

Round Table

„Drugs and our children: actions on time against late solutions”



Sofia, 24.11.2010



Matra Project Programme,
Ministry of Foreign Affairs the
Netherlands

National Drugs and Alcohol Help Line



Запознай се с наркотиците, за да не ги обикнеш



- Financed by MATRA programme
- Executor of the project – „Solidarnost“ Association for drug addicted people www.solidarnost-bg.org
- Partner - Trimbos Institute www.trimbos.nl
- Supporting organizations – NCA, PIC, Mtel
- Implementation period – April 2008 -November 2010

Aims of the project



- Increasing the social attention towards using of psychoactive substances
- Telephone and Internet information, consulting and orientation towards programs for treatment and rehabilitation
- Informal health education and prevention of the using of psychoactive substances
- Influence of the social attitude in connection with the users and the addicted ones and their families

Aims of the project



- Establishment of Internet site www.drugsinfo-bg.org
- Channels for communication
 - Telephone 0888 99 18 66
 - Forum
 - Chat
 - E-mail
 - Facebook
- Building of the registration system
- Building of the knowledge data base
- Conducting of a PR campaign

Phases of the project



- **Phase of establishing of Information HelpLine April-October 2008**

- Hiring and training of the team
- Technical building of the line
- Building of the web site
- Main partners – Trimpos Institute and Mobitel

- **Pilot phase October 2008- February 2009**

Main partners

- School – 5 schools from Sofia, worked with 700 parents and 1000 students
- RIE – Sofia
- NCA
- PIC- Sofia

- **Phases of performance February 2009- November 2010**

Phases of performance



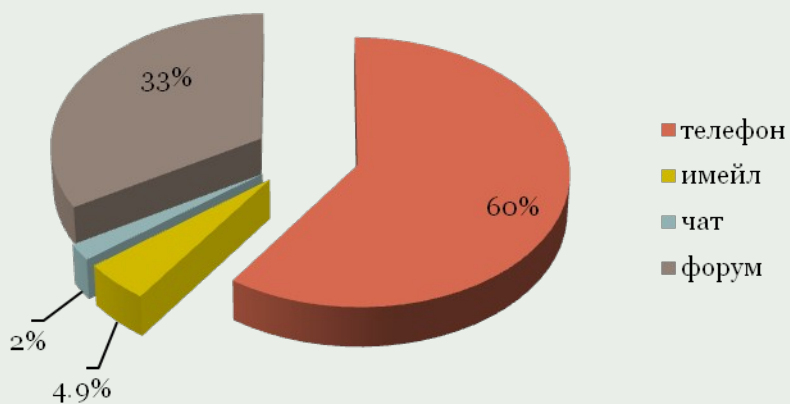
- Two large information campaigns were held – one in 2009 and one in 2010
- Campaign „Share with a friend“ still continue in the moment, with strong media support and also support from the business. Eleven schools and 700 students were visited in Sofia, Varna, Plovdiv. A cause was created in Facebook – with more than 1000 members;
- There were organized two Days of Open doors;
- The services and activates of the Information Helpline were shown in the media;
- Publish electronic newsletter from June 2010 year.;
- Two surveys were conducted during 2009 and 2010 year.

Exploring the accessibility and use of psychoactive substances in student age, June 2009



- Interesting conclusion: On the statement „ Most of my classmates use alcohol „ 67 % of the participants between 10 and 12 years answered with „yes“. The positive answer grow up till 90% in the age between 13-18.
- On the statement „ I saw my classmates to use alcohol instead of being in class.“ 54% of the members between 10 and 12 years are giving positive answer on that question. The positive answer growing up to 67% in the age between 13-18 years.
- It could be argued that in comparison with others studies for drugs, the experiment begin exactly with the alcohol in early age- between 10 and 12 years.

