



# Magazine

# Freemind

Information  
Prevention  
Mobilization

Issue 5 - Circulation 2021

Matter - *Pages 22 and 23*

## Freemind and ISSUP Brazil

participated in the 63rd Session of the Commission on Narcotic Drugs (CND/UNODC) in Vienna

Get to know **ISSUP** and its National Chapters in Latin America. *Pág. 8 a 13*

**ISSUP** INTERNATIONAL SOCIETY OF SUBSTANCE USE PROFESSIONALS

BRAZIL chapter



Find out all about the **1st International Online School Prevention Workshop** – *Pages 16 to 19*



**Padre Haroldo Saved Me**  
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**International Article – Dr. Zili Sloboda**  
**Prevention science and practice** - *Pages 41 to 44*





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## Expediente

### General coordination

Paulo Martelli

### Editing

Gisele do Carmo Doratioto

### Graphic Project and Design

Camila Pinto de Castro

### Revision

Ana Carolina Doratioto Martins

### Administration

Samuel Bettiol

### Commercial

Gabriele Bernardo



**freemind**  
espírito de unidade

### Call now:

+55 (19) 2103 9980

### E-mail:

[imprensa@freemind.com.br](mailto:imprensa@freemind.com.br)

[relacionamento@freemind.com.br](mailto:relacionamento@freemind.com.br)

[www.freemind.com.br](http://www.freemind.com.br)

Espírito Freemind



## Editorial

The field of prevention of drug use has advanced a lot in experience and knowledge in the last decades, due, in large part, to the advancement of Prevention Science, which reinforces the need to implement preventive public policies based on evidence and offer solid resources for decision making. For this reason, we now have concrete information on preventive strategies that effectively reduce the chances of engaging drug use or that it delays this engagement, among children and adolescents. This is how drug use prevention works: offering multiple strategies, including family and community school actions, aimed at both reducing demand (e.g. reducing the number of people looking for drugs) and the social availability of these substances, aiming to diminish the individual and collective impact of the abuse of these substances in the diverse economic and social sectors, especially through programs and, mainly, policies and laws.

We live in a moment that demands a stimulus to a culture of prevention in the governmental scope, aiming, in essence, the improvement of public health indicators, reducing the excessive mortality of the population, resulting from the consumption of legal and illegal drugs. In this sense, activities in three domains are necessary: 1) understanding of risk and protection factors that can be changed through preventive interventions; 2) evaluation of the effectiveness of preventive interventions targeting these risk factors; 3) identification of the ideal means to disseminate these interventions nationally.

In addition, this same science has shown how effectively a program or preventive policy can, against all odds, be increasing drug use, generating a warning sign about the need to offer interventions based on scientific evidence. Following these guidelines, it was a pleasant surprise to find in this issue, two texts by major American researchers in the field of prevention science: Dr. Zili Sloboda and Dr. William Crano. What both of them bring us is a reinforcement of the imperative of connecting science to preventive actions, both in terms of the content of the programs, and in the need to offer effective and safe interventions to the population. Mandatory reading texts for all future prevention agents in our country.



### Dr. Zila Van der Meer Sanchez

Teacher at the Department of Preventive Medicine at Escola Paulista de Medicina (EPM), Federal University of São Paulo (UNIFESP) and current coordinator of the Postgraduate Program in Public Health at this same institution. She is a professor-advisor for the master's and doctorate of the Graduate Program in Public Health at UNIFESP.

# Free Channel



Hello there! Freemind Magazine again offers the reader important topics related to the issues of alcohol abuse and other drugs abuse, including approaches on prevention, recovery and drug policies. Although the pandemic required social distancing and other care that hinders personal contact, recovery, for those suffering from alcoholism and/or drug addiction, is a continuous movement for the maintenance of sobriety, one day at a time in which drug policies, science and technology can make it easier for alcoholics to remain linked to the treatment and recovery programmes of 12 Steps. Good reading!

**Dr. Mário Sérgio Sobrinho**  
**Prosecutor of the Public Prosecutor's Office of the State of São Paulo.**



I have participated with joy in Freemind conferences since its inception 6 years ago. Every year that goes by we note the evolution and scope of these events. I have learned that it is worth removing people from the streets, because I met several ex-junkies who work with us. But it would be better to prevent this from happening so that we didn't need to initially have devastating experiences for just then we have successful experiences. Through the Project Dr. Bartô ([www.drbarato.com.br](http://www.drbarato.com.br)), Freemind's inseparable partner, we are expanding our material into English and Spanish in order to achieve new partners in other countries.

**Dr. João Paulo Becker Lotufo, Pediatrician and Representative of the Brazilian Society of Pediatrics acts to combat alcohol, tobacco and other drugs.**



"Although it has been a difficult year due to the COVID-19 pandemic crisis that prevented us from meeting and organizing training events and other events together in person, we are very happy with our collaboration in 2020. We have completed an online training in basic prevention based on high quality school, with good participation, from the many local coalitions and prevention projects that have already begun to grow from our joint initiative. We believe that this year will also be a success regardless of the collaboration channel (online or face-to-face). We hope that the situation with COVID-19 will change soon, so that we can see each other and further improve our collaboration and friendship."

**Sanela Talić e Matej Košir, UTRIP Institute of Slovenia**



"How to bring information and awareness to people, especially young people, about ills caused by alcohol and other drugs in a social environment dominated by an advertising, media and cultural billionaire market that so often associates alcohol with the joy of living and drugs to freedom, pleasure and modernity? That's a question that always echoes in the thoughts of those who face this struggle. Freemind is now much more than one of the world's largest international drug prevention congresses. He himself is a response to this unsettling question, by evidencing the victories that can be achieved in this struggle with the mobilization, production and dissemination of knowledge and between all sectors and institutions. Participating in Freemind, in addition to professional and personal growth experience, is an experience that invigorates our hope that this war will be won."

**Cláudia Gonçalves Leite, Director of the Department of Prevention and Care and Reintegration Social Development of SENAPRED/MC**



Hall of Heroes – OEA Headquarters  
– Washington/DC - (Photo Disclosure)

## Inter-American Commission for the Control of Drug Abuse **What cicad is and what is done?**



**OEA | CICAD**



The INTER-AMERICAN DRUG ABUSE CONTROL COMMISSION (known by its Spanish language acronym, SPANISH LANGUAGE ACRONYM, CICAD) is the consultative and advisory body of the OAS on drug issues. It serves as a forum for OAS member states to discuss and find solutions to drug abuse problems, and provides them technical assistance to increase their capacity to counter these issues. Since its establishment in 1986, CICAD and its Exe-

cutive Secretariat have responded to the ever-changing challenges of drug control, expanding its efforts to promote regional cooperation and coordination with and among its member states.

The OAS' Hemispheric Drug Strategy, adopted in 2010, approaches the world drug problem as a complex, dynamic, and multi-causal phenomenon, requiring a comprehensive, balanced and multidisciplinary approach

to find a solution. The Strategy acknowledges drug dependence as a disease that should be addressed as a public health matter, and calls for countries to maintain an appropriate balance between demand reduction and supply reduction activities.

The Hemispheric Plan of Action on Drugs (2016-2020), a guide for the implementation of the Strategy, sets priority actions for OAS member states, placing individuals at the core of drug policies and including a cross-cutting perspective on human rights, gender, and development, with a focus on evidence-based drug policies.



Through its annual programming and a wide range of national and regional projects in the Hemisphere, CICAD assists member states in several ways, including strengthening their drug policies by conducting in-depth research and evaluations regarding drug-related issues and emerging trends, and by providing effective technical assistance and specialized training focused on capacity building. The Strategy and Plan of Action are currently being reviewed by the OAS member states for the next term.

CICAD works closely with partners such as the United Nations Office on Drugs and Crime (UNODC), the International Narcotics Control Board, the Pan American Health Organization (PAHO), the Caribbean Community (CARICOM), the European Monitoring Centre for Drugs and Drug Addiction (EMCDDA) and the Regional Security System (RSS). CICAD also maintains strong ties with civil society, including the participation of civil society in all CICAD regular sessions.

Through CICAD's Executive Secretary, the drug control capacity building and technical assistance section (Institutional strengthening, supply and demand reduction)

and the evidence-based drug policy section (Inter-American drug observatory and mechanism of multilateral evaluation) they provide assistance to the OAS member states.

CICAD's Demand Reduction Unit has outlined the following priorities to address the issues mentioned above:

- Strengthen institutional, technical and human capacities to reduce drug demand;
- Professionalize drug treatment and prevention services, and human talent through training in different modalities (face-to-face, online and mixed);
- Improve the quality of treatment services through the implementation of essential standards of care for programs and facilities;
- Through the Group of Experts on Demand Reduction, provide a hemispheric forum to facilitate the exchange of knowledge, best practices, and experiences on the subject; and
- Target populations with special needs, such as women, children and adolescents.

