



Die schweizerische Koordinations- und Fachstelle Sucht
La centrale nationale de coordination des addictions
La centrale di coordinamento nazionale della dipendenza

A community based prevention model for young people at risk

EARA conference, Torino May 7-10

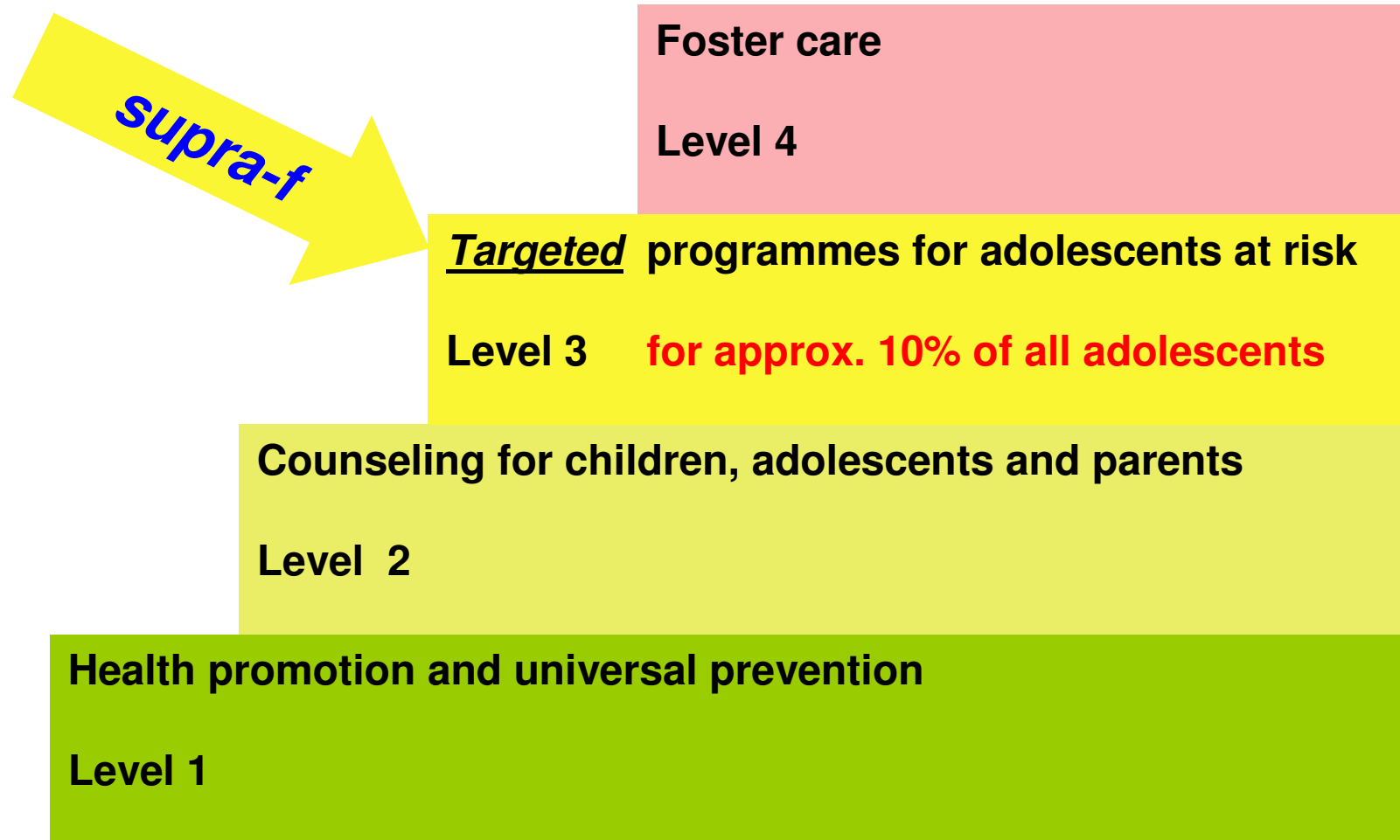
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The 4 levels of prevention for children and adolescents



What do we know from research about risk behaviour I?

