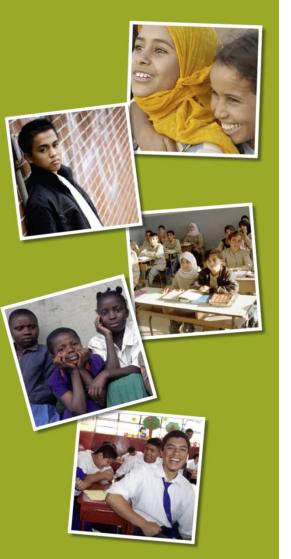


Healthy and safe development of children and youth



International Standards on Prevention, Family Skills Programming

Wadih Maalouf

Programme Officer
Drug Prevention and Health Branch
Prevention Treatment and Rehabilitation Section
Division of Operation
UNODC

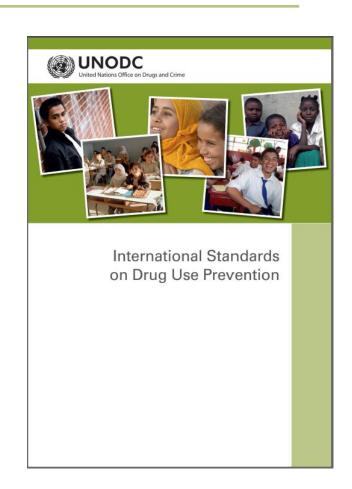
wadih.maalouf@unodc.org

Twitter: @wmaaloufun

Healthy and safe development of children and youth

International Standards

- Leading step in putting forth the Standards
- Tool to influence policy makers:
 - What is prevention?
 - what interventions and policies are effective?
 - in what setting? for what age groups? and with which characteristics?
 - What makes a system work?
- Target: decision/ policy makers (&more)





Drug Use Prevention

 Primary objective: help people (particularly-not exclusivelyyoung people) avoid or delay initiation of use, or, if they started already, to avoid to develop disorders (e.g. dependence).

 General aim: much broader, it is the healthy and safe development of children and youth to realize their talents and potential becoming contributing members of their community and society.

Healthy and safe development of children and youth

What is drug prevention?

Awareness raising on dangers?

Moral/ethical values promotion and strengthening?



What substances?

One time event? Few hours? Frequent intervals message?

Adolescents/ young adults only?

???





Shifting the paradigm...

Prevention as science/ science guiding practice

- Initiation to substance use is not the result of a free choice but an interplay of internal and external risk and protective factor.
- To prevent a problem before it happens, the factors that predict the problem must be changed.

Healthy and safe development of children and youth

Shifting paradigm: PREVENTION BASED ON ETIOLOGY

Healthy and safe development of children and youth

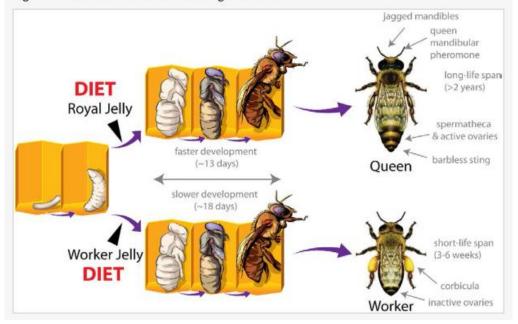
Forming the evidence base for prevention Brain function in a social context



Healthy and safe development of children and youth

Epigenetics

Figure 1. Honeybee biology depends on a polyphenism that produces different female castes. During larval development, female larvae fed royal jelly (top) develop faster and pupate earlier; producing queen bees. Female larvae fed worker jelly have slower development and produce worker bees. This diet-induced change in phenotype is robust and predictable and provides an opportunity to explore how diet affects the genome, and how this leads to changes in form.





Healthy and safe development of children and youth



Contents lists available at ScienceDirect

Neuroscience and Biobehavioral Reviews

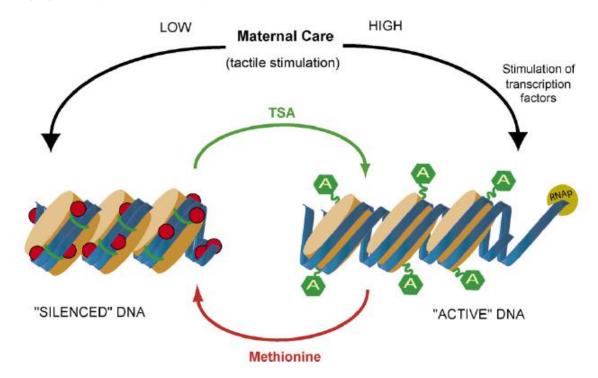
journal homepage: www.elsevier.com/locate/neubiorev



Review

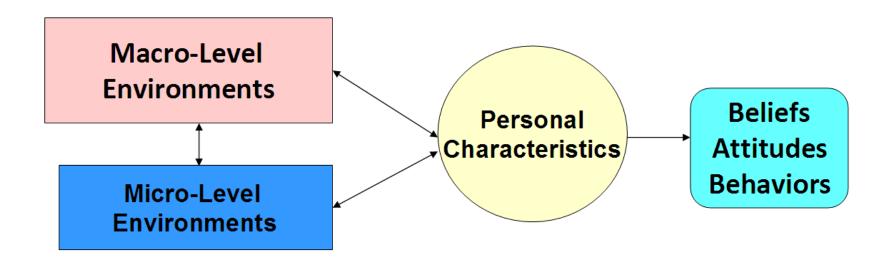
Epigenetic mechanisms mediating the long-term effects of maternal care on development

Frances A. Champagne a,*, James P. Curley b





Interaction of Personal Characteristics and the Micro- and Macro-Level Environments



Healthy and safe development of children and youth

Primary Developmental Outcomes and their Environmental and Personal Influences

MACRO-LEVEL INFLUENCES

Income and Resources

- ➤ Povertv
- ➤ Homeless, refugee status
- ➤ Child labor
- >Lack of access to healthcare

Social Environment

- Antisocial norms, poor informal social controls
- > Lack of social cohesion, Disconnectedness, lack of social capital
- ➤ Conflict/War
- ➤ Social exclusion, inequality, discrimination

Physical Environment

- Decay: abandoned buildings, substandard housing
- ➤ Neighborhood disorder
- Access to alcohol, tobacco, other drugs, firearms
- > Lack of access to nutritious foods
- ➤Toxic exposures
- ➤ Media

MICRO-LEVEL INFLUENCES

Family Influences

- ➤ Lack of involvement & monitoring
- ➤ Harsh, abusive or neglectful parenting
- ➤ Negative role modeling
- ➤ Neglect for physical condition
- >Stressful, chaotic environment
- ➤ Parental substance use

School Influences

- ➤ Poor quality early education
- ➤ Negative school climate
- ➤ Poor school attendance
- > Lack of health education & prevention programs
- > Lack of afterschool activities

Peer Influences

- ➤ Antisocial peers, role models ➤ Exposure to alcohol, tobacco, other drug use, violence, crime ➤ Lack of parental monitoring of peer relationships
- ➤ Social networking technology

PERSONAL CHARACTERISTICS

Genetic Susceptibilities

Mental Health & Personality Traits

- Sensation-Seeking
- Aggressive
- > Inattentive
- > Impulsive
- Mental health problems