The Demand Reduction Experts Group is made up of technical experts from OAS member states. Chaired by Colombia and vice-chaired by Paraguay, its objective is to collaborate and provide recommendations to CICAD on the implementation of the Hemispheric Strategy on Drugs. During the COVID-19 pandemic, this group has been working on the Hemispheric Survey on Psychoactive Substance Use Patterns during the COVID-19 Pandemic as well as publishing recommendations on treatment of substance use disorders.

For the past five years, CICAD's Demand Reduction Unit has been working closely with the International Society of Substance Use Professionals (ISSUP) through its National Chapters in Latin America and the Caribbean. Brazil is one of the first Chapters established in the region and CICAD was invited to present at their annual conferences and work in collaboration with different evidence-based prevention trainings. ■

# ISSUP National Chapters in Latin America:

## what are they and what are they doing?

The International Society of Substance Prevention and Treatment Professionals (ISSUP) is a global, non-profit, non-governmental organization established to support the development of a professional drug demand reduction workforce. It is a free and international member organization that brings together a range of professionals in the areas of prevention, treatment and recovery to inform, connect and strengthen their research, practices and policy formulation.

ISSUP promotes high-quality, ethical, evidence-based approaches and practices for substance use prevention, treatment and recovery care, and does so in three ways:

- Digitally, through its exclusive website, social media and newsletters; provision of online network, access to up-to-date knowledge, resources and training;

- Locally, through its National Chapters, taking its mission to countries and
- Through online and face-to-face events, providing conferences, networking and training opportunities.

ISSUP - International Society of Substance Use Professionals established National Chapters around the world to play, at the national and local level, the role of ISSUP and its mission.

National Chapters allow the development and sharing of a family and create a network that focuses on promoting an approach based on evidence for Prevention, Treatment and Recovery, relevant to different cultural environments. It facilitates the professionalization of the supply of drug demand reduction in order to ensure high quality, ethical policies and practices that can be implemented and shared nationally and internationally.

2020 was a very challenging year, but the work of Global ISSUP and its National Chapters didn't stop a minute. See what Livia Edegger, deputy director says:

***"2020 was an important year for ISSUP, despite the numerous challenges created by the global pandemic COVID-19. Throughout the year, the enthusiasm of our National chapters and members fed our work, without which nothing that follows would be possible.***

***Last year, professionals in the prevention and treatment of substance use from all over the joined ISSUP and brought recognition to the workforce. They passed on our message and invited colleagues to get involved. They donated their time, presented webinars and shared their knowledge, research and experiences. They established and developed National Chapters. They participated in our events. Did of our networks a place of rich dis-***



*cussion and exchange of knowledge. They attended our Videos. They liked, commented and shared. They participated in our research and they helped us shape the future of ISSUP. Thank you. All this is only possible with the support of members and the National Chapters.*

*This gives us reason to celebrate and be proud to promote ISSUP's vision: to be a network internationally connected, trained, well-informed and effective prevention professionals, treatment and recovery of substance use, performing and promoting high quality, evidence-based and ethical prevention of substance use, treatment and support for Recovery.*

*The National Chapters also helped address the COVID-19 pandemic in their countries, providing practical support and specific contributions to meet increased demand by health services. We would like to acknowledge and thank everyone for their hard work, support and commitment they have given to ISSUP."*

**What is the relationship between CICAD and the ISSUP National Chapters in Latin America?**

**The Inter-American Commission for the Control of**

**Drug Abuse (CICAD)** will work with the ISSUP under the Cooperation Agreement signed by both organisations to support the development of the National Chapters of the Caribbean and Latin America.

One of the main objectives is to promote the effective, high-quality and ethical reduction of demand for substances. This will be achieved by continuing to work on the professionalization providers of prevention and treatment services through universal training, technical assistance and international accreditation. At the regional level, CICAD will promote ISSUP networks and collaborate with the coordination of ISSUP Regional Meeting for the Western Hemisphere.

**How many and what are the National Chapters in Latin America?**

Six (6) National Chapters in Latin America are already established: Argentina, Brazil, Chile, Ecuador, Mexico and Peru. If we consider that the total surface area of Latin America and Caribbean is 20,425,500 km<sup>2</sup> and the total population of Latin America and the Caribbean is about 641,360,000 inhabitants (2018 data, taken from <https://www.google.com/publicdata/directory>), **we will see that the 6 countries with Chapters established ISSUP National represent**

**76.17% of the surface area and 69.85% of the total population of Latin America and the Caribbean.**

This demonstrates the strength these countries have to work on the issue of the misuse of substances, help establish and update public policies and the training of professionals involved in this area.

**Learn more about each of the National Chapters of Latin America**

## Argentina



ARGENTINA chapter



The national chapter of ISSUP Argentina, formed at the end of 2019 and 2020, placed us in the covid-19 pandemic framework, made us look for alternatives for work and also in the committed to generating content of collective utility, mainly because of the impact of that this new global context has had on mental health and the use of psychoactive substances (a number of articles have been published on the subject in different countries).

We have generated alliances with different institutions such as the Argentine Society of Pediatrics,

Argentine Association of Therapeutic Justice, the Federation of Non-Argentina's Government Authorities for the Prevention and Treatment of Drug Abuse (FONGA) and other Governmental and Academic Organizations, with those of us who have carried out different training activities. Of course, an important part of our work joint activities and strategic cooperation with the other chapters of the Region.

We set up a forum of technical teams working in prison institutions, with the to disseminate good practices and exchange experiences and knowledge. We carry out with excellent assessments the first "Diploma in comprehensive approach to the problematic use of drugs" and we dictated the first cohort of the course "Epidemiology for Treatment Centers"

We develop 13 webinars on topics of interest and participate in more than 10 conferences in different countries.

Finally, we publish in the scientific journal "Acta Psiquiátrica y Psicológica de América Latina" a research carried out jointly by the national chapters of ISSUP in the Region, on "the impact of pandemic in chemical dependency treatment centres"

In this year 2021, we are also very active, building from what was done in the previous year and having on the horizon contribute from our place to the global network and organize the formal launch of our national chapter.

## Brazil



BRAZIL chapter



Brazil, a country of continental dimensions, with very different cultures and religions, has multiple challenges that deserve and need attention. One of these immense challenges is related to drug use, which has been increasing and mainly affecting children and adolescents who, in addition to becoming chemically dependent, often enter the life of crime and the statistics of violence, due to the use and abuse of licit and illicit drugs.

Prevention programs are fundamental and can be carried out through interventions in schools, family and community or by public policies restricting access and advertising, but should be made on the basis of scientific findings and with evaluation of effectiveness.

Based on this informa-

tion, the Freemind Mobilization, since 2012, has sought – through Conferences, Events, Marketing and Spirit of Unity - bringing all these volunteers and professionals from other important characters in this clash: local governments scientists and academics and civil society for training, professionalisation and exchange of experiences.

And so it was, under this identity and cause, that in July 2016 at a meeting of the Directors of ISSUP in Geneva, came the first negotiations for the Freemind Mobilization become the host entity of the Issup National Chapter in Brazil and today the ISSUP Brazil - International Society of Volunteers and Professionals for the Prevention and Substance Use Treatment is constituted, by Paulo Martelli being its president.

Despite the pandemic that has somewhat limited the face-to-face actions already established for the Freemind and the National Chapter of Brazil, 2020 was a very productive year with a lot of content on our blog and on our social networks, various awareness meetings with Brazilian entities and institutions, strategic meetings with the Federal Government, meetings with the Advisory Board

and the Operational Board of the ISSUP Brazil Association.

In March we were present at the 63rd session of the Commission on Narcotic Drugs, in Vienna, where we were able to participate in the Global Training of the Drug Free America Foundation – that generated an invitation to be, alongside Argentina, Regional Leaders of Prevention in Latin America. We also participated in the election of new members of the Bureau VNGOC Directive - General Assembly of the Ngo Committee on Drugs of Vienna and we have won the support of Movendi International and the WFTC - World Federation of Therapeutic Communities.

Also in Vienna, we signed a Technical Cooperation Agreement with the Utrip Institute, and with this partnership, in 2020 we held the 1st International Online Workshop on The Prevention with 255 registrants from 16 Brazilian states and 7 countries, including India, Vietnam, Pakistan, Chile, Argentina, Ecuador and Paraguay.