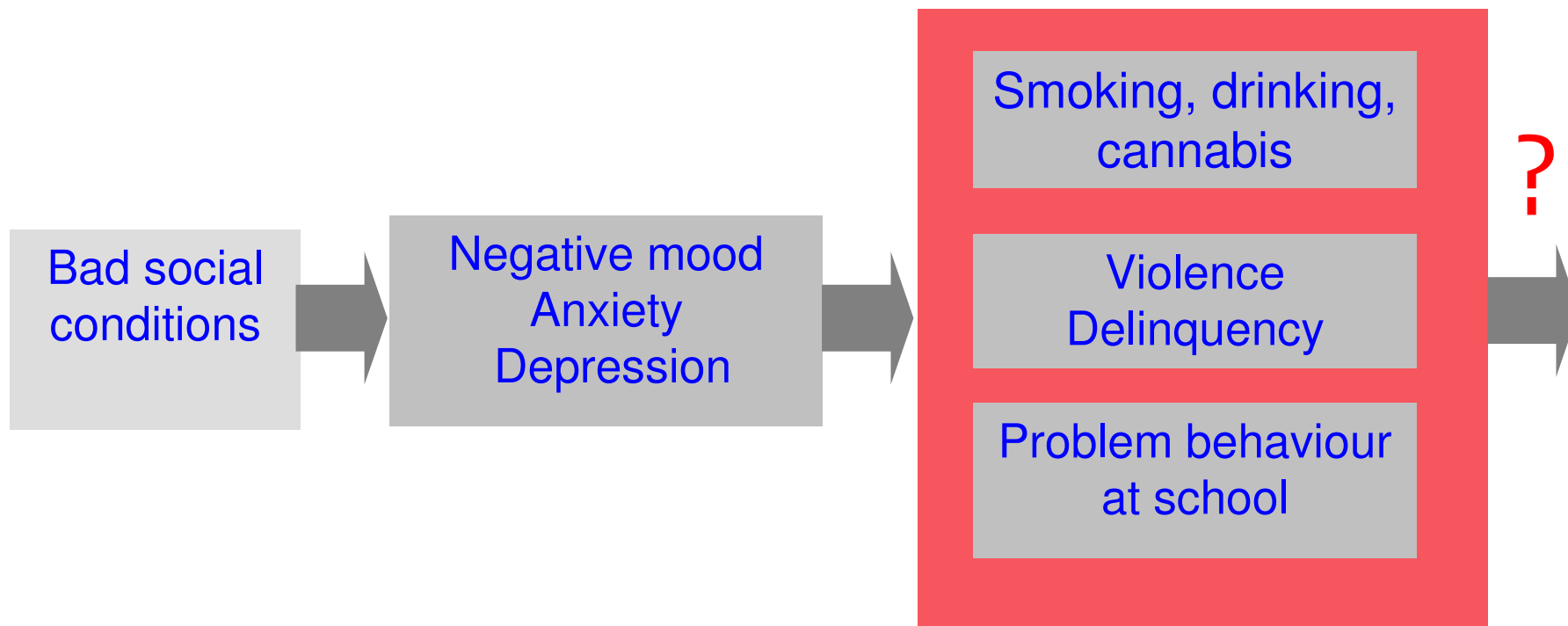
1. Risk factors for adolescent problem behaviours are known on the level of society, community, family and individual
(poverty, illiteracy, migration background, broken families, low bonding to parents and school, low intelligence, lack of self control etc.)
2. These risk factors are unequally distributed in the society (“social gradient”)
3. Different problem behaviours like drug abuse, violence and delinquency often have the same risk factors

Cont.

