



## **Prevention works!**

### **ECAD project promoting Evidence-based Primary Prevention**

ECAD is launching a 12 months-long Primary Prevention Training Program (Aug. 2018 – July 2019), solicited by more than 20 year-long research, based on the international scientific evidence gathered by the Icelandic Centre for Social Research and Analysis (ICSRA) and Reykjavik University.

Our objective is to promote a positive youth development through effective prevention of substance use in the cities of the Baltic Sea region and to broaden the cooperation in the region.

Project parties: representatives from prevention and city administration sectors in **Eskilstuna, Sweden, Tallinn, Estonia, Kaunas, Lithuania, Jurmala and Dobeles, Latvia, Odessa, Ukraine, Minsk, Belarus.**

#### **Activity 1, initial phase: Project Workshop based on the Icelandic Prevention Model**

**Project coordinators and ICSRA meet key people who will be responsible for conducting the prevention work at the local level, collect data, process questionnaires, and more.**

**The project aims at improving cross-cultural contacts while promoting health via substance use prevention in the Baltic Sea Region communities. This is a meeting to ensure everyone is walking in the same direction. Presentations on Methodology, work processes, co-ordination and discussions on practical matters.**

During these 1,5 days participants will get in-depth knowledge about the Icelandic Primary Prevention Model. After the Workshop participants should have adequate information on the feasibility and next steps for implementation of the model in their communities.

#### **WORKSHOP AGENDA**

##### **DAY 1: Tuesday, September 4**

Morning session 09:00 to 12:00

- General introduction to the Project
- Planet Youth model, its methodology and history
- The practical pillars of success
  
- Primary prevention as a building block for healthy communities
- A brief history and scientific criteria for the model, theory and practice

Lunch Break 12.00 – 13.00

Afternoon session 13:00 to 16:30 – CORE FACTORS

- **Your municipality – a short critical overview of your prevention activities. Questionnaires among the youth (14-16 y.o.) on drug/tobacco use if any. (10 minutes per city)**

Break 13.15 -13.30

- The role of municipalities in structural collaboration and networking
- Implementing research into local work-processes
- Raising community awareness, organizing and communication
- Community outreach and motivation

Discussion

## **DAY 2: Wednesday, September 5**

Morning session 08:00 to 10:00

- Field procedures for data collection, coordination and use of data
- Implementation of the model in new communities
- Next steps:  
Contract/ Memorandums of understanding to complete the training  
6 communities with competent coalition teams preselected for the pilot project.  
Gathering information about youth development and primary prevention.

Discussions

Stand up breaks/coffee at regular intervals. Lunch included.

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### INSTRUCTORS:



#### **About Alfgeir Logi Kristjansson**

Alfgeir Logi Kristjansson, is our colleague for 12 years, since 2004. PhD Social Medicine, Karolinska Institute, 2010. MSc Social

Research Methodology, University of Edinburgh, 2004. BA Sociology, University of Iceland, 2003. Alfgeir has published over 50 peer reviewed papers on prevention and one of his special fields is in how to make practical, local use of research findings. Alfgeir currently holds the three following positions: Assistant Professor (2012 – present), Department of Social and Behavioral Sciences, West Virginia University, School of Public Health, Research Fellow (2010 to date), Karolinska Institute, Department of Public Health Sciences, Health Promoting Behavior Research Group and Senior analyst and data coordinator (2006-date), Icelandic Centre for Social Research and Analysis, Reykjavik, Iceland.



#### **About Jon Sigfusson**

Jon Sigfusson is the Director of the Icelandic Centre of Social Research and Analysis (ISCRA) since 2002. His main responsibilities as Director of ISCRA are overseeing and

networking large scale research projects and data collection for youth worldwide. Jon supervises the Youth in Iceland and Youth in Europe programs; evidence-based projects of primary community-based health promotion intervention.

Paralleling his main responsibilities, Jon has served as a board member and coordinator on various projects also aimed at enhancing social factors and well-being of youth and promoting effective intervention, based on proven methods. Jon has held numerous lectures on Evidence Based Prevention at international conferences for years.