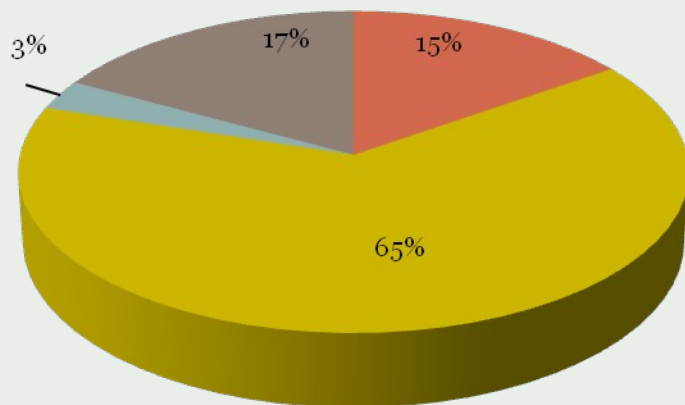
Number of the contacts by type



- Common number of contacts since 23.02.2009 to 10.11.2010 is 1198.
- From made contacts 60% (715) are on the phone, 33% (401) in the forum, 4.9% (58) by e-mail and 2% (24) on the chat.

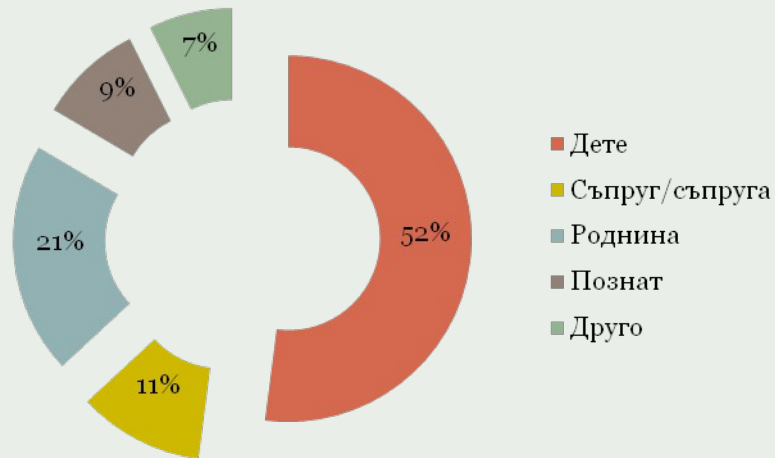
Reason for the contact

- Лична употреба
- Личен интерес
- Употреба от някой друг
- Други



- Most common reason for the contact is use of somebody else , which remains a steady reason trough the whole period. Use of somebody else takes 65% (515) from the whole common number by the made contacts.(797). Accordingly the most common reasons for contact are :
 - Personal use - 122 contacts (15%)
 - Use of somebody else –515 contacts (65%)
 - Personal interest and others (connected with work; education or training; unknown, effects; risks; cautions for use) : 160 contacts (20%)

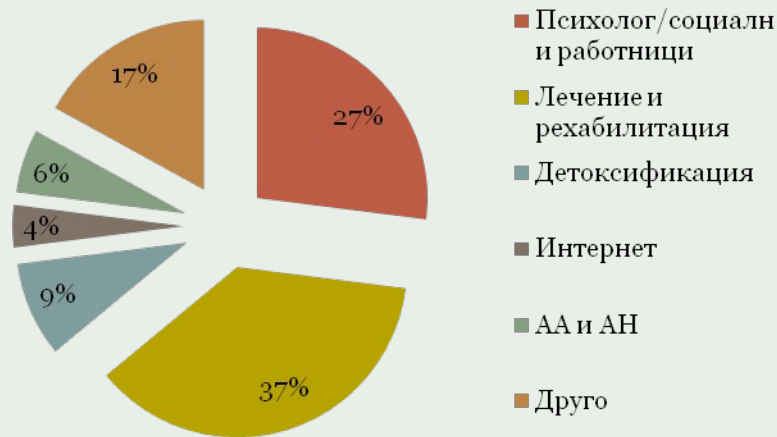
Use of somebody else



During the 2 years it remains the trend that when there is a use of somebody else contacts are connected with use of child 52% (268), which affect young people between 21 and 26 years and the middle age in September 2009 is notably shorter – 16 years.

- Second place is taken by the contacts, considering use of some relatives 21% (105), third position is for contacts, connected with the use of husband/wife 11% (57) and last position is for known 9% (47).
- In connection with the use of relatives we can made the hypotheses, that 21% from the parents have transferred the responsibility to other members of the family, because of they are too busy, have to much daily tasks or because of the shame of conviction.

