



**NON-GOVERNMENTAL ORGANIZATION
LATVIAN ASSOCIATION OF ADDICTION
PSYCHOLOGISTS**

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NON-GOVERNMENTAL ORGANIZATION LATVIAN ASSOCIATION OF ADDICTION PSYCHOLOGISTS

- Main objectives:
- to unite psychologists specialized and operating in addiction field;
- to develop and confirm as stated in the law unified strategy for work with clients who have addiction;
- to develop, submit and promote proposals for changes in legislation concerning professional activities of psychologists, especially those operating in addiction field;
- to manage educational activities, organizing educational and training seminars;
- to develop, submit and realize projects in addiction prevention, health promotion and drug, alcohol abuse and associated treatments.



ACTIVITIES: 2009-2014

- **Stress management programme to municipal police**
(2010; support from Riga municipality)
- **State Police of Latvia and EK project “Youth against drugs”** (2010-2012; State Police of Latvia-main organizer, LAAP- Partner)
- **Social Rehabilitation programme «10. step» to addicts**
(support from European Social Foundation)(2012-2013)
- **WEB based intervention to teenagers- videolecture&web- site** about new psychoactive substances(founding from The Centre for Disease Prevention and Control (CDPC) of Latvia)



YOUNG PEOPLE AND PSYCHOACTIVE SUBSTANCES IN LATVIA

- Tried smoking prevalence among young adults compared to the 2011 survey conducted has decreased as among 8 - 10th class students in any age group, however it is still assessed as high.
- 2013 data show that tried smoking 15-16 year olds proportion has declined since 2011 by 6 % and now it is 72 % .

- SPKC dati



YOUNG PEOPLE AND PSYCHOACTIVE SUBSTANCES IN LATVIA

- Alcohol consumption has decreased:
- Almost all (92%) of 14-16 year old youths have used alcohol at least once in lifetime
- 78% of them have used alcohol in last year
- 50%- in last month.

○ SPKC dati



YOUNG PEOPLE AND PSYCHOACTIVE SUBSTANCES IN LATVIA

- Prevalence of drugs has been unchanged or reduced.
- **Most tried drug** by 14-16 year old youths in Latvia is **marijuana/hashish.**
- **About every seventh (14%)** 15-16 year old youth have used **marijuana/hashish in last year**
- **7%- in last month.**

- SPKC dati



YOUNG PEOPLE AND PSYCHOACTIVE SUBSTANCES IN LATVIA

- For several years ESPAD surveys show that use of inhalants is popular among Latvian youths. 2013 survey shows, that 17% of ESPAD cohort youth have tried inhalants in lifetime.
- Next most popular drugs among 15-16 year old youths are ecstasy (2,5%), amphetamines (1,6%) LSD or other hallucinogenic drugs (2,9%) and cocaine (2,0%).
- SPKC dati



CONSUMPTION OF NEW PSYCHOACTIVE SUBSTANCES (NPS) IN LATVIA

The 2011 Eurobarometer data: 9% of 15-24 year-olds have used NPS

The European school survey project on alcohol and other drugs or ESPAD 2011 data shows:

- 10 % of students aged 15-16 years had used «spice» or NPS at least once in their lifetime;
- 5 % used it once or twice in a lifetime ;
- 4% have used spice products for three to nine times .
- Frequently used in Riga and Riga agglomeration, boys use these products two times more than girls.

SPKC dati



"THE PREVALENCE OF DRUG USE AMONG THE GENERAL POPULATION" IN 2011

- 2.5 % of the population aged 15-64 at least once in lifetime have smoked new psychoactive substances
- Of them - 3.7 % of men and 1.4 % of women ;
- Young people aged 15-24 years used most frequently - 6.1%.
- Frequently - people with low incomes ;
- Frequently - Riga.
- Overall, 0.6 % for last year , 0.3 % - in the last month .

- SPKC dati



WEB BASED INTERVENTION

- A growing line of research has highlighted the promising role that interactive web and mobile technologies may play in improving the effectiveness, cost-effectiveness, and reach of efforts to assess, prevent, treat, and support the recovery management of substance use disorders and other risk behavior(Lisa A. Marsch et al, 2014)
- SPKC dati



A TEST OF THE EFFICACY OF A BRIEF, WEB-BASED PERSONALIZED FEEDBACK INTERVENTION TO REDUCE DRINKING AMONG 9TH GRADE STUDENTS

Results indicate that a brief, web-based personalized normative feedback program delivered in the school setting is a promising approach to reducing alcohol use and the associated consequences among 9th grade students.