Neurological Development

- Language delays
- Cognitive deficits
- Poor Decision making and problem Solving

Stress Reactivity

- Deficits in emotion regulation and perception
- Dysregulated physiological responses
- Poor coping

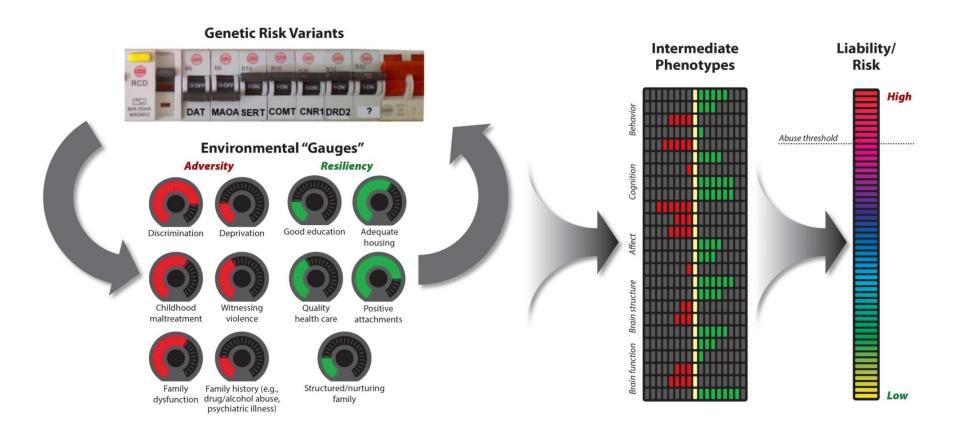
PRIMARY OUTCOMES

Substance abuse and related problems:

- Academic failure
- Poor social competency Skills
- Poor self regulation
- Mental health problems
- Poor physical health

Healthy and safe development of children and youth

Accumulative Model of Risk for Substance Abuse



Healthy and safe development of children and youth

Shifting paradigm: PREVENTION and DEVELOPMENTAL PHASES

Healthy and safe development of children and youth

Developmental phases



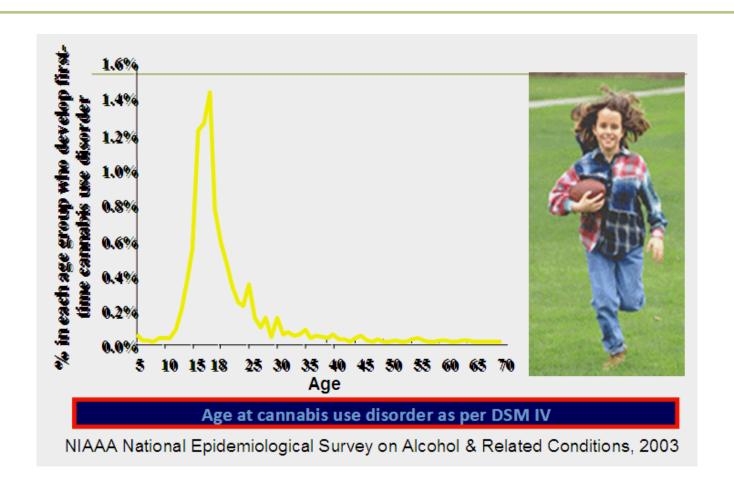


Developmental Phases

- Each stage of development, from infancy to early adulthood, is associated with a certain expected range of:
 - intellectual ability
 - language development
 - cognitive, emotional and psychological functioning
 - social competency skills
- Each needs attention to prevent the onset of drug use and dependence!!!

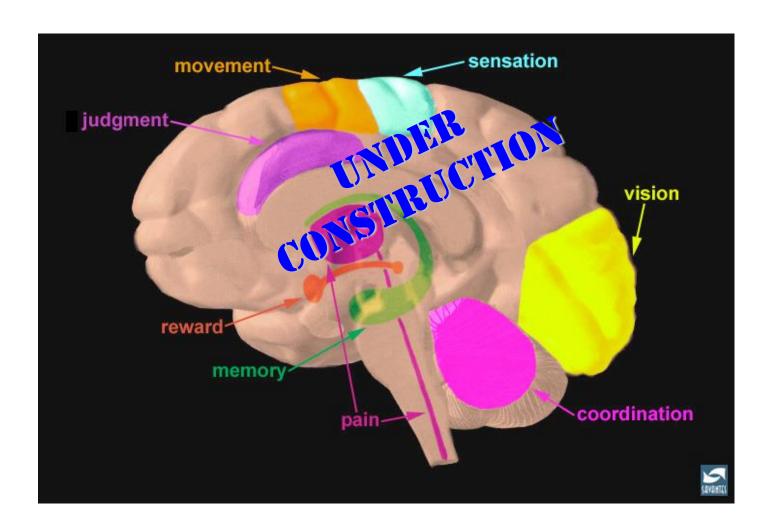


Drug use is a developmental problem



Healthy and safe development of children and youth

Even under normal conditions, the adolescent prefrontal cortex is not completely connected!



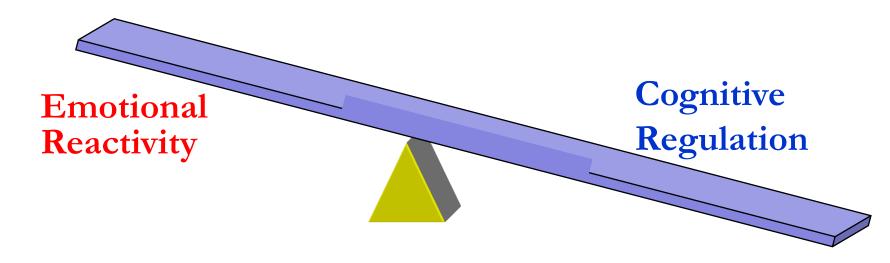
Prevention works! Healthy and safe development of children and youth

The "Imbalanced" Adolescent Brain

Emotional responses are heightened

Cognitive controls are immature

Double Jeopardy!



Healthy and safe development of children and youth

Same with all other age groups

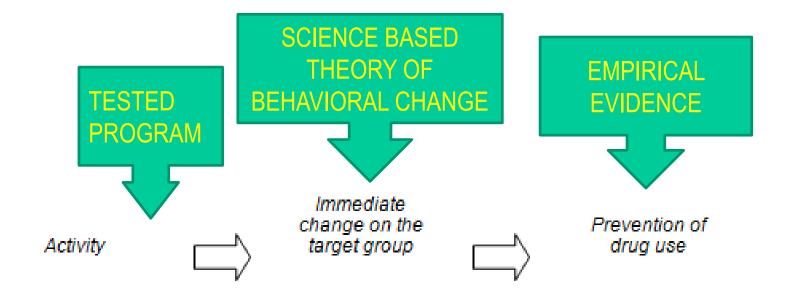


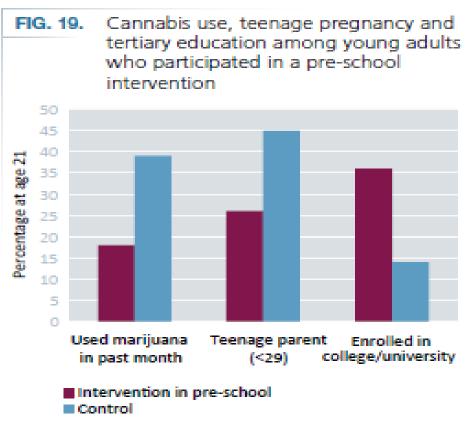
Healthy and safe development of children and youth

