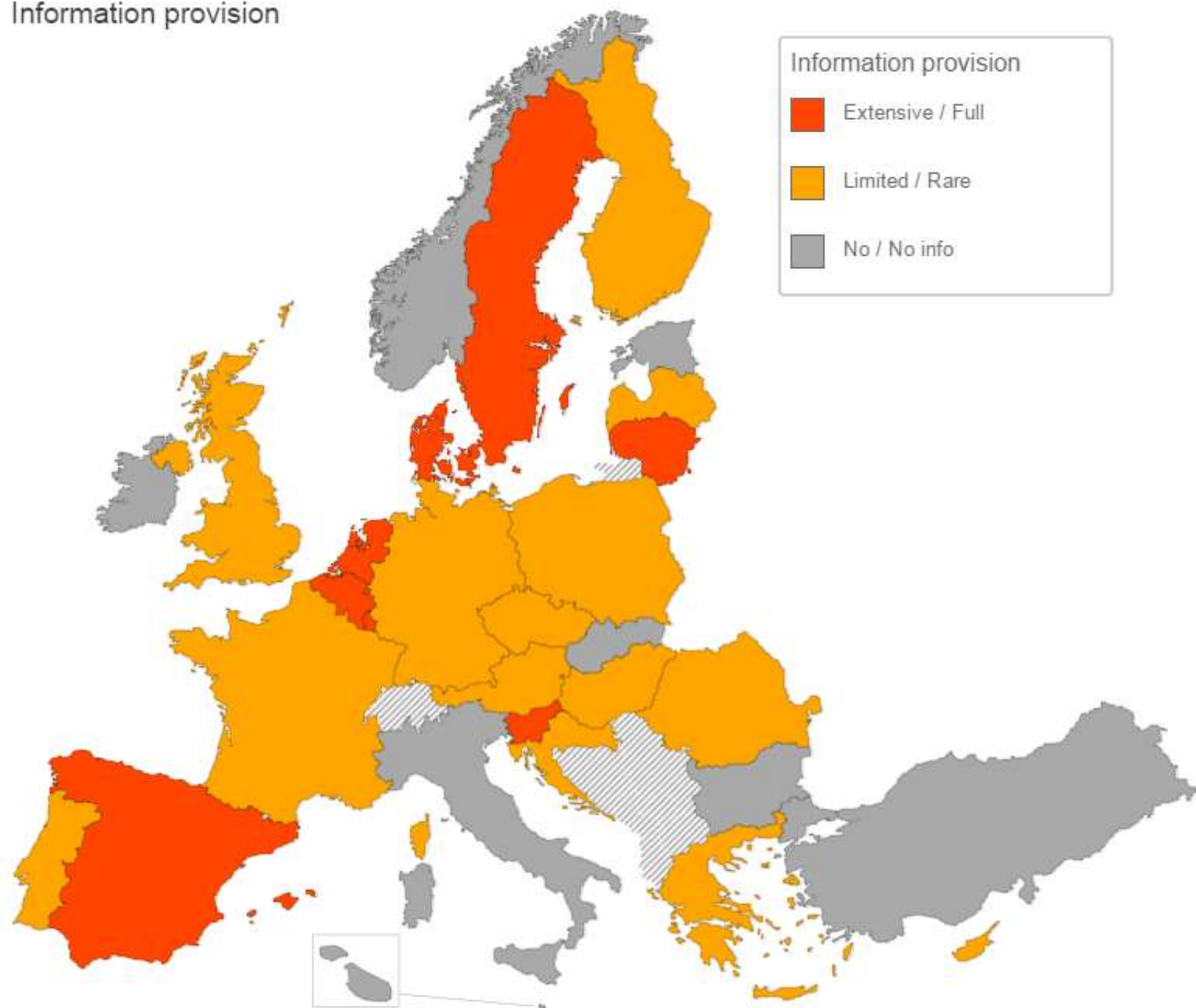
Alleinige Informationsvermittlung in Schulen

Konsumenten sind besser informiert

Suiça (Dermota 2013),
Israel (Brook et al. 2001),
Austrália (Lenton et al. 1997)



Information provision



H
No



Impulsiv,
Risikoaffin,
Intensive Emotionen,
Peerorientiert
Vorrang sozialer Wahrnehmung

Macht evolutionären Sinn

Sozialstatus

Paarungsvorteile

Schnelle Anpassung an neue schwierige Umgebung

Fördert Erfahrungen-Machen → reifen, lernen

... und?

Information ist schon
nützlich

... in Situationen mit
wenig Risiko

... für Privilegierte

Entscheidend ist
Normwahrnehmung

→ Massenmedien

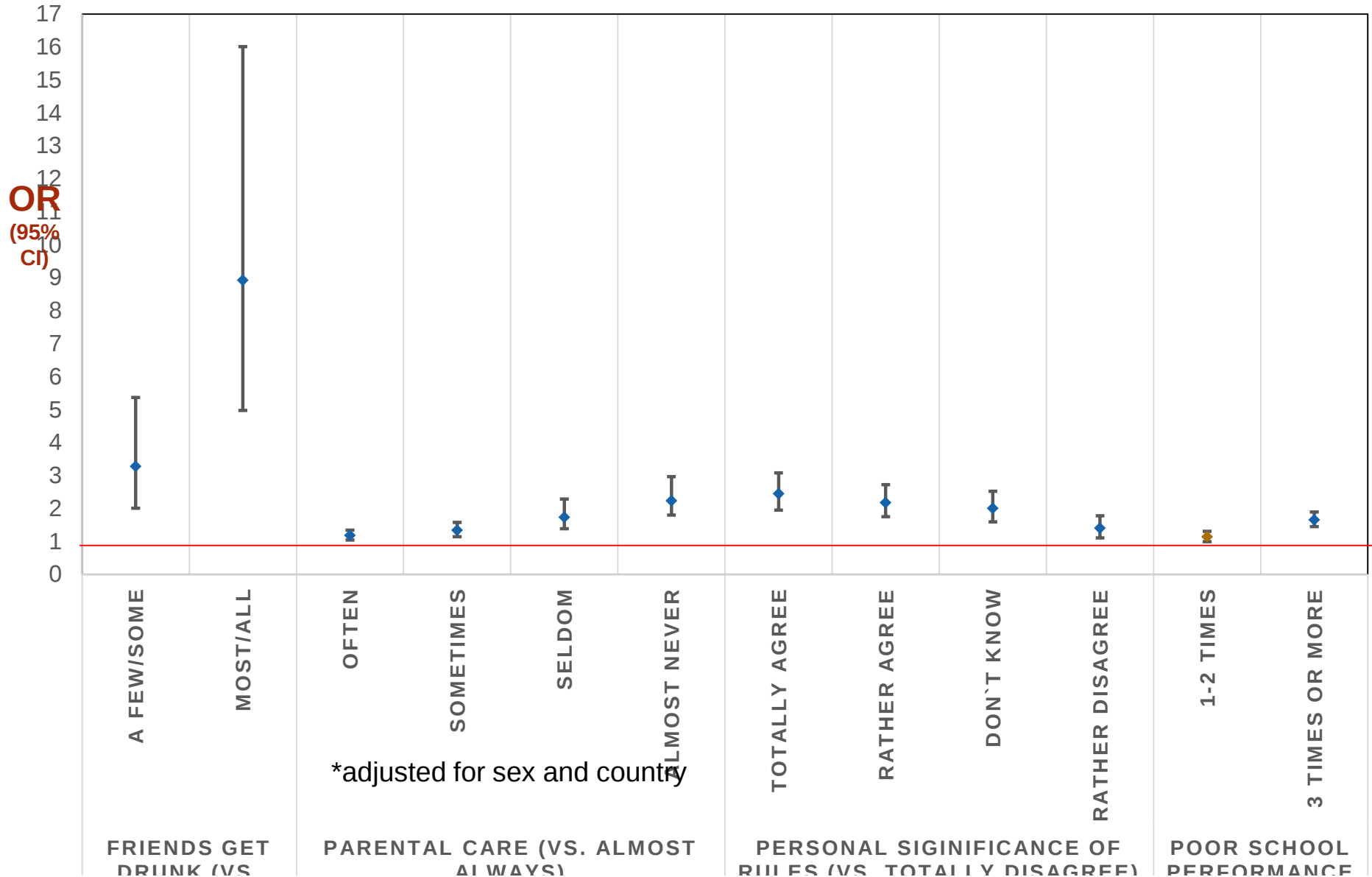
→ Soziale Normen



Prädiktoren für Trunkenheit

27

Letzte 30 Tage

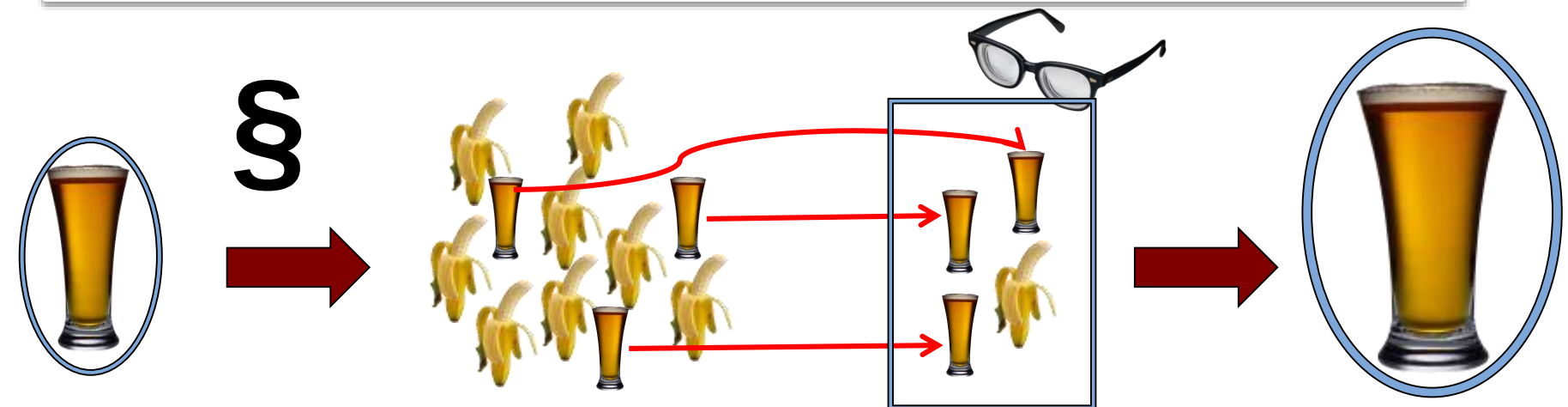


Peer-Einfluß oder Peer-Selektion?

29



Selektion: norm narrowing & deviancy modelling



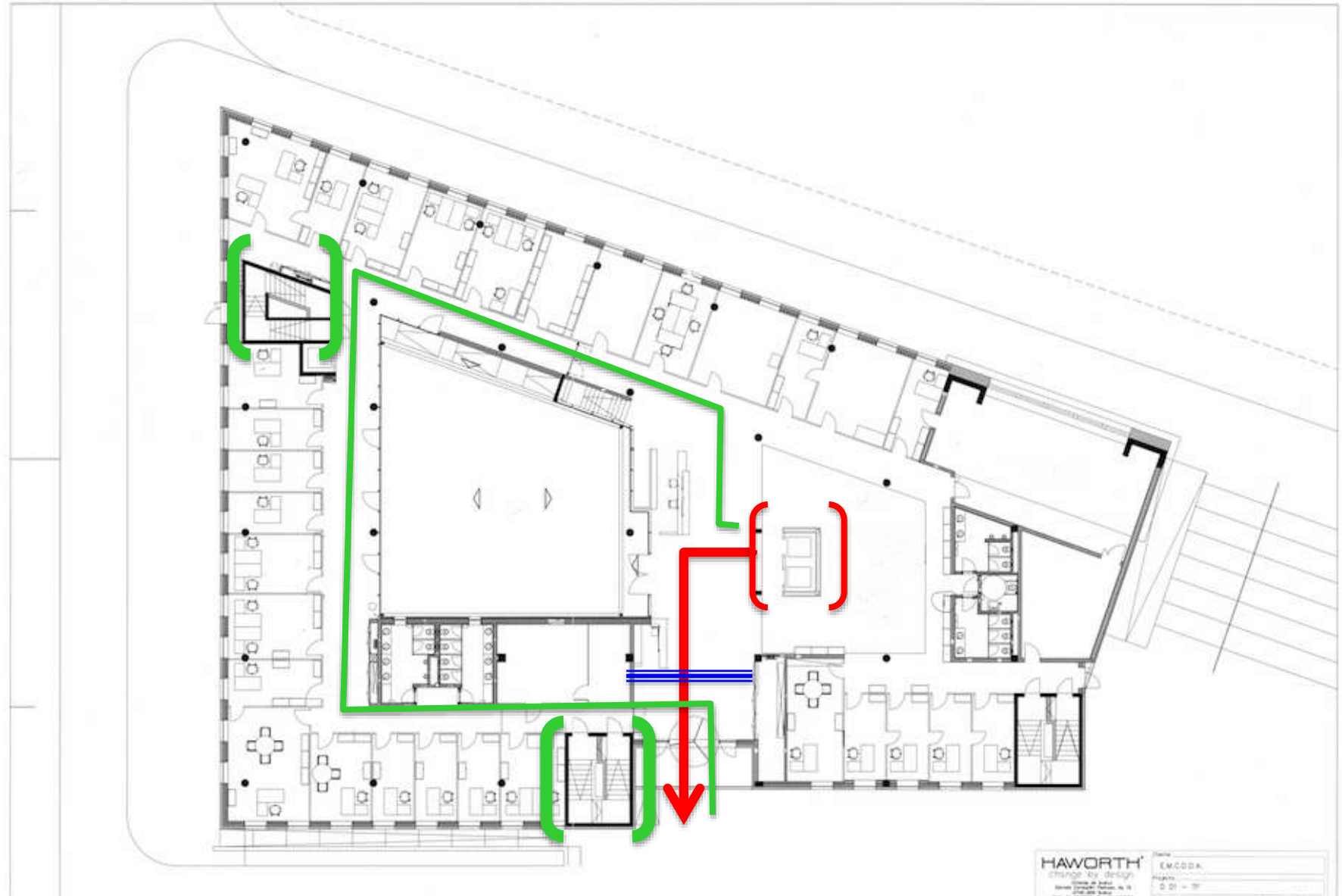
Kennen wir überhaupt unsere Motive?



Neues Modell der Verhältnisprävention



Anreize, Gelegenheiten und „Aktionspotentiale“



Mehr Optionen: "choice architecture"

Alter the design of glasses for alcoholic beverages in recreational settings (i.e. smaller volume, taller narrower glasses to avoid pouring in excess)

Use crystal-free glasses (i.e. plastic) in recreational settings

Alter music played in alcohol consumption environments (i.e. limit music volume)

Alkoholgehalt reduzieren

Qualität regulieren (1519) – Minimum Preis

“Apfelsaftgesetz”

Primes (“weniger Alkohol: weniger Kalorien”)

Anwendung

Stupsen

Normativer
Druck und
Restriktionen

Umgebung
verändern

Anreize

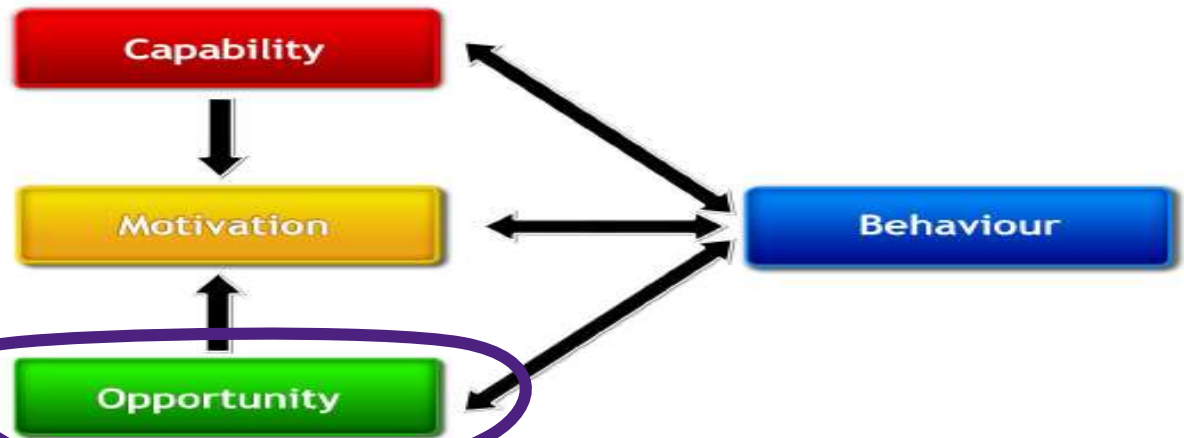


Figure 1 The COM-B system - a framework for understanding behaviour.