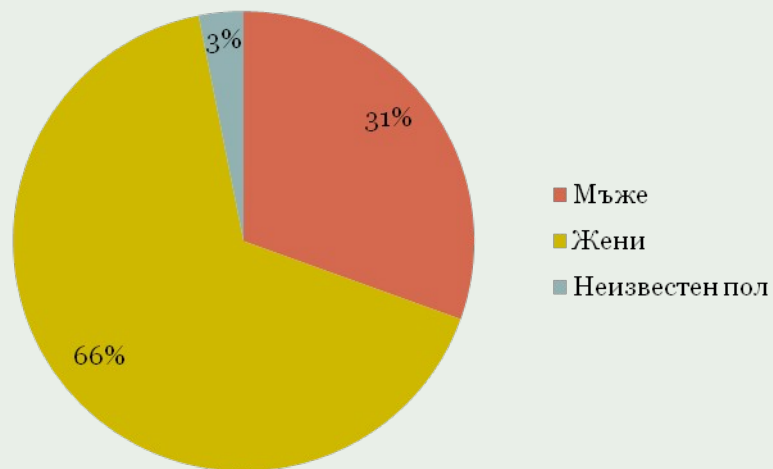
Refer



- We may note changes in these tendencies, comparing the period of 2009 and whole period 2009 – 2010. For comparing we may point data from the last annual report of Information Line for 2009 , where is observed steady tendencies in transferring to psychologist/ social worker (33%) and also to treatment and rehabilitation of addictions (34%). During the first three months after the start of the Info Line, transferring towards Internet (4%) and AA and ADA(9%) presents notably. The share of referring to detoxification is 4%. Pointed transfers take 83% from the common number of all transfers.