Shifting paradigm: PREVENTION RESPONSE BASED ON EVIDENCE



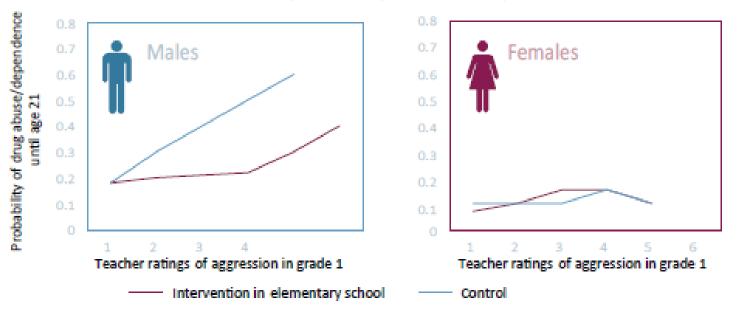
LOGICAL FRAMEWORK





Source: Campbell and others, "Early childhood education" (2002).

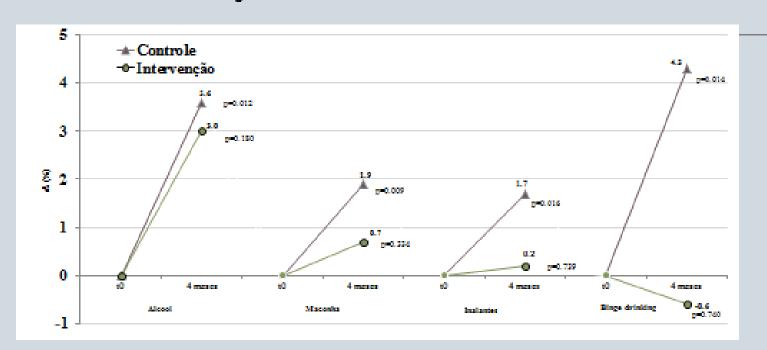
FIG. 21. Probability of subsequent development of a drug-related disorder depending on participation in a classroom behaviour management programme in first grade



Source: Kellam and others, "Effects of a universal classroom behavior management program" (2008).

Healthy and safe development of children and youth

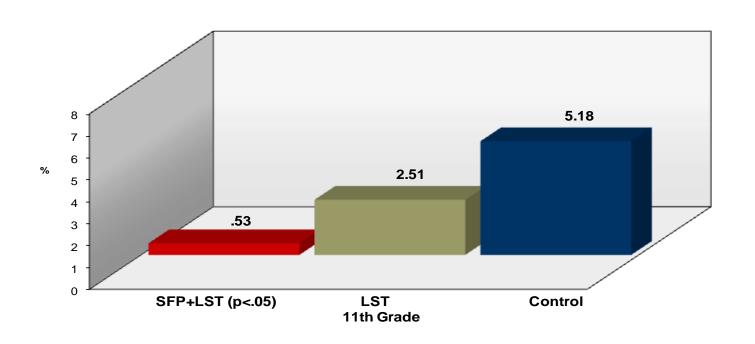
Relative difference (Δ%) in the prevalence <u>of drug use in the year</u> (comparing the start and end time) by teenagers <u>13–15 years old (within the Group)</u>



The Δ% is calculated using the difference between the initial and final prevalence in each group for each drug, that is, is how much drug use increased during the study period in both groups. It is not the prevalence of consumption in the year.

Healthy and safe development of children and youth

Example: Meth Initiation Results at 4½ Years Past Baseline (when life skills based prevention (LST) only, and when in combination with parenting skills (SFP)



Source: Spoth, R., Clair, S., Shin, C., & Redmond, C. (2006). Long-term effects of universal preventive interventions on methamphetamine use among adolescents. *Archives of Pediatrics and Adolescent Medicine*, *160*, 876-882.

Healthy and safe development of children and youth

Common vulnerabilities (1/3)

	Delinque, abuse	Schoneshe	of Oron	Cepressia Stole	The And	ion.
Individual/Peer Early and Persistent Antisocial Behavior	./	./	1	./	./	1
Early and Persistent Antisocial Behavior	+	, ,	•	,	, T	Y
Alienation and Rebelliousness	1	1		1		
Friends Who Engage in the Problem Behavior	1	1	1	1	1	
Favorable Attitudes Toward the Problem Behavior	1	1	1	1		
Early Initiation of the Problem Behavior	1	1	1	1	1	
Constitutional Factors	1	1			1	1

Prevention works! Healthy and safe development of children and youth

Common vulnerabilities (2/3)

Risk Factors	Delinquer, suse	School Preshall	JO Drop Co	opression Stolene	T& ANATO	2
School						
Academic Failure Beginning in Late Elementary School	✓	1	1	1	✓	1
Lack of Commitment to School	1	1	1	1	1	
Family						
Family History of the Problem Behavior	1	1	1	1	1	1
Family Management Problems	1	1	1	1	1	
Family Conflict	1	1	1	1	1	1
Favorable Parental Attitudes and Involvement in the Problem Behavior	~	1			1	

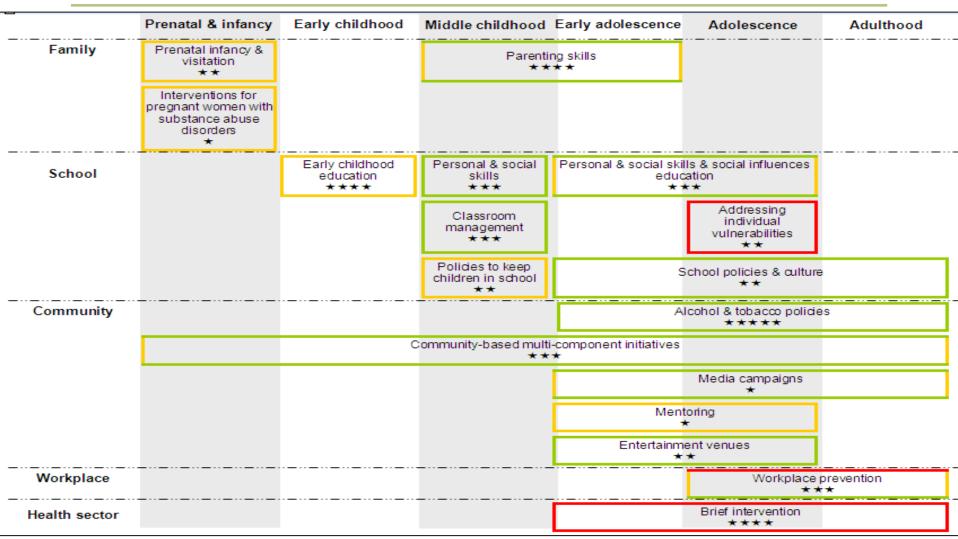
Healthy and safe development of children and youth

