

Mindyourtrip.eu

an European network approach
towards NPS users online

Luzern, 24.01.2019
Dr. med. Moritz Noack



Co-funded by the
European union



Euronet



- ▶ Euronet: An European network of organizations in the field of practical alcohol- and drug prevention based on research.
- ▶ Since 1997, longest existing European network in this field.
- ▶ Evaluated Projects like Fred goes net (Brief intervention), Take Care and Localize it (both alcohol, community based)



Co-funded by the
European union



The start: “Click for support” Guidelines

- ▶ previous ‘Click for Support’ EU-project (2014-2015)
- ▶ 13 partner organisations
- ▶ ‘Guidelines for effective web-based interventions in selective drug prevention’



The start: “Click for support” Guidelines

- ▶ Conclusion: few tailored online interventions for young people across Europe on selective drug prevention
- ▶ European commission (2015): call for transnational Projects in the Area of EU Drug Policy regarding NPS
- ▶ Developing an WBI offer using our own guideline: “Click for support REALized”



Project Partners

AUSTRIA

pro mente Oberösterreich

Gesellschaft für psychische und soziale Gesundheit
Institut Suchtprävention



ITALY

Forum Prävention



BELGIUM

CAD - Centra voor Alcohol- en andere Drugproblemen



LATVIA

Education Centre for Families and Schools



CYPRUS

**KENTHEA- Center for Education about Drugs
and Treatment of Drug Addicted Persons**



LUXEMBURG

**CePT - Centre de Prévention des Toxicomanies
National Addiction Prevention Centre**



FINLAND

**EHYT – Finnish Association for
Substance Abuse Prevention**



NETHERLANDS

**Tactus Addiction Treatment
Stichting Tactus Verslavingszorg**



GERMANY

**LWL-Universitätsklinik Hamm
– der Ruhr-Universität Bochum –
Klinik für Kinder und Jugendpsychiatrie**



PORTUGAL

**IREFREA - Instituto Europeu para o Estudo
dos Factores de Risco em Crianças e Adolescentes**



GREECE

**Athina Ygeia - Center for Prevention of Addictions
and Promotion of Psychosocial Health**



SLOVAKIA

Prevencia V&P



SLOVENIA

National Institute of Public Health



Project
Coordination:

LWL-
Koordinations-
stelle Sucht,
Münster
Germany



Co-funded by the
European union



Click for support REALized: Project overview

What?

- ▶ First joint European web-based Intervention offer for NPS consumers

Why?

- ▶ Growth of NPS market and consumption
- ▶ Lack of information on effects and harms



Co-funded by the
European union



Click for support REALized: Project overview

How?

- ▶ Research on good practices
- ▶ Involvement of target group
- ▶ 2 workshops + focus groups
- ▶ Involvement of external experts
(EMCDDA, Delphi, Nightlife expert)
- ▶ Training of prevention experts
- ▶ Use of social media
- ▶ Process- & effectiveness evaluation

Research on good practices

- ▶ National research conducted by all 13 partners (international research: project coordination)
- ▶ Focus on NPS, professional offers, ideally youth orientated
- ▶ Information on content, accessing and communicating with the target group

Results: 24 prevention offers off-/online, who focus at least partially on NPS



<https://info-boerse-neue-drogen.de/>



<https://legal-high-inhaltsstoffe.de/>



Co-funded by the
European union



Focus groups

- ▶ Focus groups included 194 participants and 135 online questionnaires
- ▶ Diverse across Europe: youth going out – inmates in prisons

Objectives:

- ▶ Popularity of NPS among the target group
- ▶ Opinion on preferences, needs and concerns regarding a web-based intervention
- ▶ Feedback regarding concept, content, and design
- ▶ Preferences of the target group regarding use of social media



Co-funded by the
European union



Structure and content

- ▶ Discussion: 13 countries with an different approach and vision on prevention: acceptance of use, harm reduction vs. promoting abstinence
- ▶ WBI reachable under one name: “www.mindyourtrip.eu”
- ▶ 13 subsites for each country, answering different national needs / regulations
- ▶ Collaboration with web programming company (Wildsea, Netherlands)



Co-funded by the
European union



Based on your connection, we suggest the following Mind Your Trip country site:

Netherlands

If you like, you can select a different country site:

Select a different country ▾

Select your preferred language:

English

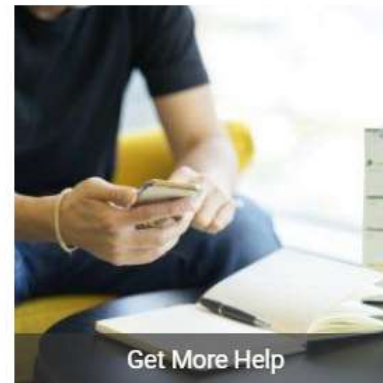
Dutch

Remember my selection (your selection will be stored in a cookie).