Statistic based on sex, age and city

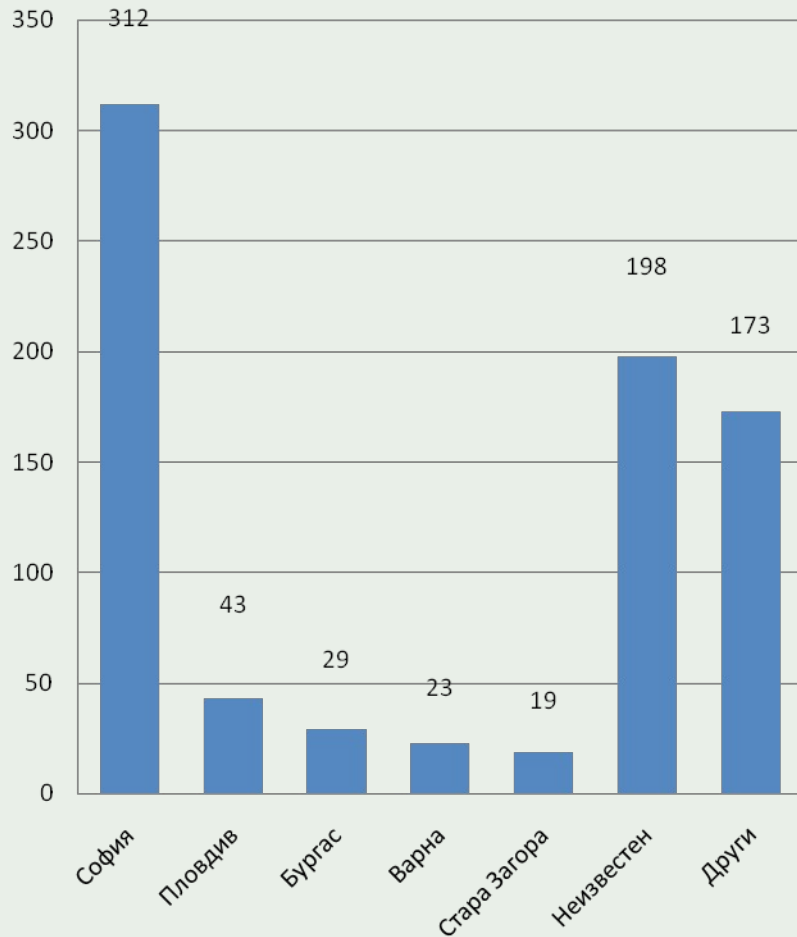
Sex



Sex and Age

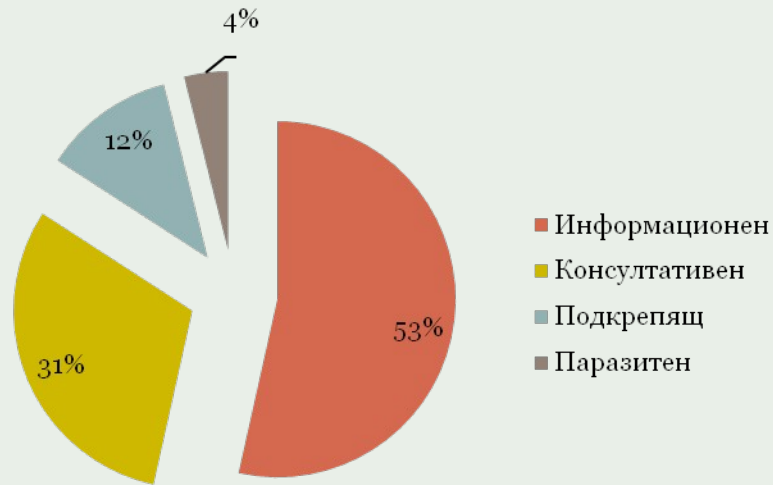
- The activity of the women(529) to initiate the contact is steadily higher than the activity of the man(243). The difference between them grow up sensibly on the time of media campaigns or media appearance of Solidarity. Women more likely looking for contact and decide to solve the problems of their children.
- The middle age of calling men is 40 years, and this of the women is 45. Middle age of all contacts is 43 years. The number of contacts with filled age is 696.

Contacts distribution by cities



- The callings are most often from the following cities:
 - Sofia– 312 (39%)
 - Plovdiv– 43 (5%)
 - Bourgas-29 (4%)
- The number of unknown contacts is significant, because of the contacts, received by e-mail and chat
- The graphic shows really good the problem, which we met during all the time of our work – lack of good partnership with institutions and also lack of developed network in the field of addiction in our country.

Type of the contact



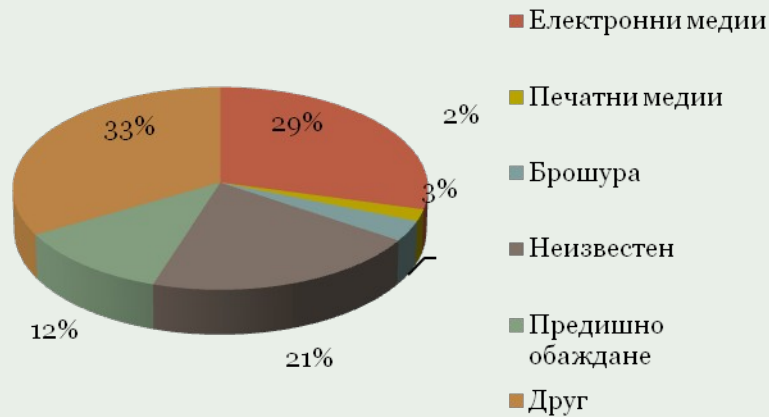
- The majority types of contacts are informative (53%) and consultative (31%), and really often the two types are not in clear appearance and they are marked as part of one contact. The percent of the supportive type contact is significant lower - 12%. 43 (4%) parasite contacts are reiterated for the explored period.
- Informative – questions about tests, effects of the substances, treatment, orientation, searching for treatment;
- Consultative – it is connected with identifying, setting up and define the resolution of a concrete problem;
- Supportive – most often it is connected with emotional work or motivating for a decision

Crossfactor Statistic – duration – type of the contact



- Graphic shows the contacts made only on the phone
- There are showed only middle values
- Supportive contact is longer and more difficult, because it considers emotional work with the caller