**Kontext, Gelegenheiten,
Normen, Reize,
“Aktionspotentiale”**

Anreize und Gelegenheiten



Select a map

Click on a map from the list below. You can interact with the map and view additional expert comments (where available) by scrolling over a country.

Environmental strategies ?

Gini inequality index ?

Tobacco Control Scale ?

Alcohol Control Score ?

School policies ?

Total smoking ban in schools ?

Development of community plans ?

Interagency work at community level ?

Community support, involvement and empowerment systems ?

Training for community groups ?

Youth centres or youth counselling centres ?

Mobile teams for young people ?

Offer of alternatives to drugs ?

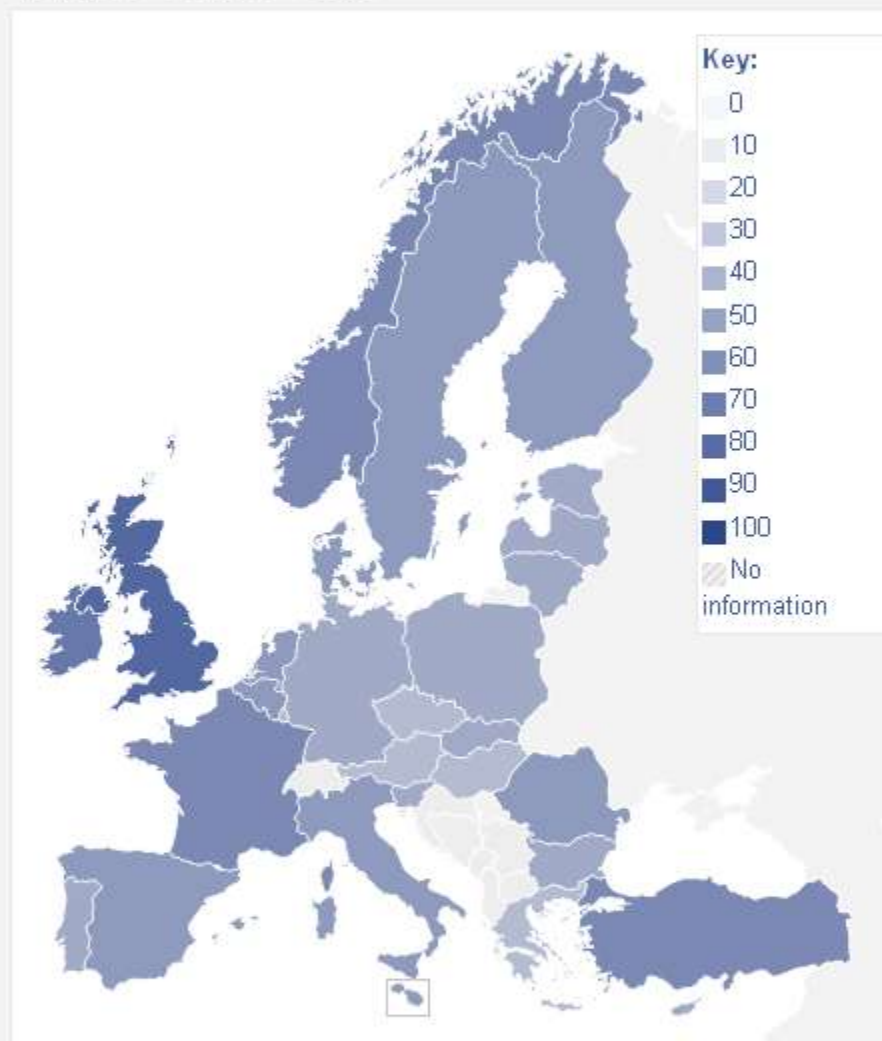
Evaluation activity score ?

Universal prevention ?

Selective prevention ?

Indicated prevention ?

Tobacco Control Scale

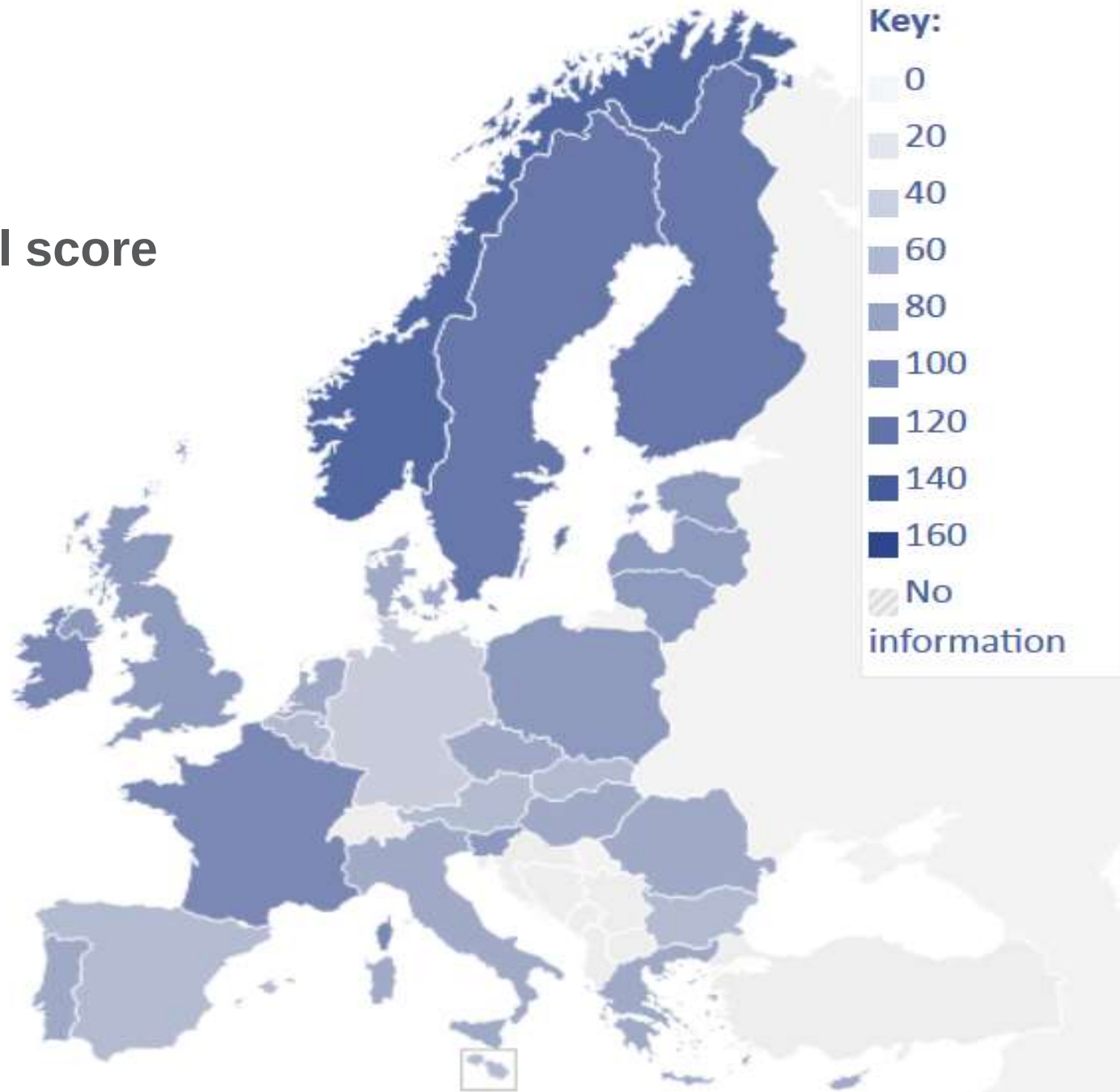


Notes and definitions

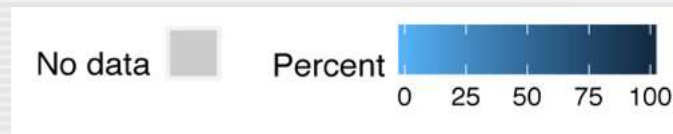
Tobacco Control Scale (TCS)

The Tobacco Control Scale is a scale designed to quantify the implementation of tobacco control policies at country level. Maximum 100 points, composed of sub-scores for:

Alcohol control score 2008 – 2014



Durchsetzung? EMCDDA-EUSPR Studie

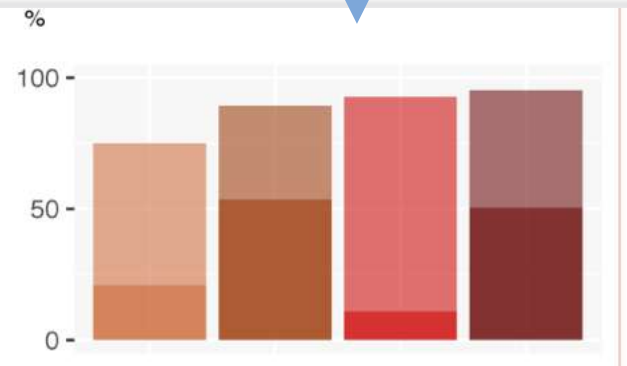
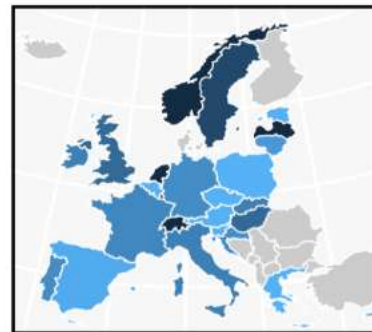
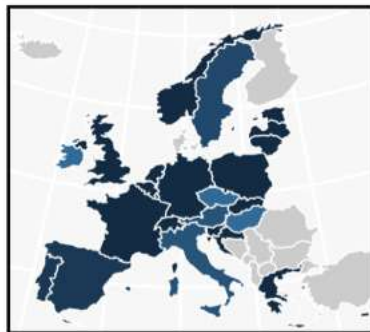


Verfügbarkeit

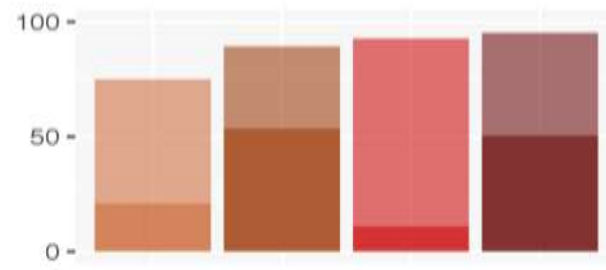
Durchführung

Aggregiert per Region

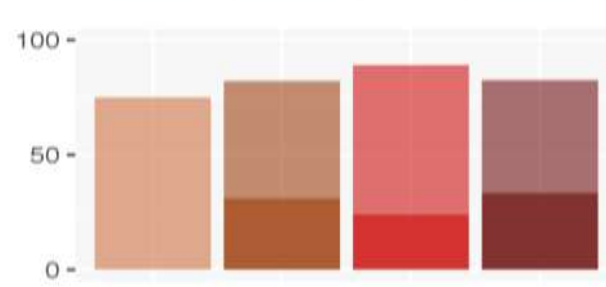
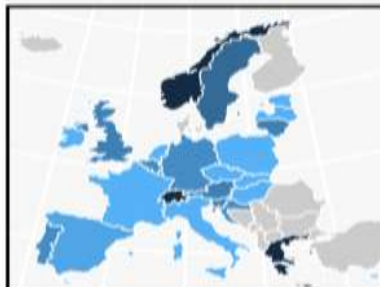
Age-related prohibition
of alcohol purchase/
consumption



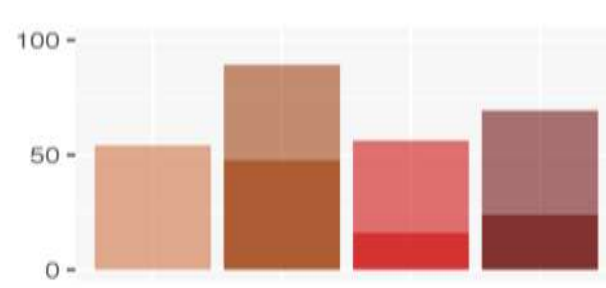
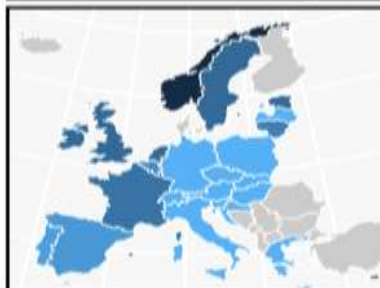
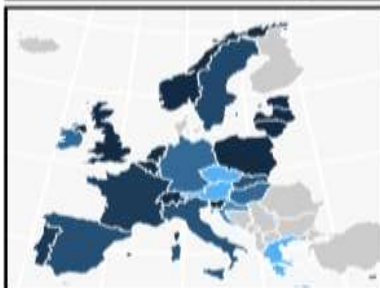
Age-related prohibition
of alcohol purchase/
consumption



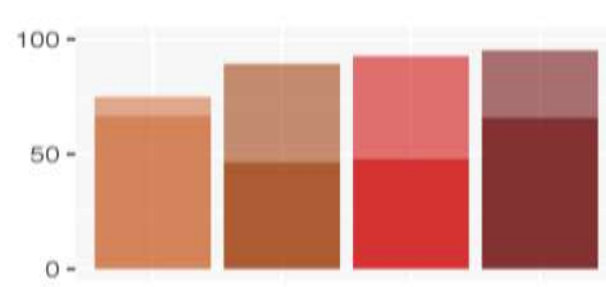
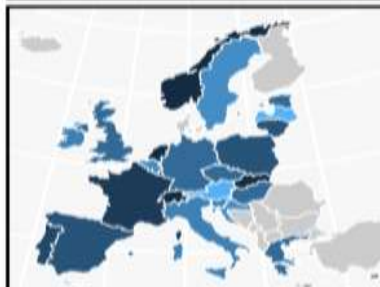
Bans and restrictions on
alcohol advertising and
promotion



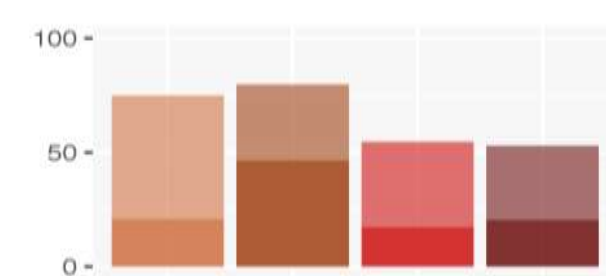
Control/restriction of
production, retail sale
(hours, location) and
distribution of alcohol



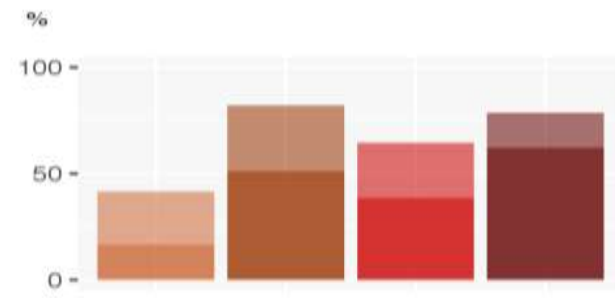
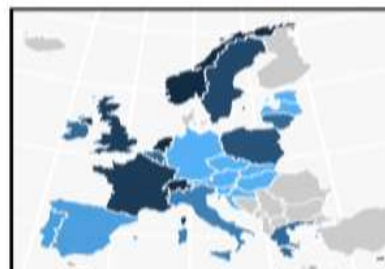
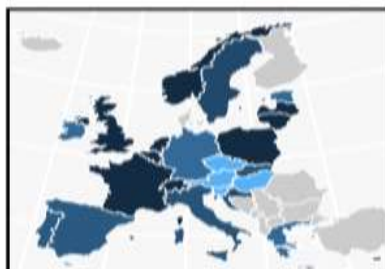
Drink driving legislation
(maximum blood
concentration)



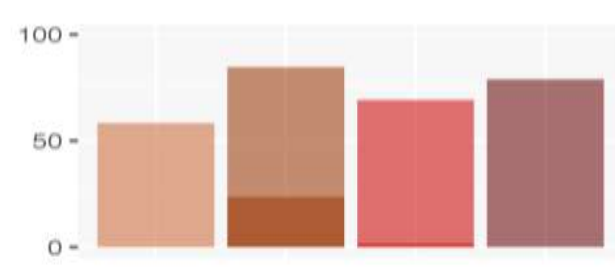
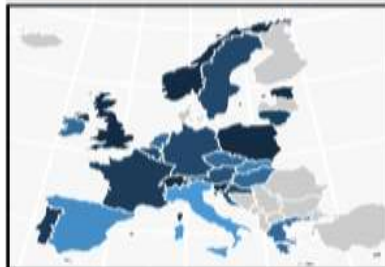
Increase the taxes and
prices of alcoholic
beverages