Go to the Mind Your Trip website

www.MINDYOURTRIP.eu

Information



www.MINDYOURTRIP.eu



Diary

Are you curious about your actual use? Fill in your personal diary!



Selftest

Fill in the test and find out what kind of user you are!



Online Intervention

Get free anonymous help from a professional for 30 days!



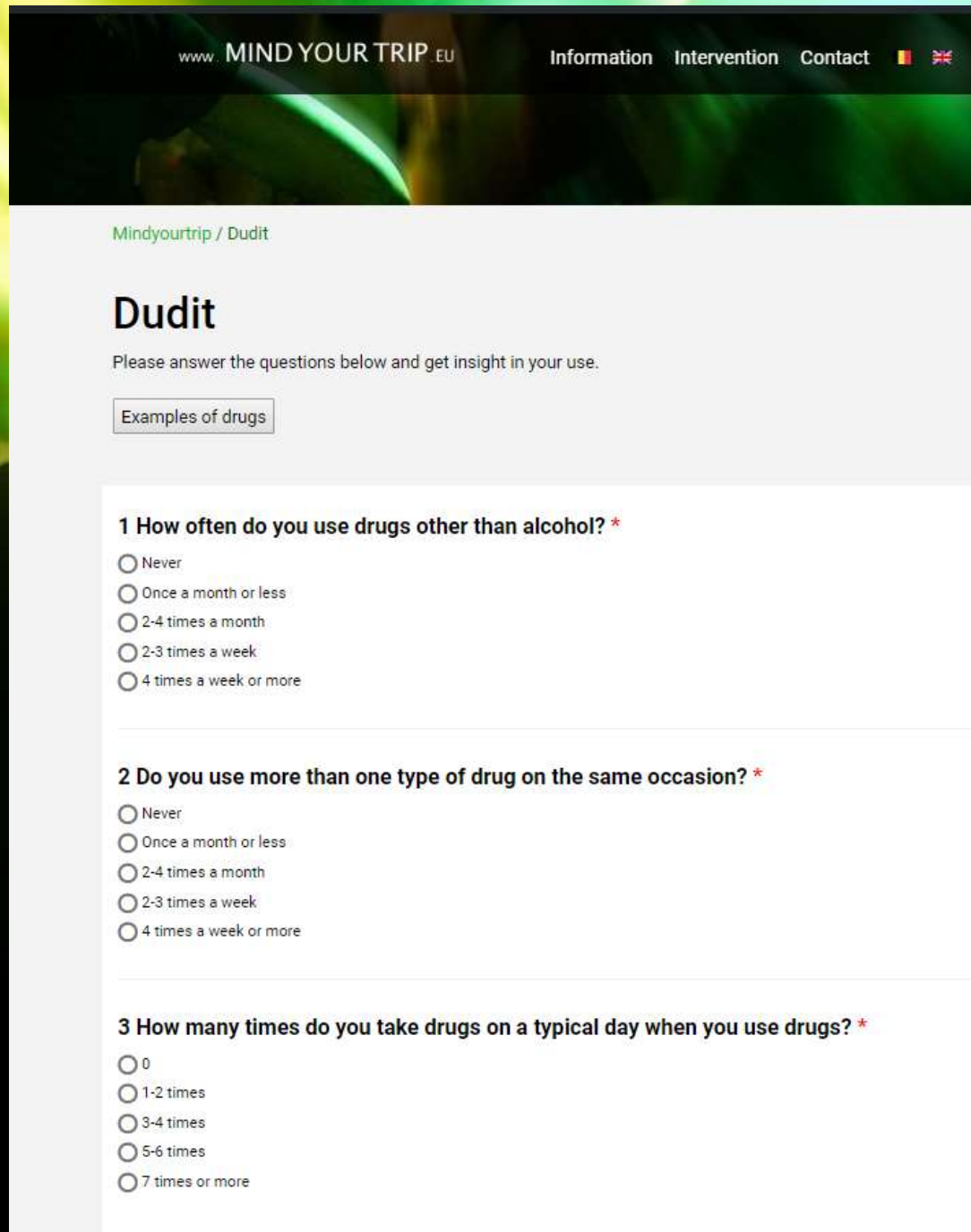
Co-funded by the
European union



Selftest

The DUDIT is a scientifically validated test.

Source: DUDIT The Drug Use Disorders Identification Test, A.Berman et al, Karolinska Institutet



www. MIND YOUR TRIP .EU Information Intervention Contact

Mindyourtrip / Dudit

Dudit

Please answer the questions below and get insight in your use.