We also coordinate and organize the contents of three (3) booklets for the Secretariat National of Drug Prevention and Prevention Agency - SENAPRED and renewed the Agreement on Technical Cooperation

with SENAPRED in December.

## Chile



CHILE chapter



Last year will be in our memory as the year we had to learn to work in a new context, how to continue providing assistance and support, and how to continue addressing prevention in a virtual context.

Undoubtedly, a much wider connectivity window has been opened with our partners than allowed by presence. Early on, we started conducting webinars and we were surprised by the great turnout that each achieved. In this way, we begin to identify the great need for learning and connection that existed between those of us who work in this area.

We conducted a webinar on mental health care in times of crisis, considerations on remote care and telemedicine, approach to occupation in times of confinement, drug use in adolescents from a systemic relational approach, preventive policies in higher education. In addition, we were able to get to know the main guidelines of the National Drug Agency's (SENDA) prevention and

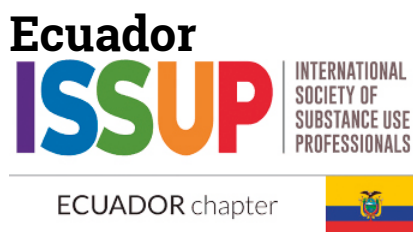
treatment system. These seminars, together with those organized by our colleagues from the Latin American chapters, have created an important upgrade offer by Spanish experts.

Like every new situation, tensions and needs are generated that eventually turn into opportunities to develop new strategies. In Chile we saw the need to talk to our partners about this in meetings we call conversations, whose objective was to identify the main challenges and new responses to these challenges and tensions in the prevention, treatment and social inclusion. What are the priorities of the people who are in the process of recovery, which occupies prevention in this context of crisis. These and other results of the study, conducted with the support of CICAD, will be presented on February 25, 2021, at a webinar organized by ISSUP. We have the conviction that it will be a contribution to technical development in this area and will enable the identification of gaps and guide the future challenges of the chapter.

Finally, as the Board of Directors, we also face the challenge of redefining our action plan. However, the transition from face-to-face space to virtual helped

us, in a way, and motivated the generation of various activities, some of which we describe. Without a doubt, the pandemic has left painful memories, however, in the professional field it has been an opportunity to connect and support each other, fostering growth and consolidation as an organization.

The National Chapter of Chile in ISSUP is chaired by Lorena Contreras Escudero.



ISSUP Chapter Ecuador was born in August 2020 and is led by Fundación Instituto Prevé, a non-profit social organization dedicated to the prevention and treatment of dependency behaviors. ISSUP Ecuador's main mission was to advise the Ecuadorian parliament in the reform of the law of integral prevention of the drug phenomenon, which has been approved and is in course. This new legal framework establishes the competence of preventing local governments, universities and educational establishments.

With law enforcement, ISSUP Ecuador has supported local governments with

training and structuring of a prevention management model and has also developed a cycle of training for the student welfare departments of all universities in Ecuador for understanding the drug phenomenon based on evidence of prevention.

In December 2020, we began training for Drug Prevention Specialists with the Universal Prevention Curriculum, in agreement with the OAS/CICAD and the INL of the United States Department of State. The aim is to strengthen the skills of actors in prevention and treatment.

2021 begins with two important challenges: getting Ecuador's new president to consolidate a public policy of confronting the drug phenomenon and the second is strengthening the national chapter by bringing together the largest number of professionals to share knowledge, experiences and challenges.

ISSUP Ecuador is chaired by Dr. Diego Riofrío and counts on the collaboration of professionals with extensive experience in the different components of prevention and treatment of chemical dependence.

## Mexico



MEXICO chapter

At the ICJ - Youth Integration Centers, we are proud to be the organization based in Mexico to the International Society of Professionals in the Prevention and Treatment of the Use of Substances (ISSUP).

With this, we seek to disseminate the vision and mission of ISSUP Global in the country and contribute to the formation of an international network of professionals dedicated to the care of dependencies, who promote care based on the latest scientific evidences, high-quality and ethical principles that always respect the rights of humans.

The president of ISSUP Mexico and Director General of the ICJ is Carmen Fernandez Cáceres.

We invite you to be part of this great community and to participate in the various activities that we will carry out throughout the year, whether virtually or in person, when the pandemic COVID19 allows us.

Membership is free and will allow you to be part of the largest professional workforce and thus conti-

nue to contribute to the exchange of knowledge, best practices, interactive materials and more.

## Peru



PERU chapter



The ISSUP Peru Chapter was recently established on October 29, 2020. The institutions that promote this initiative are: The Mental Health Directorate of the Ministry of Health, the Peruvian University Cayetano Heredia and CARE Peru. CARE Peru signed with ISSUP Global for the period of 2021. The GROW Project Coordinator at CARE Peru is Elena Esquiche León.

The main activities that will be implemented this year in the virtual modality are linked to training actions, dissemination of successful interventions, knowledge management, intervention models in the area of prevention, treatment and rehabilitation of the consumption of substances:

- Virtual discussion: Results achieved in the care of women's dependencies and adolescents in 18 regions of the country.

- Virtual discussion: Results achieved in mental health care and addictions by LGTBI population in 7 regions of the country.

- Workshop on good practices and successful experiences to bring together health services and chemical dependence in 18 intervened regions.

- Scientific Conference: Presentation of research theses of women with problems with substance use at the Peruvian Cayetano Heredia University.

- Virtual conference: Initiatives, successful experiences that are improving access to mental health and chemical dependence services by the LGTBI population

- Virtual Conversation: Results, analyses and challenges to improve the quality of service to women, adolescents and LGTBI community in the services of the Ministry of Health

- Course on policies to prevent the use of psychoactive substances

- Development of social and emotional skills: family connection

- Virtual meeting: Professionalization and university certification of prevention agents

- International Virtual Meeting: The day of prevention

- Strengthening the competencies of professionals working in health services in which patients with problems and/or mental disorders arising from the use of psychoactive substances through the GROW and SOGI Curriculum.

- Virtual meeting: Community experience in the treatment of dependencies, articulation of community services with peer groups of Alcoholics Anonymous and Narcotics Anonymous

- Virtual meeting: experience of the community in the treatment of dependencies, articulation of community services and continuity of care with care centers for dependents that act in the modality of therapeutic communities.

- Virtual meeting: Universal Treatment Curriculum aimed at professionals working in chemical dependency services in community health centres.

- Virtual meeting for the socialization of the Technical Standard: for Mental Health Care of People with Alcohol Poisoning. ■

## ISSUP National Chapters make a difference in **Europe and the Middle East**

We asked Jeff Lee, Senior Consultant at ISSUP Global, to share with our readers some thoughts on the other National Chapters in Europe and the Middle East.

Follow his answer:

*"ISSUP now has 24 National Chapters established around the world. They are part of the of the ISSUP Family and include members from all continents. Now we have national chapters Afghanistan, Argentina, Brazil, Czech Republic, Ecuador, Greece, India, Indonesia, Italy, Kazakhstan, Kenya, Kyrgyzstan, Lebanon, Mexico, Nigeria, Pakistan, Peru, Philippines, South Africa, Togo, Uganda, Ukraine, United Arab Emirates and United Kingdom. There are many others who wish to join us and with a global joining of more than 17,500 the ISSUP family is growing significantly.*

*Allow me to share how things have developed in Europe and the Middle East. The United Arab Emirates, through its National Recovery*



Jeff Lee has worked in more than 80 countries, including consultancy work for governments, the EU, WHO and UNODC. As a Senior Consultant at ISSUP, your focus is to support the establishment, development and support of your National Chapters.

*Center in Abu Dhabi, have always been willing to work with ISSUP to share their experiences and knowledge and learn from others who work in the area. The National Chapter is still building its plans for the future in the country, while the main focus is on a major ISSUP International Event in spring 2021, which will offer a unique training and a Conference. Watch this event!*

*ISSUP Lebanon is very active, especially in the field of prevention, and has offered a number of very interesting webinars with a focus on prevention. It intends to build its mission of training online and, once COVID restrictions allow, the activi-*

*ty of face-to-face training. Its launch in 2020, despite all the challenges that the country faced, was attended by almost 1,000 people and the work carried out by a small team of committed employees reflects very well their commitment and what is people offer their time, interest and experience.*

*ISSUP Greece, Italy, Czech Republic and United Kingdom are relatively new in the ISSUP Family and are in the process of building their work plans and planning for the work they wish to accomplish. Each Chapter will advance at its own pace, with the support of the ISSUP Global in order to make an impact and con-*

tribute to the reduction of drug demand on their own and learn and share with each other through the relationships they are able to build with the other chapters. ISSUP Greece promises to be extremely occupied and active through its small but energetic team, while the Czech Republic and Italy can move slower according to resources, both human and financial resources that may commit to their role in ISSUP. Our motto has always been "slowly, but safely" and "quality before quantity". ISSUP UK is our newest member and is now planning its release and work function. It's already looking at the launch of ISSUP Ukraine in 2020, which offered a valuable model for the introduction of ISSUP in your country by participating in a major Conference with contributions experts on the issue of reducing drug demand as part of the launch; webinar and Conference combined.