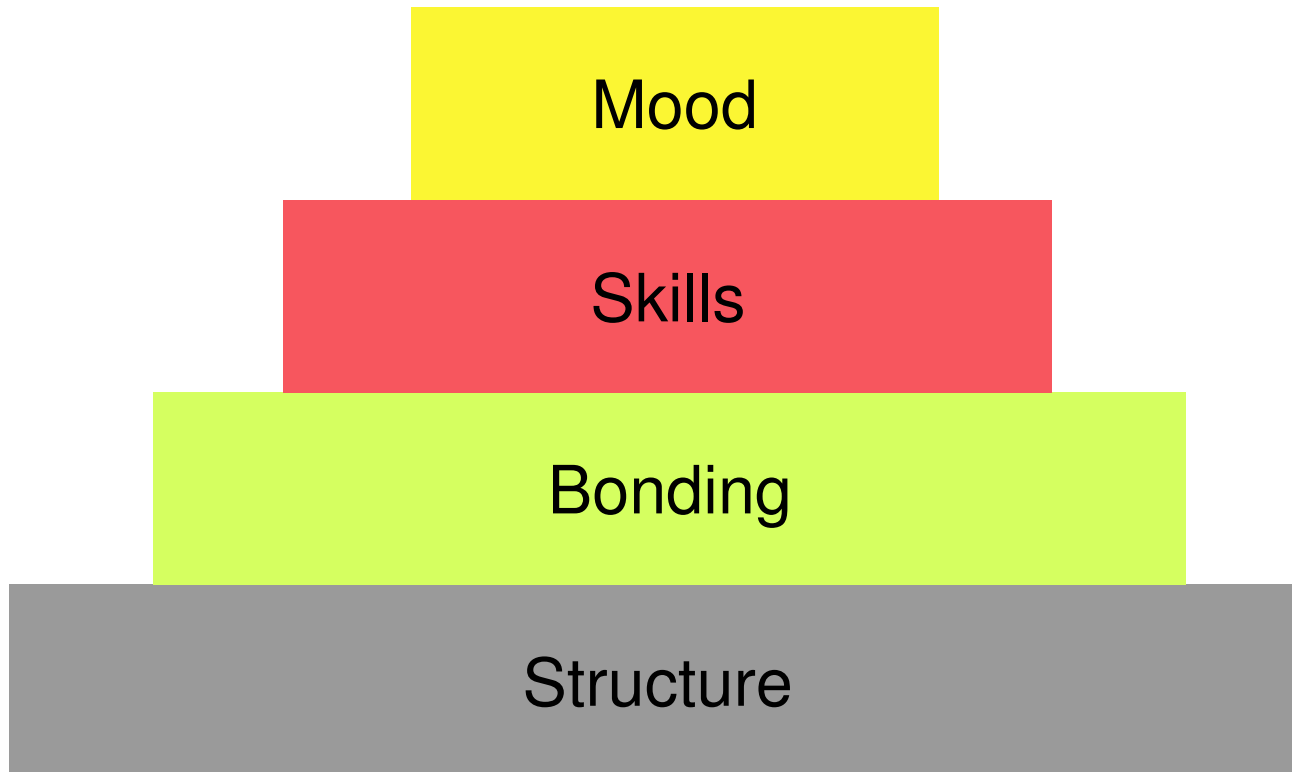
4. In the most vulnerable group we often find a cumulation of risk factors (co-morbidity)
5. Universal prevention (population strategy) usually will not reach those who need it most (>>prevention paradox)

**THIS EVIDENCE SHOULD
GUIDE OUR
INTERVENTION!**

At risk. What does it mean?



***supra-f* strengthens 4 resources (= protective factors)**



The *supra-f* intervention model

Early detection of ados at risk

- at school
- in the family
- in social services
- in juvenile court
- on the work place

