



FESAT Newsletter May 2009

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Issue 14

Summer 2009

2009 has been a busy year so far

The FESAT Board have been busily completing the current tasks and also preparing interesting activities for the future

Since the last newsletter:

- The new FESAT website is now live and once final live checks have been completed it will be officially launched.
- Our new publication: *Guidelines for E Counselling* is at the printers and will be circulated to members soon. This document is an English translation of the publication done by ChEckIt from Austria.
- We have submitted an exciting application for the Leonardo Da Vinci, Lifelong Learning Programme.
- More recently FESAT submitted a proposal for an Action Project under the European Commissions Specific Programme for Drug Prevention and Information.
- The two latest FESAT Monitoring Reports are just back from the printers and ready for circulation.

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News from FESAT Network members



Finland, Free from Drugs, Irti Huumeista

Old drug use in a new way? We have dealt with more than one case of someone using Cannabis in Ice tea.

Upcoming events?

- Free from drugs 25th Anniversary Seminar, Dec 5th 2009 (www.irtihuumeista.fi)
- National "päihdepäivät" seminar in Turku, Sept 15-16th 2009
- National drugs-program (www.health.fi)

Information submitted by Minna Hakasaari



Greece - OKANA SOS Helpline

News?

- SOS Helpline has two new members of our Helpline team: a psychologist(paid) and a new volunteer psychologist.
- The Helpline has begun to incorporate the Trans-theoretical Model of Behaviour change by Prochaska & DiClemente (1983) into its counselling approach.
- SOS Helpline has been part of FESATs Leonardo DaVinci Learning Programme application as a Partner and part of the Drug Prevention and Information application as Associate Partners.
- We have had inservice training recently on *Crisis calls and how to handle them; The Stages of Change and Club Drugs*. Also staff have attended seminars on *Addictions, families and societies in Crisis; Rehabilitation behind bars and Counselling in Drug dependence*.
- OKANA SOS Helpline has recently participated in the 1st Pan Hellenic Convention on Mental Health & Telematic Applications, which was held in Athens on May 17th, with a presentation of the Helpline entitled: The contribution of Helpline SOS- 1031 OKANA to the psychological support of drug addicts, by the service head Mr Vaghelis Fousteris.

Information submitted by Vaghelis Fousteris



Latvia – Riga Addiction Prevention Centre

New drugs? This Helpline received calls about smoking Spice.

Important news or developments? Riga City Council has been reorganized and as a result of this Riga Addiction Prevention Centre has been incorporated into the structure of Welfare department of Riga City Council. Therefore the administration and contact details have changed to:

The director of Welfare department of Riga City Council – **Inese Švekle**,

Email: inese.svekle@riga.lv Address: 19/23 Baznīcas street, Riga, LV-1010 – for official correspondence – project proposals, cooperation calls etc.

Ilze Vigante – vice-head of Investment and project division – Email: ilze.vigante@riga.lv

Tatjana Justa - chief specialist in Health care administration of Welfare department – Email:

tatjana.justa@riga.lv

We will continue to work on addiction preventions maintaining the centre's objectives and goals.

Information submitted by Tatjana Justa



Italy, Telefono in Aiuto, Fondazione Villa Maraini

News? Telefono in Aiuto has noted an increase in calls about Crack use.

Drug Policy debate? There is a lot of discussion taking place at the moment regarding the government's drug prevention programme.

Information submitted by Vincenzo Palmieri.



Finland, HUS/HYKS

Leena Haili-Nykänen has recently retired from HUS/HYKS after 40 years. FESAT would like to thank her for her contributions over the years, particularly during her time as a FESAT Board member and working on the Ethnic Minorities topic.

The Board of FESAT wish Leena well in her retirement and welcome the new contact person for that service: Mr Jyrki Rosilainen (email: jyrki.rosilainen@hus.fi)



Malta- Supportline 179

Anticipated trends in calls.

- Supportline 179 is preparing for an increase in calls about cocaine use following feedback from Field Workers that the number of cocaine users has increased.
- The legal status and effects of Khat are unclear at present. Supportline expect calls about Khat, particularly because of its association with immigrants from Africa.
- It is expected that 'smart drugs' will start featuring among our calls.

