

Town Hall Strategic Plan of Prevention of the Drugs Addiction (PECPT)

Since its inception the City of Odivelas, through the Branch of the Municipal Health Service, sought to develop a systematic work under the Primary Prevention of Drugs Addiction and Other Risk Behaviours, with the clear conviction that the effectiveness of preventive actions necessarily depends on the continuity of its implementation. About this point, the theoretical evidence clearly demonstrates that an intervention based solely on the use of sporadic activities will be necessarily reductive, independently of its quality, thereby undermining the effective way of obtaining favourable results and sustainability of the intervention.

The work that was being produced, albeit with the quality required, didn't allow to meet all the municipal needs, and was reiterated the relevance of a bet more effective and sustainable in this area, enabling a more comprehensive intervention with more demanding targets and ambitious. Moreover, it is also essential that future intervention could be considered as a whole, in which actions / projects carried out at the Prevention of Drugs Addiction in the various contexts of intervention - School, Family, Labour and Community -- were consistent and coordinated with each other, carried out according to a Strategic Plan previously outlined.

The data obtained through the Initial Diagnosis of the Situation of the Municipal Area of Odivelas on subject of Drugs Addiction (whose public presentation took place in May, 2006) have demonstrated a real need for an intervention in the various fields of prevention of Drugs Addiction. From these elements, it was possible to devise a concerted strategy, based on the precise identification of Priority Areas of Business and consistent definition of strategic objectives associated.

It is this connection that since September 2006 speech to municipal under the Prevention of Drugs Addiction, one of the areas identified as priorities by the

current Executive Council in the context of Promotion and Education for Health, is framed in the Town Hall Strategic Plan of Prevention of the Drugs Addiction (PECPT).

The PECPT is, above all, in a new way of looking design and the municipal action under the Prevention of Drugs addiction and Other Risk Behaviours in the Municipal Area of Odivelas, based on the following assumptions:

- Local Diagnosis of Needs;
- Mobilization / Community Participation;
- Cooperation / Partnership / Sharing of Experience and Knowledge;
- Complementarily Intervention;
- Continuing Activity in Time and Space / Sustainability;
- Decentralization of Information and Right Faithful;
- Bet training;
- Optimization of Resources Available;
- Continuous and Systematics Assessment.

The PECPT is thus a conceptual and operational, assuming a key role throughout the intervention of the Town Hall of Odivelas, through the Division of Health and Prevention of Drugs Addiction, in terms of the Prevention of Drugs Addiction and Other Risk Behaviours and the various institutions of the local, regional and national levels that are directly and indirectly its activity in this area and that part of the Network of Partnership consists specifically in this area.

The PECPT it is assumed, well, as a dynamic, open, in constant change because of the inclusion of new activities and projects over time and the evaluation of their work and may lead to the readjustment of strategy and priority areas for action.

Implemented in a phased manner, on annual basis (academic year), the PECPT place on a continuous and uninterrupted during this period, starting in October each year, according to the following schedule format:

- October - Beginning;
- October to June the following year - The implementation of programmes and projects in different areas of Business;
- July - Final evaluation of the work;
- August and September - Preparation of the work in the following year, according to the evaluation;
- October - Beginning of activity at the following year.

Thus, its construction and implementation on the ground understood 4 basic stages, namely:

- From January to May 2006 - Design and implementation of an Initial Diagnosis of the Situation of the Municipal Area of Odivelas on subject of Drugs Addiction;
- From June to August 2006 - Definition of a strategy based approach;
- September 2006 - Establishment of a formal Network of Partnership extended by signing a "Partnership Agreement";
- From October 2006 - Design, implementation and evaluation of activities and projects in various Priority Areas of Business, a year of implementation.

Under this plan, it was considered that should be inside the active participation of various institutions of various kinds, they also institutions facilitator of actions and projects in this area, in a logic of effective partnership and active cooperation. In this sense, the complementarity of interventions (promoting their effectiveness) and optimization of available resources are fundamental and indispensable channels of action.

The network is working on today, a form of organization and operation of the partnerships. At the level of community intervention, and given the many constraints and difficulties with which the institutions are facing, particularly at the level of resources (human, material and, essentially, financial), the networking becomes more important, allowing even avoid situations of overlapping activities and enhance existing resources.

