

Preventing substance use at an early age



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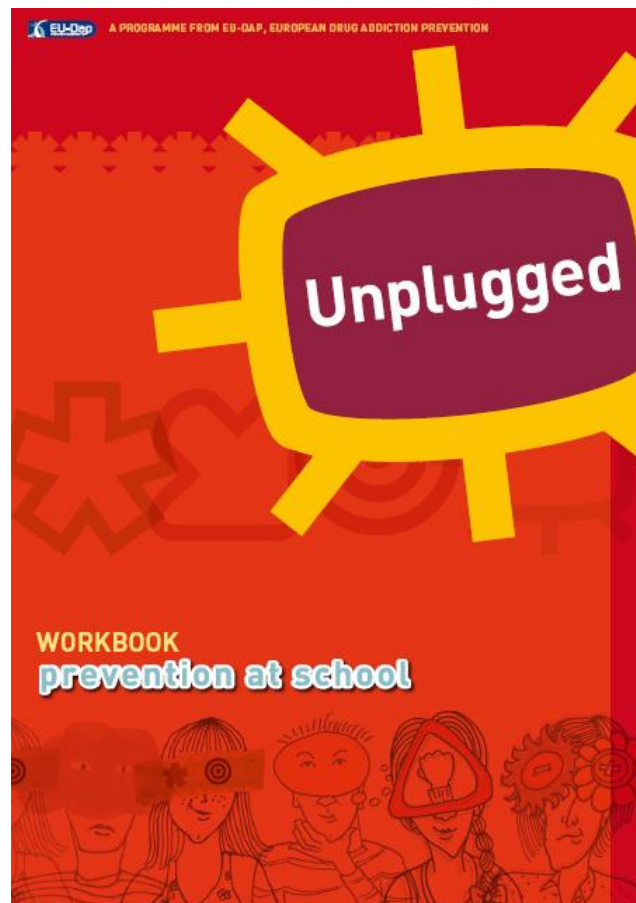
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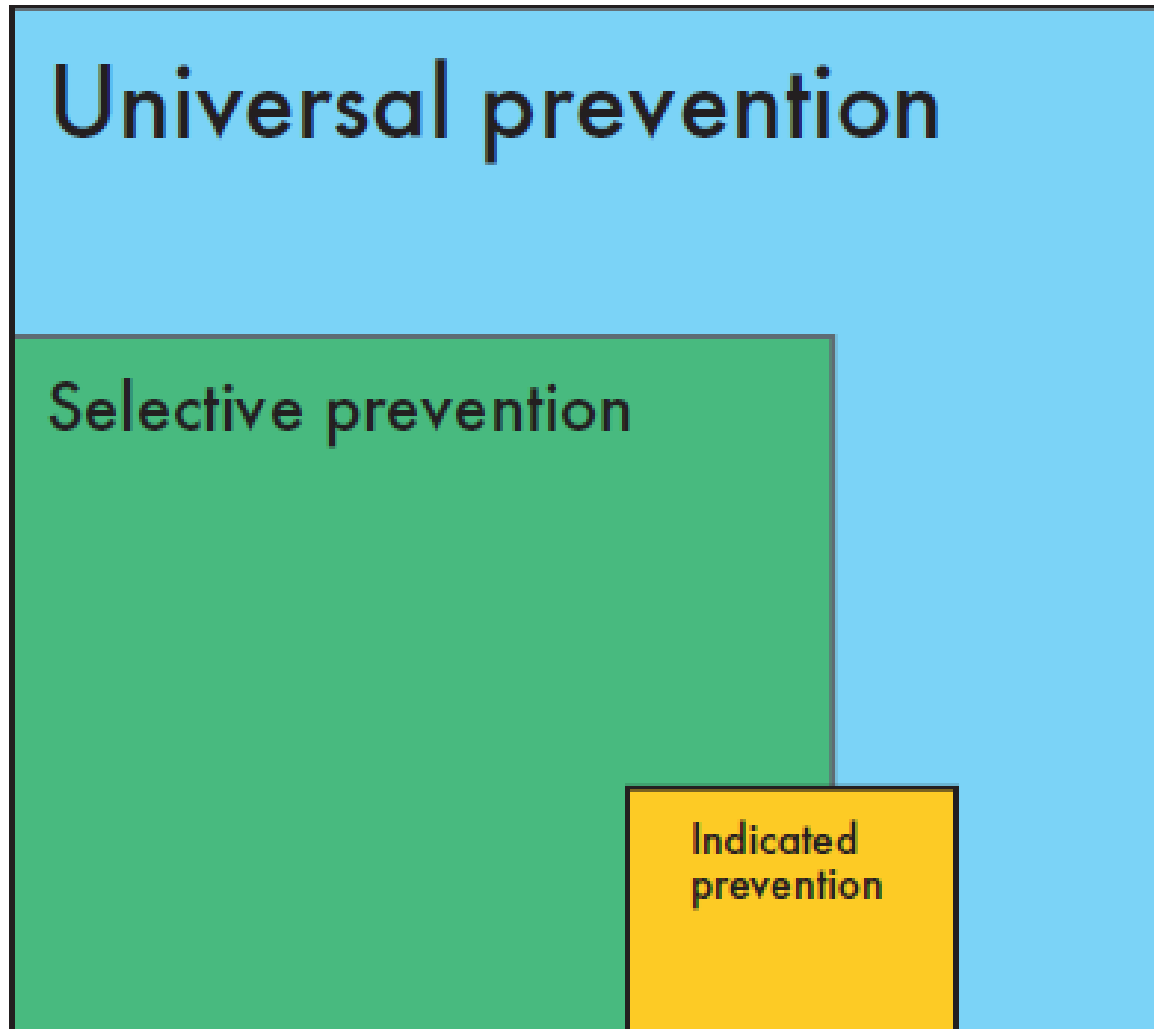