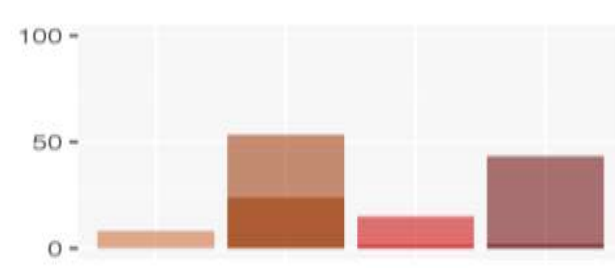
**Licensing system for
retailers of alcoholic
beverages**



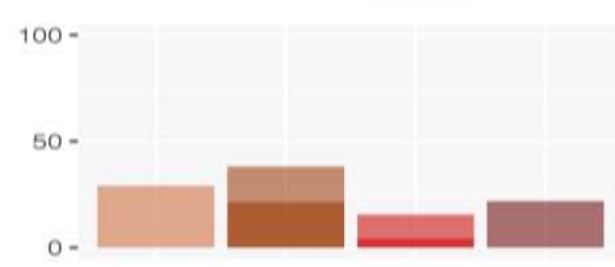
**Prohibition to sell
alcoholic beverages to
intoxicated/impaired
patrons**



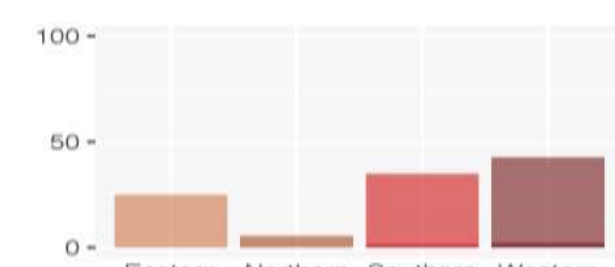
**Mandatory alcohol
training for bar staff
(servers, waiters)**



**Bans to display
alcoholic beverages
at the point-of-sale
in retail stores**



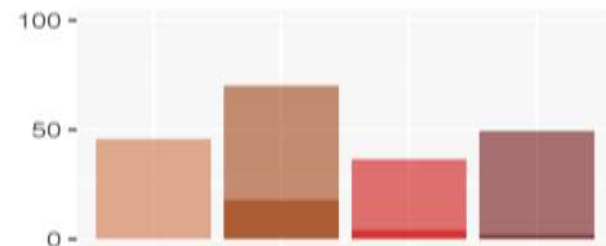
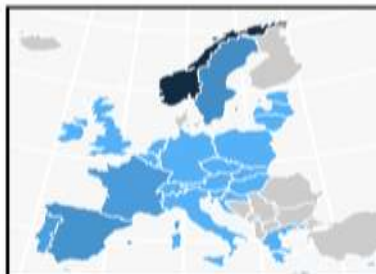
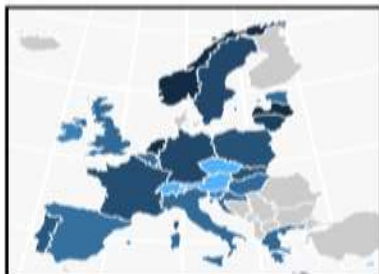
**Lower the prices
of soft drinks in
recreational venues**



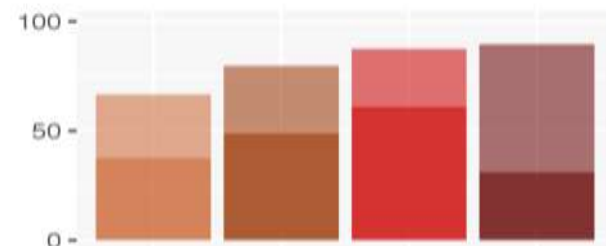
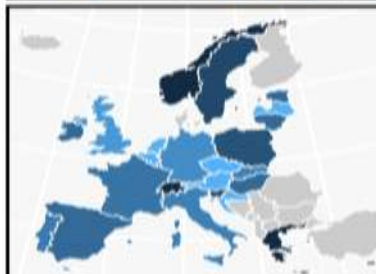
Eastern Northern Southern Western

UN European Region

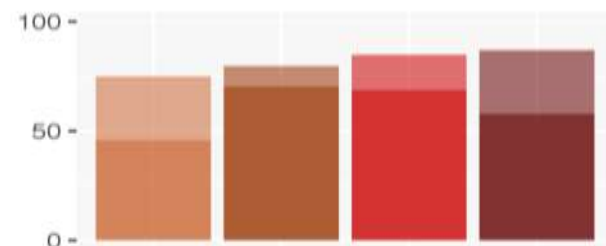
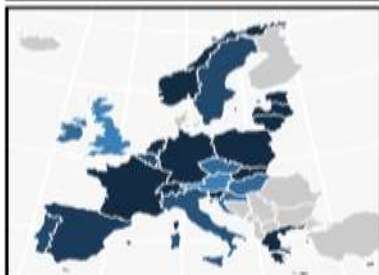
Limitation of alcoholic beverages at major public events



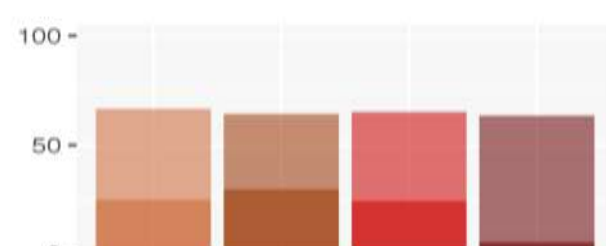
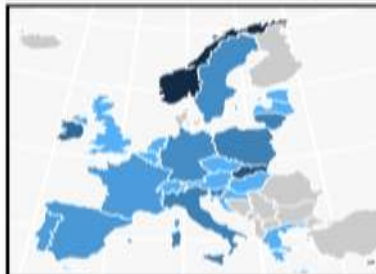
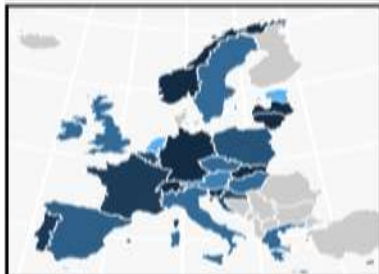
Prohibition to use alcoholic beverages in school premises or grounds



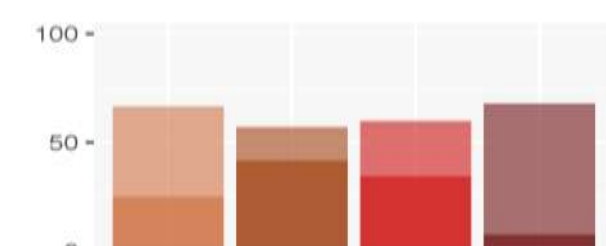
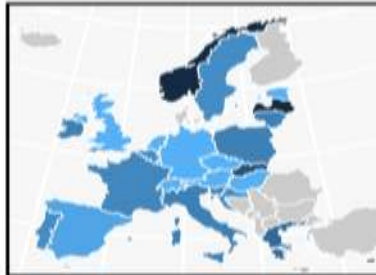
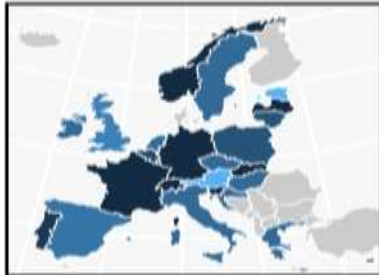
Prohibition to sell alcoholic beverages in school premises or grounds



Prohibition to use alcoholic beverages in workplaces

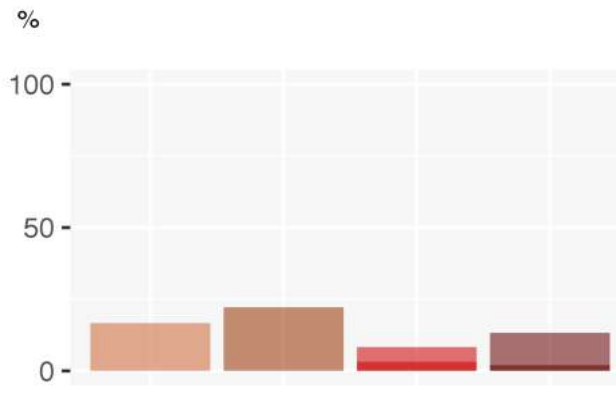
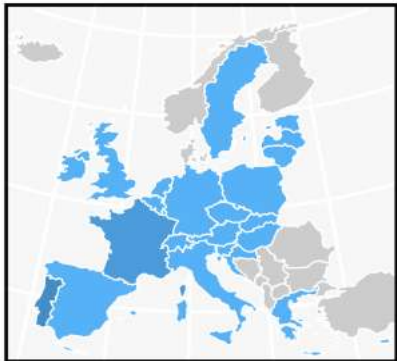
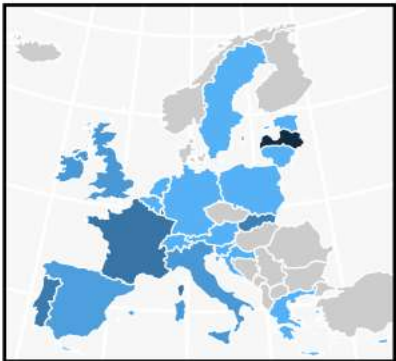


Prohibition to sell alcoholic beverages in workplaces

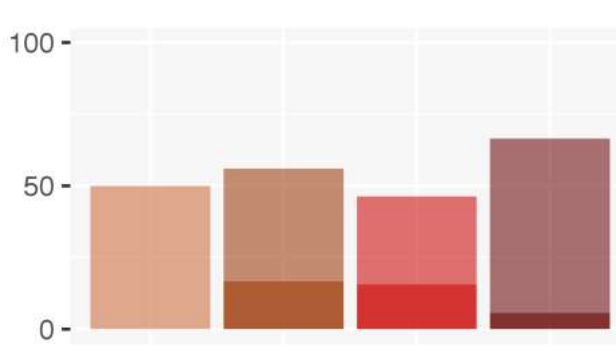
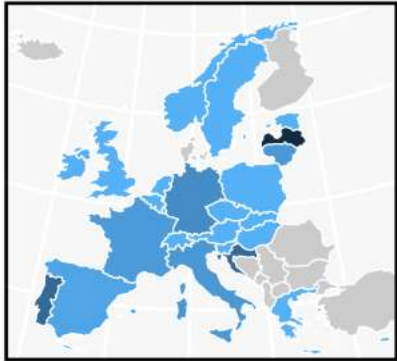
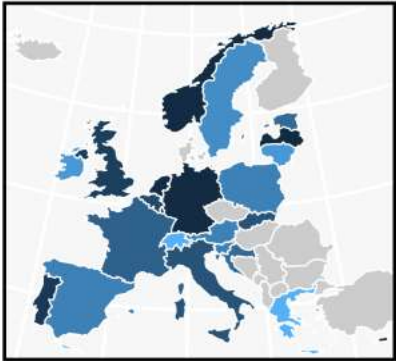


Eastern Northern Southern Western

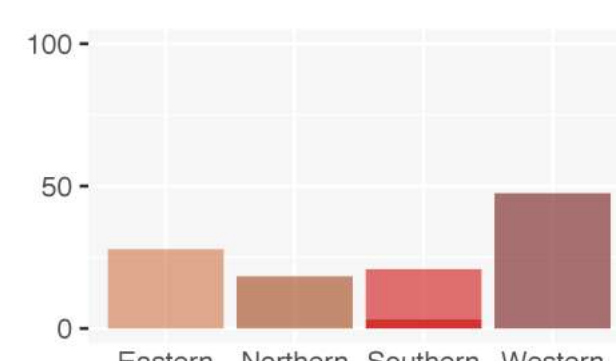
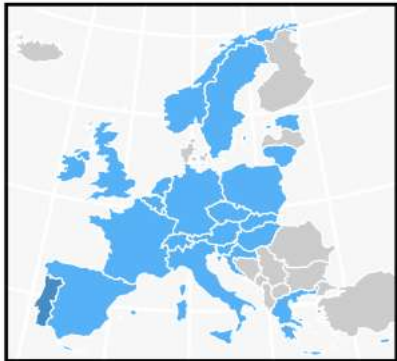
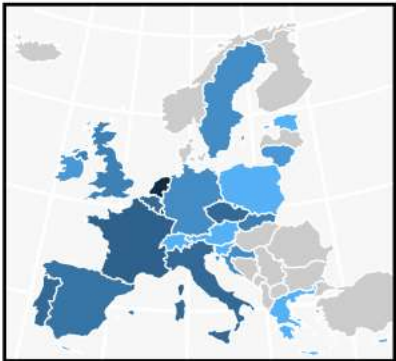
Alter the design of glasses for alcoholic beverages in recreational settings



Use crystal-free glasses (i.e. plastic) in recreational settings

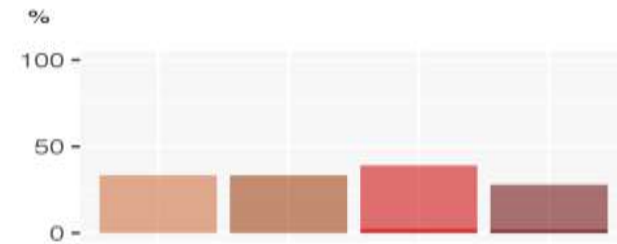
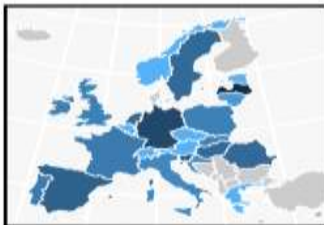


Alter music played in alcohol consumption environments

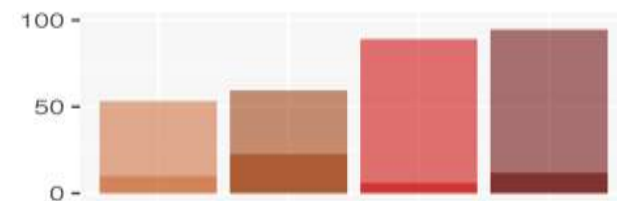


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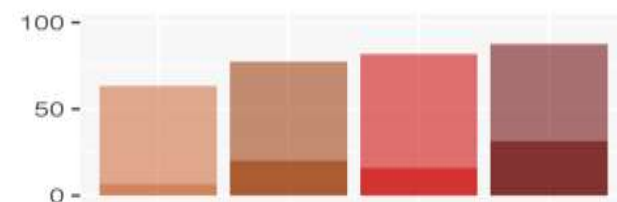
Longer opening hours
of drug-free youth
establishments



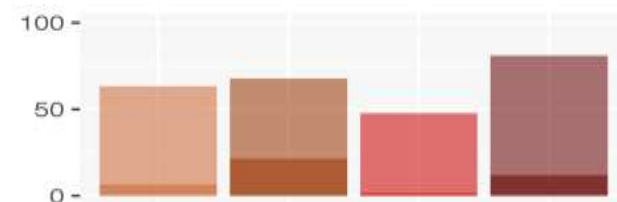
Good availability
of night public
transportation and taxis



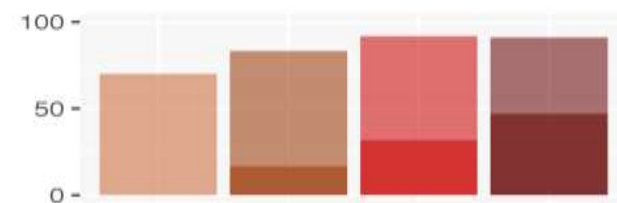
Good lighting in
public spaces



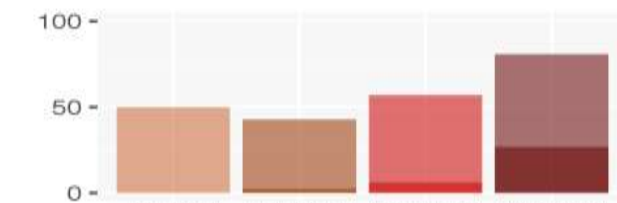
CCTV (Controlled Circuit
Television) in public areas



Police presence at places
and times where the risk
of violent crime in public is
high due to high drug or
alcohol consumption

