



European Monitoring Centre  
for Drugs and Drug Addiction

# | European | Drug | Report

Selected trends and some insights in prevention

Vilnius, 12 November 2014

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# European Drug Report (EDR) package

## EUROPEAN DRUG REPORT PACKAGE 2014

A set of interlinked elements allowing full access to the available data and analysis on the drug problem in Europe



**Trends and developments**  
providing a top-level analysis of key developments (print and online)



**Data and statistics**  
containing full data arrays, graphics and methodological information (online)



**Country overviews**  
national data and analysis at your fingertips (online)



**Perspectives on drugs**  
interactive windows on key issues (online)

# EDR: country overviews

## Lithuania: drug-related information and data



Our partner in Lithuania

### Drug, tobacco and alcohol control department

Head of Strategy, monitoring and analysis unit  
Lithuanian REITOX National Focal Point coordinator

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### Head of focal point: Mr Ernestas Jasaitis

Since 2004, the NFP in Lithuania has been situated within the newly established Drug Control Department of the Government of the Republic of Lithuania. The main responsibilities of the Department include the implementation of national drug programme, as well as information gathering and dissemination. The department operates under the direct leadership of the Prime Minister, and is responsible for relations with international organisations, including the EMCDDA.

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### Situation summary, Lithuania



Country situation summaries are written with the general reader

in mind and provide short, mainly text-based analyses of national drug situations.

### Prevalence maps



These interactive maps shows patterns of drug use

throughout Europe. The data is broken down by type of drug and population.

### National drug strategies, Lithuania



This resource provides access to the current national

strategies and action plans for each country as well as a brief description of recent and ongoing work in the area.

### Public expenditure profiles, Lithuania



These data sheets on drug-related public expenditure

cover 30 countries and examine how much countries spend on drug-related activities, whether there are specific budgets allocated to drug policy documents, and how drug-related expenditure has evolved over time.

### Health and social responses profiles



How are countries responding to the drug situation in the

area of health and social interventions? Find out with these interactive maps and timeline.

### Prevention profile, Lithuania



What are countries in Europe doing to prevent illicit drug use?

'Prevention profiles' attempts to answer this question using interactive maps and data charts based on expert appraisals.

### Treatment profile, Lithuania



Each treatment profile provides information on the national context,

treatment registries and monitoring systems, treatment demand, availability of treatment services as well as references and resources.

### National reports, Lithuania



National reports draw an overall picture of the drug

phenomenon at national level. The data is an important resource, among others for the compilation of the EMCDDA's Annual report.

### Key data sheet, Lithuania



Key data sheets provide an at-a-glance statistical view of the drug

situation by country and cover areas including prevalence, problem drug use, infectious diseases, deaths, and more.

### Legal profile, Lithuania



Legal profiles describe national drug-related legislation in a

standardised, comparable format. Topics covered include possession, trafficking, classification, prosecution, prevention, treatment, among others.

### Harm reduction overview, Lithuania



Each overview describes the national context, references and

resources; key responses for preventing and reducing drug-related infectious diseases and; drug-related deaths and drug-related harms in recreational settings.

### Drug-related research, Lithuania



National drug related research provides information by

country in the following areas: main funding frameworks, research institutions, scientific journals, websites, main studies conducted and articles published.