Organisational change

In January 2008, the Drug and Alcohol Helpline '151' which dealt solely with drugs and alcohol amalgamated with Supportline 179. A phase out period took place where callers dialing 151 were diverted to the Supportline 179. As these Helplines were run by different agencies within the Foundation for Social Welfare Standards (FSWS), some organizational changes were made. Supportline 179 is a 24hr free telephone service run by a team of professionally trained volunteers, offering immediate confidential support to callers of any age who require assistance both in day-to-day and crisis situations. These situations include child abuse, domestic violence; addiction and gambling problems. Supportline 179 also provides information on social welfare services and referral systems to those callers who require further assistance.

Upcoming training

Supportline 179 hopes is developing in service training on Smart drugs, Cocaine and Dual Diagnosis

Submitted by Ms Graziella Castillo (Intake & Socio-Legal Service Manager – Agency Appog in collaboration with Mr Manwel Mangani (Service Manager – Drug & Alcohol Community Services – Agency Sedqa)



New drugs?

Towards the end of 2008 we received our first enquiries about Kratom and Indian Hemp, two so-called “herbal highs”. In the last few months we also got a few questions on “stackers”. Stackers are being sold (often online) as food supplements or fat burners and often contain a combination of stimulant products such as caffeine, guarana or ephedra.

Technical Changes?

During the last part of 2008 two of our colleagues did a short study on the feasibility of starting an online chat service at De DrugLijn. Our e-mail service is such a success amongst young people that we looked for more opportunities to reach even more youngsters.

De DrugLijn has made an application for an 18 month pilot project where we would offer the possibility to have a one-to-one online chat with a counsellor three times a week. We now await government approval and an agreement to fund this pilot project.

News/Developments?

In April last a new national awareness campaign about alcohol was launched. Last year, there was a similar campaign focused on both alcohol and drugs. This time the campaign specifically targets young people. The key message of the campaign is: “Don’t fool yourself, too much drinking never has a happy ending.” In the campaign there is an immediate link to the two Belgian drug helplines: De DrugLijn and Infor Drogues.

The campaign is mainly run via youth media and via online marketing and seeding. Via two television spots, posters, banners etc. The campaign is attempting to reach universities, high schools, youth clubs and night life. The campaign focuses not only on alcohol consumption in nightlife, but also aims at the consequences of drinking at work. It contains four main themes:

1) What is alcohol and what does it do to you? 2) Hangovers 3) Alcohol and your friends or partner 4) Alcohol at work.

The Dutch language campaign pages can be seen at <http://www.druglijn.be/index2.html> where there is a direct link to two tv-spots. The same spots can be seen in a French version with English subtitles on youtube: <http://www.youtube.com/watch?v=X5A61a4aO0g> and http://www.youtube.com/watch?v=g_abnRAqV3E.

Changes in Drug laws/ local debate?

On 1st April the national labour authorities announced an agreement between employers, trade unions and the government about alcohol and drug use in the workplace. From next year onwards each Belgian company will need to have an internal policy for dealing with alcohol and drug use at work. The agreement has not the intention to offer a ready-made solution for handling alcohol and drug problems but to offer a framework in which the enterprises can prepare their own policy. The focus is put on prevention. The “National Board for Labour” imposes this to each enterprise according to its size of the enterprise, the character of its activities and the specific risks connected to its activities.

In the framework of a National Alcohol Action Plan, which is being elaborated like in a lot of other European Member States, the Minister of Health has announced some changes in alcohol laws. These plans have been made on several occasions during the past years, but are still being put into law. The measure that got the most media attention is the complete prohibition of alcohol selling to people younger than sixteen years. This measure has been welcomed by a lot of prevention workers, because up until now selling alcohol in bars is prohibited to those who have 16yrs and over, but selling alcohol (except for spirits/liquors) to people under the age of 16yrs was allowed in shops.

Apart from this measure regarding age of selling, some plans were announced to set rules regarding selling alcohol in gas stations and in late night shops. Still, these are not put into law yet either.

Information submitted by Tom Evenepoel



Ireland, Drugs / HIV Helpline

In a time where many drug helplines are noticing a fall in the number of calls that they are receiving, to follow is a list of **20 ideas of low cost helpline advertisement**. This was originally discussed at a recent meeting of the Irish Helplines Network, a group of individuals involved with a variety of helplines across Ireland.