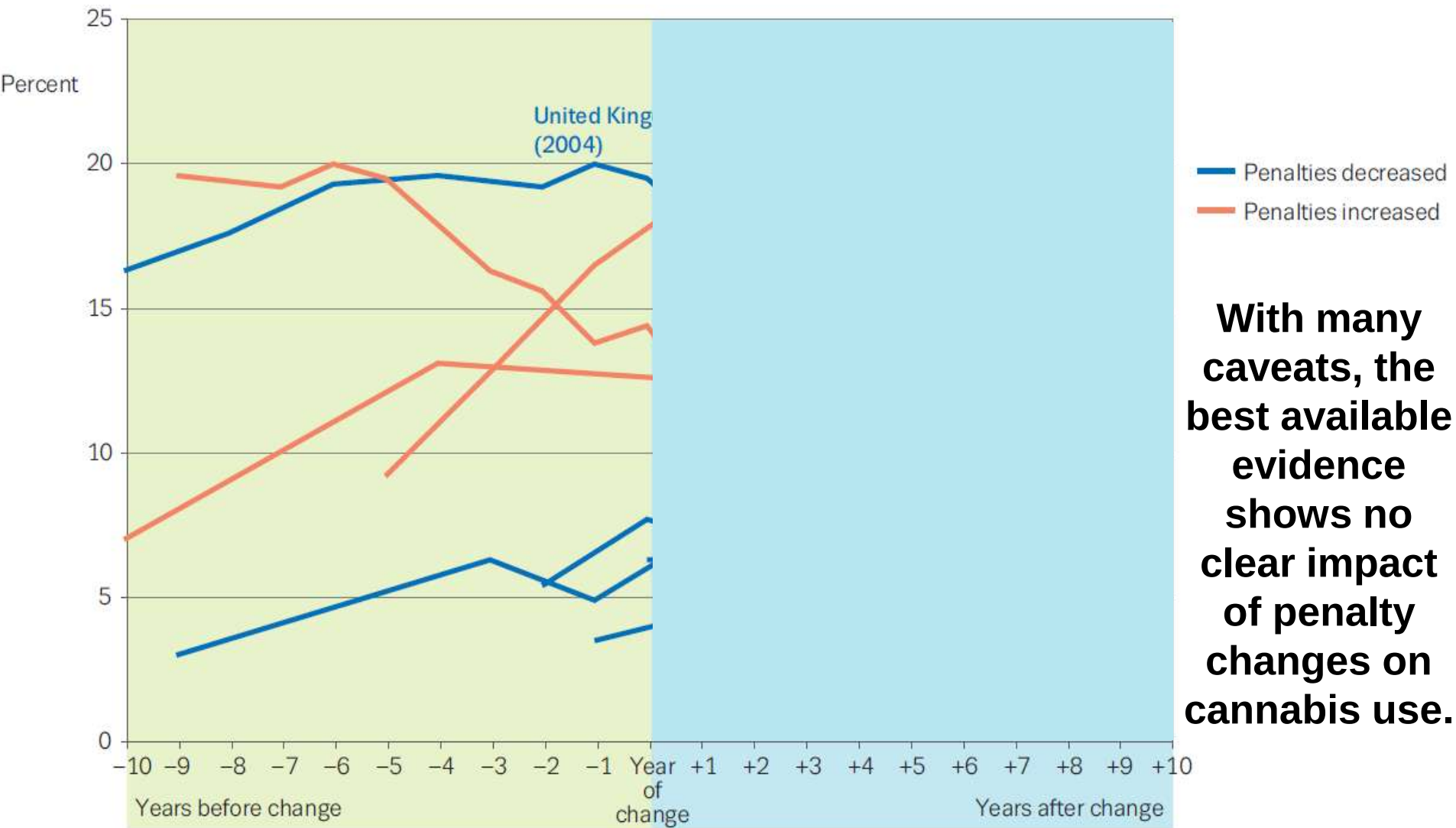


Cleaning up
neighbourhoods to
remove drug dealers



UN European Region

Cannabis use before and after changes in legislation in selected countries: use in previous 12 months among young adults (age 15-34)



Auf lokaler Ebene

In Städten & Gemeinden

England & Wales: Kooperation zwischen den Prävention und Polizei ist obligatorisch

Citysafe (Liverpool): Polizei, Pubs, Personaltraining, öffentliches Trinken verboten, Kampagnen

Tackling Alcohol-related Street Crime (TASC) in Cardiff:

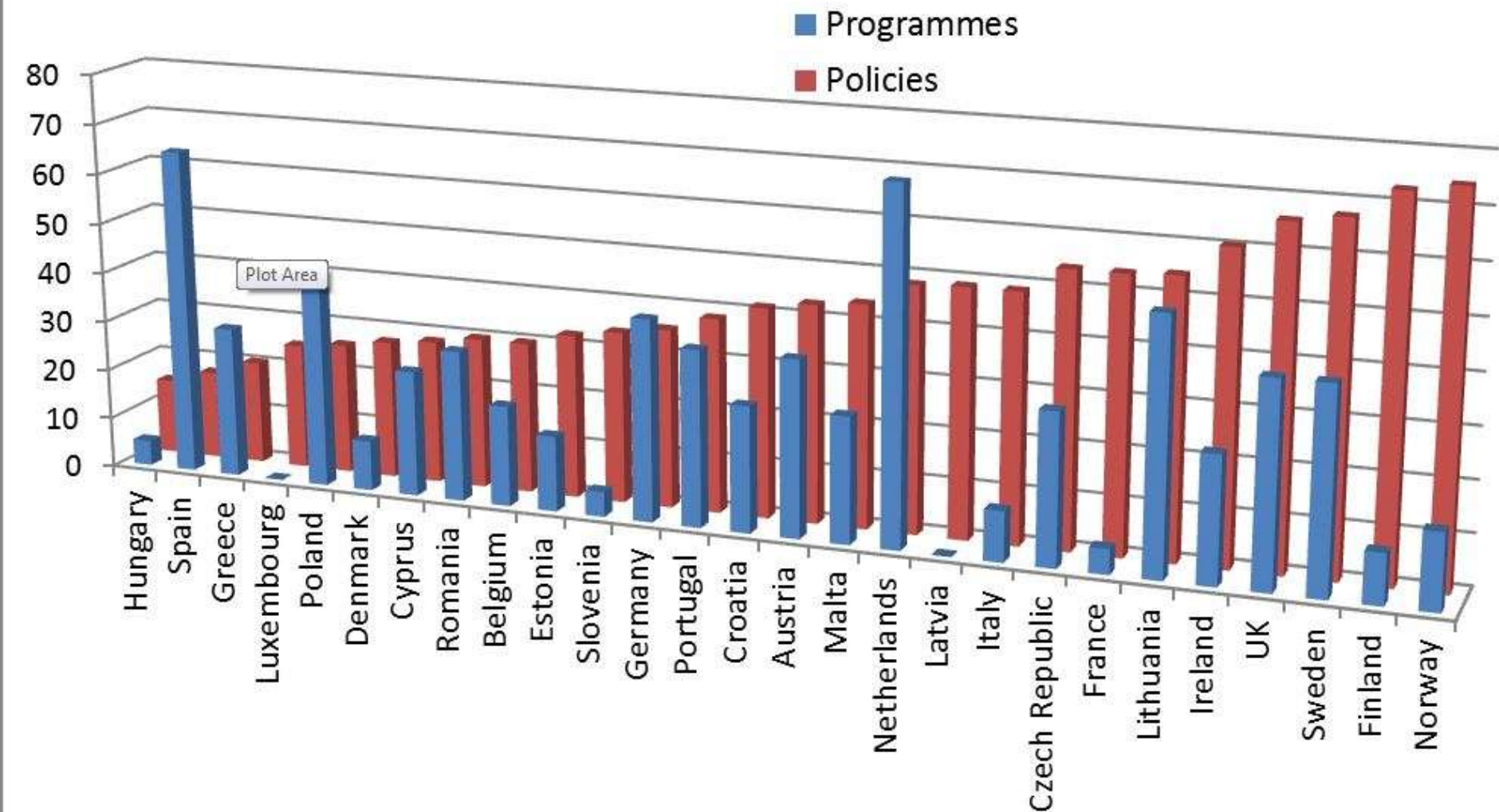
Signifikanter Rückgang von Delinquenz

Schottland: Bar Personaltraining ist obligatorisch um Lizenzen zu bekommen

Effekte von Gemeindestrategien: Rückgang von Gewalt, Sexualdelikte, Öffentlichen Ärgernisses, Krankenhauseinweisungen (de Vocht 2016, 2016)

Holland: dito; mehr lokaler Entscheidungsspielraum

Programme oder lokale Verhältnisprävention?