In this sense, was set up a Network of Partnership which has since expanded soon two dozen institutions of the local, regional and national level with direct or indirect intervention in this area. As already mentioned, the formalization of this Network would be ensured through the signing of a Partnership Agreement, on September 18, 2006, under which are listed and defined the general principles of action and coordination between the structures signatories.

The PECPT Network of Partnership consists currently, the following institutions:

Local Institutions

- Town Hall Odivelas (through the Division of Health and Prevention of Drugs Addiction);
- Grouping of Health Centres of the municipal area of Odivelas;
- Federation of Associations of Parents and the District Education Officers of Odivelas (FAPODIVEL) (recently integrated);
- Institute of Social Security / Central District Social Security Office of Lisbon Place of Odivelas;
- Higher Institute of Educational Sciences (ISCE);
- Borough Council Caneças;
- Borough Council Famões;
- Borough Council Odivelas;
- Borough Council Olival Basto;
- Borough Council Pontinha;
- Borough Council Póvoa St. Adrião;
- Borough Council Ramada;
- Public Security Police (Division of Loures);
- Prosalis;
- Community Psychiatric Care Unit of the Odivelas (UCCPO).

Regional / National Institutions

- National Association of Pharmacies (ANF);
- Regional Centre of South Alcoologia (CRAS);

- Regional Direction of Education of Lisbon (DREL) of the Board of Education;
- Lisbon Regional Federation of Associations of Parents (FERLAP);
- Lusophone University of Humanities and Technology.

It is important to note that this Network of Partnership, in its first 2 years of existence, has a dynamic print itself very significant, realizing, on the one hand, meetings of the state of play bi-monthly (sometimes monthly) according to a timetable previously defined . On the other hand, is every interest stress that the relationship between the various partners not narrowed to these meetings, with any number of other joint moments, even formal and informal, that allowed the emergence of new ideas and the development of new projects.

It is also important to note that the Town Hall of Odivelas ensures, in this network, an essential function of coordinating the work, ensuring all administrative and logistical operations to ensure the full operation of the network and linkages between the various partners, in addition to take as one of the institutions promoting a set of clearly extended programmes and projects. As part of his duties, has been promoting and participating on a regular basis, in technical and scientific events, in which has ensured the presentation of PECPT and the work produced.

With the design of PECPT, sought to promote itself a structured and comprehensive intervention in the various contexts of the Prevention of Drugs Addiction, marked by the development of an appropriate, consistent and effective, embodied primarily in the definition of 5 General Strategic Objectives, which are the following:

- Develop a comprehensive action, ambitious, creative and continuity at the prevention of drug and other risk behaviours, under the Primary Prevention in the areas of research, information / education and intervention, notable for the quality, effectiveness and appropriateness to the actual needs identified;

- Enhancing relations of cooperation with regional and / or national institutions involved in the prevention of drug and other risk behaviours, public and / or private, to make the municipal area of Odivelas as a preferential area of intervention and research ;
- Deepening relations of partnership between institutions of the municipal area of Odivelas which directly or indirectly, are involved in Prevention of Drugs Addiction and Other Risk Behaviours, whether public or private entities, including Solidarity Institutions, in order to enhance and extend the spectrum of preventive action, with a complementary view of assistance and compliance with the powers and competence;
- Involving more and more diverse sectors of civil society in the municipal area of Odivelas work in the context of the Prevention of Drugs Addiction and Other Risk Behaviours, including schools, associations of various kinds, business, media, security forces, with particular focus on families by encouraging the pooling of efforts and active cooperation;
- Encourage optimization and proper management of available resources, avoiding duplication through the development of similar initiatives and stimulating demand for new forms of financing, including access to programs and specific lines for this purpose.

Based on the results obtained by the Initial Diagnosis of the Situation of the Municipal Area of Odivelas on subject of Drugs Addiction and taking into account the different existing scientific literature in this field, were subsequently identified three Priority Areas of Business with its definition of Specific Strategic Objectives associates, seeking a organization more precise and effective action to be taken, and which are:

Research

- Hold a more accurate perception of the municipal reality force on drug, updating that periodically, and existing data collected in conjunction with local structures, national and international to develop this activity;

- Deepening the knowledge of the reality of the Municipal Area of Odivelas, particularly with respect to representations, attitudes and habits of consumption of psychoactive substances of different age groups, by gender and geographical area by carrying out further studies and the consequent public disclosure of results;
- Participating in the studies and scientific events, national and international, with preference for enabling the community of the Municipal Area of Odivelas may constitute itself as a sample, by establishing partnerships with Universities and / or Scientific Societies.