# Main topics



## State and trends

- Cannabis
- Stimulants
- Other drugs

## Prevention



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# Cannabis

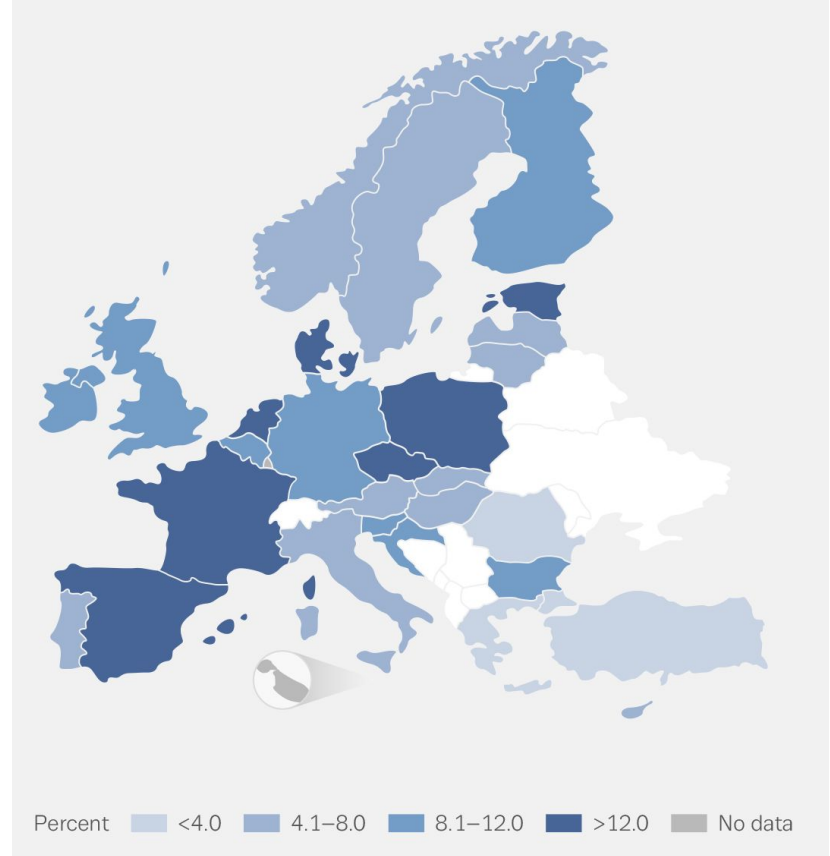


# Cannabis: Europe's most commonly used drug

73.6 million adults ever used cannabis

14.6 million young adults used last year

Last year prevalence of cannabis use among young adults (15–34):  
most recent data