Referral

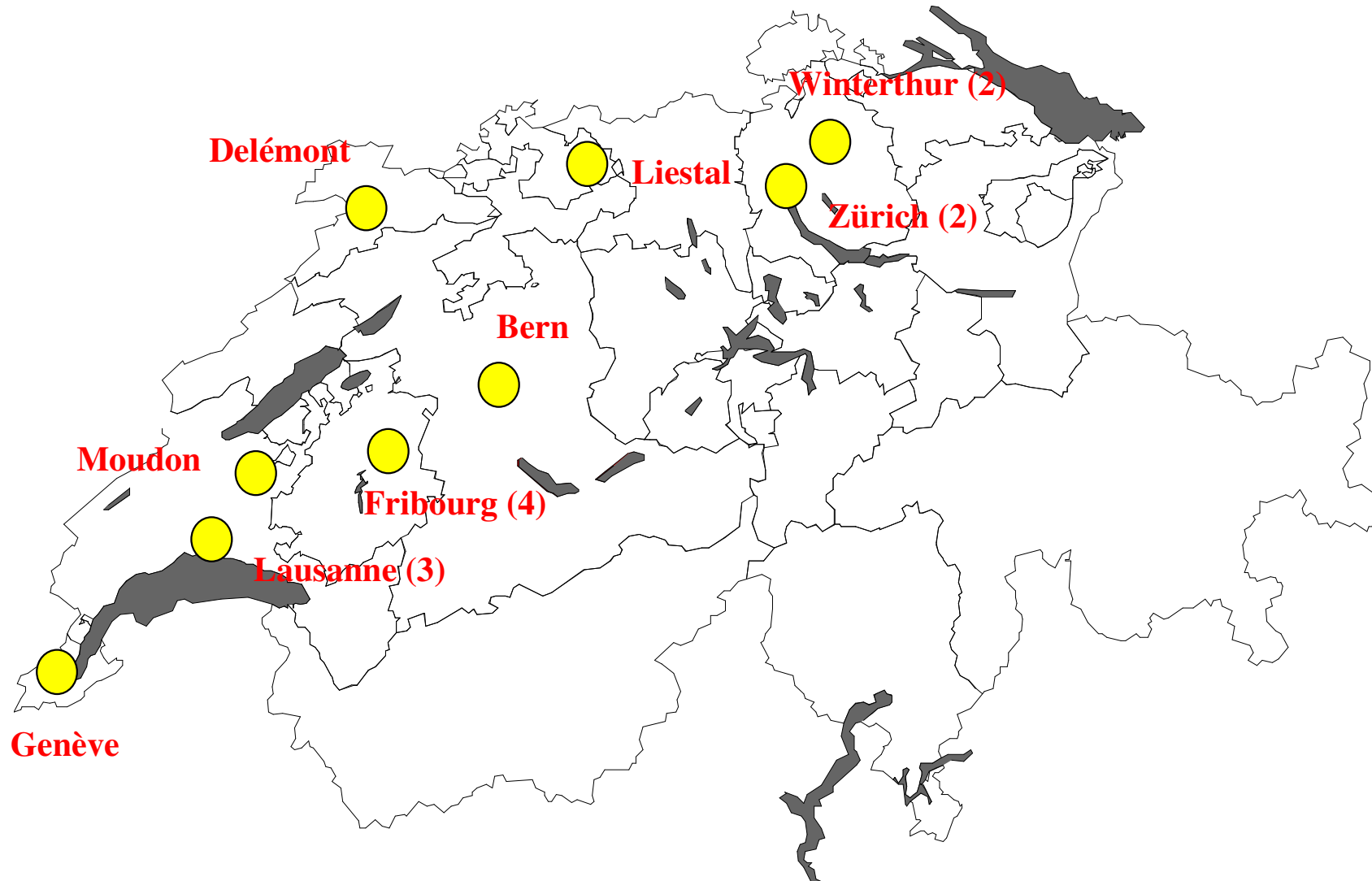
supra-f Intervention

- 4 – 8 months
- own house/apartment
- 15 – 20 young people
- multiple support (educational / social / psychological / vocational)
- good networking in the community