Common vulnerabilities (3/3)

Risk Factors	reelingue, ise	Schoolegner	of Drop of	epression Stoke	n & Anties
Risk Factors	8 /	ET /2	37	the V	Co 702
Community					
Availability of Drugs	~				✓
Availability of Firearms		1			1
Community Laws and Norms Favorable Toward Drug Use, Firearms, and Crime	√	1			✓
Media Portrayals of Violence					√
Transitions and Mobility	1	1		1	
Low Neighborhood Attachment and Community Disorganization	✓	1			✓
Extreme Economic Deprivation	1	1	1	1	1

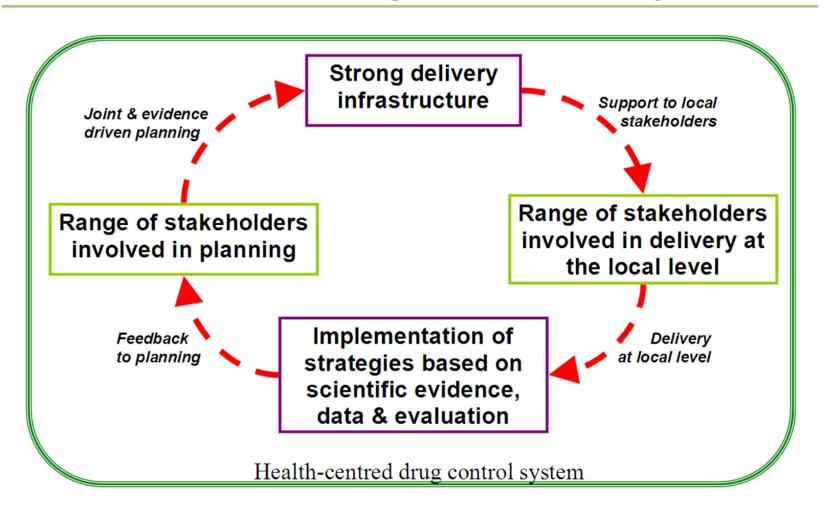
Healthy and safe development of children and youth

Guidance on the types of evidence based approaches and their characteristics





.. and on components and features of an effective national drug prevention system





Therefore, drug prevention is effective in preventing many risky behaviours





Healthy & safe development of children & youth!

Healthy and safe development of children and youth

Revised vision

Prevention:

- Is broader than just awareness
- Based on science
- Effective (exist and you can supplement)
- No need to improvise
- Cost effective
- Is an investment in development
- Start from birth (or before) / never too late to start
- Is not substance specific
- It Works and you can make a difference!

Healthy and safe development of children and youth

SDG Declaration

- 1. We, the Heads of States and Governments...
- 2. On behalf of the people we serve, we have adopted a historic decision on a comprehensive, farreaching and people-centred set of universal and transformative Goals and targets.
- 3. ... We resolve also to create conditions for sustainable, inclusive and sustained economic growth, shared prosperity and decent work for all, taking into account different levels of national development and capacities.
- 4. As we embark on this great collective journey, we pledge that no one will be left behind. Recognizing that the dignity of the human person is fundamental, we wish to see the Goals and targets met for all nations and peoples and for all segments of society.
- 5. ... These are universal goals and targets which involve the entire world, developed and developing countries alike. They are integrated and indivisible and balance the three dimensions of sustainable development.



Healthy and safe development of children and youth

SUSTAINABLE GEALS DEVELOPMENT GEALS





































Healthy and safe development of children and youth







3.5 Strengthen the prevention and treatment of substance abuse, including narcotic drug abuse and harmful use of alcohol



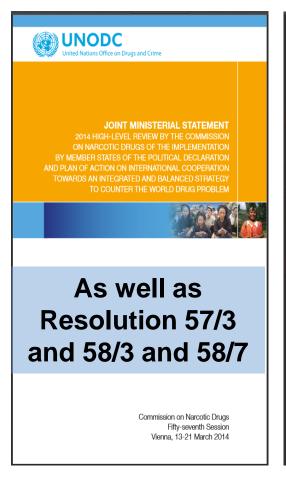
A truly global reach

SEMINARS

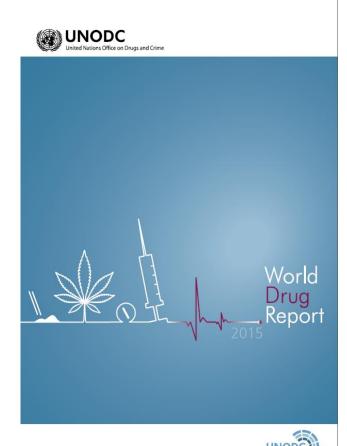
- 58 countries
- Central America, West and Central Asia, Eastern Africa, East
 Asia, North Africa and the Middle East, South Eastern Europe,
 Nigeria
- 250 policy makers
- BRIEFINGS
 - 41 countries (African Union, India, Brazil, Israel, Iran, Russian Federation, Ukraine)
 - 1,000 policy makers



Standards, and the value of evidence based prevention, recognised at the highest political level







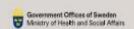


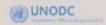
Healthy and safe development of children and youth



An initiative on drug prevention for UNGASS 2016











is an initiative to increase support for prevention of drug use that is based on science and is thus an effective investment in the wellbeing of children and youth, their families and their communities.

A Special Event at UNGASS 2016

Join us on 19 April 2016 from 13:30 to 14:30!

A campaign on social media from April to September 2016

Video • Posts • Fact sheets • Website

Listen FIRST

is open to all interested Member States, civil society, academic and international organizations.

ALREADY INVOLVED

Algeria, Angola, Antigua and Barbuda, Armenia, Azerbaijan, Bolivia, China, CICAD, Colombia, Costa Rica, Dominican Republic, Ecuador, Egypt, EMCDDA, Estonia, France, Georgia, Germany, Greece, Iran, Italy, Lebanon, Mentor International, Mexico, Myanmar, New Zealand, Norway, Oman, Peru, Philippines, Pompidou Group, Portugal, Qatar, Russian Federation, Saudi Arabia, Senegal, Slovenia, Spain, Sweden, Switzerland, Tajikistan, Trinidad and Tobago, Turkey, UNODC, Uzbekistan, WHO.



Healthy and safe development of children and youth

Draft guide

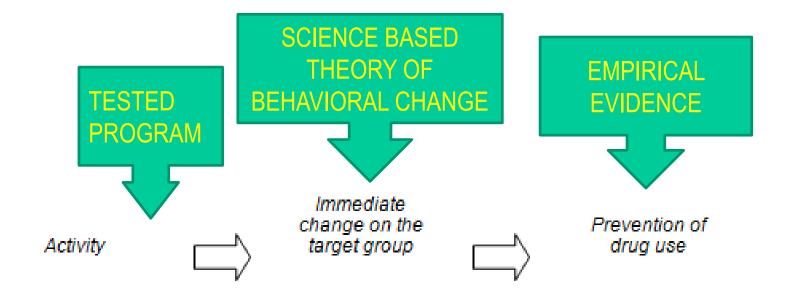
How effective is your drug prevention?