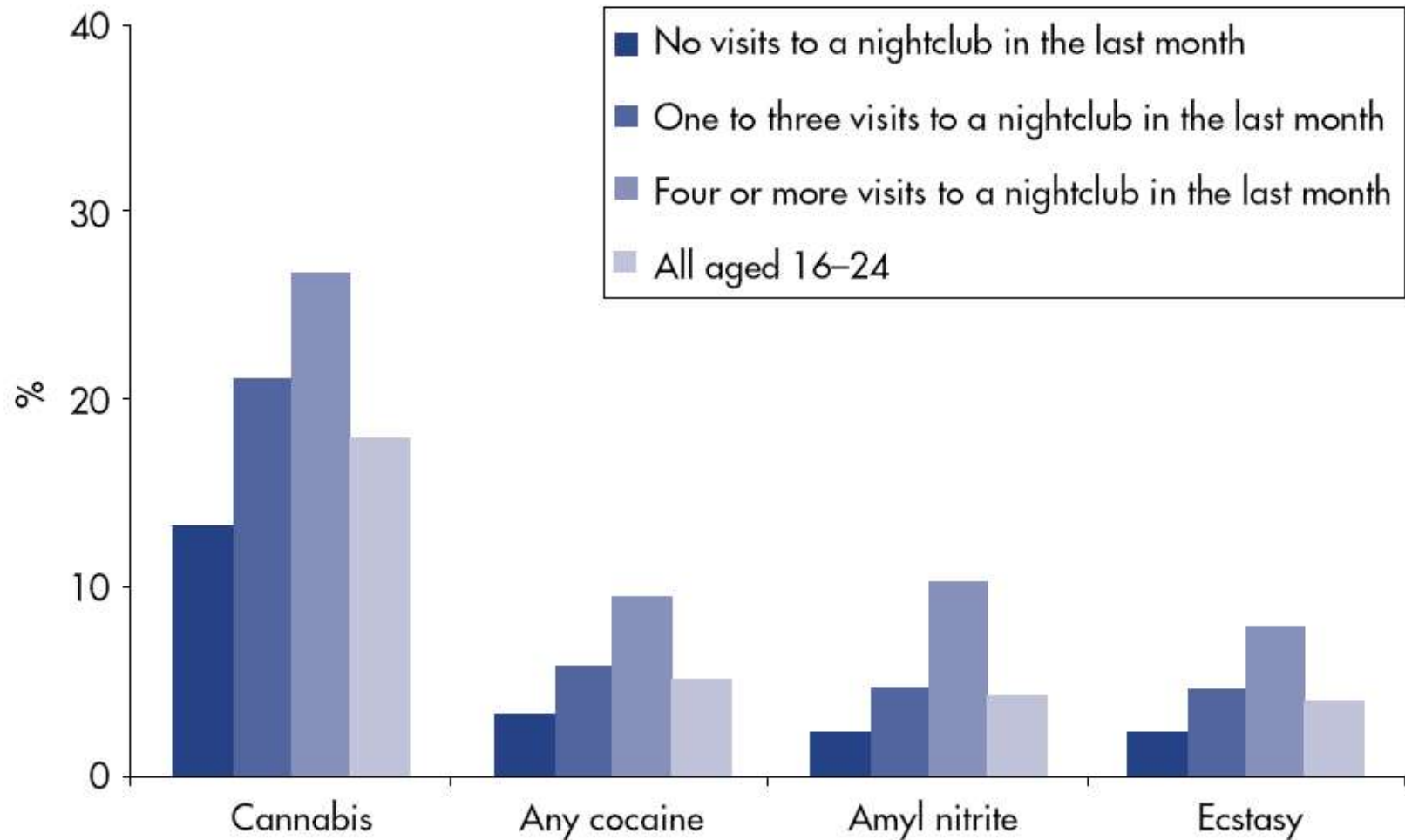


Nachtleben

**Meso -
settings**



Ausgehen und Drogenkonsum



Strategies against drink driving

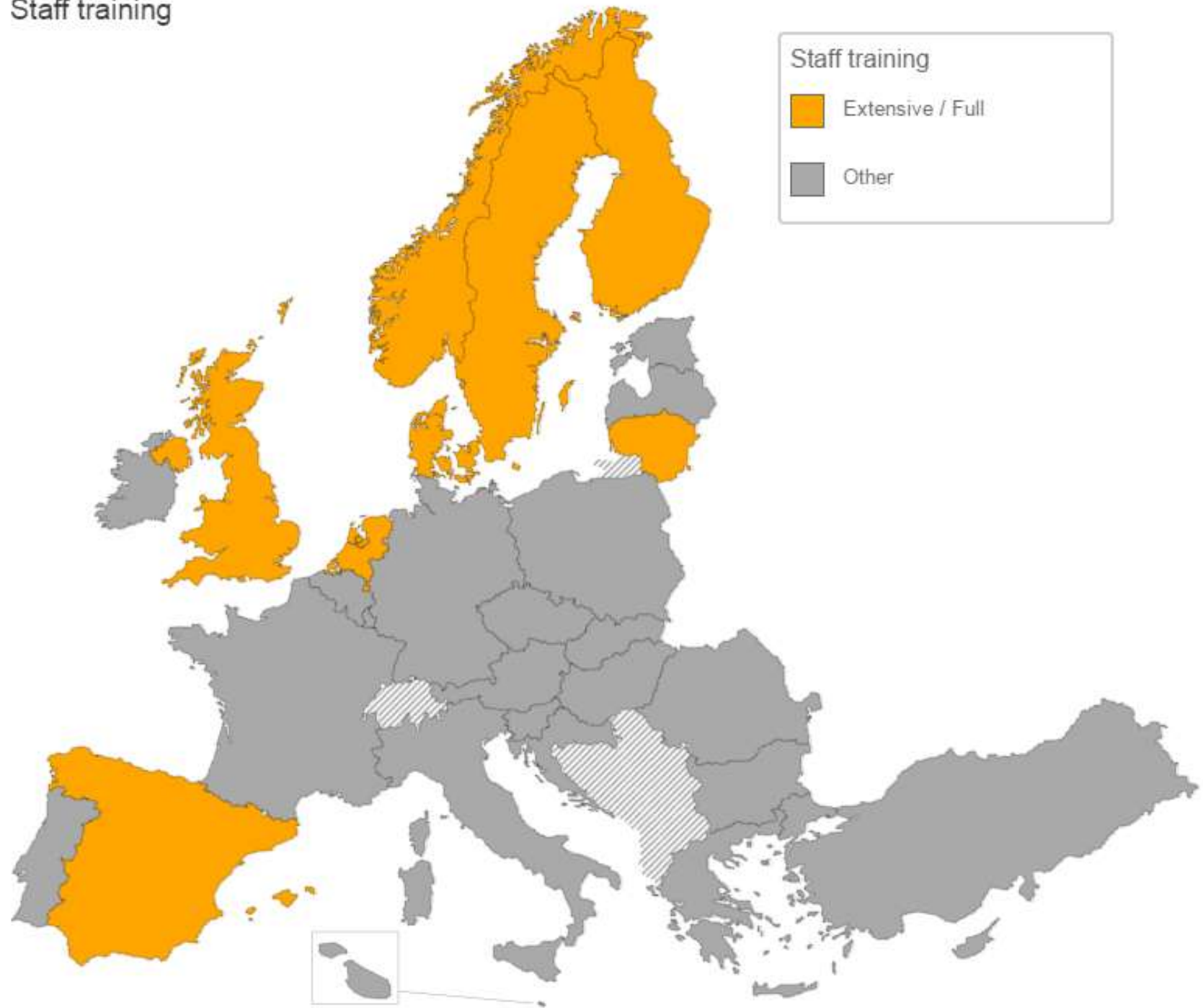


Staff training

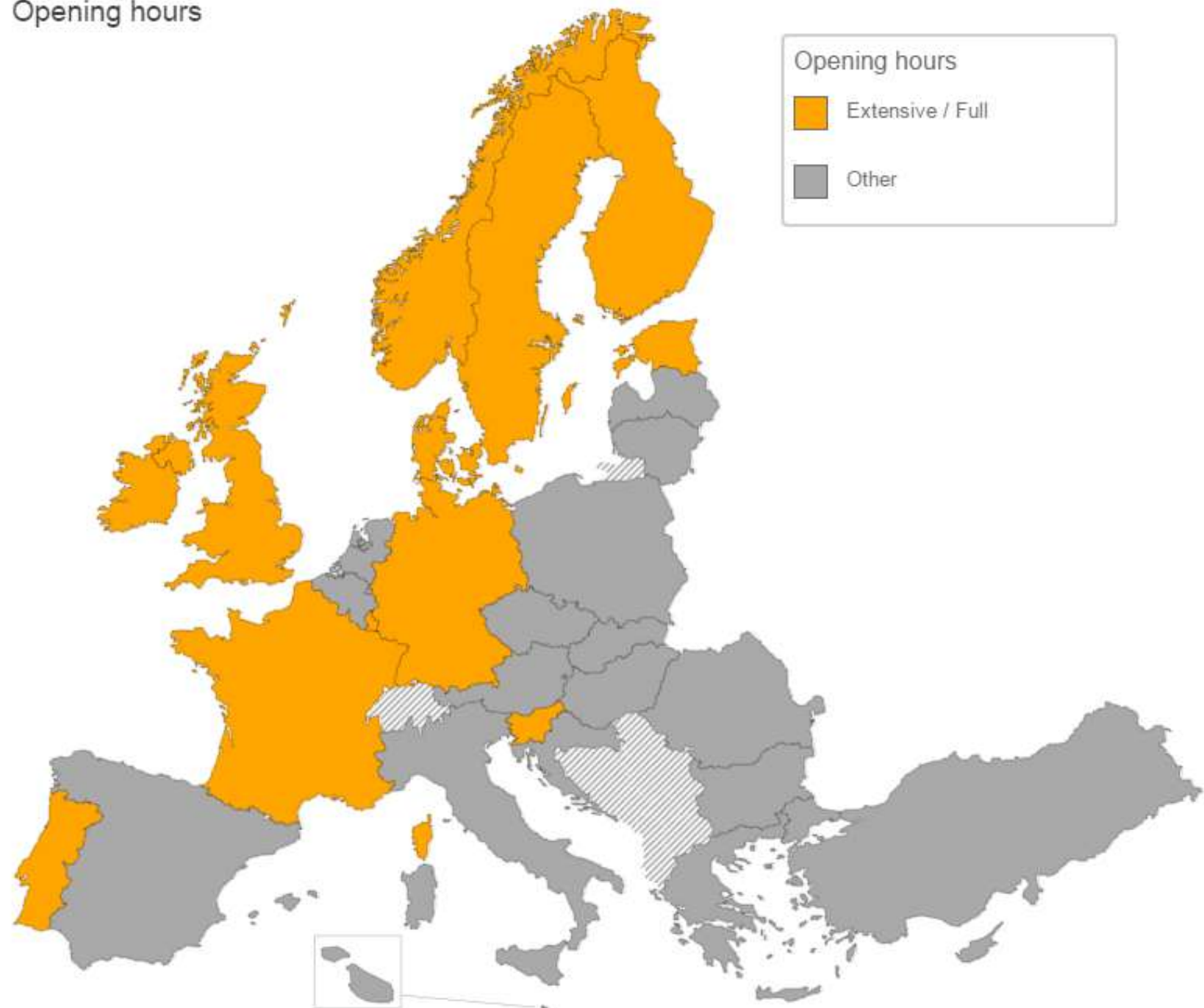
Staff training

Extensive / Full

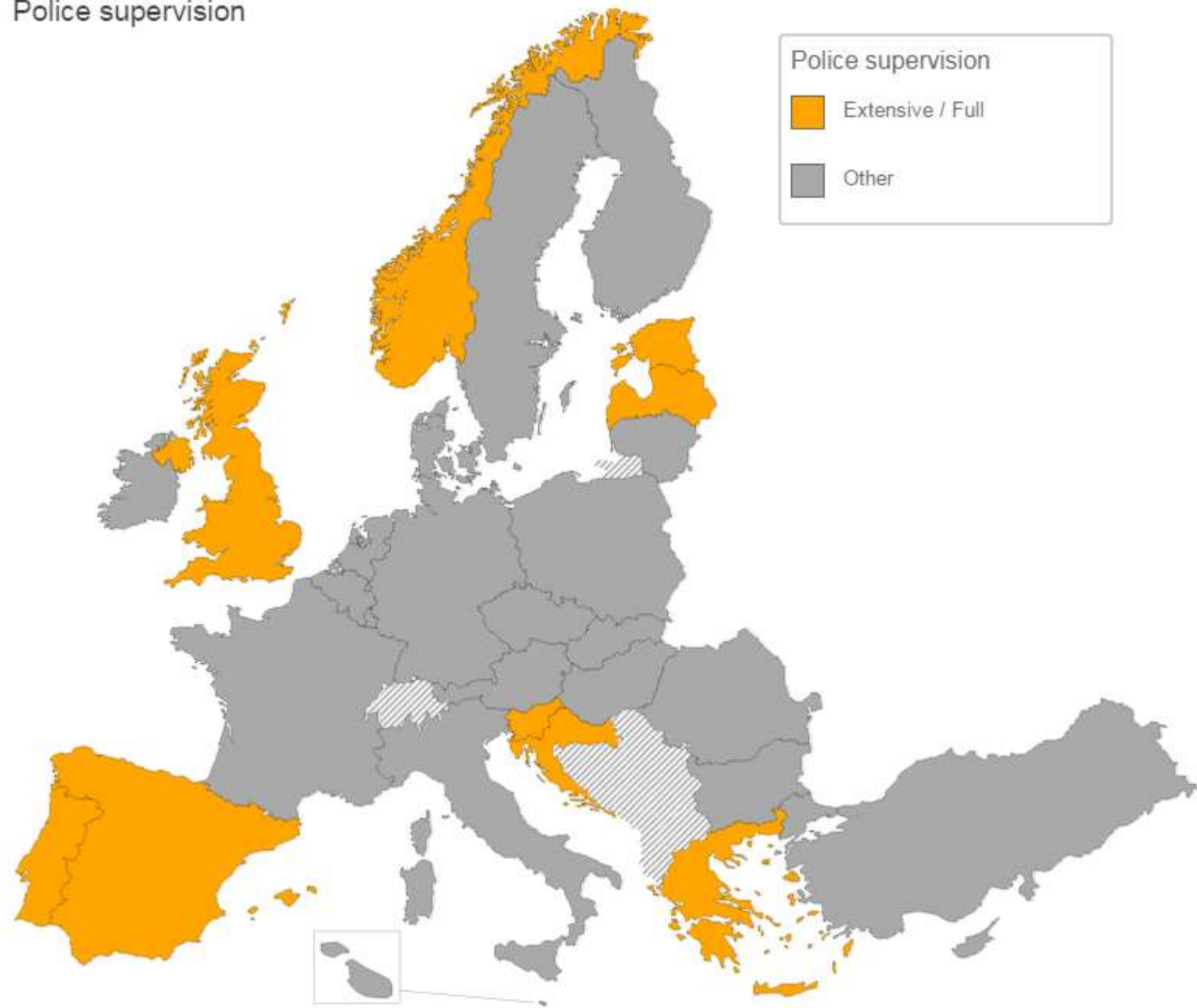
Other



Opening hours



Police supervision



In welchen Lokalen ist Konsum höher? (Miller O 2009, Hughes et al 2011)

Dreck – Unkomfortabel - Langweilig

Schlecht ventiliert

Krach - laute Musik

Voll gedrängt

Überwiegend männliches Publikum

Viele unter Drogeneinfluss

Schlecht ausgebildetes Personal

permissives Ambiente

***Happy hours* oder andere**

konsumfördernde Maßnahmen

Übliche Interventionen

Leaflets und Gespräche

Problemkonsum alleine nur weil man nicht weiß, wie man richtig konsumiert?

... Sonst hätte man volle Kontrolle über Verhalten, Reize und soziale Mechanismen?

Ist Risikoreduzierung verschieden von Prävention?

Am Wirksamsten in Partysettings (Calafat, Juan & Duch, 2009)

Öffnungszeiten beschränken

Verkaufspunktdichte reduzieren

Blutalkoholkontrollen

Lizenzverlust, wenn keine Teilnahme an

...

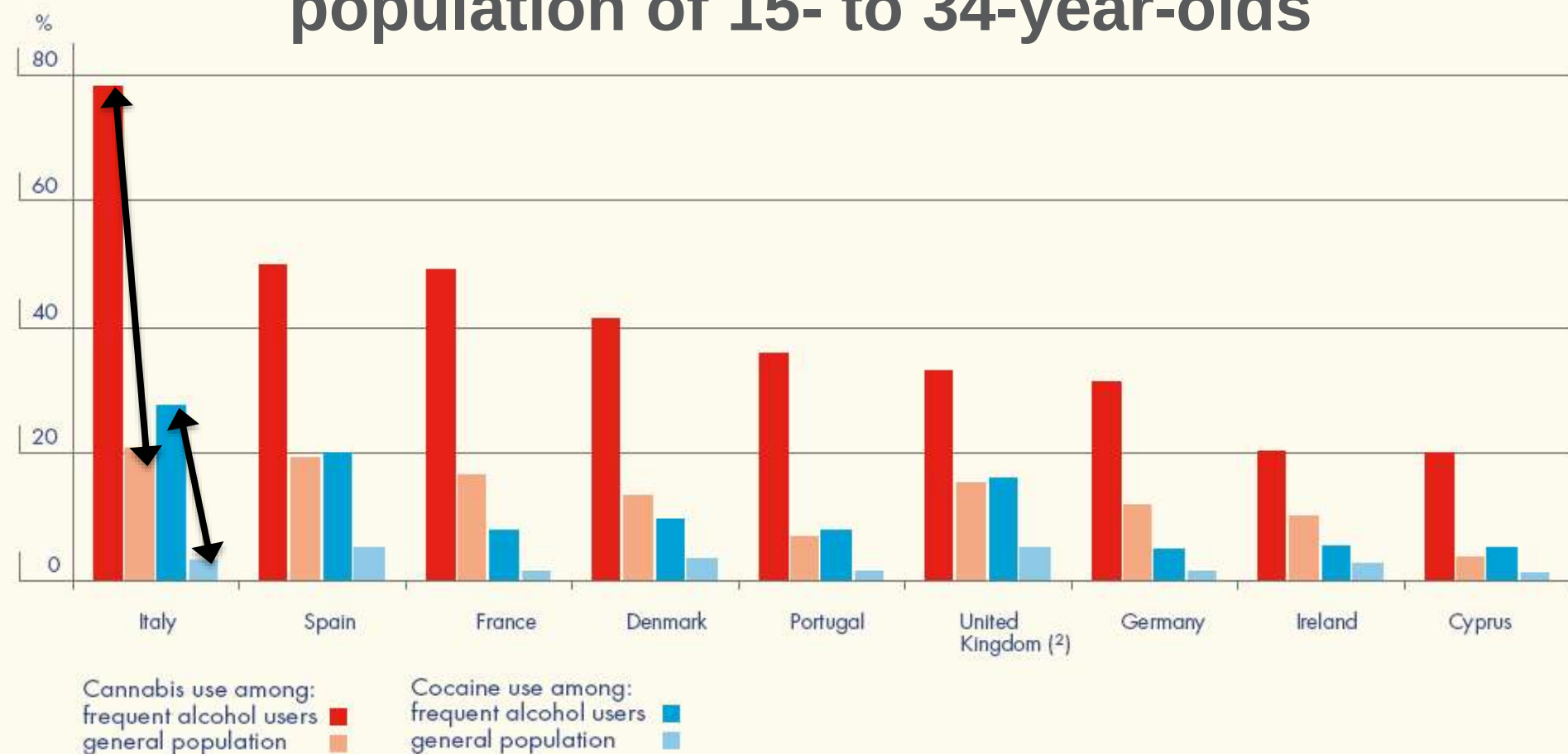
Obligatorischem Training und

Kooperation der Etablissements mit

den Gemeinde, Sicherheits- und

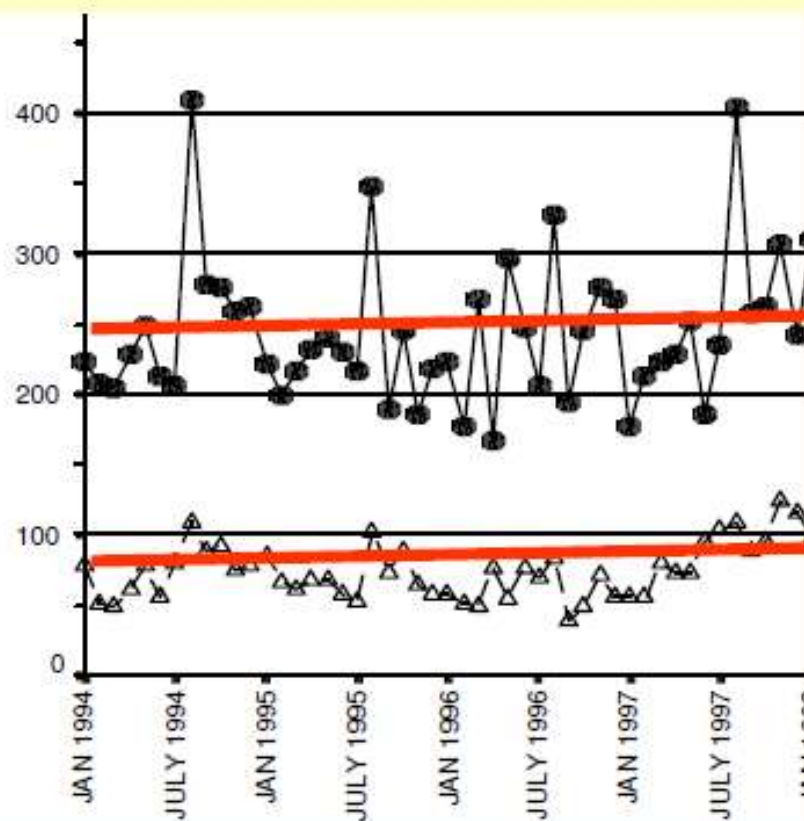
Präventionsdiensten

Frequent or heavy alcohol users — use of cannabis and cocaine during the last 12 months compared to the general population of 15- to 34-year-olds



Police reported violent crime in Stockholm city 1994 – 2000; number of offences

Sven Andréasson, MD
Swedish National Institute of Public Health
& Department of Public Health Sciences,
Karolinska Institutet

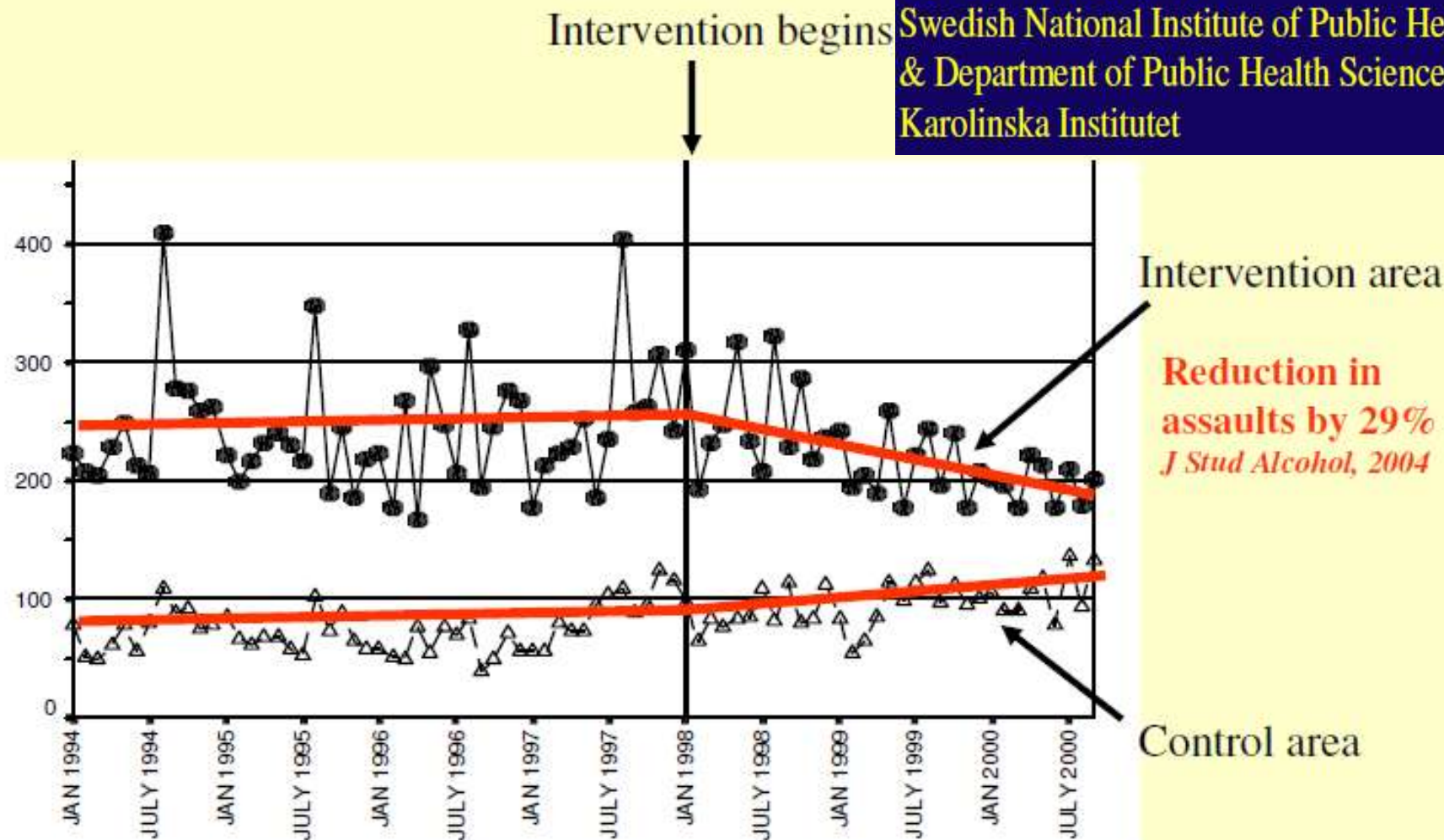


Intervention area

Control area

Police reported violent crime in Stockholm city 1994 – 2000; number of offences

Sven Andréasson, MD
Swedish National Institute of Public Health
& Department of Public Health Sciences,
Karolinska Institutet





healthy nightlife toolbox

tools for creating safer nightlife settings



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Healthy Nightlife Toolbox

The **Healthy Nightlife Toolbox (HNT)** is an international initiative that focuses on the reduction of harm from alcohol and drug use among young people.