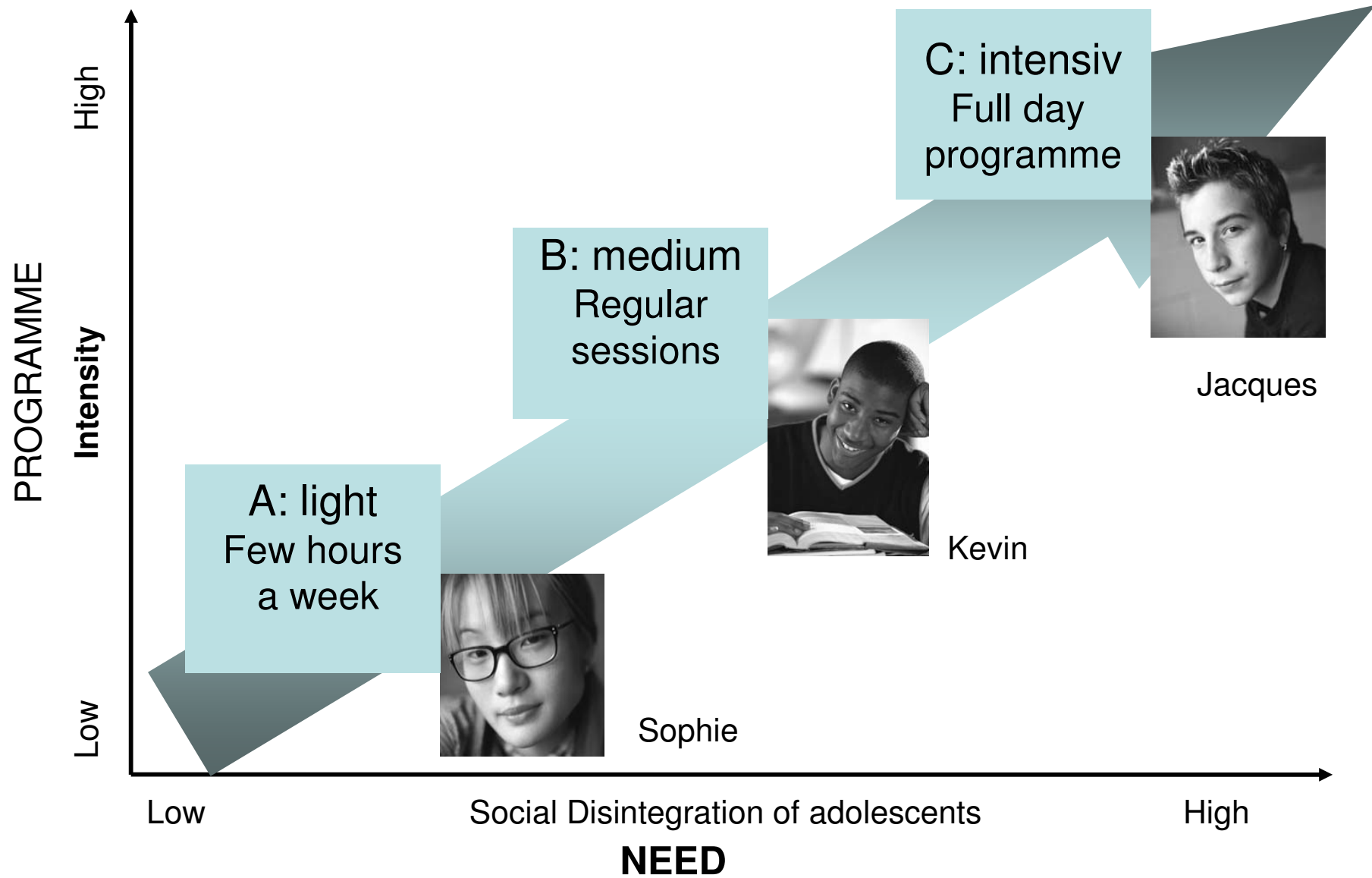
Intended effects

- improved social integration
- less problem behaviour
- better mood