A brief guide to evaluation of effectiveness in the field of drug prevention

Preliminary version of 11 March 2015 based on the Technical Consultation organized by UNODC on the evaluation of effectiveness of drug use prevention 19-20 November 2014, Vienna Austria



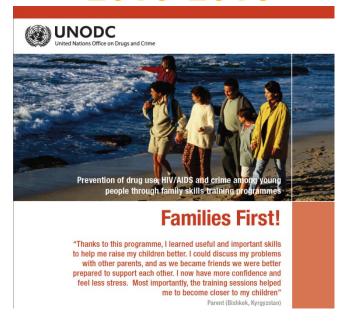
LOGICAL FRAMEWORK





5 years of implementation of family skills pilots

2010-2015



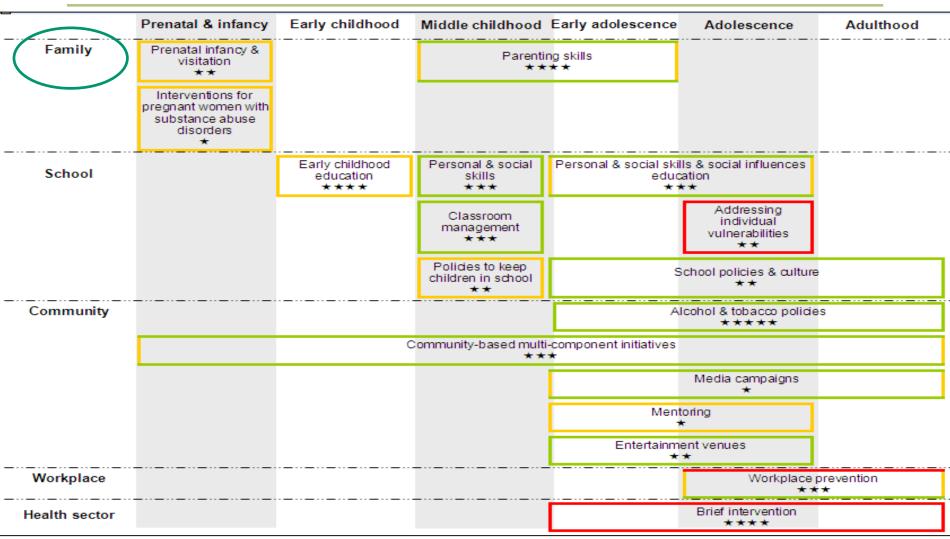
GLOK01 global programme segments

in coordination with different country/regional programmes



Healthy and safe development of children and youth

Guidance on the types of evidence based approaches and their characteristics



Healthy and safe development of children and youth

WHY FAMILIES?

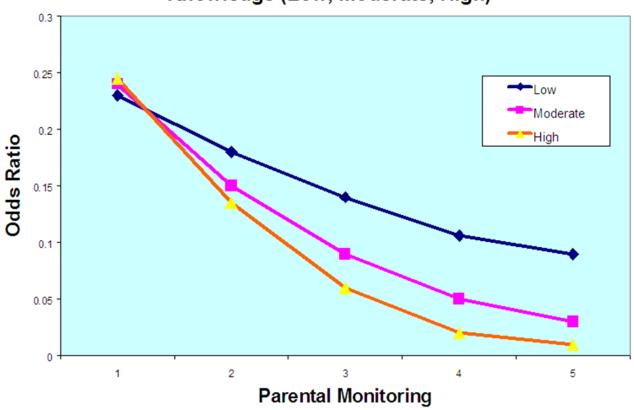
WHAT MAKES IT A SKILL?





Remember the importance of monitoring and parental warmth?

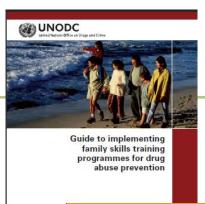
Likelihood of Inhalant Use by Parental Monitoring and Knowledge (Low, Moderate, High)

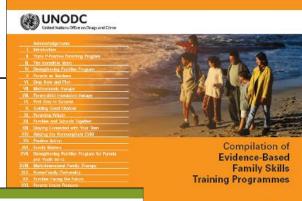


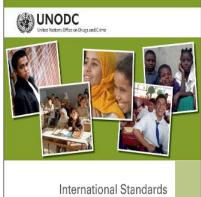
Healthy and safe development of children and youth

What are we doing & how? Process *Internationally*

- Guide to implementing family skills training programmes for drug abuse prevention
- Compilation of Evidence-Based Family Skills Training Programmes
- International Standards on Drug Prevention







on Drug Use Prevention

Healthy and safe development of children and youth

Infancy and early childhood





Healthy and safe development of children and youth

Prenatal and infancy visitation

★★ - Adequate indication of efficacy



Prenatal and infancy visitation

- Characteristics associated with POSITIVE outcomes
 - Delivered by trained (health) workers
 - Regular visits up to two years of age of the baby, at first every two weeks, then every month
 - Provide basic parenting skills (physical, but also emotional and stimulation, e.g. read to your baby)
 - Support mothers to address a range of socio-economic issues (health, housing, employment, legal, etc.)

Healthy and safe development of children and youth

Interventions targeting pregnant women with substance abuse disorders - ★ - Limited indication of efficacy





Interventions targeting pregnant women with substance use disorders

- Characteristics associated with POSITIVE outcomes
 - Provide integrated, evidence-based treatment services to pregnant women who suffer from substance use disorders
 - Include treatment of concurrent mental health disorders
 - Include attachment-based parenting interventions



From middle childhood to early adolescence





Healthy and safe development of children and youth

Parenting skills

★ ★ ★ - Very good indication of efficacy







Programmes should increase

- Family bonding, i.e. the attachment between parents and children
- Monitoring and involvement in the lives of their children (e.g. being involved in their activities, friendships, learning and education)
- Positive, developmentally appropriate and effective discipline



Example from an evidence-based programme: Strengthening Families Program - ATTACHMENT

- Fun things we like to do as a family
 - Things that are free
 - Things that cost money
 - Things we do outside
 - Things we do inside
- One thing we will do together for fun in the next week is
- One thing we will do together for fun in the next month is



Example from an evidence-based programme: Strengthening Families Program - DISCIPLINE

- Small problem, small chore
 - E.g. homework or house chores are not being done
 - If the child refuses, take a privilege away
 - Practice explaining the rule in advance
 - Practice staying calm
 - Think NOW about the small chores and the small privileges
- Big penalties for big problems
 - E.g. coming home late



Example from an evidence-based programme: Strengthening Families Program - MONITORING

- Discuss the importance of monitoring and the role of peers as risk factors
- Practice asking the 'WHO, WHAT, WHERE, WHEN' questions
 - WHO will you be with?
 - WHAT will you be doing?
 - WHERE will you be?
 - WHEN will you be back?