It is important to remember that our National Chapters act to provide the role and contribution of ISSUP globally at the national level. They will offer different inputs because their work will reflect different forces and respond to different needs in the reducing drug demand. They will work at different speeds and will achieve different things. However, what unites the Family is the common goal of helping people in your country and, through

your example, learn and share, also help and support the international community to reduce the demand for drugs to professionalize the workforce to reduce drug demand and promote evidence-based, high-quality and ethical practice. Some of our chapters can only go up one step at a time; others may be jumping two or three. Everyone's intention is to climb to the top of the ladder, but for some it will take longer than for others.

A final example of National Chapters working together to provide the opportunity for people to climb the first step is reflected in the training of facilitators of National Chapters through ISSUP Global to offer the INEP online program (Introduction Evidence-Based Prevention) Plus in their countries. Twenty of the Twenty-Four

Chapters involved in this new initiative to present prevention to people interested in each of their countries. 40 people are being trained as facilitators and then will be encouraged and supported to conduct training in your country with at least 15 people as a follow-up of your training. That means there will be 600 "new" people beginning their "prevention careers" in the next 6 months.

There is little doubt that the ISSUP National Chapters are making a difference!" ■

(Photo: ISSUP Global Archive)



# Find out everything about the **1st international Online Drug Prevention Workshop in Schools**

Written by **Samuel Tiburi Bettiol**  
Operational Manager of Freemind and ISSUP Brasil



Imagine if we could somehow implement a process where all schools in our country have some kind of activity in which our young people are prevented from making the wrong choices in their future. Who wouldn't find this wonderful here?

That it could also change some of the behaviors we have in relation to drug use, whether through the culture we have acquired over the years or the relationship we have in the face of the dangers that its use can have. If it brought relevant information about what already works **or does not work** elsewhere in

the world, and teaches us to act correctly.

**Well, this is the path we are on!** Remembering our mission: **Helping people to help more people.**

After having developed training with our UTRIP partners, Matej Košir and Sanela Talić, we entered a year where every activity and event was canceled and we had to change the format of our School Prevention Course. In this way, we created an online environment so that people could train themselves and learn a little about what Evidence-Based Prevention is in practice. Something that

the staff at UTRIP does with excellence!

The course had a workload of 8 hours between videos, dynamic tests and webinar. It brought relevant information about evidence-based prevention and gave us a bit of a north to start designing prevention projects across the country.

So far, more than 250 people have passed through our platform, including teachers, school directors, education directors, psychologists, people linked to the Education Departments and people from all over the world, who have shown enormous interest in our Workshop.

Soon we will take the next steps in the formation of prevention groups that will run pilot projects in different places in Brazil. The stage will be monitored and evaluated by specialists so that we have relevant data for the construction of new interventions.

In 2021 we have the challenge of maintaining our training in an online format, including a Course on Drug Prevention in Schools with live classes for more than 35 people. If all goes well, this same course should take place in person during our 7th Conference.



## How did the idea for this Workshop come about?

On March 4, 2020, during the **63rd Session of the Narcotics Commission of the United Nations Office on Drugs and Crime (CND/UNODC)**, in Vienna (Austria), representatives of the National Chapter of ISSUP in Brazil and of the **Freemind Mobilization**, Paulo Martelli and Samuel Bettiol with the representative of the **UTRIP Research and Development Institute**, Matej Košir to sign the Technical Cooperation Agreement between these two entities.

**Dr. Quirino Cordeiro Junior**, National Secretary for Drug Prevention and Care in Brazil, witnessed this agreement.

There were more than 3 days of talks to align the work and expectations for this pioneering project in Brazil that aims to **help many people to help other people**. The participants were very motivated and enthusiastic about the opportunity for this joint work. Dr. Quirino, who in 2019 representing the National Secretariat for Drug Care and Prevention - SENAPRED - also signed a Technical Cooperation Agreement with ISSUP Brasil said that it is a pleasure to be witness to an

agreement that would greatly benefit our country and that it would bring undoubtedly more possibilities to work together and effectively in actions to prevent drug use in Brazil.

To Matej Kosir, the agreement was an extraordinary opportunity for UTRIP which has been already developing projects with various institutions, but none with the size and the work that ISSUP Brazil performs.

This Technical Cooperation Agreement aims to carry out studies, actions and foster strategies in the area of prevention of legal and illegal drug addiction and places UTRIP in charge of developing the technical content of the actions and providing classes and speeches. ISSUP Brazil is responsible for the organization, promotion and infrastructure of such sharing.

Among the actions proposed for the first year of this agreement was the holding of 2 (two) face-to-face Workshops for the Prevention of Drug Use in Schools. With the emergence of Coronavirus and all its consequences, it was necessary to adapt the Workshop to its online form. And it was a success!

Look at what the main coaches of this Online Workshop, Matej Košir and Sanela Talić of UTRIP, Slovenia said on this:

***“A work of prevention strategically and carefully planned always pays off”***

*After the Freemind Congress and a two-day training on school prevention in december 2019, we were confident that we would establish excellent strategic cooperation with the organizers (ISSUP Brasil) in many participants, professionals wonderful and with a high-quality experience with which we have established a friendship relationship.*

*We knew that we would continue with trainings (basic and advanced) and multi-year support in building local prevention coalitions and systems and developing local programmes and projects, especially focused on the school and community environment.*

*Based on our initial collaboration and plans, we have also signed a multi-annual cooperation agreement in March 2020 in Vienna (as part of the CND event). The way we approached the project in advance proved to be the right one. It was very useful to assess the situation on the ground (e.g. in some local schools and the communities), the current level of knowledge, skills and experience, and the needs of professionals in schools in the field of prevention. We could not know at that time what awaits us in 2020 and obviously also in 2021 in connection with the COVID-19 pandemic. Last year, we planned at least two live educational events and a*



Dr. Quirino Cordeiro Junior, National Secretary for Drug Prevention and Care, witnessed this agreement

meeting at Freemind Congress, unfortunately cancelled at the end of 2020.

We quickly organized ourselves according to the unfavorable situation and, thanks to ISSUP Brazil, transferred our activities to the online platform and prepared several training modules on the topic of school-based prevention.

We covered all relevant areas, such as e.g. terminology and definitions in prevention, epidemiology, theoretical background and different approaches and models, prevention standards, school-based and family-based prevention, social and emotional learning, environmental prevention strategies and advocacy, monitoring and evaluation and building a prevention system in the school environment and (local) community.

We were very positively surprised by the response and interest of the participants, as we soon exceeded the number of 100 registered experts and professionals in the online training. And not only from Brazil, but also from other Latin America countries and beyond.

Besides a huge interest for the training, we succeeded to conduct all the planned modules and complimentary activities (e.g., assigned "homework" exercises) and additionally establish communication with some of the most active participants (at least to some extent according to the large number of participants).

In the autumn 2020, we organized an additional joint webinar with special focus on some key training topics (e.g., school climate, school policy

and school curriculum, social and emotional learning, local prevention system and advocacy) to consolidate the acquired knowledge and upgrade communication with the participants.

We are convinced that in 2021 we will continue to upgrade cooperation, select the most promising local projects, establish a support group of additionally qualified experts for cooperation, and involve some other local communities and the school environments in the project.

We certainly have many strategic and long-term challenges and opportunities ahead of us, so we will work together to overcome them, establish strong and sustainable prevention systems at local level and, over time, evidence-based prevention programmes as well. We look forward to spending time with you at the end of 2021 at this year's Freemind Congress in your capital Brasilia. See you!