The 12 *supra-f* local youth programmes 2000 -2008



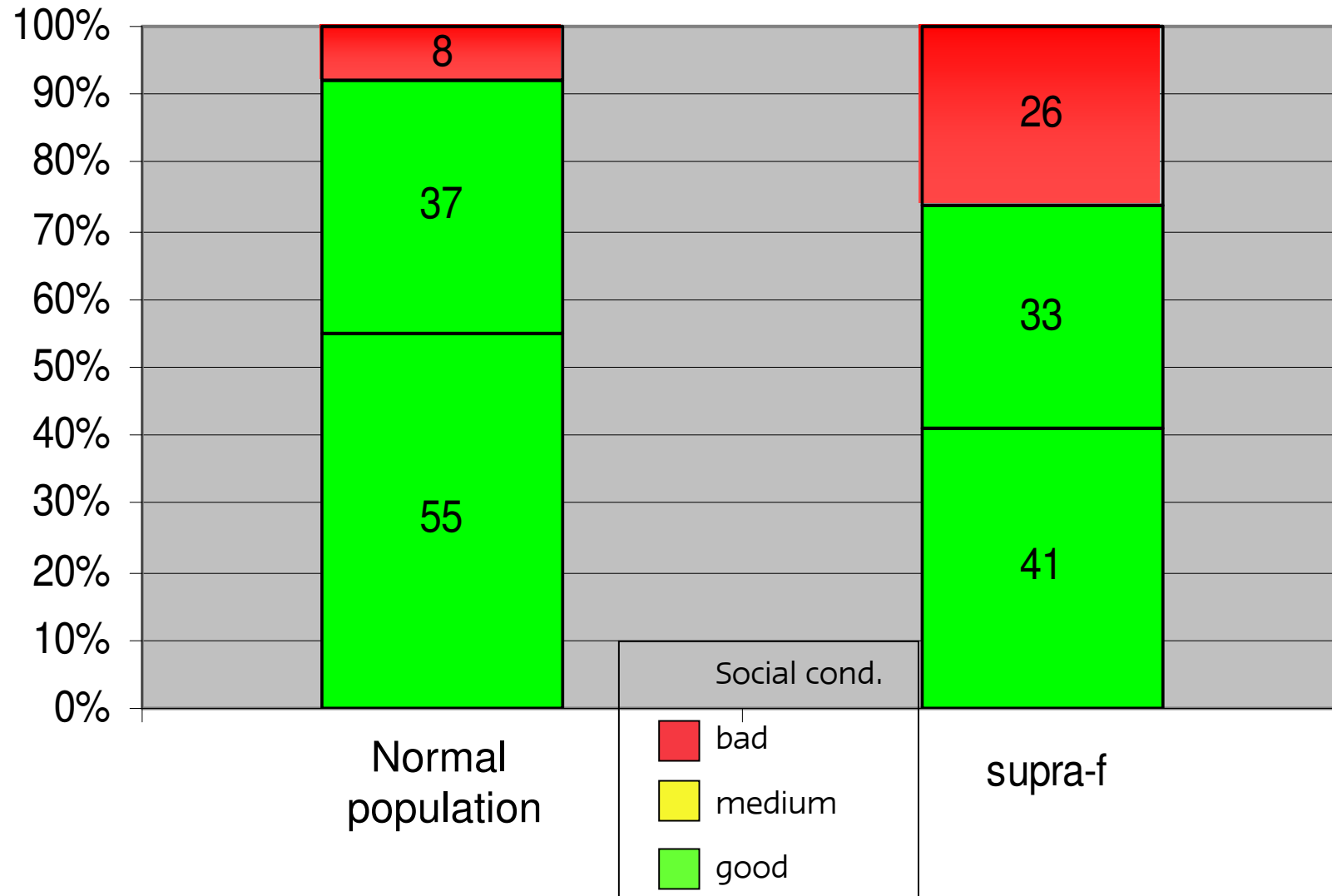
The programme should meet the needs!