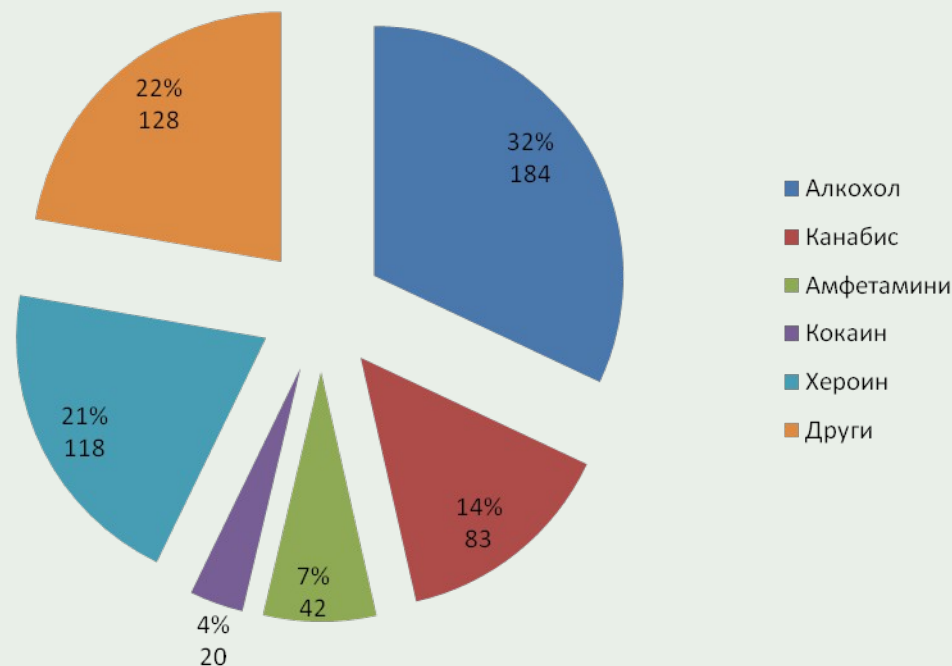
Origin of the contact



- It shows from where people know for us
- The number of the contacts identified as “Other” take a significant share - 33% (266), followed by „Electronic Media“ with 29% (233) и „Unknown“ - 21% (164). 12% (93) of the phone calls were made on the basis of previous contact, that shows confidence in the Helpline. Also it should be mentioned that there are changes in this indicator during the total period compared to the period of 2009 year. In this period the number of the contacts with unknown origin is significant – 21% and also the number of record contacts marked as „other” – 52%. Much of the contacts’ origin marked as „electronic media” is distributed in the months May, June and July. 7% of the contacts are from a previous call.

The main substance for which contact is made

Основно вещество



- As a second substance (in a combined use) are indicated:
 - Amphetamines – 24% (18),
 - Alcohol- 20% (15)
 - Cannabis – 16% (12)
- For the most frequent combinations of substances the results show the following combinations:
 - Cannabis/Amphetamines - 34% (12),
 - Amphetamines /Cannabis – 23% (8),
 - Cannabis/Alcohol – 17% (6),
 - Heroin/Amphetamines - 14% (5)
 - Amphetamines/Cocaine- 11% (4).