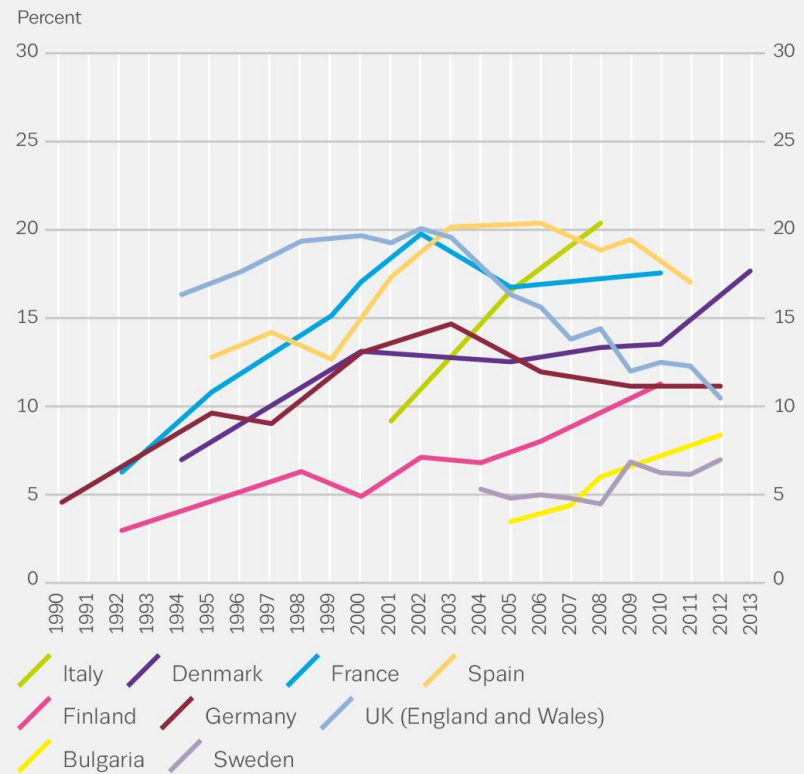
# Cannabis: divergent national trends

9 countries — statistically significant trend

Regional patterns observable

Latest surveys — divergence continues

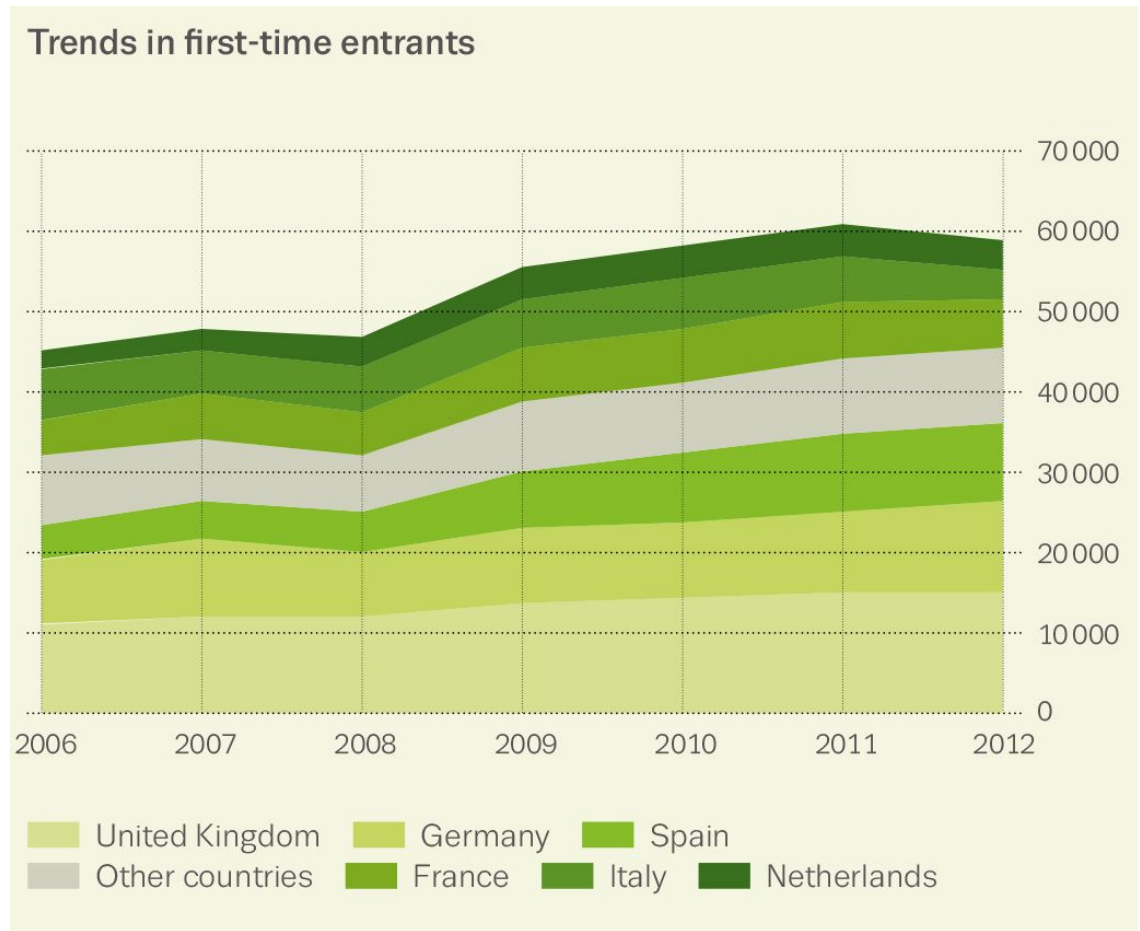
Last year prevalence of cannabis use among young adults (15–34): countries with statistically significant trends