Information / Education

- Promoting decentralization and the exchange of relevant information on the issue of drug and other risk behaviours among the various municipal structures;
- Enabling access of the population in general content to reliable information, adjusting the content and form of preventive message to the specific characteristics of each target group, whatever the chosen method of communication, including the holding of such events (Campaigns, Seminars / Meetings / Conferences) and the purchase or publication of information materials, training and teaching in the areas of Prevention of Drugs Addiction and Other Risk Behaviours;
- Providing the professionals who develop a more direct activity with children and young people, and their families, knowledge and skills necessary to intervene in the field of Prevention of Drugs Addiction and Other Risk Behaviours (teachers, auxiliary of education and monitors, Leisure Activities Offices, technical, health, education and social intervention, mayors, security forces, among others), through participation in courses and training, preferably organized in the Municipal Area of Odivelas.

Intervention

- Develop a concerted action and continuity in the context of Education for Health, specifically at the prevention of risk behaviours (tobacco, alcohol and other drugs), according to the theoretical and methodological principles advocated for success, in different age groups and contexts of action (School, Family, Labour and Recreation Surroundings, among others);
- Strengthening preventive action among younger age groups (children, adolescents and young adults), with preference for action in the geographical areas identified as most vulnerable;
- Implement projects of primary prevention in schools to encourage training and acquisition of personal and social skills, fundamental basis for a journey of life and school also satisfactory, in line with the established curriculum content;
- Working directly with families in this area, preferably through the Association of Parents, involving them in work to develop to promote the success of life for their children;
- Extending preventive action beyond the school, in order to reach the young people and adults who are no longer included in the school, trying to involve the various structures of the community (Sports, Entertainment and Cultural, Leisure's Activities Offices, Solidarity Institutions, Night of Entertainment Establishments, among others) in this area.

Only then was possible the implementation, up to today, more than two dozen projects and actions on the ground in the areas of prevention in School, Family, Spaces of Leisure / Recreation and Labour Surroundings, covering thousands of people, from the children to the elderly. Then list are some of major projects and programmes already developed or currently underway in the PECPT:

In the area of Research:

- Study of Culture Recreation as a tool for the Prevention of Risk Behaviours (ECRIP) / Institute for the Study of Risk Factors and Protection of Children and Adolescents;

In the area of Information / Education:

- Municipal First Meeting on Prevention of Risk Behaviours "Adolescent counting on growing"
- II Municipal Meeting on Prevention of Risk Behaviours, "City, Municipality and Education for Health"

In the area of Intervention:

Preventing in School Surroundings

- Project "Skills for Life / Prevention"
- Project "Village - Education and Prevention"
- Project "Education for Sexual Health and Education"
- Project "Intervening for Health"
- Project "I think, feel, therefore I am"
- Project "Education for Health"
- Project "Mediators for Health"

Prevention at Family Surroundings

- Project "Parents to talk ... about prevention of drug..."
- Project "Parents to talk ... about prevention of risk behaviour"
- Project "Parents Promoters of Health"

Prevention in Leisure and Recreation Places

- Round Table

Risk Reduction and Minimization of Damage

- Program "Say No To a 2 nd hand Syringe"

Curricular Internships

- Protocol with the Lusophone University of Humanities and Technology | Curricular Internships

Specific Programs of Intervention

- Administration of Methadone Program, Naltrexona and Buprenorphine in Pharmacies
- Program "Odivelas Without Tobacco"

Other projects / Stocks

- "Contacto" on Street
- Movement "Open Letter to Prevent"
- Awareness-raising spot on themes related to the field of Education for Health

Since the beginning of the implementation of PECPT that the Network of Partnership is considered essential to organizing and carrying out a programme of training aimed at partners themselves, seeking, among other things:

- Provide reflection and consequent acquisition of concepts and principles related to the Prevention of Drugs Addiction and Other Risk Behaviours;
- Providing partner institutions of knowledge and skills necessary to perform an adequate and effective intervention under the Prevention of Drugs Addiction and Other Risk Behaviours.