Other recommendations

- Organised in a way to make it easy and appealing for parents to participate (e.g. out-of-office hours, meals, child care, transportation, small prize for completing the sessions, etc.)
- Delivered by trained individuals, in many cases without any other formal qualification
- <u>Typically</u> include a series of sessions
- <u>Typically</u> include activities for the parents, the children and the whole family



What does NOT work

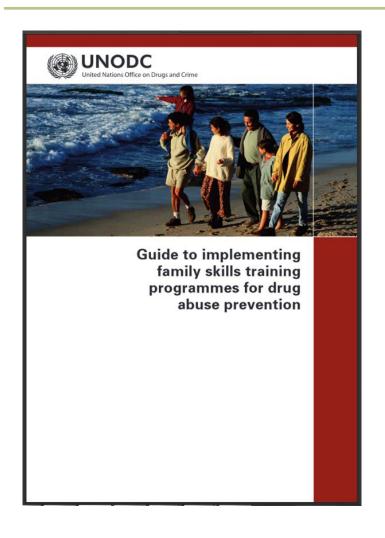
- Undermine parents' authority
- Use only lecturing as a means of delivery
- Only provide information to parents about drugs so that they can talk about it with their children
- Focus exclusively on the child
- Delivered by poorly trained staff

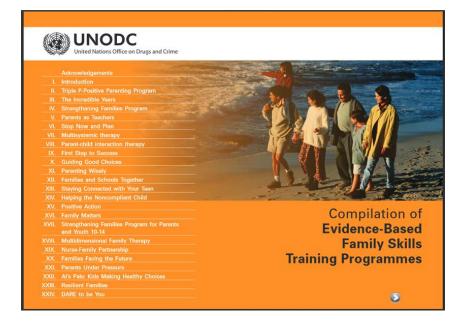
Healthy and safe development of children and youth

ADAPT AN EVIDENCE-BASED PROGRAMME

Prevention works! Healthy and safe development of children and youth

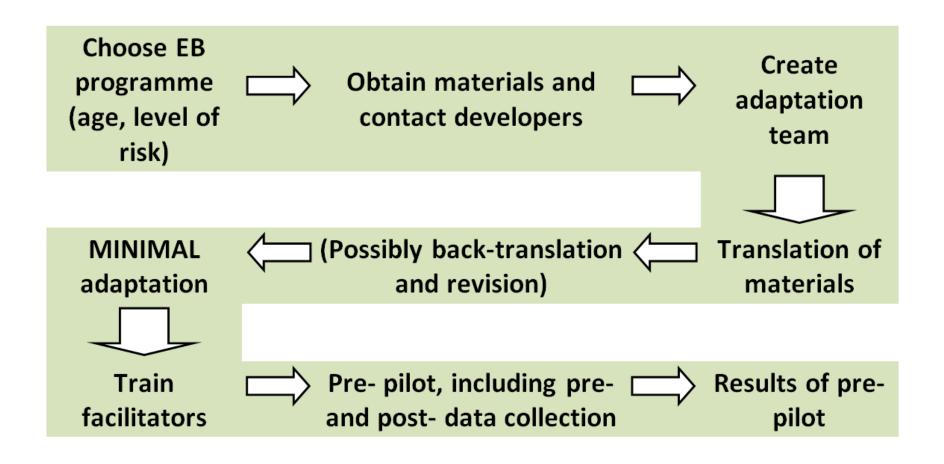
UNODC guides to the process



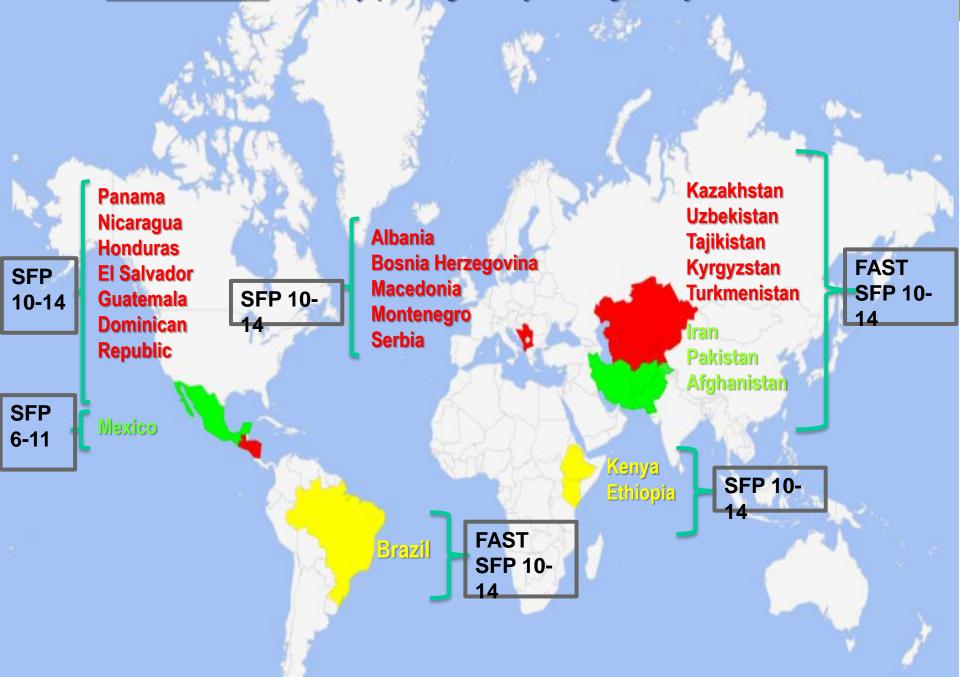


Healthy and safe development of children and youth

Adaptation process



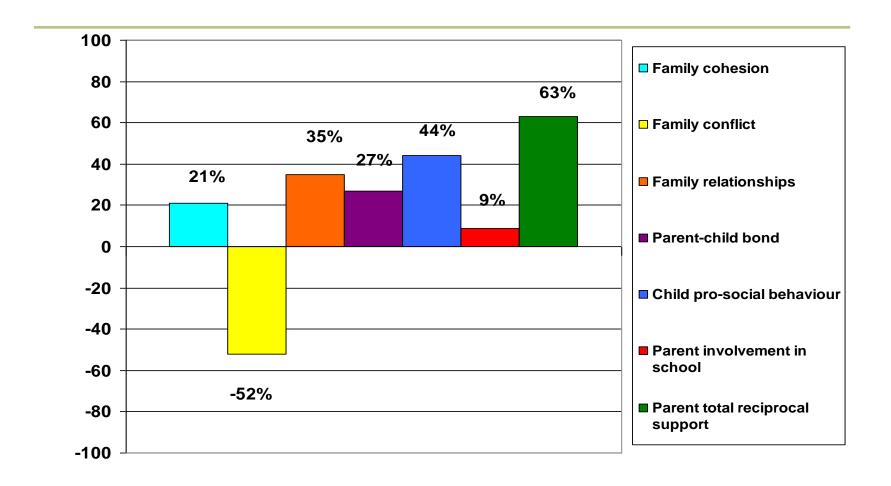
23 countries currently piloting family skills globally with UNODC