Diana M. Doumas et al(2014)



EVALUATION OF THE EFFECTIVENESS OF A SCHOOL-BASED CANNABIS PREVENTION PROGRAM

- The intervention consisted of a school-based cannabis prevention program, with four sessions and 16 activities, implemented over 6–10 h, with materials for parents and web-based student involvement. Last-month cannabis use was assessed at baseline and at 15 months' follow-up
- At 15 months follow-up, 8.2% of boys and 8.3% of girls in the IG became last-month cannabis users versus 11.8% of boys and 11.6% of girls in the CG.
- The incidence of last-month cannabis use was lowest in classrooms that adhered to the program protocol.

(Carles Ariza et al, 2013)



STATE POLICE OF LATVIA AND EK PROJECT

“Youth against drugs”

Partner- Latvian Association of
Addiction Psychologists
(2010. - 2012.)



FOUNDATION

- **The aim** – to decrease drug usage and distribution among young people
- Raise awareness of young people about legal liability of drug usage, storage and distribution, widen knowledge about institutions involved in the fight against drugs
- Target group **14 – 19**



ACTIVITIES

- Public opinion pool (as the basic for further activities)
- Social media campaign (3 steps)
- Simulation role games as an innovative approach to crime prevention
- Handout materials
- Publications
- Guide book for simulation role game organizers



SIMULATION ROLE GAMES



HANDOUT MATERIALS



OUTDOORS

Pat ja tev ir
tikai 14



narkotiku
lietošana
tevi var novest
cietumā

 TU LIETO NARKOTIKAS,
NARKOTIKAS LIETO TEVI.

 VALSTS POLICIJA

www.sargi-sevi.lv

Informācija par narkotiku lietošanu ir paredzēta tikai informatīviem nolūkiem. Tās izmantošana bez ārsta receptes ir aizliegta. Valsts policija ir atbildīga par narkotiku lietošanas apkārtnes drošību.



2014

- Ministry of Health and Disease Prevention control centre funded project "Educational measures development and implementation of adolescents»
- **Project goal:** to give teenagers information on new psychoactive substances and the dangers they pose to form a negative attitude towards substance abuse and help build critical thinking and action at times when life may be confronted
- Project partners: Association of Latvian Addiction Psychologists " in collaboration with researchers at the «Institute of Sociological Research»



WEB BASED INTERVENTION TO TEENAGERS- VIDEOLECTURE&WEB- SITE 2014

- (Drug education - DE) concept
- Survey
- Video lecture
- Discussion
- Web -site



esi sakarīgs nesi atkarīgs

UZZINI

kas ir
psihoaktīvās
vielas un kā tās
ietekmē cilvēku



NOSKATIES

video, kuros
eksperti stāsta
par dažādām
vielām un
atkarību, ko tās
var izraisīt



PĀRLIECINIES

par savām
zināšanām - kā
cilvēkus ietekmē
atkarību
izraisošas vielas



SAKARĪGAJIEM

paskaties, kā citi

JAUTĀJUMI UN ATBILDES

KUR MEKLĒT PALĪDZĪBU



Speciālisti stāsta par psihoaktīvo vielu ietekmi



-ģimenes ārsts



-narkoloģe



-psiholoģe



-policists

Speciālisti par psihoaktīvo vielu lietošanas sekām



-skolotāja



-policists



-ģimenes ārsts



-narkoloģe

Psiholoģe stāsta par dilemmām



-pamēģināt ar draugu?



-ar mani nedraudzēsies?



-vecāki nelaiž uz ballīti?



-vai varu draudzēties?

Par iespējām



-policists



-vecāki



-skolotāja



-psiholoģe

esi sakarīgs
neesi atkarīgs



Spēles un Testi

VĀRDU MEKLĒŠANA

PIRMAIS TESTS

OTRAIS TESTS

PIRMĀ MORĀLES DILEMMA

OTRĀ MORĀLES DILEMMA

TREŠĀ MORĀLES DILEMMA



Uzdod jautājumu par psihoaktīvajām vielām, to ietekmi vai atkarību, ko tās var izraisīt, un Latvijas Atkarību Psihologu Apvienības psihologa atbildi šeit varēsi redzēt 3 dienu laikā

Tavs vārds:
(nav obligāti)

Tavs Vecums:
(nav obligāti)

e-pasta adrese:
(nav obligāti)

Jautājums:

Atļauju savu jautājumu un atbildi uz to publicēt šajā mājaslapā

EVENTS 2014

- 1) research and knowledge survey/replenishment,
- 2) E-environment and interactive tool (audio and video materials, games) development,
- 3) event planning, management and receiving feedback



Thank You for Your Attention!

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