**"Look at what some of the participants said:**

*"During these months, I was able to reflect a lot on the proposed theme. The*

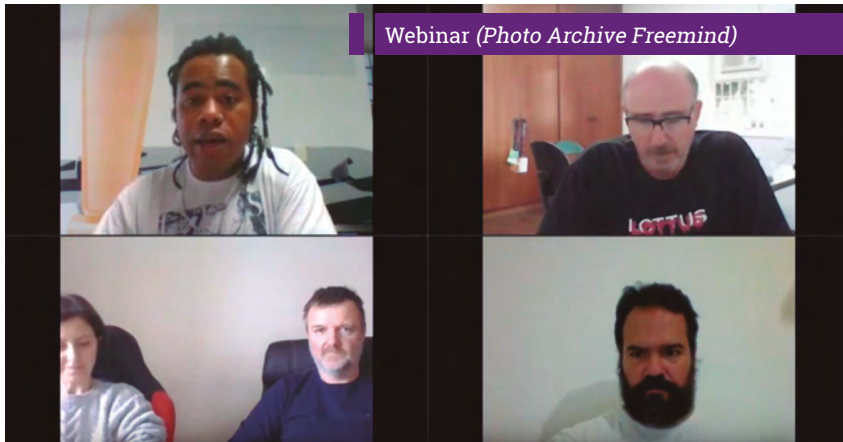
*naive view made room for the critical view in order to think of effective ways to deal with the problem in the community where I work. I appreciate the unique opportunity!" – Warlen F. S.*  
*"I really liked the format of the course presented in order to prepare for the webinar and for the face-to-face course next year. It was a very interesting alternative to overcome this pandemic period". – Cristina C. R.*

*"Hola, me gusto mucho el curso. No creo que en Argentina estén acostumbrados a este tipo de prevención seria y a largo plazo. Ya que es un país que le da más importancia a la asistencia que a la prevención. Me voy mas enriquecido y con ganas de implementar todo lo aprendido. Muchas gracias!" – Ignacio J. M. C.*

(Translation: "Hello, I really enjoyed it. I don't believe that in Argentina people are used to this type of serious prevention and of a long term. Argentina is a country which gives more importance to assistance rather than prevention. I've been enriched and willing to implement all i've learnt. Thank you so much!")



Sanela Talić and Matej Košir (Personal Photo Archive Photo)



of measurable results. I really liked the methodology! Thanks for the opportunity!"  
 – **Maria L. S. N.**

"I rate it as very positive and purposeful. Takes the hassle platform of innovative content, rich, fantastic mentors. I want to leave special thanks to Mrs. Gabriele, who is always kind and available. I leave here wiser with issues related to scientifically based prevention". – **Wladimir C. I.**

"Good afternoon! Excellent course, very complete in terms of preventing children and young people. It would be of great value in the project that starts with an NGO that works with children. Rich material in information and practice. I really appreciate the opportunity". - **Edson S. G.**

"It was a very well taught course that provides a lot of security and material options for students. I feel much more confident to carry out a prevention project. I found the activities demanding, but they helped a lot in absorbing, learning. For me it was easier to understand the content when it was accompanied by an example". - **Edel R. R.**

"Excellent, I know that my head is teeming with ideas to improve the quality and scope of my prevention

work, which I have been carrying out for many years in our region. Congratulations Freemind, Congratulations ISSUP". - **Valtair J. A.**

"Very good. Great. I just wish I had more interactivity with the people who took the course. Suddenly a group to exchange experiences, ideas, suggestions. And another suggestion is that we could download the class films as well. Flawless the course!" - **Vania C. M. C. M.**

"The course was excellent! He gave an insight not only about prevention programs for drugs, but also the various actions that risk behavioral changes that can be adopted". - **Daniel C. F. P.**

"Excellent! Logical approach with great step-by-step detailing and essential factors. I consider a proposal very feasible and with the proposal

"Agradezco la oportunidad de haber extendido mis conocimientos a través de este curso, y espero poder seguir contando con esta red que fue tan valiosa en este tiempo, muchas gracias y nos vemos en la exposición el día 5 de Diciembre". - **Herman. A. O. R.**

(Translation: I appreciate the opportunity to expand my knowledge with this course, and I hope to continue to count on this network that was so valuable at this moment, thank you very much and even the Conference on December 5th)

"I liked the objectivity and consistency of past information and guidance. The exercises / assessments helped a lot in understanding and confirming learning. Recommend it". - **Egon S. ■**





## Using Ambivalence to Deter Adolescent Marijuana Use

*William D. Crano, Claremont Graduate University*

Often, drug-abstinent youth in my country are ambivalent about initiating drug use. This uncertainty grows as they become older, owing to a “normative drift” of the US youth culture toward drug use. We have learned that ambivalent attitudes are easier to change than established ones, and researchers take advantage of this to induce attitude ambivalence, thereby facilitating acceptance of persuasive

communications.

However, given the normative drift toward drug use evident in youth culture, increasing ambivalence may advance their time to initiation. Lowering ambivalence, conversely, might deter transition from abstinence to use.

By our definition, ambivalent attitudes consist of conflicting positive and negative

opinions. We tried to reduce positive drug opinions selectively and refuted them with strong messages, designed to make their attitudes less ambivalent and more positively disposed to abstinence.

We exposed youth to anti-drug communications. The 20% who evaluated the ad most negatively were used (our prior research showed such responses predicted initiation). These you-



Illustrative Photo

th (N=101) were assigned randomly to 1 of 3 different interventions: the first criticized the respondents as immature, based on their reasons for disliking the ad. The second criticized their reasons, but not the youth directly. The third, based on attribution theory, asked youth to write 8 reasons why they disliked the ad.

We believed they would not be able to do so, and in fai-



Dr. William Crano is the Distinguished Professor of Psychology and Director of the Institute for Health and Prevention Psychology at Claremont Graduate University. His work has mainly focused on research and persuasion methodology, most recently on the development of models of persuasion and social influence. His applied drug prevention work has been supported for the past 20 years by the US National Drug Abuse Institute. The work is based on the application of the principles of persuasion to the prevention of drug abuse in children and adolescents.

ling, would defensively reason they liked the ad more than they thought originally. Then, all were shown a second anti-drug communication. We assessed their reactions with measures of attitudes toward marijuana, attitude ambivalence, and intentions to use the substance.

We tested a sequential model, in which the intervention affected ambivalence, which affected attitudes, which affected marijuana usage intentions (a sequential mediation model).

Three models were used to examine the effects of each intervention. Analysis 1 revealed no effects attributable to direct confrontation (intervention 1). Analysis 2 showed Intervention 2 (indirect confrontation) reduced ambivalence, which was associated with a decline in attitude ambivalence, less positivity toward marijuana, and to lower usage intentions, confirming our model. All sequential relations were statistically significant. The sequence was:

Intervention 2 > Lower Ambivalence > More Negative Attitudes > Lower Usage Intentions

The same analysis on data from the Intervention 3 also produced statistically significant effects, which were opposite to those of the second. It increased ambivalence, resulting in more positive attitudes toward marijuana, and stronger intentions to initiate marijuana use.

Adolescents' ambivalence toward drugs may be a positive force for prevention, but care must be taken in developing persuasive messages. If successful, we will learn more of the process of adolescent drug initiation and will become more capable of protecting our youth. ■

Full Study: Crano, W.D., et al. (2019). Selective invalidation of ambivalent pro-marijuana attitude components. *Addictive Behaviors*, 97, 77-83.

Request full write-up from [William.Crano@cgu.edu](mailto:William.Crano@cgu.edu)

# Freemind and ISSUP Brazil

participates in the 63rd Session of the Commission on Narcotic Drugs (CND) in Vienna



From left to right: Paulo Martelli - President of ISSUP Brasil, Amy Ronshausen - Executive Director of Drug Free America, Roberto Canay - ISSUP Argentina and Samuel Bettiol - Mobilization Freemind.

The **National Chapter of ISSUP** in Brazil and **Mobilization Freemind** were, from 2 to 6 March 2020, in Vienna (Austria) participating in the **63rd Session of the Narcotics Commission of the United Nations Office on Drugs and Crime (CND/UNODC)**.

In a unique opportunity, in addition to a **Global Training** to which we were invited and financed by the American Government through the **Drug Free America** Foundation, we participated in several other activities and side events.

1. We were invited, together with Dr. Roberto Canay from Argentina, to be **Regional Prevention Leaders in Latin America** for Drug Free America;
2. We received, from Matej Košir - Vice-President-elect, an invitation to become **members of the VNGOC - Vienna NGO Committee on Drugs**. The VNGOC was created in 1983 to strengthen the link between Non-Governmental Organizations (NGOs) and Vienna agencies involved in drug policy making: United Nations Commission on Narcotic Drugs (CND), the International Narcotics Control Council (INCB) and the United Nations Office on Drugs and Crime (UNODC);
3. We received the invitation to **take part on WFTC - World Federation of Therapeutic Communities**, along with all the other federations of Brazil;
4. We were **asked** to be-

come a **member of Movendi International**, an entity with 170 years of experience, 137 member organizations in 56 countries.

In addition, we signed a **Technical Cooperation Agreement with UTRIP - Slovenian Research and Development Institute**. For this agreement, UTRIP will be responsible for all the development of the technical content of the actions together and for giving classes and lectures and ISSUP Brasil will be responsible for the organization, dissemination and infrastructure of the actions.