Under this programme, the authors of the Network itself, were the following training activities to date:

Academic Year 2006/2007 - (1 st year of implementation of PECPT)

1 st Action Training:

- Theme: Prevention of risk behaviour: conceptualization and strategies - The work of partnership
- Date and time: May 10, 5th Friday, between 10:00 and 12:30;
- Trainer: Dr. Raul Melo, Department of Prevention of the Institute for Drugs and Drug Addiction (IDT)

2 nd Action Training:

- Theme: Methodology-project: conceptualization, monitoring and evaluation of projects
- Date and time: June 4, 2nd Friday, between 10:00 and 12:30;
- Trainer: Dr. Raul Melo, Department of Prevention of the Institute for Drugs and Drug Addiction (IDT)

Academic Year 2007/2008 - (2 nd year of implementation of PECPT)

3 rd Action Training:

- Theme: Evaluation of projects for prevention of drug - from initial diagnosis to the final evaluation
- Date and time: December 11, 3rd Monday, between 10.00 and 13.00;
- Trainer: Dr. Raul Melo, Department of Prevention of the Institute for Drugs and Drug Addiction (IDT)

4 th Action Training:

- Theme: Alcohol: the dependence of moderation
- Date and time: January 22, 3rd Thursday, between 10:00 and 12:30;
- Trainer: Dr. Noélia Canudo, UCCPO

5 th Action Training:

- Theme: Young People and Alcohol - Programs of community intervention for the prevention of alcoholism
- Date and time: March 25, 3rd Thursday, between 10:00 and 12:30;
- Trainer: Dr. Noélia Canudo, UCCPO

The assessment of the work is one of the fundamental pillars of PECPT. Given the complexity and scope of this plan, as evidenced in the face of many projects already implemented and ongoing, the evaluative process acquired from the beginning, a continuous and systematic nature, in which all partner institutions.

The evaluation of the first year of PECPT implementation was made at two levels, namely:

- A first level concerning the assessment of the functioning of the Network of Partnership that supports;

- A second level on the assessment of various projects and programs that make up.

In terms of findings of first year, it was possible to conclude that its implementation had a positive balance frankly. This does not mean, however, that all processes, whether with regard to the functioning of the Network of Partnership, or as it relates to the activities on several projects that are included in PECPT, have been exempted from aspects that may be improved. The assessment of the functioning and dynamics of the Network of Partnership in which the PECPT allowed recognize positive value in its operation, and simultaneously identify new ways to streamline its method of work. From the information collected in questionnaires completed by Partners and suggestions they have left us, it became possible to develop a set of recommendations that would already be operational during the second year of PECPT in order to optimize its operation.

For several projects, the overall assessment was also, clearly positive. In addition to projects that were already in operation for some years, whose continuity would be recommended given its importance and relevance, there was also a number of projects that were carried out for the first time. In virtually all these projects, the balance was considered positive, was also defended its continuity, responding to the population wishes and to follow the work of intervention in the area of prevention of drug and other risk behaviours.

About to finish two years of intense activity, and taking into account the results of continuous and systematic evaluation performed, it is considered so unanimous that the implementation of PECPT allowed to respond more appropriately and effectively to the needs identified in the field of drug .

The creation of the Network of Partnership, in the manner in which it was designed and streamlined, was undoubtedly an added value in terms of municipal action in this area. The regular contact between institutions, duly represented by a set of designated interlocutors, promoted the rapprochement between the organizations and institutions, creating bridges of contact

facilitating inter-organizational communication, promoting the streamlining of procedures and the resulting speed the implementation of actions . Moreover, it is safe to say that today this Network takes its own identity, with enhanced ability to act effectively given their municipal representativeness (and beyond), and the proximity and synergy of wills that, in general, is felt. The creation of a logo of PECPT, currently underway, will symbolize exactly the assumptions and values that characterize this Plan and its Network.

About to start the 3rd year of activity PECPT is important to follow up the work of expansion of the PECPT, extending the actions taken by other equally important areas of intervention as is the case, for example, the Prevention in Labour Surroundings, along with the consolidation and strengthening activity in other areas of action.

Moreover, it is important that the PECPT and its Network of Partnership could open up further to the remaining community, focusing heavily on disclosure of the existence of this structure and the possibilities that it offers in terms of an intervention at the level of Primary Prevention, involving thus new partners and reaching out effectively to other audiences. At this level, the creation of a municipal site's own PECPT (ongoing) will, of course, a privileged instrument for that purpose.

In this sense, it is considered that the current municipal speech at the Prevention of Drugs Addiction has a solid foundation of work, capable of providing a more effective and efficient response to problems in this area and also ensure the sustainability of future action.