1. Get your helpline featured on teletext, perhaps linked with specific topics.
2. Get your helpline number on television station websites, particularly linked with TV programmes/soap operas that may feature stories related to drug/alcohol use.
3. Get your number included in directories which list helping organisations, including Citizens' Information service directories.
4. Google your service. You may be surprised at what you find. Some may need correction.
5. Email mail-outs. Compile email 'mailing lists' and circulate promotional messages or relevant alerts at no cost
6. Ensure that all of your service leaflets etc are available in .pdf format so that they can be sent by email
7. Take part in radio interviews. Always discuss the questions beforehand and have 3 key messages prepared in advance.
8. Give newspaper interviews. Always ask to see the article before it is published. Be aware that you may be quoted or paraphrased. Have 3 key messages to convey. Don't limit yourself to the paper that you read.
9. Ensure that your number features well in the Telephone directory, The Yellow Pages (business directories) and online telephone directories.
10. Network. Go to events and launches. (and don't forget the FESAT network and FESAT website forum)
11. Regular mail-outs including posters etc. Sticker style small posters may stay in place longer so may be worth the investment Post outs can be directed to Health Centres; Churches; Doctors surgeries; Colleges etc
12. If your helpline is a charity, you could host fund raising events and use them as promotion opportunities.
13. Awareness days/ weeks. Concentrated focus including a press release and radio/newspaper interviews. Be aware that there may be a sudden surge in calls, so extra staff may be needed to cover the phonelines. Some television programmes are good welcome awareness raising interviews etc
14. Awareness bursts. Regular press releases focused on particular topics/ news items. Have contact details of key media people so that you can target this.
15. Target events: Music festivals; race meetings etc. Get your posters displayed or get your number to feature on promotional materials for the event. If you can tag along with an existing campaign and just ensure that your number is on the materials it will not cost anything.
16. Get a website. Learn how to maintain/update it yourself so that costs are reduced.
17. Introduce an email counselling service. This will carry a cost to set up and train staff, but if existing staff can be deployed to operate the service it can greatly increase the range of people who use your service.
18. Set up an SMS service. Again there is a cost to set up this service and train staff, but once established it should run itself.
19. Ask a Celebrity or high profile person to help promote your service
20. Give talks to local community groups. This is a labour intensive method of spreading the word about what you do.

Information submitted by Aileen Dooley



Australia, Cannabis Information and Helpline

The **National Cannabis Prevention and Information Centre**, to which one of FESAT's Australian members belongs, will be organising a first **National Cannabis Conference** on **7-8 September**

The conference will feature a selection of internationally recognised speakers and presenters who will each give their unique perspective on cannabis-related research and issues throughout the sessions.

More information is to be found at their website: <http://ncpic.org.au/workforce/cannabis-conference/>

Information retrieved from the NCPIC newsletter.



Norway, RUStelefonen 08588



New Drugs?

We have had four questions about Spice/ Spice Gold so far this year. This is the first time we have had enquiries about this drug at RUStelefonen. Spice is a herbal smoking mixture, allegedly containing synthetic cannabinoids. The Norwegian police and customs can confirm that Spice is one of the new big internet-drugs.

We have also dealt with a query about Mephedrone (4-Methylmethcathinone) for the first time recently. Mephedrone is a stimulant drug related to cathinone that can be found in the shrub Khat (*Catha edulis*).

Technical Changes? We are still working on the development of a Chat Application, which will probably be launched in the second half of 2009.

Information submitted by Sturla K Naas Johansen

News from the EMCDDA



European Monitoring Centre
for Drugs and Drug Addiction

New Publication

The EMCDDA have a new publication by the EMCDDA on **Internet-based drug treatment interventions**. This is relevant for FESAT members as more and more drug helplines engage in online applications. It is available to download for free at their website: <http://www.emcdda.europa.eu/html.cfm/index78701EN.html>

FESAT attends EMCDDA's celebration of 15 years of drug monitoring

The EU drugs agency (EMCDDA) commemorated 15 years of monitoring Europe's drug situation with an international conference in Lisbon from 6–8 May. The conference, 'Identifying Europe's information needs for effective drug policy', reflected on past achievements and future challenges and highlighted four main themes: Policy, Practice, Trends and Horizons.

The conference provided an opportunity for policymakers, researchers and practitioners to:

- take stock of progress in European drug policy and the EMCDDA's role in this;
- identify and consider future key issues for the drug situation in Europe;
- Propose how these issues may impact on information needs.