At the request of **Brian Morales**, Head of the Narcotics Branch, of the Office of Global Policies and Programs of the INL Bureau in the **US Department of State**, Mr. Paulo Martelli promoted a **meeting** between **Dr. Quirino Cordeiro Junior**, current National Secretary for Care and Drug Prevention (SENAPRED) and **Alan Piracha**, Director of Foreign Affairs of the **US Department of State** and an adviser to Brian Morales. This was a meeting so that members of the American State Department could become aware of everything that the National Secretary for Drug Care and Prevention (SENAPRED) has been doing in Brazil.

Several other important meetings took place during the event:

1. **Meeting between the OAS/CICAD - Inter-American Drug Abuse Control Commission**, an organ of the OAS - Organization of American States - and ISSUP Brasil. At this meeting, ISSUP Brasil presented its work plan for the year 2020 and received support from the OAS/CICAD to participate with us in our entire agenda;



Paulo Martelli and Samuel Bettiol in front of the United Nations building in Vienna / Austria.

2. **Meeting with Mr. Eric Siervo**, Vice President of International Programs for the **Community Anti-Drug Coalition of America (CADCA)**. The objective was to discuss a partnership with **CADCA do Brasil** for a pilot prevention project in a city in the state of São Paulo;
3. Meeting between members of **ISSUP Brasil** and **ISSUP Global**. This meeting promoted the presentation, discussion and alignment of the Work Plan for the year 2020;
4. Meeting of the **National Chapter of Brazil** with the following **National Chapters of ISSUP in Latin America, Asia and Africa**: India, Uganda, Ethiopia, Nigeria, Greece, England, Argentina, Kenya, Indonesia and Chile. It was a meeting to exchange experiences on the actions carried out in each National Chapter;
5. **Election of new members of the board of directors of VNGOC - Ge-**

neral Assembly of the Committee on NGOs on Drugs in Vienna - with the choice of **Matej Košir** as Vice-President of the Committee. Many years ago this Committee was led by people and organizations linked to the treatment area and for the first time an organization linked to the prevention area is in charge of the Committee.

We were able to verify when participating in the **63rd Session of the Narcotics Commission of the United Nations Office on Drugs and Crime (CND/UNODC)** that there is a great concern of all countries and organizations to invest in **PREVENTION BASED ON SCIENTIFIC EVIDENCE**.

We are very honored to participate and be able to learn and also contribute with our experience. The year 2021 promises so much! Stay tuned to everything that the National Chapter of ISSUP in Brazil and **Freemind Mobilization** are preparing to **help people to help other people!** ■

## With the word: **SENAPRED**

The main actions of a Secretariat that has been responding to the advancement of an overwhelming evil: **drugs**

The drug scene in Brazil is extremely serious, which can be attributed to the misunderstandings of public policies adopted in the recent past. The country showed a significant increase in the use of licit and illicit drugs, especially crack and, also, the increasingly early use of these drugs by the young and adolescent population. According to the United Nations Office for Drugs and Crime, Brazil consumes about 20% of all cocaine consumed in the world. According to the National Confederation of Municipalities, 97% of Brazilian municipalities have problems related to crack.

We have witnessed, in the last decade, in the main capitals, the expansion of open scenes of crack use, the well-known *cracolândias* "crack infested areas". There was an increase in the street population with chemical dependency and also an increase in time off work, due to sick leave in the INSS, of people with chemical dependence, especially crack.

The increase in deaths of people with chemical dependence, especially of young people, is another



From left to right: Débora Iara Moresco, Dr. Quirino Cordeiro Junior, Livia Lopes, Helânio Eduardo Cabral da Silva and Dr. Cláudia Gonçalves Leite. (Photo Archive SENAPRED / Freemind)

evidence in Brazilian statistics. On the other hand, as a result of the public policy strategy of successive governments, a small list of appropriate places was formed to accommodate these dependents.

Due to the lack of adequate treatment and a better understanding of the severity of chemical dependency, two bottlenecks were installed: overcrowded hospitals in urgent and emergency services (for many people, it is the hos-

pital that takes a person in a chemical dependency crisis) and an increase in drug addicts in prisons (because people in crisis came into conflict with the law and were arrested).

In Brazil, in 2007, there were more than 65,000 homicides, largely related to the scenario of drug trafficking and consumption, including alcohol consumption. The country has also faced, in the last 15 years, a significant increase in the suicide rate





From left to right: Dr. Quirino Cordeiro Junior, Helânio Eduardo Cabral da Silva, Dr. Cláudia Gonçalves Leite and Joaquina Zaltum. (Photo Archive SENAPRED)

(Statistical data show that the second risk factor that leads to death by suicide is chemical dependency).

However, in 2019, new guidelines were adopted and we believe that we now have a more effective attitude towards tackling drugs and caring for users in situations of dependency. Obviously, changing this scenario will require many years of continued efforts. But we already have significant progress, with the publication of the New National Drug Policy, instituted by Decree 9.761 / 2019 and Law 13.840 / 2020, which amends the Drug Law (Law 11.343 / 2006), bringing important advances to Brazil, both in the area of supply reduction as well as the demand for drugs.

In 2019, 494 contracts were signed with Therapeutic

Communities, resulting in 10,883 funded places. Considering the average occupancy rate (85%), combined with the average time of treatment for chemical dependent, the SENAPRED promoted the treatment of 55,500 drug addicts in therapeutic communities in places funded by the federal government in two years. This number represents a quantitative leap in reception in the order of 70% in relation to previous years. The Secretariat's intention is to double the number of reception spaces in 2021, subject to budget availability.

Recognizing the important role of support and mutual aid entities, SENAPRED has financially encouraged the expansion of these groups, especially in border regions, close to indigenous communities,

locations where there has been a significant increase in the use of psychoactive substances in recent years.

SENAPRED created a communication channel, with the phone number 121, where people will have access to various information on public policies on drugs and in 2021 it will make line 132 available to mutual aid groups, to assist drug addicts throughout the country.

The second innovation was the creation of a mapping with all therapeutic communities in the country. On the SENAPRED website, there is a place where people can access on the map of Brazil the addresses of these communities that are financed by the Federal Government, with data on the number of vacancies, which im-

proves access to treatment and also the transparency of information. In 2021, the map of mutual aid groups will be released, allowing the population to also have access to this important service.

SENAPRED is responsible for donating motor vehicles seized as a result of drug trafficking to entities that work to reduce drug demand, such as therapeutic communities and entities for the prevention, support, mutual help, psychosocial care and re-socialization of alcohol dependents and other drugs and their families.

Specifically, with regard to the assets seized from drug trafficking, we are working to donate, in this year 2021, more than 100 vehicles to institutions that serve drug users, which can benefit approximately 6,000 families that have members in foster care at these institutions.

In the area of drug prevention, at school, 276,000 students in the 5th year of elementary school have already benefited from study materials directed to the theme, strengthening the Educational Program on Resistance to Drugs and Violence - PROERD. It is intended that this service will be extended to about 570,000 students, in the same grades, in the year 2021, among other actions, more expanded, in all schools, such as updating the approach strategies guided by a Notebook on Alcohol Prevention and other Drugs on the path of the Health at the School

Program - PSE.

The National Prevention System is also being implemented, which will allow all citizens and authorities in the area to have access to national and international mapping of methodologies and best practices in preventing drug misuse and to select policies and programs related to education, social assistance, health and others, for dissemination in the territories, respecting local peculiarities.

SENAPRED also signed an agreement with the renowned international institution ISSUP - International Society of Substance Use Professionals to carry out studies, actions and foster strategies in the area of preventing the chemical dependence of legal and illegal drugs and integrating internationally renowned experts. In this year 2021, it will carry out important prevention projects, as well as the 7th Freemind International Conference, one of the largest on the topic in the world.

Aiming at the effective social reintegration of the drug addict welcomed into the Therapeutic Community, we are generating entrepreneurship in the TCs with opportunities for qualification, employment and income for those welcomed, providing free access to professional courses, in person or at a distance, with partnerships such as from CONAJE - National Confederation of Young Entrepreneurs and from the PROGREDIR Program, from the Ministry of Citi-

zenship itself. With this we can make professional curricula available quickly and easily, as well as facilitate access to job openings.

Another action was the reformulation of the CONAD - National Drug Policy Council, so that it can take more effective actions in the area of reducing the supply and demand for drugs. Within this context, the Bipartite Intergovernmental Commission was created within CONAD, which will be composed of federal and state drug policy managers, being a forum for discussing and agreeing on public policy actions in the country.