Alcohol and drug use are linked to health and safety problems. Commonly this substance use takes place in recreational settings, which makes nightlife to an important setting for prevention measures.

The Healthy Nightlife Toolbox is a website designed for local, regional and national policy makers and prevention workers, to help reduce harm from alcohol and drug use in nightlife settings. The core of the online Toolbox is formed by three databases: evaluated interventions, literature on these interventions, and other literature within the field of nightlife alcohol and drug prevention. The HNT Info sheet summarises the available knowledge on creating a healthy and safe nightlife.

Please note that the content of this website is under construction till July 1st, 2016. From January 2017 The EMCDDA will host and maintain a renewed HNT website.

info sheet

Responding to drug and alcohol use and related problems in nightlife settings

interventions

Details of evaluated healthy nightlife interventions

literature

A searchable database of reviewed academic literature on healthy nightlife interventions

good to know

Interesting background information on nightlife issues

Hntinfo.eu



European Monitoring Centre
for Drugs and Drug Addiction



HNT

@HealthyNiteLife

The Healthy Nightlife Toolbox provides tools and evidence-based interventions for the reduction of harm from alcohol and drug use among young people

 [Lisbon, Portugal](#)

 [hntinfo.eu](#)

 Joined March 2016

 Born on May 2, 2000

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 You Retweeted



Dr Kimberley Hill @KimberleyM_Hill · May 4

Busy meeting with the other co-leads of the @euspr Early Careers Forum - we have some exciting conference events planned! #prevention



2



1



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angelina brotherhood @pbm_ab · May 16

Luckily @EUSPR offers a list of recommended hotels for its upcoming conference ;-)
[euspr.org/euspr-2016-tra...](#)



The Independent @Independent

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@HealthyNiteLife

Familie: Mikro-settings

"Rede mit ihnen"?



(van der
Vorst 2006 y
2007)



Ask, Listen, Learn

@AskListenLearn

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#TalkEarly with your tween about alcohol. Get tips from our #TalkEarly bloggers go-faar.org/1BMfBUi



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3

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BUSINESS & ECONOMICS

It's Poverty, Not the 'Teenage Brain,' That Causes the Most Youth Crime

A new analysis of crime stats suggests that economics trumps biology in causing violent behavior in teenagers.

LAUREN KIRCHNER • MAR 20, 2015

Es ist nicht Armut, sondern die Eltern

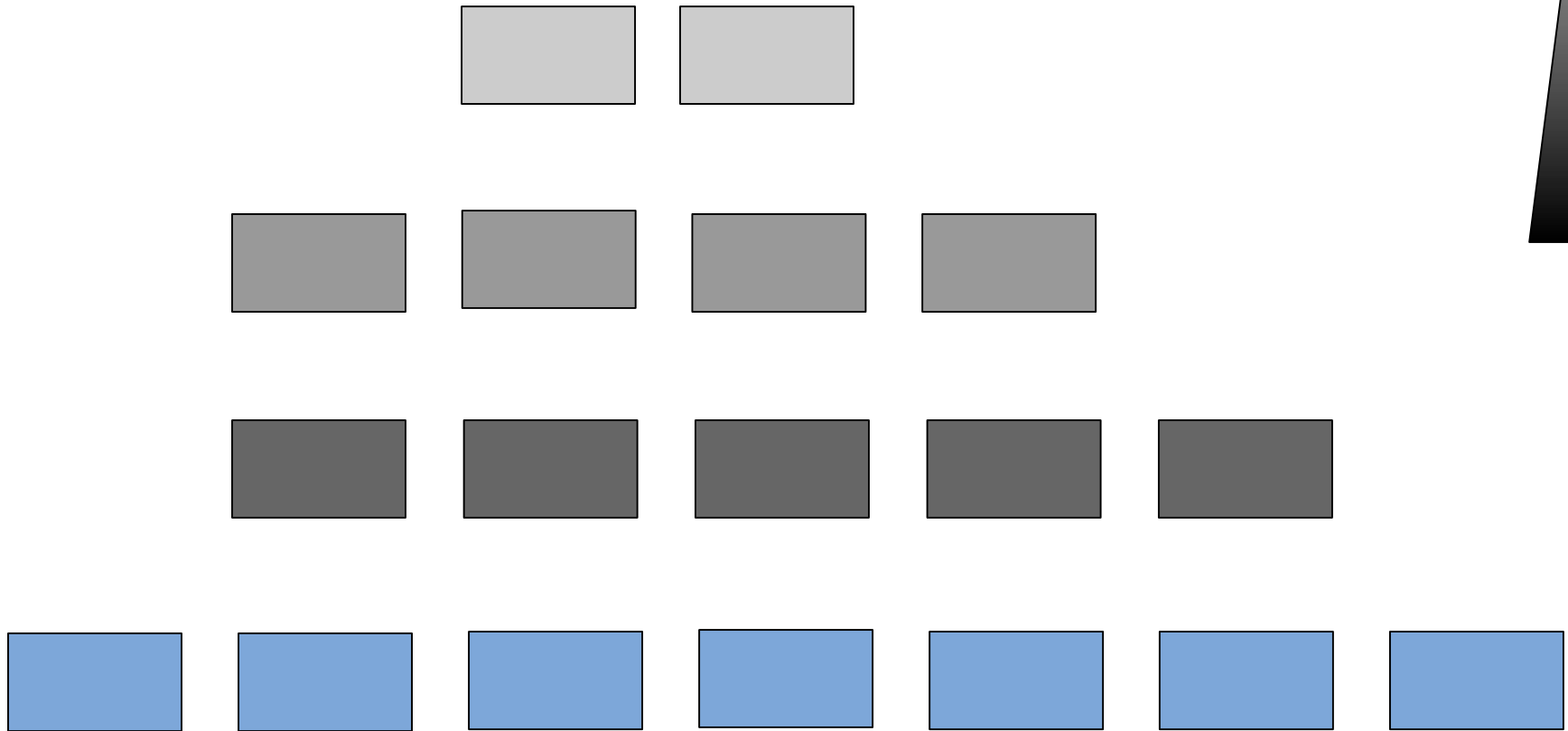
**Gewaltdelikte erhöhen sich signifikant (um 57%)
je mehr benachteiligt (pro
Standardabweichung) ein Stadtteil ist.**

**Der Effekt ist reduziert, wenn man für andere
Faktoren korrigiert**

**Wenn man für familiäre Faktoren korrigiert, ist
der Effekt weg (Sariaslan 2013)**

**Dasselbe für Armut $\Leftrightarrow$ Delinquenz in
longitudinalen Studien (Sariaslan 2014)**

Niveau von Problemverhalten



Elterliche Aufsicht und Überwachung

- **Weniger Delinquenz, Gewalttätigkeit, Substanzkonsum**
- ➔ **Weniger konsumierende Freunde** (Tornay 2013),
- **Stärker als Schule** (Dever 2012, Fagan 2012, Fulkerson 2008),
- **Auch in Sozialen Brennpunkten** (Sariaslan 2013)
- **Zwischen verschiedenen Kulturen** (Ghandour 2013)
- **Verbessert Impulskontrolle auch in benachteiligten Familien** (Molainen 2012, Hardaway 2009)

Unpopulär aber wirksam für Verhaltensänderung

Normen und Regeln

Zu Hause

Außerhalb

Aufsicht

Wissen (was sie tun, wo sie sind)

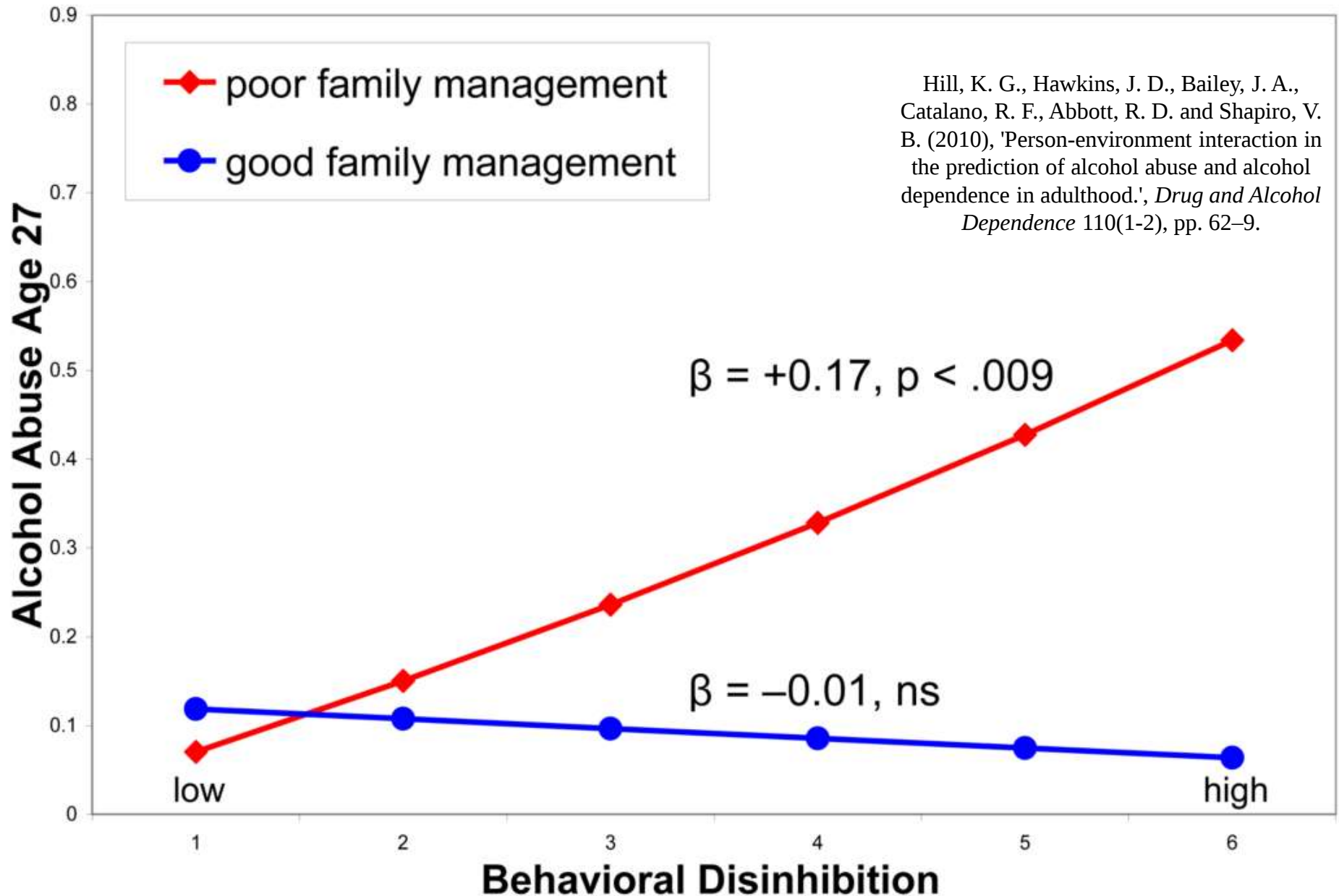
Direkt (Regeln durchsetzen und kontrollieren)

Elterliche Netzwerke

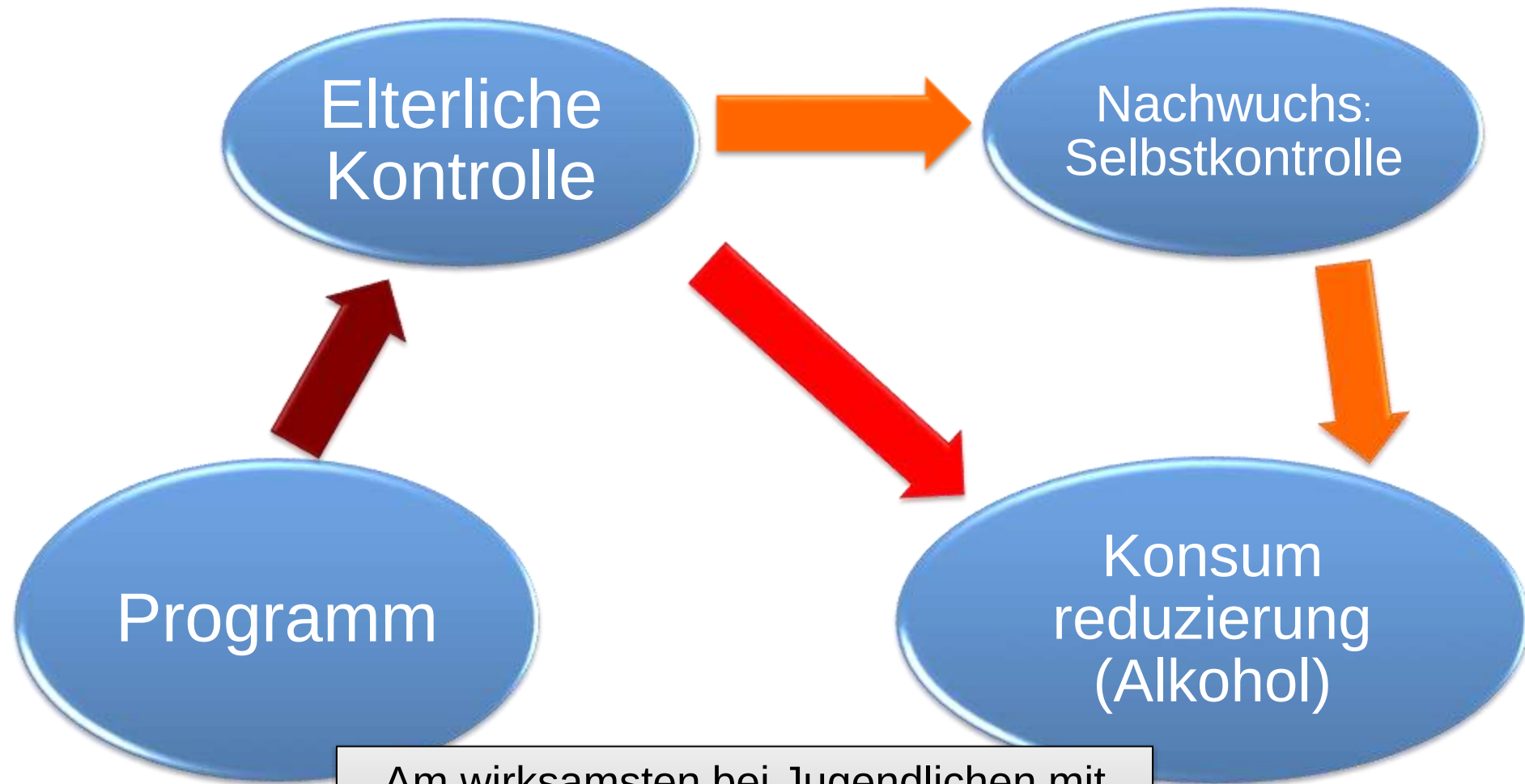
Gleiche Regeln pro Klasse – Örebro Progr.

