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Where it all started

Brussels, Belgium 25.02.2002:
International Science Conference on
Cannabis, organized by the Health
ministers of Belgium, France, Germany,
Netherlands and Switzerland.



INTERNATIONAL SCIENTIFIC CONFERENCE ON CANNABIS

BRUSSELS
25/2/2002

At the initiative of the Ministers of Public Health of



Belgium



France



Germany



The Netherlands



Switzerland

Five-Countries Action Plan for Cannabis Research (APCR).

- INCANT sprang from this Five-Countries APCR
- The **APCR** dates back to 2003 and was meant to add facts to international drug policy discussions. It was adopted by representatives of, or on behalf, of the Ministries of Health of Belgium, France, Germany, the Netherlands and Switzerland, i.e., by the **Steering Committee**.
- The APCR i.e.the **Steering Committee** called for a treatment trial focusing on adolescents. Based on thorough literature reviews, MDFT was selected. The trial was named INCANT (**International Cannabis Need of Treatment Project**)

Five-Countries Action Plan for Cannabis Research (APCR).

- Said Action Plan stresses the need of a trial to test an outpatient treatment of cannabis use disorders in troubled youth. The treatment selected is Multidimensional Family Therapy (MDFT), developed by researchers from the University of Miami. This choice was based on a systematic review of the treatment literature.
- **MDFT** is a family based, developmentally oriented treatment offering a set of interventions for adolescent substance use disorders and other problems.

Why MDFT?

- Applying the rules of evidence based practice, MDFT emerged as best supported treatment in the adolescent cannabis treatment literature, with strong evidence of efficacy and effectiveness in U.S. treatment settings.
- It has been found beneficial in different doses, in youth of varying ethnic background, and in various treatment delivery settings (outpatient, inpatient, juvenile court ordered).
- MDFT was superior to other treatments in 5 U.S. trials in reducing substance use, mental disorder symptoms, truancy and delinquency, and in improving family functioning and adherence to therapy.

The Policy perspective: the Steering Committee

- The policy and funding perspective of INCANT is watched over by the Steering Committee and its establishment of the Action Plan for Cannabis Research (APCR)
- The APCR involves more than a treatment effectiveness trial, so more than INCANT: Epidemiological issues were considered, such as the prevalence of (problematic) cannabis use amongst youth, in conjunction with co-morbidity
- The five countries carried out a successful Pilot Study to assess the feasibility of a trial of MDFT in Western Europe, and have then started the so-called INCANT Main Study. The INCANT Main Study is a multi-site, trans-national randomized controlled trial (RCT).

The scientific perspective: the

INCANT Study Team (IST)

- On 26 January 2007, the Steering Committee formally installed the IST, the strictly independent INCANT Study Team. This was done to ensure a proper, high-quality execution of the INCANT Main Study.
- Management & Accountability (Reporting to the Steering Committee); Monitoring and auditing; Assessing plans or protocols for new studies proposing to use INCANT data

CTRADA, University of Miami

- MDFT would not exist without its developers, who are now at the University of Miami Miller School of Medicine. More specifically, at CTRADA - the Center for Treatment Research on Adolescent Drug Abuse