Examples of drugs

1 How often do you use drugs other than alcohol? *

- Never
- Once a month or less
- 2-4 times a month
- 2-3 times a week
- 4 times a week or more

2 Do you use more than one type of drug on the same occasion? *

- Never
- Once a month or less
- 2-4 times a month
- 2-3 times a week
- 4 times a week or more

3 How many times do you take drugs on a typical day when you use drugs? *

- 0
- 1-2 times
- 3-4 times
- 5-6 times
- 7 times or more



Co-funded by the European union



Online Intervention Modules

www. MIND YOUR TRIP .EU Information Intervention Contact   Search 

Mind your Trip

Designer drugs or NPS (New Psychoactive Substances) are widely spread in the scene. Many of those drugs are legal for personal use. But they are not without risks! **Mind Your Trip** helps to control your NPS-use. Together with professionals we offer several ways to control your NPS-use:



Get Insight



Safer Use



Quit or Reduce




Co-funded by the European union



Online Intervention Modules

www. MIND YOUR TRIP EU



Sign up (1/9)

Sign up for the 'Get insight' online intervention module

Register here, free of charge and without any obligation, for your online counselling and advice. Your counsellor is a professional, specialized in drug related problems. Counselling is private, personal and completely online with the Mind Your Trip app. You will find a link to the app at the end of the sign up procedure.

Counselling is free of charge and safe. You can stop, or switch modules, at any time you want. Your data is protected and will never be used for any purpose other than your counselling. Read more about this in the Terms & Conditions on the next page.


On the following page you will be asked to fill out an intake questionnaire. The questionnaire helps your counsellor to get an accurate impression of your situation. Filling out the questionnaire will take approximately 10 minutes. Please complete the questionnaire in one go.

Your counsellor will send you a message within three week-days after your sign-up.

Good luck!

Next




www. MIND YOUR TRIP EU



Sign up (9/9)

Sign up succeeded!

In the meantime you can already get the app on Google Play or in the App Store:



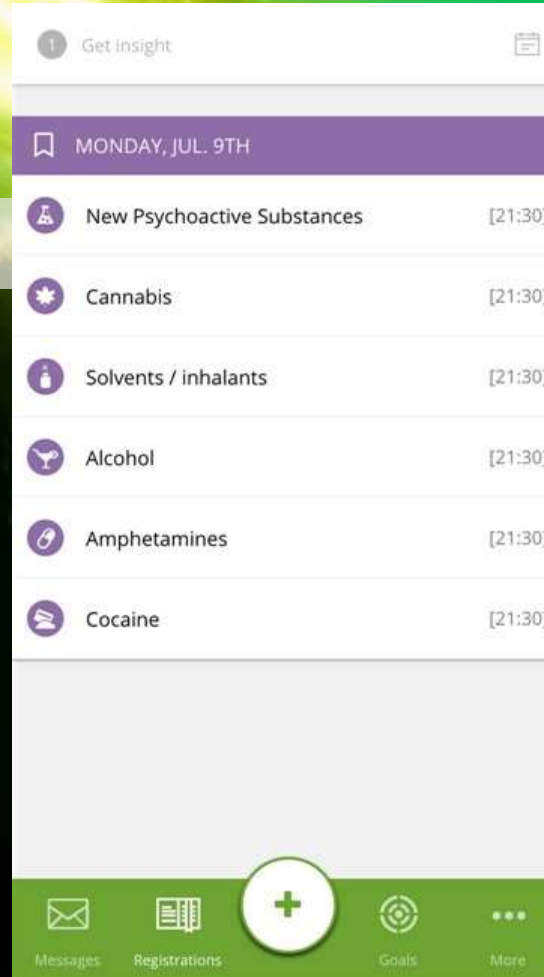
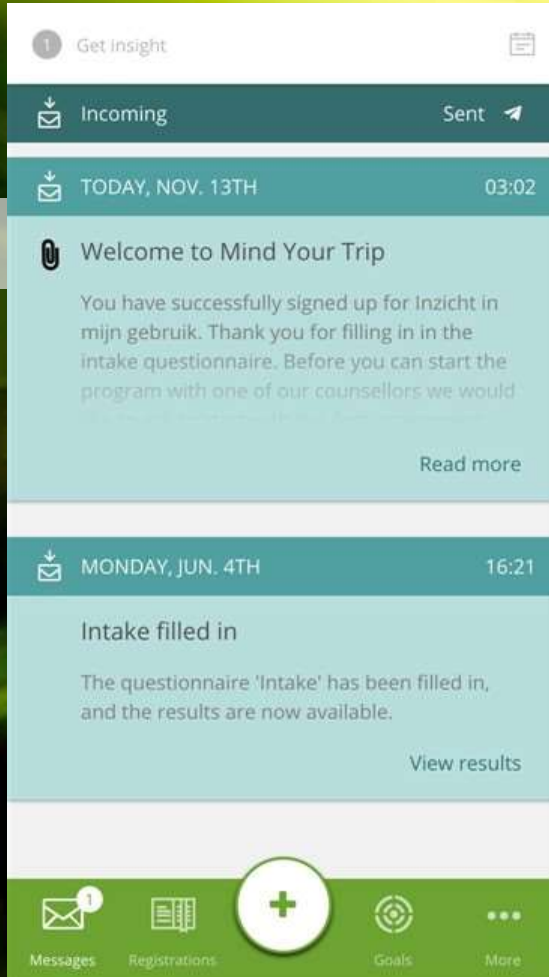
To the Mind Your Trip homepage