Options

- ❑ Unplugged.....
- ❑ 'Health skills'
- ❑ Substance prevention:
Need based programs



Differentiated approach



Universal prevention: The concept

- ❑ Media campaigns are not effective
- ❑ In fact, can have a reverse impact!
- ❑ We all know how “glamorous” media images can be!
- ❑ Good universal prevention approaches can be school based

Components

- ❑ Interactive delivery
- ❑ Information -rich
- ❑ Lifeskills based
- ❑ TOT concept

Think of games/activities for: Ice breaking forming groups 'normative' belief

Key elements

- ❑ Structured school drug prevention curriculum is applicable across different socio-cultural contexts
- ❑ Comprehensive social influence model is effective
- ❑ Quality assurance through monitoring of implementation and delivery

Parent meetings

Content of the parents workshops

N°	TITLE	LECTURE	GROUP WORK	ROLE-PLAY
1	Better understanding of your teenagers	Development during early adolescence	Frequency of drug use in adolescence, risk factors for drug use	Anxiety of parents letting their teenagers go out to parties
2	Parenting a teenager means growing up together	Changes in families with adolescent children	Ways to cope with changes in the family roles	Autonomy inside and outside the family
3	A good relationship with my child also means setting up rules and limits	Parenting styles	Conflict situations and guidelines for negotiation of rules	Dealing with conflicts

In-group and Out group concepts

“Courtroom” concept.....teaches children both sides of the story.

Charts, posters, visual images can speak a thousand words

Demystify
De-stress
Demonstrate

Age groups targeted

- ❑ How will content vary?
- ❑ Middle school?
- ❑ High school and junior college?
- ❑ Young adults?

Who can do the training?

- ❑ Mental health professionals
- ❑ Teachers What do you think are the blocks?
- ❑ Peers? What are the risks and benefits
- ❑ Parents? What inputs will be needed?

Possible outcomes?

- ❑ Behavioural
- ❑ Health
- ❑ Awareness
- ❑ Research deliverables?

Thank you