Patrouillen (SE), Bars überwachen (ES)

Elterlicher Einfluß auf Impulskontrolle

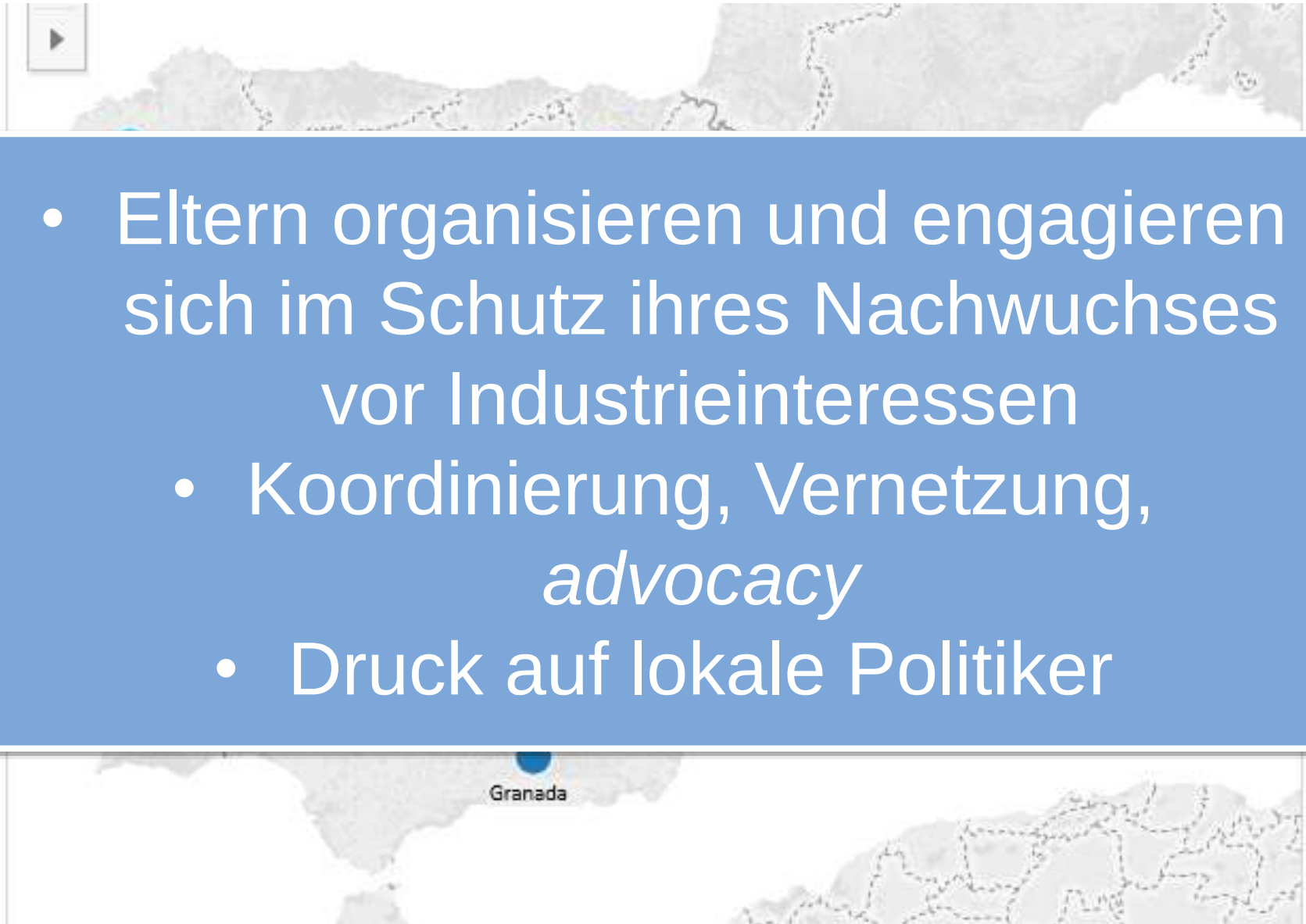


Mediatoren im Örebro Programm: PAS (NL)



Am wirksamsten bei Jugendlichen mit
anfangs **schwacher** Selbstkontrolle und
bei anfangs **permissiven** Eltern

Eltern befähigen und engagieren: FERYA

- 
- A map of Spain is visible in the background. A blue dot marks the location of Granada on the southern coast. The text of the list is overlaid on a blue rectangular box.
- Eltern organisieren und engagieren sich im Schutz ihres Nachwuchses vor Industrieinteressen
 - Koordinierung, Vernetzung, *advocacy*
 - Druck auf lokale Politiker

Grenzen und Kritik

1023



**DON'T LET
BUREAUCRATS
TELL YOU WHAT
SIZE BEVERAGE
TO BUY**

Norbert Elias – Der Zivilisationsprozess

**Historischer Prozess, die “Schwelle von Scham und Abscheu” für antisoziales Verhalten zu senken.
Graduelle Transformation mittelalterlicher Werte über**

Gewalt,

Sexualverhalten,

Körperausscheidungen,

Tischmanieren, und

Sprachniveaus (Fluchen, etc)

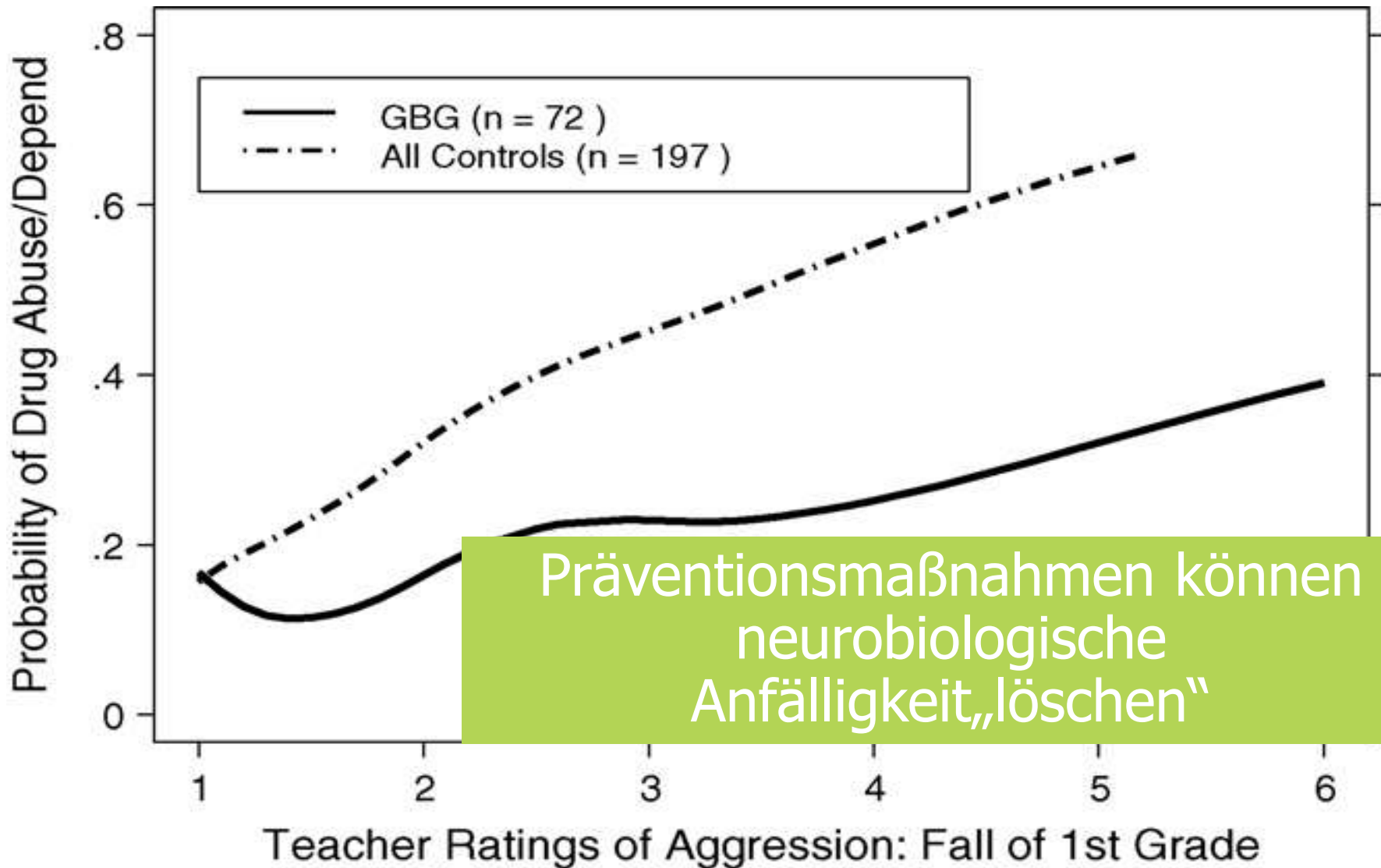
- **Das funktionelle Grundprinzip komplexer und dichter Gesellschaften**



Wäre das heute noch nötig?

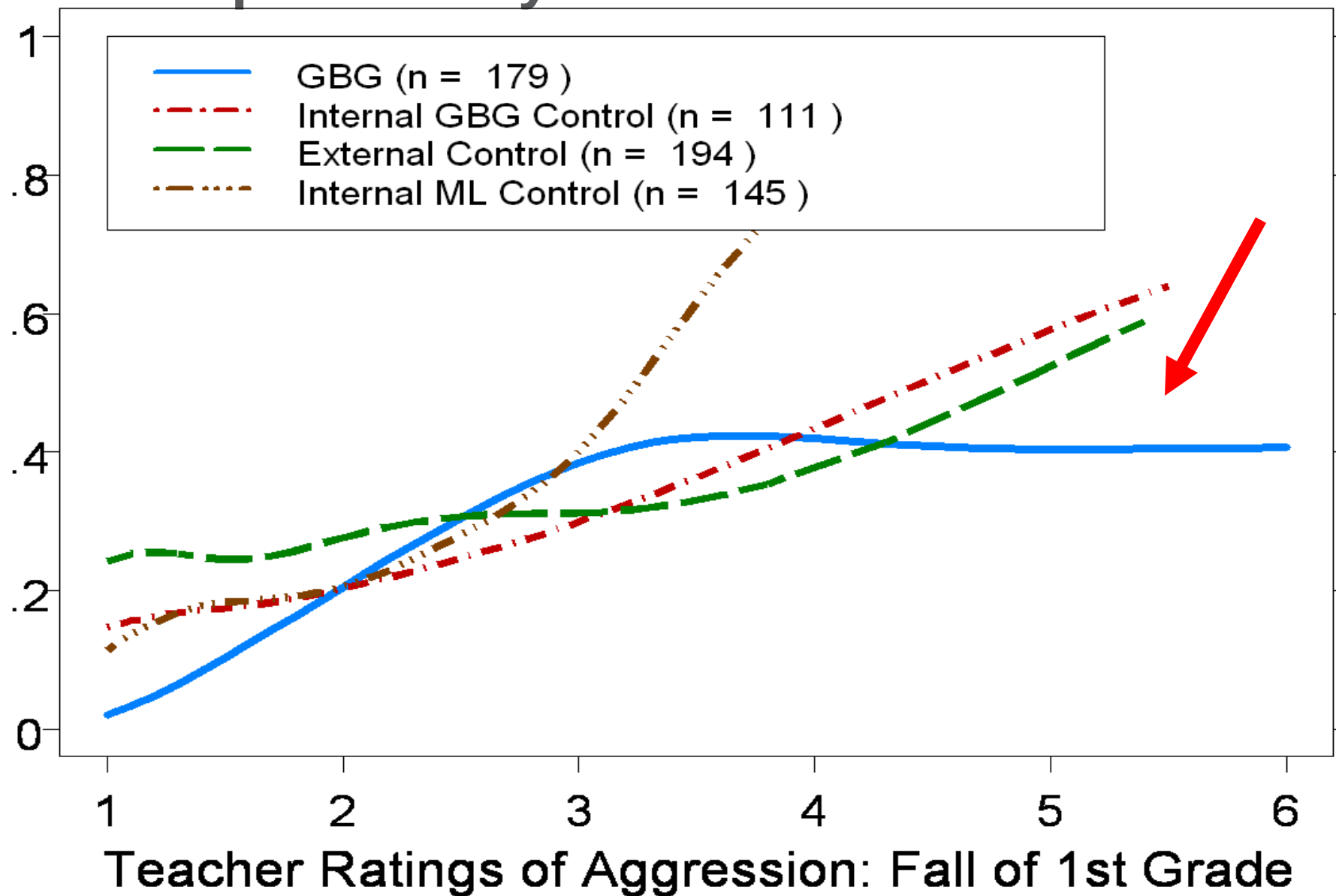


... ohne über Drogen zu reden:



Antisocial personality disorder

Probability of ASPD



"No hay que prohibir, sino educar a los jóvenes sobre el consumo del alcohol"



JOAN PUIG

Un grupo de jóvenes hacen botellón en la zona de ocio nocturno de Mataró.

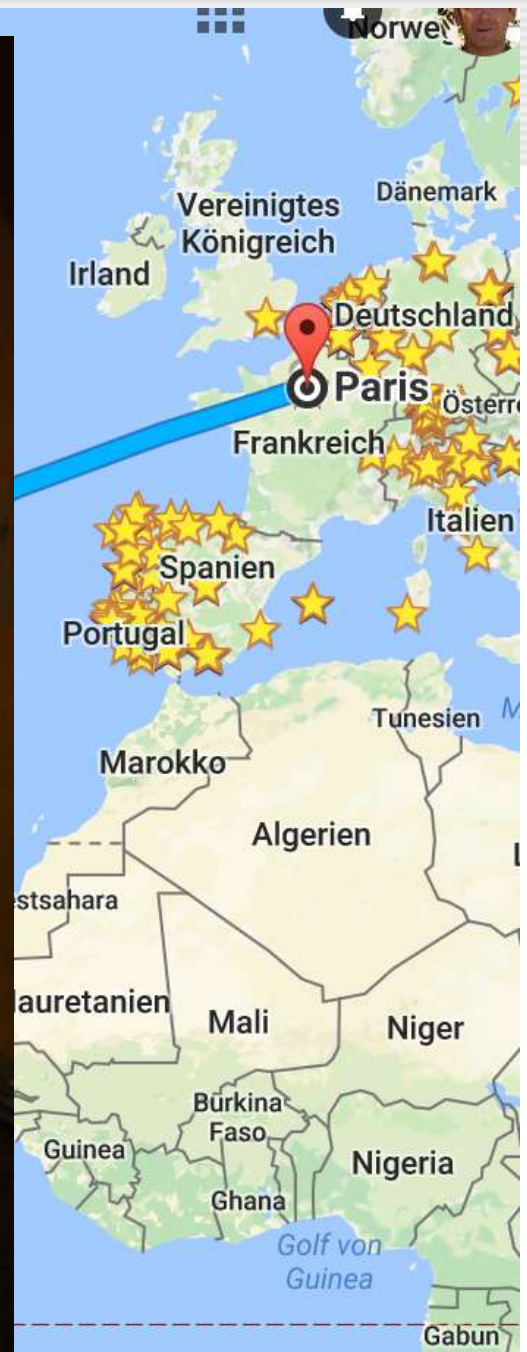


Figure 1: How Food Marketing Influences Overeating



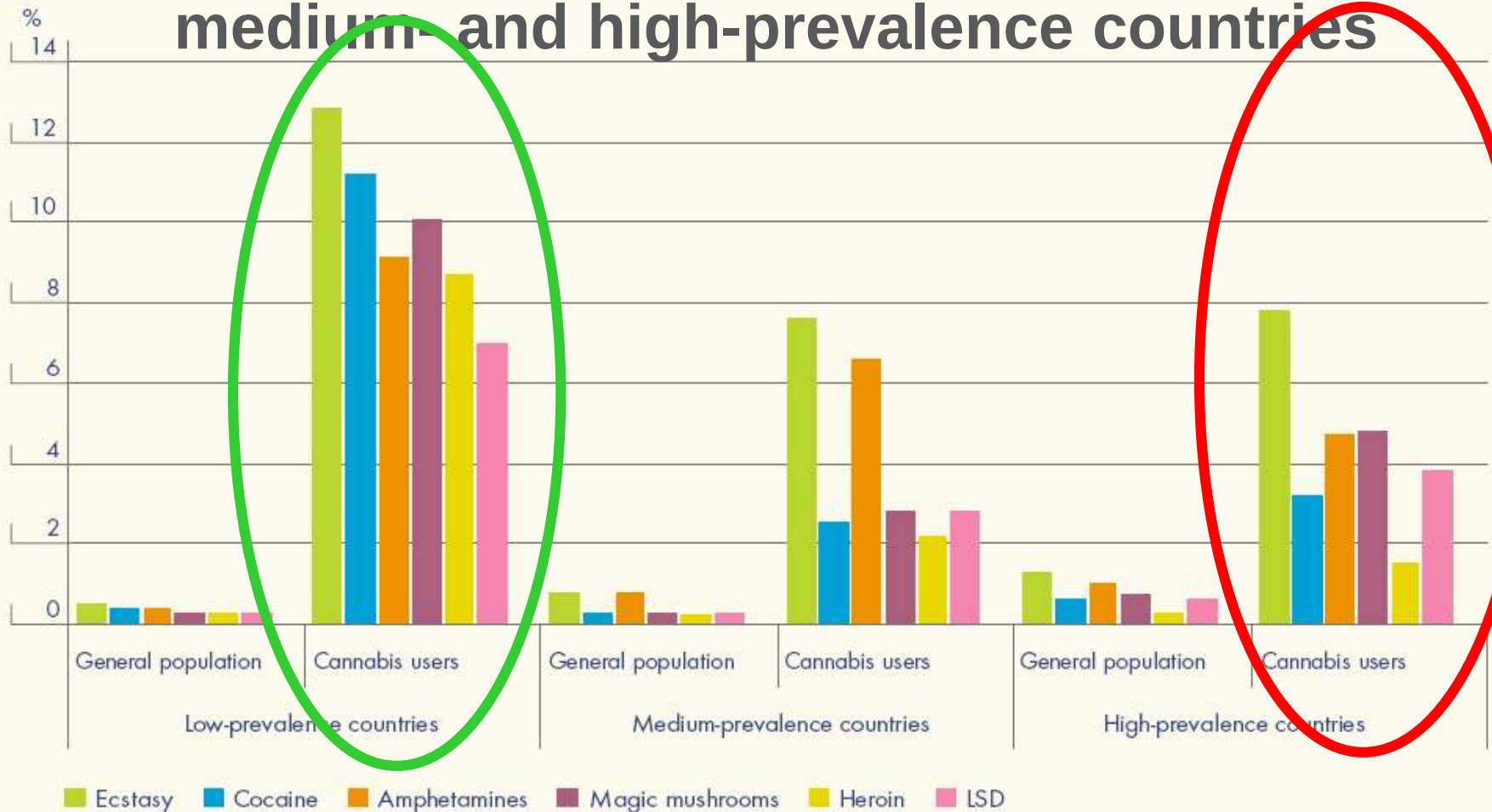
Louise.Delage --- 112 000 Follower auf Instagram