# Cannabis-related problems continue

Most frequently reported drug by new treatment entrants

Almost 1% of adults daily users





# Cannabis supply



Domestic production up

Cultivation of  
plants high in THC

Potency increases for  
herb and recently resin



# Acute emergencies for cannabinoids rare, but increasing

Cannabis-related emergencies — a growing problem in high-prevalence countries

Synthetic cannabinoids — new dimension

Use limited, but can be highly potent



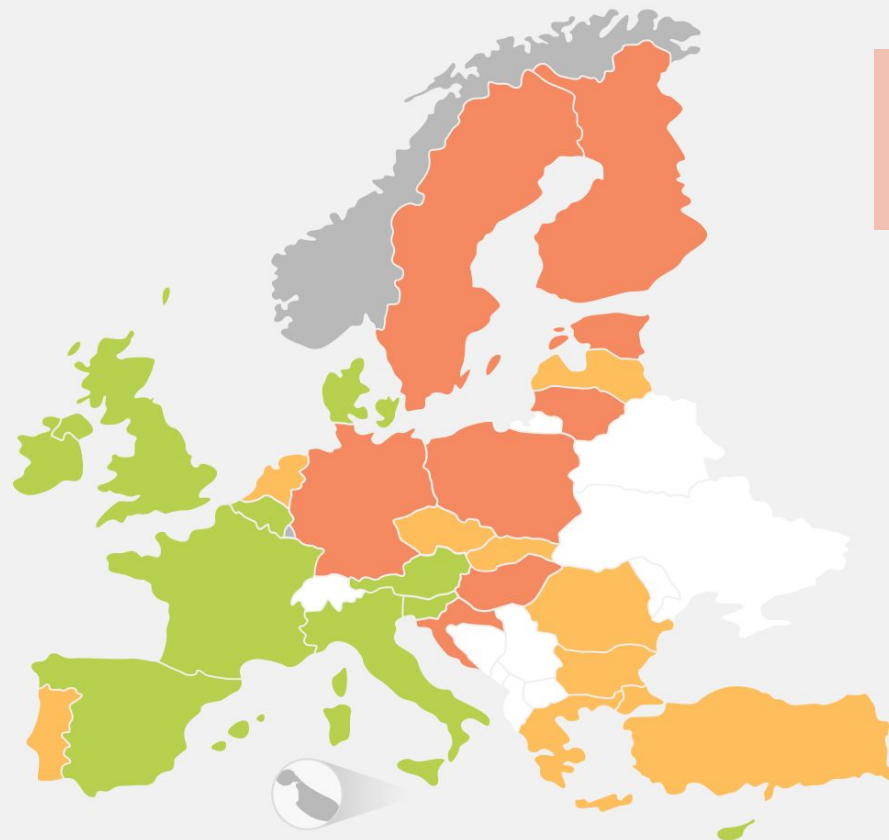
# Stimulants



# A geographically divided stimulant market

2.2 million Europeans (15–34 years old) used cocaine in the last year

Predominant stimulant drug by last year prevalence among young adults (15–34)



1.2 million used amphetamines

1.3 million used ecstasy

■ Cocaine ■ Ecstasy ■ Amphetamines ■ No data

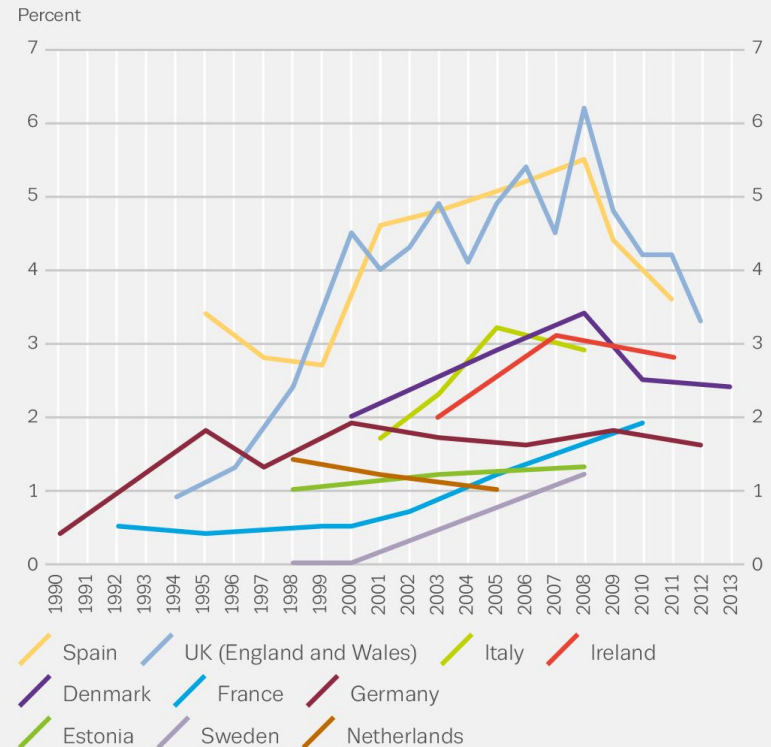
# Cocaine: continued signs of decline

Most commonly used stimulant, but...