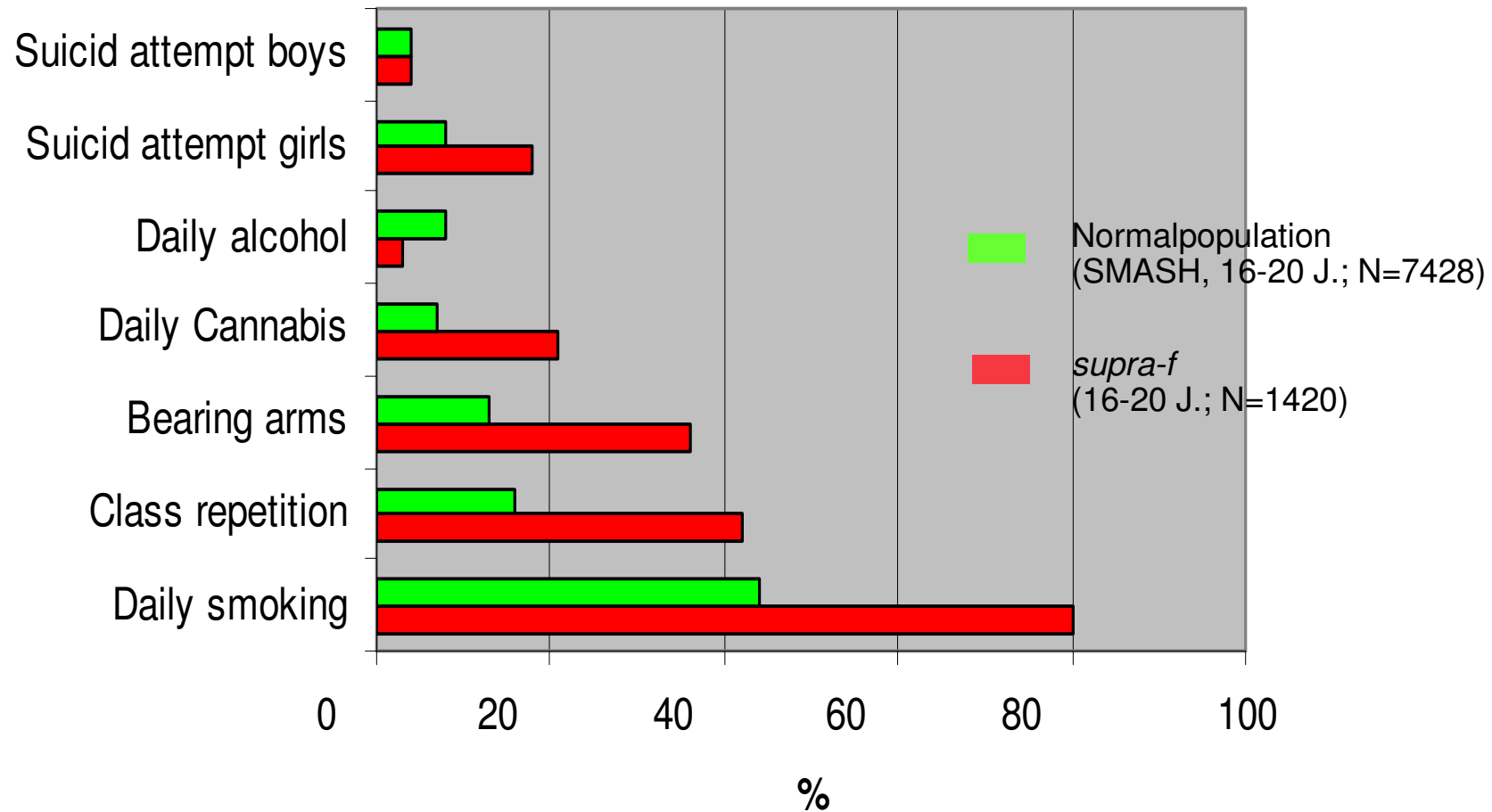
About the effectiveness of a prevention programme

1. Does it reach the intended target groups?
2. Can it keep the clients in the programme? (*retention rate*)
3. What are the effects on the problem behaviours and social integration?
.....
4. What are the resources needed (costs)?
5. How good is the community acceptance & sustainability ?
6. What about the diffusion to other municipalities?