Use of substances in last 30 days among >76,000 adolescents, by country group

Substance	Prevalence full range %	Low prev.	Medium prev.	High prev.
Alcohol	20 - 81	50.8	65.3	73.1
Binge alc.	15 - 60	34.6	38.4	51.8
Cigarettes	18 - 46	26.7	40.5	36.3
Cannabis	0 - 20	2.2	7.6	15.0
Ecstasy	0 - 3	0.5	0.8	1.3
Hallucinogenic mushrooms	0 - 2	0.3	0.3	0.8
LSD or other hallucinogens	0 - 1	0.3	0.3	0.6
Amphetamine	0 - 1	0.4	0.8	0.9
Cocaine	0 - 1	0.4	0.3	0.6
Heroin	0 - 1	0.3	0.2	0.3

Use of selected illicit drugs during the last month among cannabis users and among all 15- to 16-year-old school students in the clusters of low-, medium- and high-prevalence countries







Alles eine Frage der Impulskontrolle

Verhältnisprävention:

Externe Kontrolle (sozial)
Stimuli aus der Umwelt reduzieren

Braucht **niedrige**
personal agency

Indizierte Prävention:

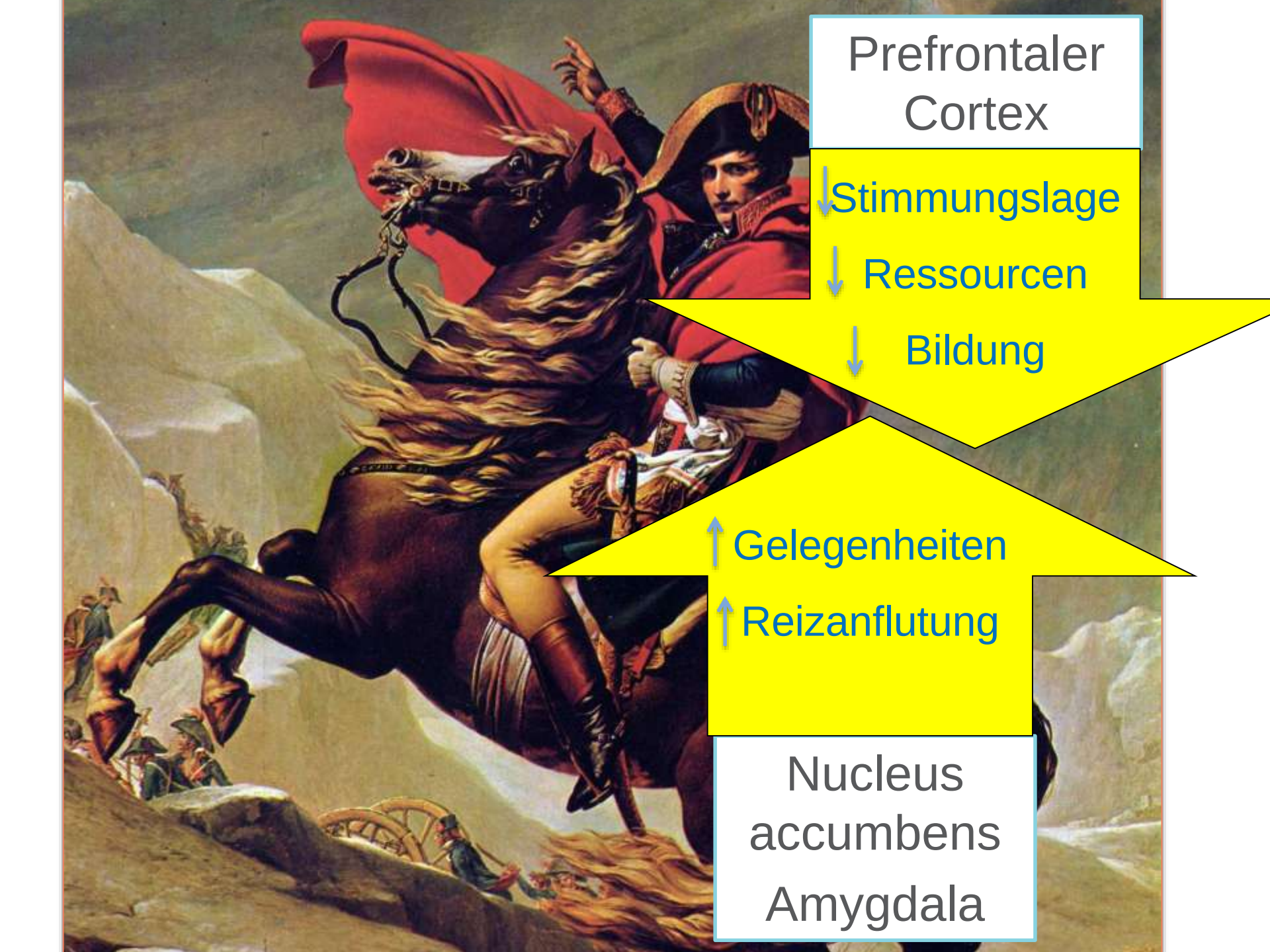
Selbst Impulskontrolle lernen
Die Reaktion auf Reize umkonditionieren

Traditionelle Prävention (und Schadensreduzierung) ignorieren automatische Prozesse

Beruhend auf
kognitiven Prozessen (informieren, lernen)
und individueller Selbstkompetenz

Braucht **hohe** *personal agency*:
verstärkt Ungleichheiten



The background of the slide is a reproduction of the painting 'Napoleon Crossing the Alps' by Jacques-Louis David. It depicts Napoleon Bonaparte on a dark brown horse, wearing a red cloak and a bicorne hat, leading his army over a snowy mountain range. The scene is dramatic, with soldiers and cannons visible in the lower left.

Prefrontaler
Cortex

↓ Stimmungslage

↓ Ressourcen

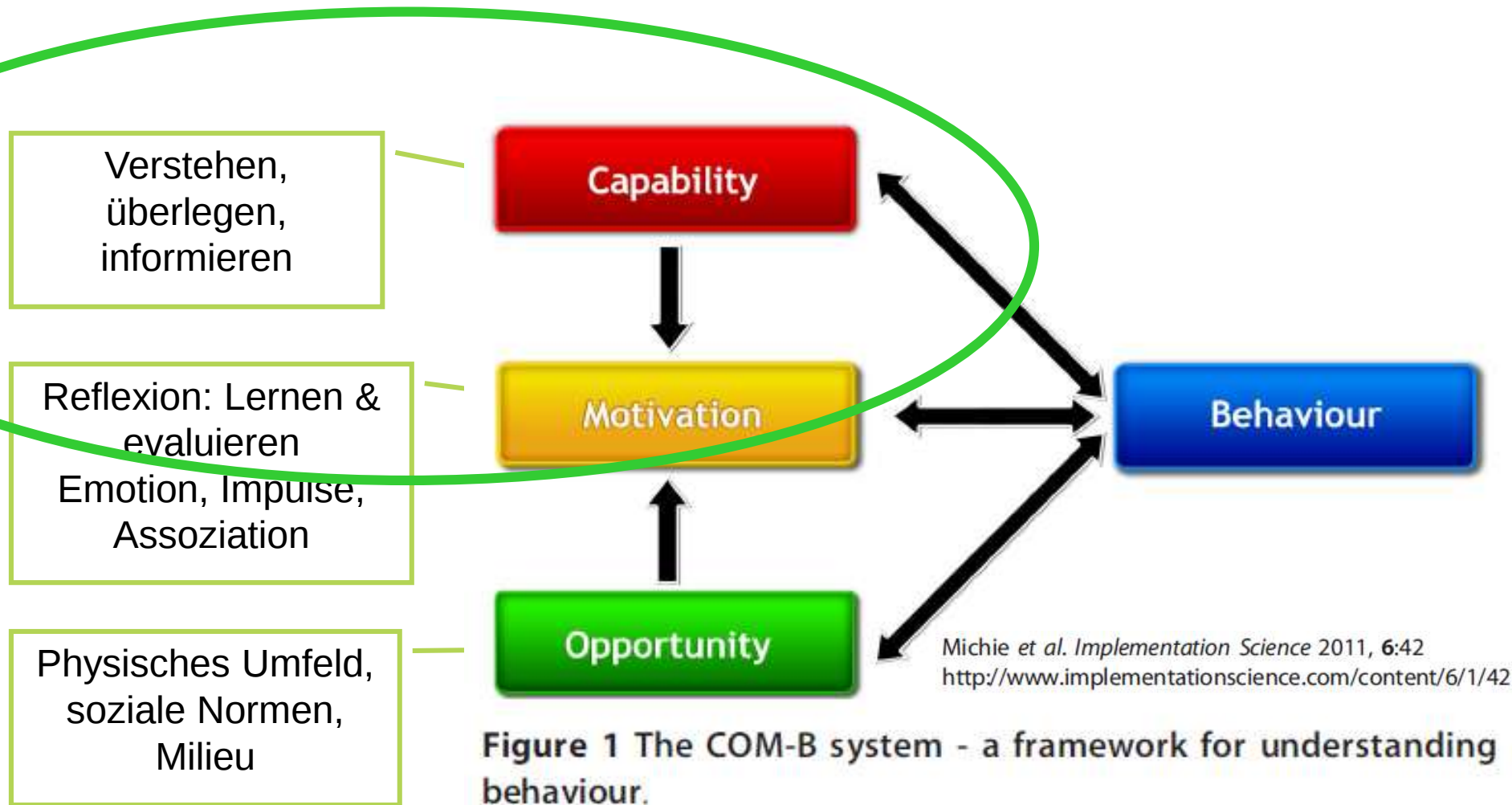
↓ Bildung

↑ Gelegenheiten

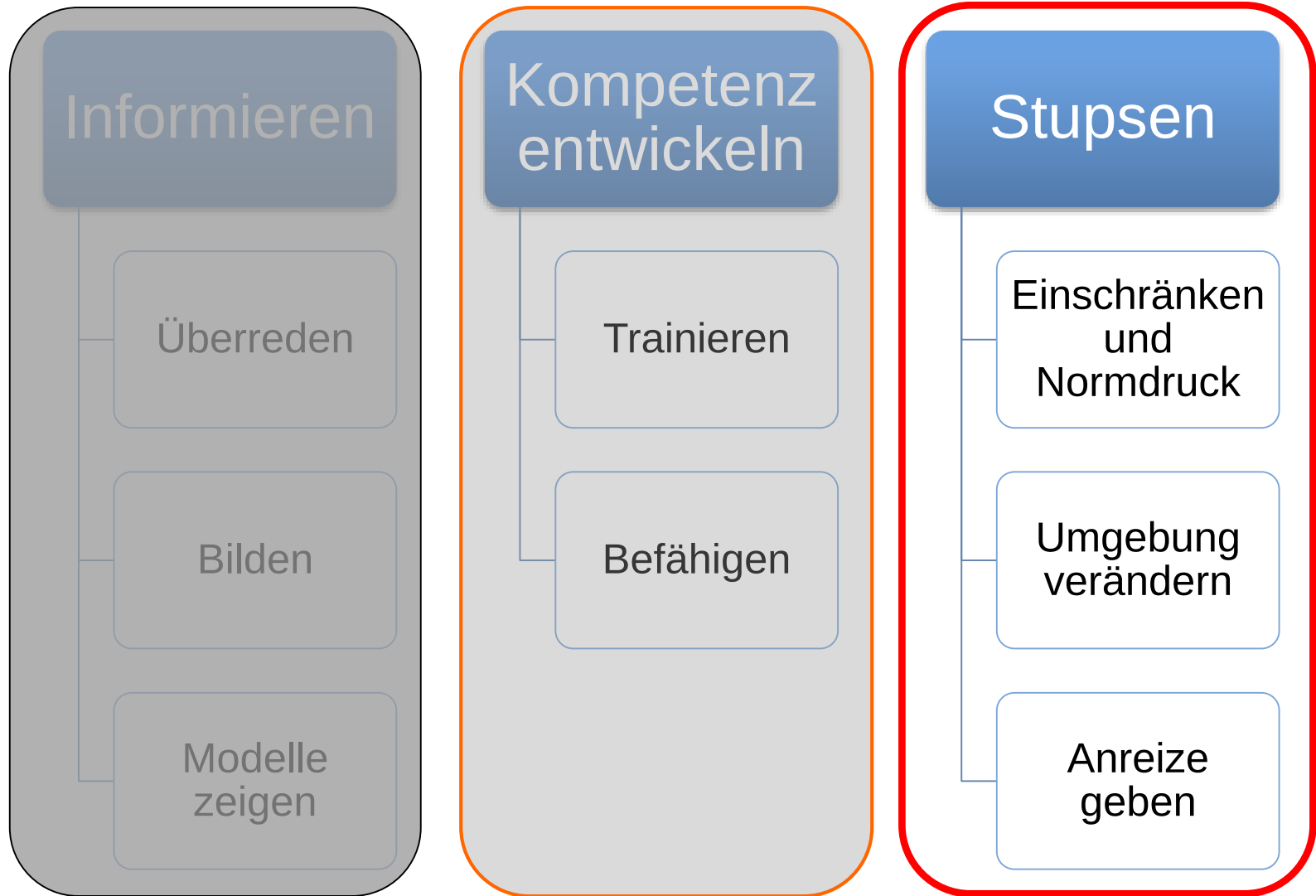
↑ Reizanflutung

Nucleus
accumbens
Amygdala

Wir benutzen nur das halbe Potential zur Verhaltensänderung



... Und sollten ausgleichen



Wichtig für Verhaltensänderung

Risikoverhalten kann sozial funktional sein

Risikoanalyse in enthemmter Stimmung?

Unwahrscheinlich

Mächtig: unbewusste & automatische Prozesse

Normwahrnehmung beeinflusst den Einstieg

Impulskontrolle beeinflusst Übergang zu
Problemkonsum (& Analogem)

Informationsvermittlung erhöhte Ungleichheiten: hilft
nur den gut Ausgestatteten

“Einsteiger mit niedrigerem Bildungsniveau wechseln
häufiger zu täglichem Konsum” Legleye et al. 2015

Es gibt Möglichkeiten auf lokaler Ebene

**Die lokale Unterhaltungsindustrie regulieren (...
Wasser kostenlos!)**

**Lokale Befugnisse verwenden, um Verkauf zu
regulieren & kontrollieren (Minderjährige)**

Eltern: öffentlichen Raum zurückgewinnen

Koalitionen auf Gemeinde ebene

**Stadtplanerische Strategien in Problemzonen→
Delinquenzreduzierende Effekte ausnützen**

Weniger Glaube (€) in „Aufklärung & Erziehung“

Obacht

Gesellschaften und ihre Infrastrukturen sind komplexe Systeme

Nicht-linear: Outputs sind nicht proportional zu Inputs

Bestehen aus anderen komplexen Systemen (Menschen, Organisationen)

Passen sich an, sind resilient: wirksame Ansätze werden neutralisiert

Präventionssysteme sind der Schlüssel

```
graph TD; A[Präventionspolitik und -ressourcen] --> B[Einrichtungen]; A --> C[Fachleute]; A --> D[Programme];
```

Präventionspolitik
und -ressourcen

Einrichtungen

Fachleute

Programme

Folglich ...

**Wenn wir Prävention als Sozialisation sehen,
dann ...**

- **zählt nicht Information/Aufklärung**
- **Gibt es wenig Unterschiede zwischen Kriminal- und Suchtprävention**
- **Zählt Verhaltenstraining und Elterliche Aufsicht (Impulskontrolle)**
- **Zählen Veränderungen in der sozialen und physischen Umwelt**
- **Standards können Obsoletes abschaffen und das Denken klarer machen - UPC**