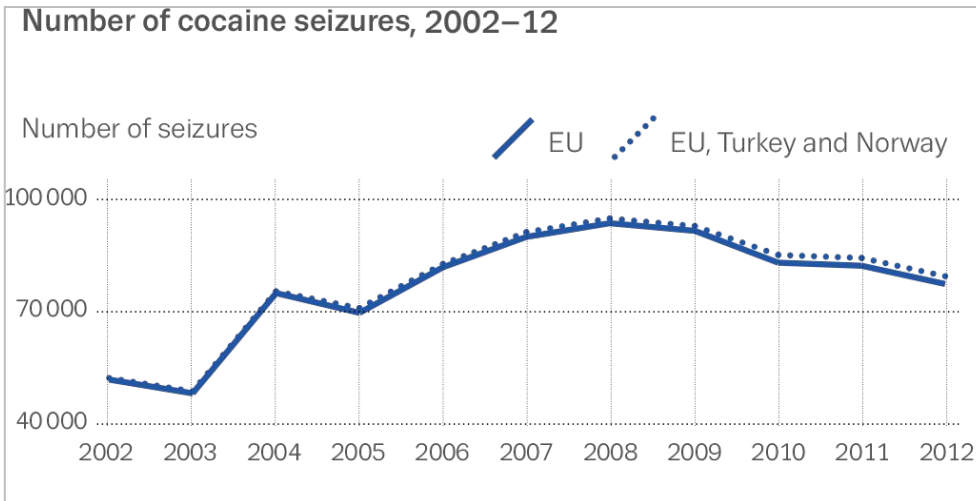
Declines seen for higher prevalence countries