The creation of SENAPRED, without a doubt, represents a gain in the drug policy, mainly due to the possibility of implementing a more specialized management of actions to reduce demand, prevention, care and social reintegration, in line with the new guidelines of the National Drug Policy. This is rarely talked about, but in recent decades Brazil has become the largest consumer of crack and the second largest consumer of cocaine in the world, as well as one of the largest consumers of a legal drug, alcohol. The new guidelines of the National Drug Policy and the creation of SENAPRED are part of the responses to the advancement of this overwhelming evil, which disrupts and causes suffering to a significant portion of the population. ■

## Meet our partners and what they are doing: **INL – US Department of State’s Bureau of International Narcotics and Police Affairs**

Among the international partners of Freemind Mobilization and ISSUP Brasil is the INL - Bureau of International Narcotics and Police Affairs of the US State Department.

### **How was it created and what does INL do?**

The Bureau of International Narcotics Matters (INM) was created in 1978 to reduce drug trafficking from Latin America to the United States. INM’s mission soon expanded beyond the fight against drugs, to support stabilization efforts in the Balkans and to fight corruption and transnational crime around the world. To reflect its expanded mission, INM was reinstated as the Bureau for International Narcotics and Police Affairs (INL) in 1995.

Today, INL uses a wide range of tools to combat crime, illegal drugs and instability abroad, including outside assistance, bilateral diplomacy, multilateral involvement and reporting, sanctions and rewards. The INL has two complementary basic competen-

cies: helping partner governments to assess, build, reform and maintain competent and legitimate criminal justice systems, and develop and implement the necessary architecture for international drug control and cross - border law enforcement cooperation. INL works with partner nations, international and regional organizations, non-governmental organizations, American federal, state and local criminal justice entities to fulfill its mission.

### **How were INL’s actions during the year 2020 and what do you expect for 2021?**

The U.S. Department of State’s Bureau of International Narcotics and Law Enforcement Affairs (INL) looks forward to working with international partners to advance several priorities for 2021, including transforming the Universal Treatment Curriculum (UTC) and Universal Prevention Curriculum (UPC) for access via an online platform; increasing the number of substance use disorder



professionals worldwide who are credentialed; supporting the development of Alternatives to Incarceration systems; creating International Technology Transfer Centers focused on building treatment oriented systems of care; advancing the catalog of evidence-based practices through evaluations; and preparing for the International Society of Substance Use Professionals (ISSUP) Conference taking place in Abu Dhabi in February 2022.

Over the past decade, INL has supported the development of the UTC and UPC, which comprise the most comprehensive body of training materials in the addiction field, promoting evidence-based best practices to reduce the worldwide demand for illicit drugs. INL works with international organizations and partner governments

to tailor, adapt, and translate the curricula and training materials to the regional, country, and local contexts. This year, INL will convert the curricula to an online platform, permitting the significant expansion of addiction professionals who are trained on the curricula.

As the number of trained addiction professionals increase, there is a need to professionalize the drug demand reduction field. The Global Centre for Credentialing and Certification, established in 2009 through the Colombo Plan's Drug Advisory Program, hosts the International Certified Addiction Professional (ICAP) examinations. The ICAP validates both knowledge and skills through international examinations to recognize qualified professionals. This year, INL aims to increase the total number of credentialed professionals by 15 percent.

INL also worked with international partners to develop a two-day course for senior public health and justice sector officials to collaboratively assess the options that exist for individuals involved in the criminal justice system. The course highlights options for screening and treatment interventions along all steps of the justice process, including arrest, prosecution, sentencing, incarceration, and release, as well as offers an action-planning tool for po-



(Photo file INL)

licymakers. For 2021, INL will create a collection tool to evaluate changes associated as a result of training and technical assistance in this area.

This year, INL will support a new project establishing International Technology Transfer Centers (ITTCs), through the Colombo Plan. The ITTC network develops and strengthens the workforce, organizations, and systems that provide substance prevention, treat-

ment and recovery support services. Based in universities and research centers, ITTCs utilize a variety of strategies to accelerate the use of science-based and culturally appropriate practices. An ITTC works with its national and local governments to design and implement effective local drug demand reduction strategies that meet international standards. INL will support the establishment of ITTCs in Colombia,

Peru, South Africa, Ukraine, and Vietnam, while Indonesia, Mexico and the United Arab Emirates will join on their own.

INL also intends to launch the implementation of a large-scale city-wide drug use prevention, treatment, and recovery program in Pereira, Colombia to evaluate the impact on drug use and related crime trends. As the first study of its kind at this scale, a successful outcome would validate

that the adoption of evidence-based drug demand reduction interventions that are crucial in reducing drug use and related crime within a population at large.

Finally, INL is supporting the International Society of Substance Use Professionals (ISSUP) Conference taking place in Abu Dhabi from February 8-12, 2022. This event will convene approximately 2,500 drug use prevention and treatment practitioners, rese-

archers, and government officials for trainings, expert meetings, and plenary sessions. Alongside this global face-to-face conference, a parallel virtual conference with recorded events will also run continuously. By supporting this conference, INL hopes to further the mission of sharing knowledge and connecting diverse members of the drug demand reduction community. ■

## International Organizations within the Field of Drug Demand Reduction



União Africana



THE COLOMBO PLAN



Escritório das Nações Unidas sobre Drogas e Crime



World Health Organization



## Padre Haroldo saved my life

(Pictures IPH file/Freemind)

**Padre Haroldo Rahm**, lived and died at the age of 100, opening doors or building bridges to save lives. **He was the great inspirer and spiritual mentor of Freemind.** He left a legacy of living and written works that made him immortal.

Freemind and ISSUP Brasil thank God for the opportunity to allow us to live with

Father Haroldo Rahm and for each of his sons and daughters, tirelessly rescued from the most obscure places. Gratitude for each of the families that, in the midst of pain, had their hopes renewed.

**Freemind only exists because Padre Haroldo believed, inspired and helped.**

With his departure, we were not only orphaned because

there were so many seeds scattered by Father Haroldo and that they gave fruit, that Father Haroldo's heart beats inside each one of us.

Our wish is that we can take your love to all who need it. May we have the strength to continue Father Haroldo's work against drugs and everything that makes our young people stray from the path of light planned for each one of us.

We are sure that many would like to express their affection, their gratitude and their love for this "terrible Jesuit" (title of his autobiographical book).

In a tribute to this determined man who came to the world to serve, we gathered some testimonies from people who were saved by Father Haroldo. Enjoy and feel how much love and gratitude is in the hearts of those who knew the dedication of the one who helped them to get rid of addiction, to increase their self-esteem, to grow personally and professionally, to start a family and, above all, to help others. through his legacy of love.

*"The grandeur of Father Haroldo's actions is so great that it may be impossible to specify the starting point of this story; Father Haroldo saved me many times.*

*After recovering in the SOL Community, in 2009, in a very simple and information-free*

space, arriving at Instituto Padre Haroldo on 9/13/2010 to take the FEBRACT course, was already a salvation. Taking the course, meeting Father Haroldo and his charisma of love, filled my eyes with hope and made me return to São José do Rio Preto engaged in love and not afraid of anything.

The transformation that Father Haroldo's work promoted in the SOL Community and how much it increased the quality of care that we offered, saved many lives other than mine; made me an adult, professional, a man with dignity.

The invitation received to work at FEBRACT in 2013, saved me again. The chance to walk the paths that Father Haroldo made with Professor Saulo Monte Serrat when he founded FEBRACT and was able to visit the Therapeutic Communities, gave light to my professional life. And Father Haroldo was an expert in making people grow: "To work here you have to specialize; go make it easy and we'll give you a scholarship". Through the Educar Foundation, I graduated as a Psychologist.