Example of results of pilots – FAST*

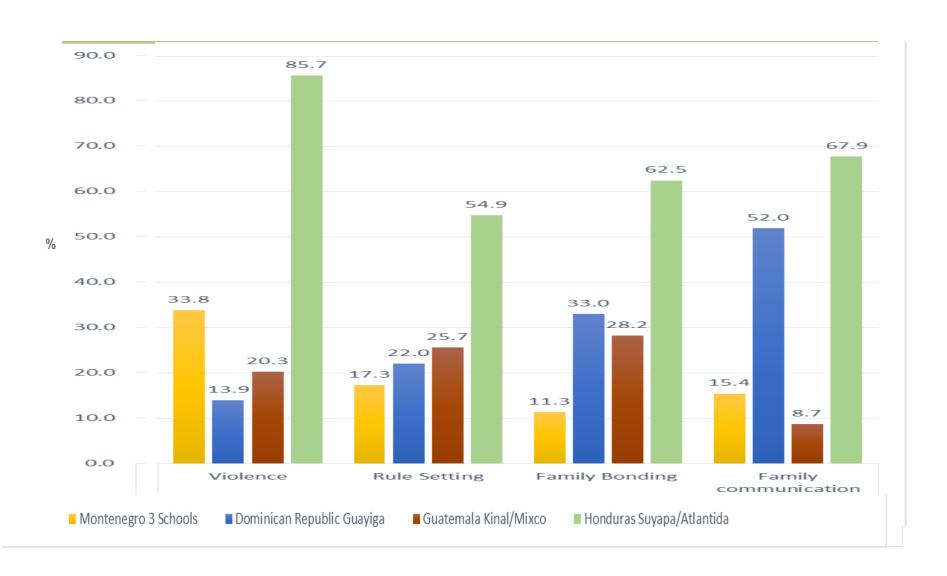


^{*} Kazakhstan/ Kyrgyzstan/ Tajikistan/ Turkmenistan

McDonald et al. Social Work & Social Sciences Review; 2013, 16(2): 51-75

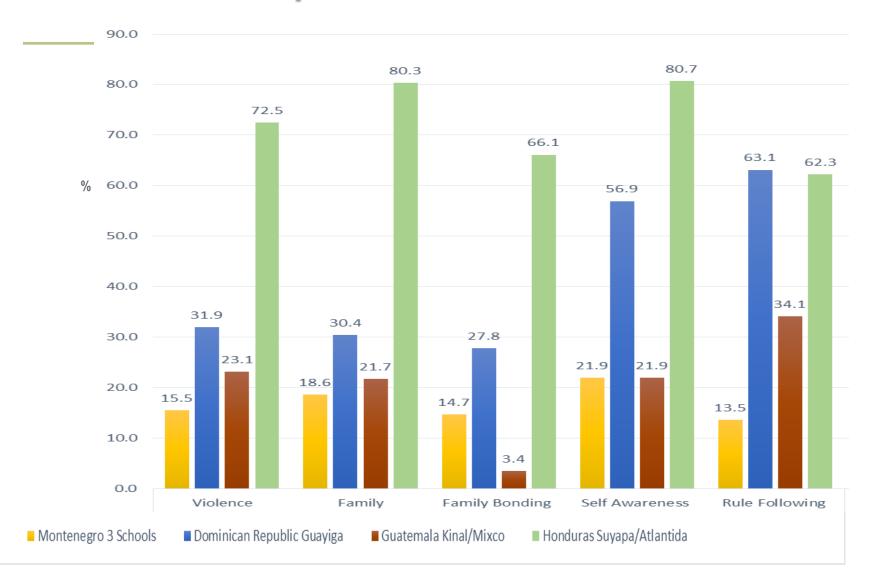
Healthy and safe development of children and youth

SFP 10-14 adaptations- Parents

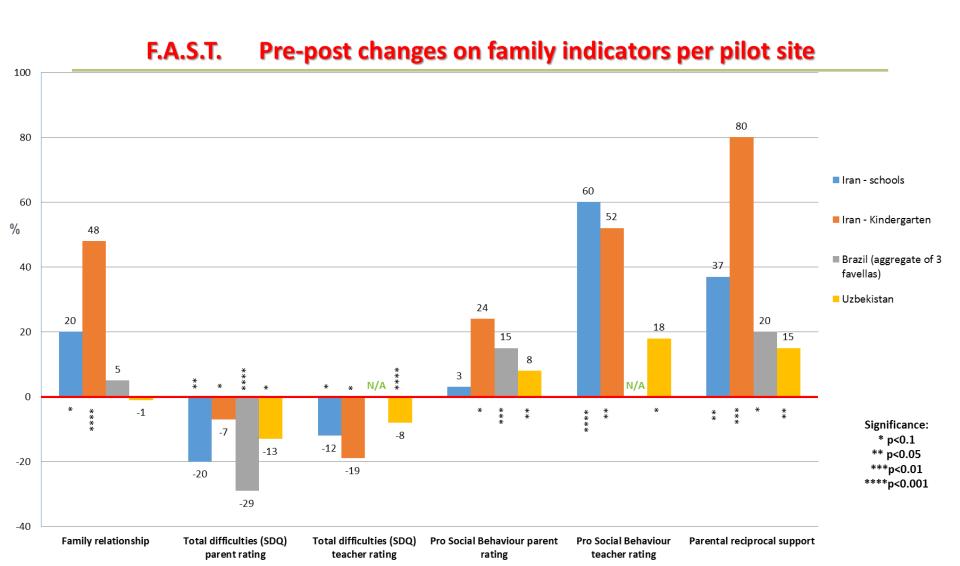


Healthy and safe development of children and youth

SFP 10-14 adaptations- Youth

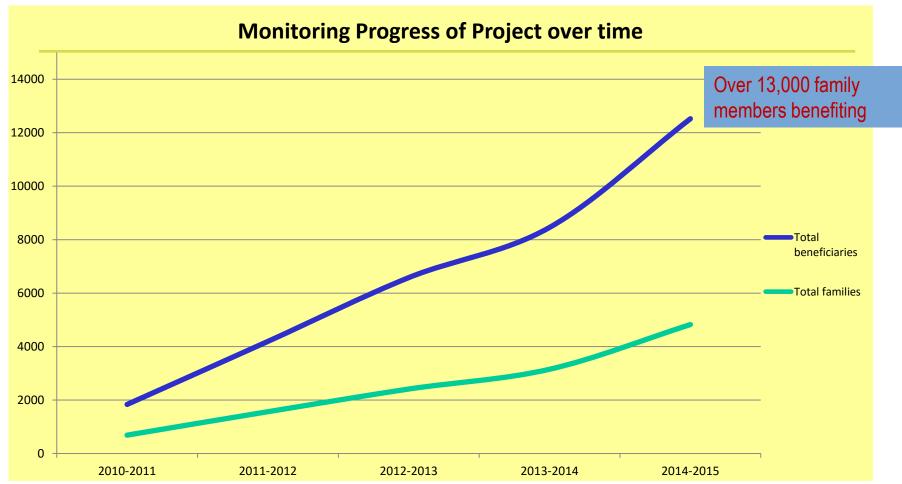


Healthy and safe development of children and youth



Healthy and safe development of children and youth

Globally across segments (1)