And in 11 of 12 new surveys

Last year prevalence of cocaine use among young adults (15–34): selected trends

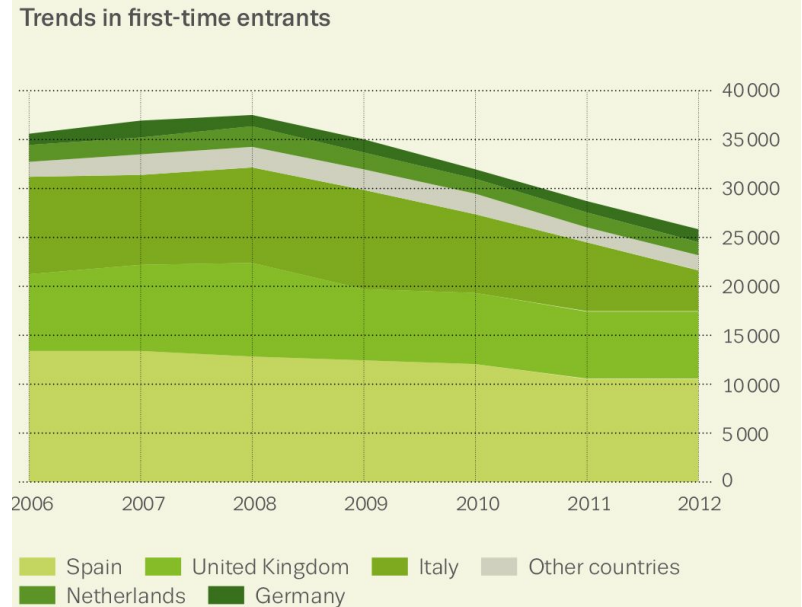


# Cocaine: continued signs of decline



Seizures  
decline  
from 2008

Decrease for  
first-time treatment  
entrants



# Further developments

## Methamphetamines

**CZ and SK:** longer term entrenched patterns of use, but treatment up

**CZ/DE:** cross border markets

**North:** interlinked with amphetamine

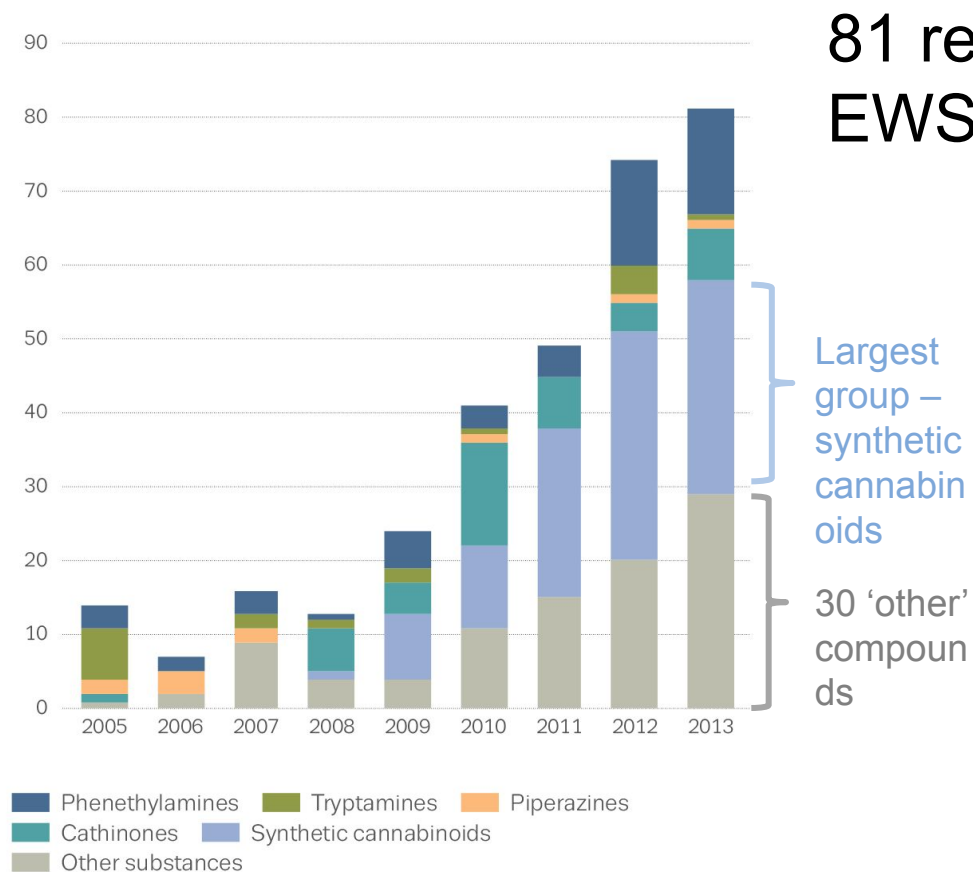
## New psychoactive Substances

more new compounds reported every year, but overall small market size in most countries



# New psychoactive substances — no signs of decline

Number and main groups of new psychoactive substances notified to the EU Early Warning System, 2005–13





# Overall situation: Situation

- Increasingly complex market — with old/new drug divide becoming less relevant, new products, new channels
- Polydrug use the norm — boundaries blurred between illicit substances, NPS, medicines, alcohol
- Stagnation and decline in EU heroin and cocaine indicators,  
but replacement substances and NPS cause concern



# Overall situation: Responses

- Clear progress made on major public health objectives
- Availability of treatment and interventions increased over the years
- National-level exceptions still a challenge
  
- Policies and responses that target a single substance, losing their traction





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# Best Practice in Prevention

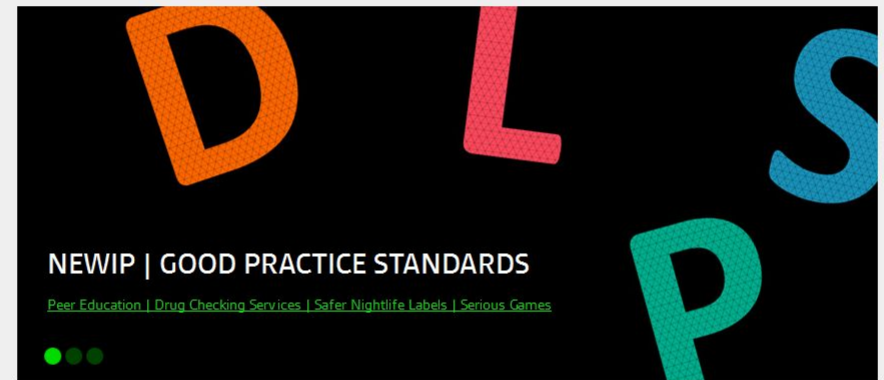
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# Classification of prevention interventions

