

## PARTNERS FROM 13 EUROPEAN COUNTRIES



pro mente Oberösterreich –  
Institut Suchtprävention, Austria



CAD - Centra voor  
Alcohol- en andere  
Drugproblemen, Belgium



Kenthea - Center for Education about Drugs and  
Treatment of Drug Addicted Persons, Cyprus



EHYT – Finnish Association for  
Substance Abuse Prevention, Finland



LWL-Universitätsklinik Hamm - der  
Ruhr-Universität Bochum - Klinik für  
Kinder- und Jugendpsychiatrie, Germany



Athina Ygeia - Center for Prevention of Addictions &  
Promotion of Psychosocial Health, Greece



Forum Prävention, Italy



Education Centre for Families and Schools,  
Latvia



CePT - Centre de Prévention des Toxicomanies,  
Luxembourg



Tactus Addiction Treatment,  
Netherlands



IREFREA - Instituto Europeu para o  
Estudo dos Factores de Risco em  
Crianças e Adolescentes, Portugal



Prevention V&P, Slovakia



National Institute of Public Health,  
Slovenia

## NATIONAL CONTACT ORGANIZATION

### MAIN PROJECT COORDINATION

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click  
for support

**GUIDELINES FOR EFFECTIVE  
WEB-BASED INTERVENTIONS  
IN SELECTIVE DRUG PREVENTION**

Co-funded by the European Union



**LWL**

Für die Menschen.  
Für Westfalen-Lippe.

## BACKGROUND

The EU project "Click for Support" has been developed because digital techniques like the internet and smart phone apps have a big influence on the daily life of young people. They are used for communication with friends, as an information source, shopping and more.

Although those techniques play such a big role in young people's life and only a fraction can be reached through conventional prevention work, still, in terms of drug prevention, the internet is not used on a regular basis.

Web-based methods would provide an easy access to young people, especially to those who would not seek for help or advice in the conventional way. Also, those methods have proven themselves to be a cost-effective way to reach consumers.

The possibilities of web-based offers are wide-spread. They can provide professional feedback on consumption patterns, raise knowledge on drugs and support the reduction of drug consumption interactively.

Another reason why web-based methods should be implemented in daily prevention work is the recent development in the field of new psychoactive substances, so called "legal highs" which is a big cause for concern. Typical for these substances is the low-threshold purchase via internet. However, there are very few web-based offers providing information or feedback on these substances.

Although standardized guidelines could promote the introduction of good-quality web-based interventions with a sound basis of professional knowledge, currently no such guidelines do exist.

## PROJECT OBJECTIVE

The development of such guidelines is the main objective of "Click for Support". Therefore the European knowledge and experience with web-based interventions will be collected and assessed in 13 European countries.

A second objective is to raise awareness on the importance of web-based techniques in the daily work of prevention workers. They should keep up with the techniques the target group uses on a daily basis. In this sense web-based technologies will also be used in the development and for promoting and disseminating the project and the guidelines. For example a LinkedIn group has been established where prevention experts will discuss research results and develop the guidelines together.

The focus of the project will be on young people with risky drug consumption.

## PLAN OF ACTION

After thorough national researches on web-based interventions and the assessment through certain quality criteria and together with young drug consumers the results will be summarized.

Three best-practice examples will be chosen, presented and assessed at the Interim conference. Afterwards a first draft of the guidelines will be developed. After gaining feedback from all project partners and other prevention experts through two Delphi rounds the guidelines will be adjusted accordingly.

The guidelines will be presented at the final conference in Münster and the national conferences in all partner countries. The dissemination of the guidelines should continue beyond the end of the project.

## BACKGROUND

### FEBRUARY – JUNE 2014

- ↓ Kick-off
- ↓ National research of web-based interventions
- ↓ Assessing the web-based interventions together with the target group

### AUGUST 2014

- ↓ National reports
- ↓ Summary of national reports

### DECEMBER 2014

- ↓ Interim conference in Greece
- ↓ Development of the guidelines

### JANUARY – JUNE 2015

- ↓ Development of the guidelines & Discussions in LinkedIn group (Delphi method)
- ↓ Final conference in Münster

### JULY – SEPTEMBER 2015

- ↓ National conferences
- ↓ Final report

## DISSEMINATION