Knowledge Data Base



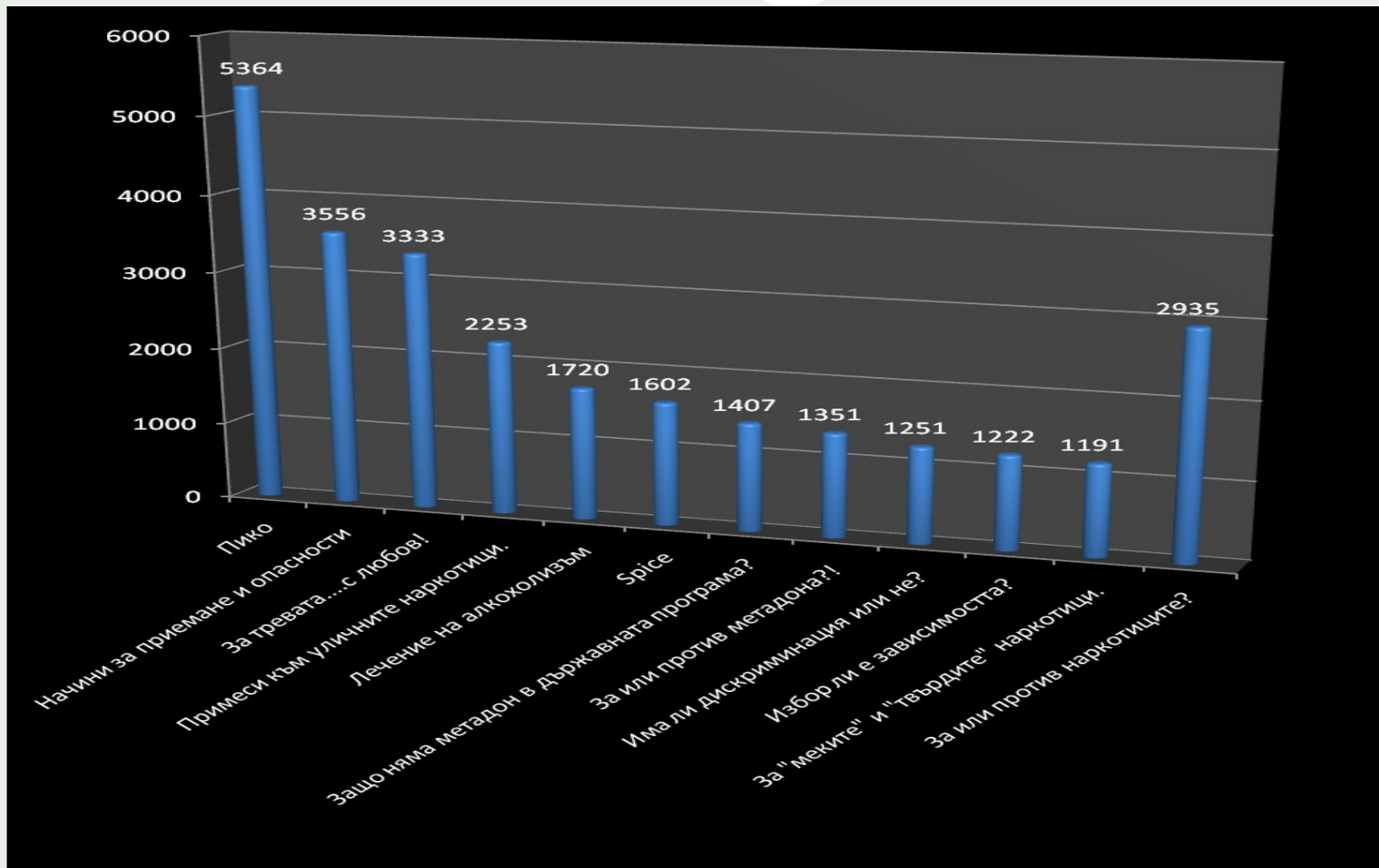
- It refers to interesting questions of users of the services of the National Information Drugs and Alcohol Helpline, for which there is a need of an additional survey.
- Where could be done blood drugs test?
- Are there ways for manipulating the results from the salivary test that the Traffic Police use from 01.03.2010 for drugs?
- Is there a possibility for a heroin addicted person with an effective sentenced served to have a treatment abroad, provided that he or she is not rehabilitated?
- Is an involuntary treatment is possible for a minor person that is heroin addicted?
- What kinds of impurities there are in street drugs?
- In which psychiatric hospitals in Bulgaria can be treated a patient with schizophrenia and a convicted addiction, as during this time his sentence is still running (i.e. execution of the sentence is not interrupt)?

The Forum of www.drugsinfo-bg.org



The forum contains 119 topics, and the total number of comments is 531 (24% - 130 are the share of the consultants' opinions). The total number of registered members now is 233 persons. It is important to mention Forum is mainly used by young people, mainly takes place looking for information about certain psychoactive substances. Sections with the most posts and comments are: „Drugs ABC” and „For users” as the most discussed topics concerning the effects and risks of drugs use, ways of overcoming drug addiction and sharing personal experience of drug users. There is a special section in the forum of Drugs info – “Questions and answers”, in which questions are answered only by the consultants of the Helpline within 72 hours.

The most frequently viewed themes



www.drugsinfo-bg.org



For the period 01.10.2008 – 20.11.2010

Visits of the site:

140 423 total number of the visits

➤ 106 986 absolutely unique visitors

• The most frequently visited pages

➤ Drugs ABC

➤ Cannabis

➤ Amphetamines and methamphetamines

Conclusions



- The services of the National Drugs and Alcohol Helpline are perceived by Bulgarian society as timely and significant ones
- The main strength side – different channels for providing objective and anonymous information to various target groups
- Problem drinking is clearly underestimated by the people who drink and also by the institutions
- Lack of a recovery program for adults (older than 40 years) who have alcohol addiction
- Directive interventions among young people are necessary that are connected with information and prevention of psychoactive substances use.
- A change of education policy in schools is necessary, which cover information and prevention of drug use
- The main weakness is the insufficient network and reluctant partnership with the National Drugs and Alcohol Helpline line of the state and municipal structures.

Perspectives



- Continuation of the work of the National Drugs and Alcohol Helpline
- Project for prevention of alcohol use in a partnership with the Union of Brewers in Bulgaria
- Continuation of the information campaign “Share with a friend” outside Sofia
- Direct work with schools in the form of training for students and teaching staff



Thank you for the attention

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