

---

# Community-based Substance Use Prevention

**Johanna Gripenberg, Ph.D., Director at STAD**

*STAD (Stockholm prevents alcohol and drug problems)*

*Department of Clinical Neuroscience at the Karolinska Institutet, Stockholm, Sweden.*

# About STAD

- R&D unit within Stockholm County Council, Centre for Psychiatry Research and Karolinska Institutet
- Founded in 1995
- Unique position - researchers and practitioners work in close collaboration with the general mission to *identify, develop, implement and evaluate* promising methods for prevention of alcohol and drug related problems
- Bridging the gap between science and practice
- Most of our interventions utilize a *community-based strategy*, theoretically based on an environmental approach to prevention

# STAD's prevention research key areas

- **Primary health care setting (screening, brief intervention)**
- **Web-based interventions targeting children of substance abusing parents**
- **Anabolic androgenic steroid prevention in recreational sports**
- **Alcohol and drug prevention at youth health clinics**
- **Alcohol prevention at sporting events**
- **Alcohol and drug prevention in the nightlife setting**

# Prevention Strategies

- **Community mobilization**
- **Training**
- **Enforcement**
- **Policy work**
- **Environmental changes**
- **PR and media advocacy**

# Results

## Responsible Beverage Service

- Statistically significant improvement in refusal rate of alcohol service to *intoxicated* (5% to 77%) and *underage* (55% to 91%) guests
- 29% reduction in police-reported violence
- A cost-effectiveness analysis showed that for every 1 euro spent 39 euros were saved

# Results

## Clubs against Drugs

- **Significantly lower rates of self-reported drug use among staff and significantly lower rates of observed drug use among guests**
- **Last year drug use (18-24 year olds) ↓ 41% to 29%**
- **More conservative attitudes towards drugs**
- **Significant increase in doormen intervention rates towards drug-intoxicated guests from 7% at baseline to 65% at follow-up**

---

# Lessons learned

# Boosting factors

- Long term funding
- Multicomponent intervention
  - Great focus on community mobilization
  - Intense training (2-days)
  - Enforcement
- Project coordinator
- Action group
- Research and practice in close collaboration
- Implementation process
- Both process and effect evaluation
- Signed and written agreement
- Institutionalized



# Further thoughts

- Creativity – find settings where adolescents and young adults are found e.g. social media
- High risk settings where drugs are prevalent, how can we reduce availability of drugs in these settings? e.g., large music events such as festivals
- More use of biological markers to study drug use, underreporting in surveys
- Improve cost-effective analysis
- Prescription drug use
- Institutionalize the programs that have been showing effect. National coordination and structure to support municipalities and the County Administration in the implementation of community-based substance use prevention

# Conclusion

- **STADs community-based interventions seem to have reduced alcohol and drug related problems in different settings**
- **The most likely explanation is a combination of intervention components such as community mobilization, training and enforcement**
- **Promising potential for substance use prevention, however it takes time to develop and implement community-based interventions, and it takes even longer time to measure the effects**

[www.stad.org](http://www.stad.org)  
[stadineurope.eu](http://stadineurope.eu)