## The overall framework of prevention strategies

The table below offers examples and direct links to sub-sections for a quick navigation in the prevention section:

	Environmental strategies	Universal prevention	Selective prevention	Indicated prevention
<b>School</b>	<i>Examples:</i> school policies, health promotion frameworks and school climate >>	<i>Examples:</i> interventions for first and early second grader >>	<i>Examples:</i> interventions for pupils with academic or social problems, truants >>	<i>Examples:</i> interventions for pupils with ADHD, Conduct Disorder >>
<b>Community</b>	<i>Examples:</i> tobacco and alcohol policies and regulations (taxes, bans, advertising restrictions), community norms on legal drugs, cannabis and antisocial behaviour >>	<i>Examples:</i> interventions for youth in alternative leisure time programmes, in universal youth programmes outside school, in sports clubs, youth clubs >>	<i>Examples:</i> interventions for young offenders, clubbers, ethnic groups, problem neighbourhoods, experimenting youth >>	<i>Examples:</i> follow-up interventions for paediatric patients with ADHD, depression, or CD >>
<b>Community setting: family</b>	<i>Examples:</i> education styles (laissez-faire, authoritative, authoritarian) >>	<i>Examples:</i> interventions for families at large >>	<i>Examples:</i> interventions for families at risk >>	<i>Examples:</i> help for families with children at risk >>

# Prevention: Some basics

What has proven to be **ineffective**

- Information provision **only**
- Standalone **mass-media** campaigns for alcohol and tobacco consumption

General approach

- Early start
- Overall approach targeting use of different substances



# Prevention for community members

- **Comprehensive** community based programmes are more effective than interventions targeting community or school only in reducing licit and illicit drug use among high risk young individuals
- **Multicomponent** and **interactive** programs are effective in reducing licit drug use



# Prevention interventions for school students

- School based interventions based on **social influence** and/or on **skill-based** interventions have been proven to be effective in reducing licit and illicit drug use
- interventions aimed at **disadvantaged students** and interventions peer-lead have shown promising results



# Prevention interventions for families

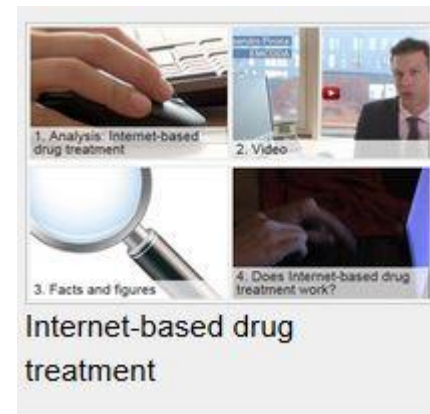
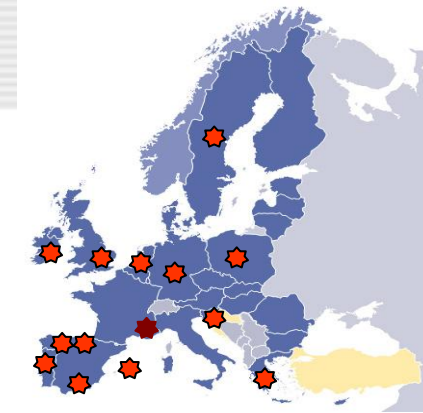
- **Comprehensive** family-oriented prevention interventions proved to be effective in reducing substance use (licit and illicit)
- **Home visitation** for disadvantaged families showed effects in reducing licit substance use





# Some practical examples

- School policy development
- Strengthening Families Programme
- Safer Nightlife
- Internet based programmes





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