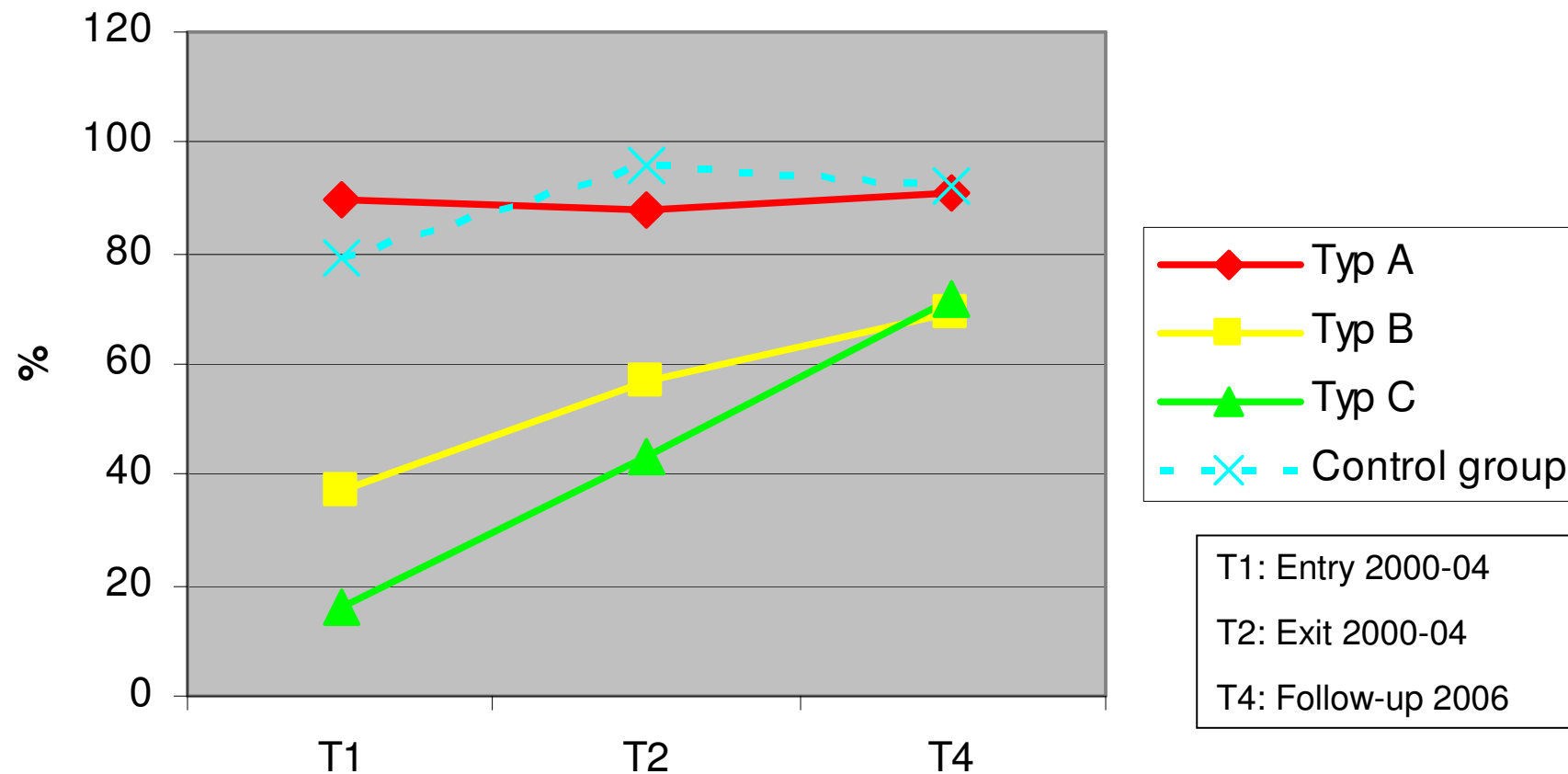
Reaching the target group I: The social conditions of adolescents in a normal population and in *supra-f*



Reaching the target group II: Problem behaviour of adolescents in a normal population and in *supra-f* (in %)



Effects on social integration*: Percentages of integrated adolescents at 3 times



* Social integration = in school, apprenticeship, job

The resources needed

1. A house / apartment / atelier
2. Staff (mostly teachers, social workers, psychologists, artisans)
3. Good networking with schools and youth services
4. Money: EUR 150'000 to 400'000 per year for 30 - 50 adolescents; depending on the service - intensity

Client satisfaction, community acceptance & sustainability

1. The vast majority of the young participants and referring persons is satisfied with the programme
2. All 12 *supra-f* programmes „survived“ the end of federal funding after 4 years. Since 2004 they are all integrated in the regular local service structure.

HOWEVER

3. The diffusion of the model is difficult because of...
 - lack of community readiness
 - lack of local opinion leaders
 - lack of interest in evidence based intervention
 - priority to isolated “one–problem” actions
 - universal prevention is more popular
 - resistance from local services
 - costs.



Thank you