

The reason for Drug and alcohol Programme

The Finnish Red Cross launched a national anti-drug programme in September 2000 in response to requests from various member organizations and groups. Volunteers all over the country were faced with increased signs of drug abuse. In 2007, the anti-drug programme was expanded to a programme against substance abuse. We see anti substance abuse work as an important part of the basic role of the Red Cross; protecting life and health.

Substance abuse presents a significant risk to our well-being and economy. According to statistics, nearly 50% of secondary school students know someone who has used drugs within a year, and approximately 5% of 9th grade students use intoxicating substances

every month. Alcohol is the most common cause of death of working age men and women. Substance abuse is also the main cause in nearly 80% of cases where children are taken into custody. There are 1.2 million people suffering from someone close to them abusing intoxicating substances. The immediate annual costs of substance abuse are nearly €2,000 million.

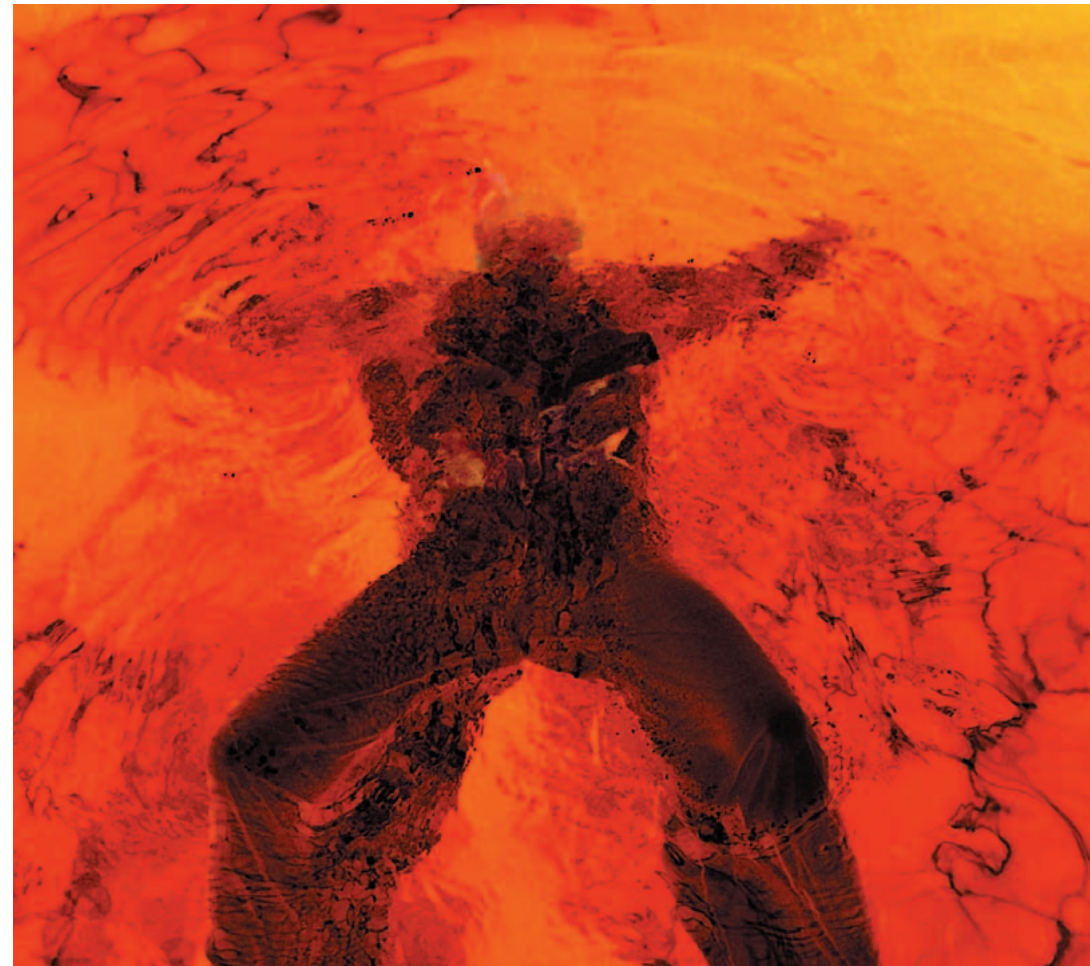
The forms of anti-substance abuse work vary within the roughly 600 different branches of the Finnish Red Cross. Projects are carried out in different ways, depending on local needs. Through various activities, we seek to prevent substance abuse, find alternatives for substance-centred lifestyles, and to reduce the effects of substance abuse.



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For further information related to the FRC anti substance abuse work, contact:

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EVERYONE CAN MAKE A DIFFERENCE

Finnish Red Cross
Drug and alcohol Programme

We do not approve of drug abuse, but we support and help drug users and their families in need of assistance. We wish to question our substance-centred culture and promote choices which improve health and well-being.



Drug and alcohol Programme

Resources

The Finnish Red Cross trains volunteers and employees to take questions of substance abuse into account in all activities, especially in street-level work, first aid work, in volunteer centres, youth groups, and in our education services.

We also offer a wide range of training for other organizations.

Substance abuse prevention

We keep a register of volunteers who have completed the substance abuse advisory course and are committed to prevention work. They act as educators and counsellors in schools, parent-teacher meetings, and in various networks in their own communities. These advisors specialize in different themes and groups based on their own expertise. They also direct the "En käytä" drug abstinence groups for youths.

Early intervention

The Early Intervention Model makes it easier and more effective to intervene in cases of substance abuse. The training teaches to identify drug users, interact with them, discuss the substance problem and to direct them to treatment. Course graduates can commit to the Early Intervention Model in their volunteer- and work assignments and in their communities. Volunteer drug workers will also attend nearly 100 festivals during the summer. The goal is to achieve a drug-free environment and to limit the negative effects.

Other activities

The Finnish Red Cross co-operates with other organizations. An example of this is an internet portal built with Stakes, the National Research and Development Centre for Welfare and Health, which gives information about forms of work after rehabilitation. The FRC has also organized events and training with other organizations working in the field of drug abuse.

Dealing with the topic of Drugs depends on the age group

Children

- Building a strong paradigm in accordance with Red Cross principles.
- Finding the important things for an individual and standing by them.

Youths

- Increasing confidence and resistance to peer pressure.
- Encouraging the formation of individual opinions and reinforcing a critical attitude.
- Offering alternatives of substance-centred lifestyle and information about seeking help.

Adults

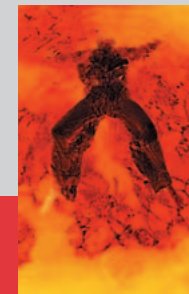
- Helping to realize the effects of personal substance choices.
- Meaningful social activities for different stages of life.
- Identifying the needs of elderly people.

Parents

- Reinforcing the role of a parent; not a buddy, but an adult who sets and enforces limits and boundaries.
- Means for parents for drug abuse prevention.
- Identifying drug experimentation and use.
- Enforcing children's right to a substance-free environment.

Workers who encounter drug users

- Identifying users and information about the risks involved in different drugs.
- Treating the person as a physical, psychological and social unit.
- Offering readiness to intervene and direct to rehabilitation.



Drug-related materials of the Finnish Red Cross:

- Educator or instructor and drugs
- Street work and drugs
- Drug information for elderly groups
- FRC emergency services and drugs
- Group activities for children and youths, "En käytä" groups (6 sessions of 90 minutes)
- A table of drugs (effect, identifying, risks)
- Guidelines for the Early Intervention Model
- "Särkyvää" leaflet for youths