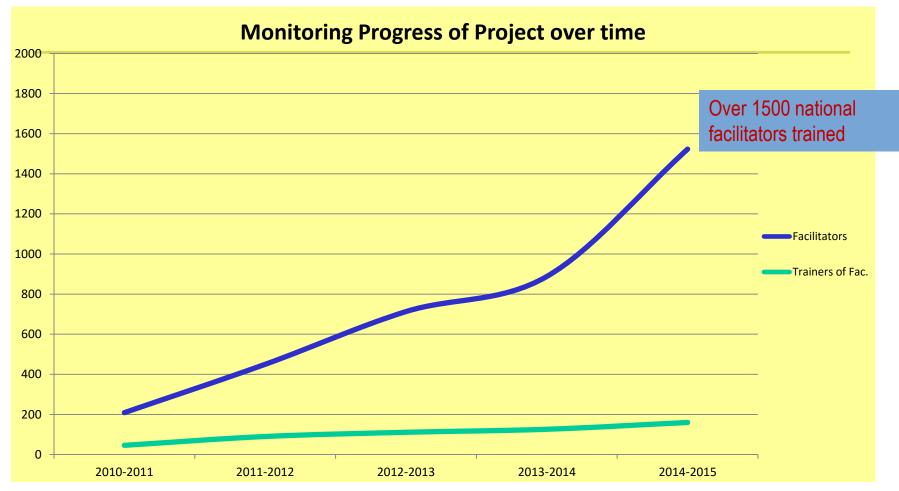


On average

2500 new family member benefiting from family skills training/year 1000 new family benefiting from family skills training/year

Healthy and safe development of children and youth

Globally- across segments (2)



On average

300 new facilitators trained/year

30 new national trainer of facilitator trained/year

A diversity of families served

- Families at universal level of risk (everyday families)
- Families living in selective settings, example:
 - Favelas in Brazil and Panama
 - Violent communities in Honduras
 - Low socio-economic status families
- Families with specific circumstances, example:
 - Caregivers of orphans in Dominican Republic
 - Parents in Social Rehabilitation care for substance use in Guatemala
 - Parents released from prisons in Dominican Republic

Positive impact and experience published in scientific journals (1)

Social Work & Social Sciences Review 16(2) pp.51-75. DOI: 10.1921/3103160207

UNODC Global Family Skills Initiative:

Outcome evaluation in Central Asia of Families and Schools Together (FAST) multi-family groups

Lynn McDonald¹ and Taghi Doostgharin²

Prev Sci DOI 10.1007/s11121-014-0530-y

2

An Exploration of Parents' Perceptions and Beliefs About Changes Following Participation in a Family Skill Training Program: a Qualitative Study in a Developing Country

Anilena Mejia • Fiona Ulph • Rachel Calam

© Society for Prevention Research 2014



Healthy and safe development of children and youth

Positive impact and experience published in scientific journals (2)



Contents lists available at ScienceDirect

Aggression and Violent Behavior



The influence of family skills programmes on violence indicators: Experience from a multi-site project of the United Nations Office on Drugs and Crime in low and middle income countries



Wadih Maalouf*, Giovanna Campello

United Nations Office on Drugs and Crime (UNODC), Drug Prevention and Health Branch, Prevention Treatment and Rehabilitation Section, Vienna, Austria

Campello G., Heikkila H., Maalouf W. Chapter 7: International Standards on Drug Use Prevention: Tools to Support Policy Makers Globally to Implement an Evidence-based Prevention Response. In: Moshe Israelashvil & John L. Romano (Editors). Cambridge Handbook of International Prevention Science (2016 in press). Cambridge University Press

4

International Standards on Drug Use Prevention: Tools to Support Policy Makers Globally to

Implement an Evidence-based Prevention Response



Positive impact and experience presented in scientific and political podium

Society for Prevention Research SPR – Washington DC, San Francisco 2013/2015



European Union Society for Prevention Research (EU SPR) – Spain 2014

 Wadih Maalouf, Giovanna Campello, Hanna Helkkilae
 "Implementing family skills pilots in South East Europe: Infrastructures needed, cost implications, value added and lesson learned"

While the evidence on the effectiveness of family skills programme in preventing risky behaviours in children and adolescents is growing, a significant gap remains in the areas of adaptability and practicality of implementing such initiatives in low and middle countries.

UNODC as part of its global initiative to advocate for evidence based prevention programming, as per the international Standards on Drug Use Prevention, has been implementing a global project piloting family skills programmes in at least 18 countries in 5 different



Positive impact and experience presented in scientific and political podium

Commission on Narcotic Drugs Side events 2013-2014-2015

Children, Parents,

Prevention that WORKS!

UNODC

Children, Parents, Families and Prevention

A celebration of past and future efforts to promote prevention of drug use that WORKS (Cont'd)!

THURSDAY, 2-3pm, M3

With the sponsorship and support of:





Permanent Mission of Guatemala to the United Nations Scientific consultation in preparation of UNGASS *Vienna December 2015*





Healthy and safe development of children and youth

Example of Positive impact and experience receiving recognition





President of Honduras and First Lady of Honduras attending the graduation of families finishing SFP 10-14 (labelled Familias Fuertes in Latin America)

 The Municipal Council of the city of Shkodra proposed to give "<u>The Honor of Shkodra</u>" for UNODC in recognition for the importance of the family skills programming in prevention.

The Ministry of Education of Serbia also formally acknowledged
the value of the UNODC programme decided to award
20 points of the cumulative 100 points of continuous
training certification cycles to any teacher providing
the UNODC family skills programme as an incentive
to scale up.

 Macedonia also formally acknowledged the value of the UNODC prevention family skills piloting.



Kazakhstan (FAST)

The Kazakh version FAST is now included in the national Intersectoral Program against drug abuse and drug trafficking for 2012-2016.

Plans for national scale up have been presented to UNODC

Tajikistan (FAST)

The Tajik version of the FAST programme has been approved by the Ministry of Education.

Plans for national scale up have been presented to UNODC

Turkmenistan (FAST)

The Turkmen version of the FAST programme has been approved by the Ministry of Education

Plans for national scale up have been presented to UNODC



Ministry of Health- Mental Health Dept. Brazil

Dissemination think-tank of Family Skills programmes as part of evidence based programme change across Brazil

Advocacy videos production and dissemination

Central Asia (FAST):

https://www.youtube.com/watch?v=Ym-Bhq_ilVs

South East Europe (SFP 10-14):

https://www.youtube.com/watch?v=g9XAvQEoK5M

Central America and the Caribbean (SFP 10-14 Familias Fuertes):

https://www.youtube.com/watch?v=5QkLpdSvrk8



Healthy and safe development of children and youth

Regional Celebrations



Afghanistan & Neighboring **Countries Meeting 2015**



Group photo at the end of the meeting

Central Asian countries Regional Meeting 2012

Regional meeting - South East Europe Family Skills (October 2, 2014)





Meeting - 2014

Healthy and safe development of children and youth

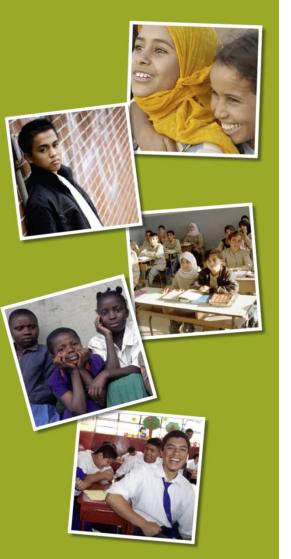
Upcoming plans

 Develop a light family skills programme for families living in low resource settings (including refugees families).

First preparatory meeting April 14-15, 2016



Healthy and safe development of children and youth



International Standards on Prevention, Family Skills Programming

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