FESAT was invited to participate at the conference and both President Patricia Pissarra and Vice-President Tom Evenepoel attended. A full and detailed report of the conference (including abstracts, presentation slides and posters) is available to view / download at <http://www.emcdda.europa.eu/events/2009/conference>

Future Conferences brought to your attention by our members

01-05/06/2009

35th Annual Alcohol Epidemiology Symposium

Organiser: Kettel Bruun Society (KBS)

Venue: Copenhagen, Denmark

Contact: ++45 89429565 / kbs2009@crf.au.dk

web: <http://www.kbs2009.dk/>

02-05/06/2009

12th EFTC European Federation of Therapeutic Communities. Eyes on the Future

Organiser: European Federation of Therapeutic Communities

Venue: Den Haag, Netherlands

web: <http://www.eftc2009.eu/>

07-10/06/2009

12th Congress of European Society for Biomedical Research on Alcoholism

Organiser: University of Helsinki / Finnish Society of Addiction Medicine

Venue: Helsinki, Finland

Contact: ++358 3 233 0400 / ESBRA@tavicon.fi web: <http://research.med.helsinki.fi/esbra2009/>

11-12/06/2009

Addiction and the liver: the rising tide of drug and alcohol misuse

Organiser: British Journal of Hospital Medicine

Venue: London, England

Contact: 0044 20 7501 6762

Web: http://www.mahealthcarevents.co.uk/cgi-bin/go.pl/conferences/detail.html?conference_uid=83

01-04/07/2009

5th Latin Conference on Harm Reduction

Organiser: APDES & GRUP IGIA

Venue: Porto, Portugal

Web: <http://www.clat5.org/en/index.php>

12-24/07/2009

Summer Institute on Alcohol, Drugs and Addiction

Organiser University of Amsterdam

Venue: Amsterdam, The Netherlands

Contact: 00 31 20 525 3776 / summerinstitute-ishss@uva.nl

Web: <http://www-ishss.uva.nl/addiction/>

07-08/09/2009

National Cannabis Conference

Organiser: National Cannabis Prevention and Information Centre, New South Wales, Australia

Venue: Powerhouse Museum, 500 Harris St, Ultimo, NSW, Australia

Contact: +61 425 220 622 / ndarc21@unsw.edu.au

Web: <http://ncpic.org.au/workforce/cannabis-conference/>

08-09/09/2009

6th Conference of INEBRIA: 'Breaking New Ground'

Organiser: INEBRIA

Venue: Newcastle upon Tyne/ Gateshead, England

Contact: 0044 191 222 7213 / inebria2009@newcastle.ac.uk

Web: <http://www.inebria.net/Du14/html/en/dir1339/doc17554.html>

22- 26/09/2009

The use and misuse of khat in a changing world: tradition, trade and tragedy

Organiser: ESF-LIU

Venue: Vadstena, Sweden

Contact: +32 (0)2 533 2025 / jkelly@esf.org

Web: http://www.cpdd.vcu.edu/Pages/Index/Index_PDFs/esfdoc.pdf

25-26/09/09

9th International AKZEPT congress Frankfurt/M. From state control to empowerment of self responsibility. Alternatives to prohibition orientated and repressive control policy

Venue: Frankfurt, Germany

web: www.akzept.org

05-07/10/2009

The 5th European Association of Addiction Therapy Conference

Organiser: EAAT

Venue: Ljubljana, Slovenia

Contact: ++20 3287 7571 / info@eaat.org web: <http://www.eaat.org/>

07- 09/10/2009

Models, implications and meanings of alcohol and drug treatment systems. A thematic meeting of the Kettil Bruun Society for Social and Epidemiological Research on Alcohol

Organiser: NAD, Kettil Bruun Society

Venue: Stockholm, Sweden

Contact: ++358 (0)9 694 80 82 / nads@nad.fi web : <http://www.nad.fi/index.php?lang=en>

11-16/10/2009

52nd International ICAA Conference on Dependencies: Shaping the future

Organiser: ICAA

Venue: Estoril, Portugal

Contact: icaa2009@icaa.org web: http://www.icaa.ch/ICAA_Estoril_2009.html

14-16 Oct 2009

First International E-Mental Health Summit 2009

Venue: Amsterdam, The Netherlands

Web: <http://www.ementalhealthsummit.com>

This newsletter is a compilation of contributions from FESAT members.
The Board of FESAT acts as editorial committee. Thanks to all who contributed.
For more information on FESAT visit www.fesat.org

Do not hesitate to photocopy or forward this newsletter to your colleagues or any other relevant persons.