Co-funded by the
European union



Communication via Smartphone




COPING WITH HIGH RISK SITUATIONS

A high risk situation is any trigger, either internal or external that acts as a stimulus to consume NPS. Sometimes, this can be a situation which poses a threat to your sense of control. At other times it will be a thought over which you may feel you have no control.

Without the appropriate coping skills the most likely response to a high risk situation is a lapse, this can be followed by a relapse. "high risk situations" or "triggers for relapse" will vary from person to person.

We know from research that they fall into 4 categories:

1. Downers - Negative emotional status such as frustration, anger, anxiety, sadness, depression or boredom.
2. Rows - Arguments and confrontations that may be with family, friends or employers.



Co-funded by the European union



Steps of implementation

- ▶ Development WBI: September 2017 – February 2018
- ▶ Training prevention experts in handling the WBI: April 2018
- ▶ Beta-test with NPS users in 2nd round focusgroups: April – May 2018
- ▶ Launching the website and app - dissemination: 11th June 2018
- ▶ Promotion - Evaluation: June – October 2018
- ▶ Final Conference: 13-14 November 2018 - Münster (DE)



Dissemination and Promotion

- ▶ Social media (posts, sharing, adverts)
- ▶ Target group (influencers/ nightlife / festivals)
- ▶ Organizations in working with the target group
(Nightlife, MSOC's, Youth care, street corner work)
- ▶ Other partner organizations
- ▶ Promotion cards, Stickers, etc.



streetlife.bz
@streetlife.bolzanobozen

Startpagina

Info

Foto's



Vind ik leuk Volgen Delen ...

Bericht versturen



Co-funded by the
European union



Evaluation of www.MINDYOURTRIP.eu (June – Oktober 2018)

| MindYourTrip website | MindYourTrip app |
|----------------------|----------------------|
| 15.199 visitors | 60 iOS downloads |
| 99.740 visits | 43 Android downloads |

MindYourTrip Intervention Modules

- **68** registrations for intervention modules I, II & III

- **17** different countries of residence:

AT BE BY CH CY DE FI GR
IT LV LU NL PL PT SI SK US

- 35 participants (**51%**) also consume **NPS**

11 countries: AT BE CY DE FI
GR IT LU NL SI SK

- 14 participants (**20,5%**) mostly consume **NPS**

8 countries: BE CY DE FI GR LU SI SK

| Per module | Intakes | Countries |
|----------------------------------|-----------|-----------|
| Module I (Brief Intervention) | 24 | 8 |
| Module II (Safer Use) | 21 | 10 |
| Module III (Quit / Reduce) | 23 | 8 |
| Total | 68 | 17 |

Module participants: drug use

| Drug (category) | recorded drugs at intake | mostly used drug at intake |
|-----------------------|-----------------------------|-------------------------------|
| alcohol | 24 | 12 |
| amphetamines | 21 | 11 |
| 1. Cannabis | 42 | 25 |
| cocaine | 10 | 1 |
| ecstasy / MDMA | 19 | 0 |
| hallucinogens | 6 | 1 |
| 2. NPS* | 35 | 14 |
| opiates / opioids | 4 | 1 |
| other | 7 | 2 |
| prescription drugs | 10 | 1 |
| solvents | 1 | 0 |
| percentage NPS | 51% | 20,5% |

Conclusions

▶ CHALLENGES

- ▶ Target group: “(problematic) NPS users”
- ▶ Time frame for testing phase
- ▶ Time frame / money for promotion
- ▶ Effective use of social media
- ▶ Technical issues
- ▶ Reaching younger target groups

▶ OPPORTUNITIES

- ▶ Easily adaptable intervention programme / modules
- ▶ Easily adaptable website (texts, images, structure)
- ▶ Based on good practice & evidence-based approach (Motivational Interviewing, research, CfS-Guidelines 2015)
- ▶ Usable for a wide range of mental health-related issues: other drugs, anxiety, aftercare, depression, eating disorders...
- ▶ Available training- & technical manual for counsellors

Thank you very much for your attention!

- ▶ More project information: www.clickforsupport.eu