*It's hard not feel the thrill of remembering so many times that life gave me to be with him. Remember the 95th birthday party, where he sang and danced with over 100 people on stage?*

*When I was a father for the first time, in 2017, Father Haroldo was the one who baptized Maria Clara, in the chapel of Casa São José; what a beautiful moment! 4 generations of my family receiving Father's blessing at my daughter's christening, along with Beto Sdoia (to the sound of Rita Lee as praise, rsrsr, played by my father). The priest ended the baptism by saying to me and my wife, Vanessa: "Nothing you say to your daughter will do any good; she will only learn from what you do". I cry again; of longing for the Father, of joy for being with him and, above all, for the peace I feel for having him as an angel, who saves our lives all the time.*

*Fear of nothing, just love! "*

**Lucas Roncati Guirado**, Operations Coordinator at FEBRACT - Brazilian Federation of Therapeutic Communities

*"Father Haroldo entered my life even before I met him. In 2013 my mother participated in a course for parents, promoted by "Amor-Exigente" (Tough Love) and Padre Haroldo was present. So my mother asked for your help to get my hospital in Campinas, Institute Father Harold. He, without blinking, gave me the number of the person responsible for admission for treatment.*

*I arrived in Campinas on 11/26/2013, with fear and insecurity, but when I was able to look at Padre, he already passed me a loving peace as I never felt before. He was always very attentive to me, and one day he told me not to go back to what I was, because I could help a lot of people.*

*He also said that I would become my best version. At the time I did not have the faith that he placed in me, but as the days went by, what for me would be just a time away from drugs, it became a real desire to leave that world. Father Haroldo with his famous phrase: "Fear of Nothing, Only Love", which at that time I did not understand very well, was fundamental to my change: today I live in sobriety, which for me is synonymous with freedom. Father Haroldo helped me to start cultivating this desire in me.*

*Thanks to Father, the work that his institution provided me, and the psychology course, today I develop a social project, called Reticências*



From left to right: Padre Haroldo, Lucas Roncati and Prof. Saulo Monte Serrat (Source: Lucas Roncati's personal archive)

Project, where we work ways to help people expand their repertoire of actions, reactions and interactions, both in thoughts, emotions and feelings, as in the way of responding to adversities, which brings me real satisfaction”.

**Leonardo Maia dos Santos**, Psychology student and creator of the Reticências Project

“Well, I don’t know if “saving” is the best word to describe the actions of Father Harold. He himself did not use this verb. I would say that his existence has provided, not only for me, but for thousands of people an access (...) access to the opportunity for introspection and reflection about life.

I did not see Father Haroldo as a “savior”, but as someone who was committed to what he said, did and never raised any doubts upon his actions. He was very clear and straight to the point, through verbal and even physical examples, that it was possible to live in peace.

The movement of bringing life to “Instituto Padre Haroldo” was definitely and it is still a catalyst for what can be rambled about in relation to what “heaven on earth” may be. The air, the trees, the nature, the people, everything there is essential for the end of the old and the birth of the new, in one movement.

It’s been almost five years since I stepped there and had a close contact with him, which, in fact, was a light of opportunity for someone who saw himself without

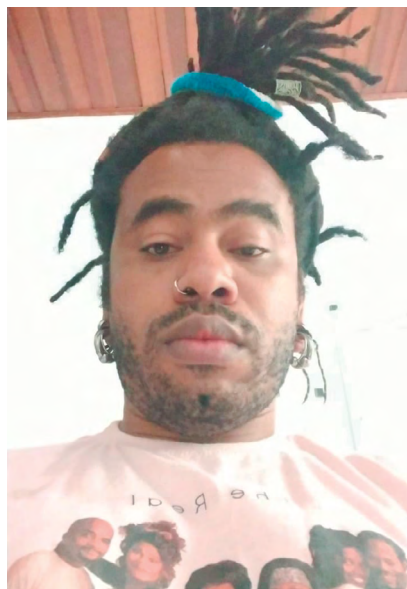


Leonardo Maia  
(Personal Photo Archive)

one. I am very grateful for this opportunity and whenever the opportunity presents itself to talk about the lifelong process that is to live no longer being held hostage by the agonies, I speak of the moments I lived in the Institute and of the interactions with Father Haroldo.

Everything I live today, comes from this period of time that I was close to him. Long live the memory of Father Haroldo. “Fear of nothing, just love!”

**Jacob K. E. Garraway**, Language Teacher and Interpreter



“If I may, I suggest reading the text below by listening: **What a Beautiful Name - Hillsong Worship**. Talking about **Father Harold** has become such an easy task. The memories are so present that every time I return to them I feel him next to me.

Being with him was so important, intense and revealing. Those were the days when I had a chance to give myself a chance! I made so many mistakes, I sinned so much and made so many people cry that it was difficult to accept that there would be forgiveness. When I decided to change my life, on the day my daughter was born, I still had a learning process of more than six months at Padre Haroldo’s Farm. During this passage, I prepared myself to be able to be at his side as much as possible. In ALL YOGA sessions I was with him, waking up at 4:00 am. I knew it would be a baggage for my future life.

Father Haroldo taught me so much. He put me as a loved one even after I gave up on it. And he did it with everyo-

Jacob Garraway  
(Personal Photo Archive)





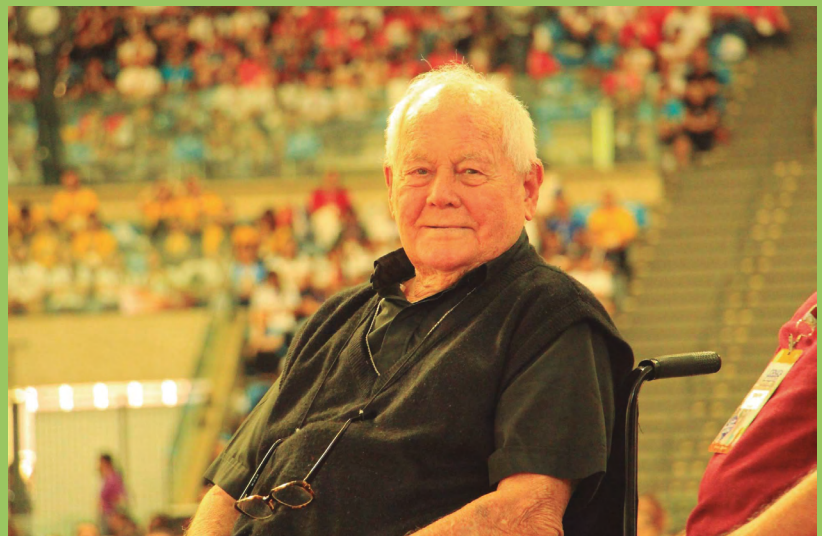
Samuel Tiburi Bettiol  
(Personal Photo Archive)

ne who was around. Always willing, always wanting to tell his stories and make it possible for us to envision a life without drugs.

*I had 4 huge awakenings with him, four moments of incredible encounter with God. I could write a book, but I summarize it like this: The Blessing (Slap in the Face); Movement in the Holy Trinity (Yoga); God Illuminates Me (Fireflies); The angels will protect me (The Guide).*

*I fell so much until I managed to get up, I had all the support of the people who loved me and I had the opportunity to live with the most holy person I have ever met, Father. Oh, and the song I indicated for you to listen to, has a YouTube version with subtitles. The video should be about 10 minutes long, it talks a little about what I learned from Father”.*

**Samuel Tiburi Bettiol**, Operational Manager for Freemind and ISSUP Brasil ■



(Pictures IPH file/Freemind)



(Photo Archive 6th Freemind Congress)

*"A mature person doesn't turn his back on his conflict, whatever, but he learns to turn chaos into a creative opportunity, as well as learn to write the best texts of his life, even with tears, in the most dramatic days of your story". (CURY, 2012)*

## **FREEMIND PROGRAM:** Emotion Management as prevention of psychosocial disorders

The FREEMIND program was designed by Dr. Augusto Cury to be an extremely important tool in the work of preventing psychosocial disorders such as depression, anxiety, phobias, those resulting from the abuse of drugs, among others. FREEMIND is not a clinical

psychiatry program, psychotherapy, clinical psychology or much less something to replace them. On the contrary, as a program of educational / social psychology, human resources development and applied philosophy, it complements them.

It is essential to point out that not only psychotropic drugs - including alcoholic beverages - can enslave the human mind. We are also susceptible to other harmful stimuli: pessimistic ideas, depressed mood, phobias (fears), obsessions, hatred, guilt, self-punishment, in-

feriority complex, shyness, feeling of incapacity, coitus (the person who thinks he / she is a victim of the world), conformism (the person who does not have the will to rewrite his / her history), impulsivity (hit-and-run phenomenon), the neurotic need to not recognize mistakes (lies, dissimulations, representations ), the neurotic need for immediate reward (pleasure without thinking about the consequences), the neurotic need for power and control over others, etc.

Drug use, psychological dependence and relapses on the part of a recovering person are due to these complex pitfalls. That is why the FREEMIND program emphasizes much more **the understanding of the functioning of the mind, the development of the complex functions of intelligence and the strategies to overcome the cunning psychic traps** that a user may fall **into than the drugs themselves**. We will talk very little about chemistry and much more about the psyche.

FREEMIND tools for a free mind and healthy emotion that also play a significant role in the preventive process. Thus, they can be used weekly as a policy for the management of thought and emotion, self-knowledge and emotional health, in schools, prisons, churches or all institutions that serve children, youth and adults, including the personal and professional training of the entire team that performs the attendance of these. Al-

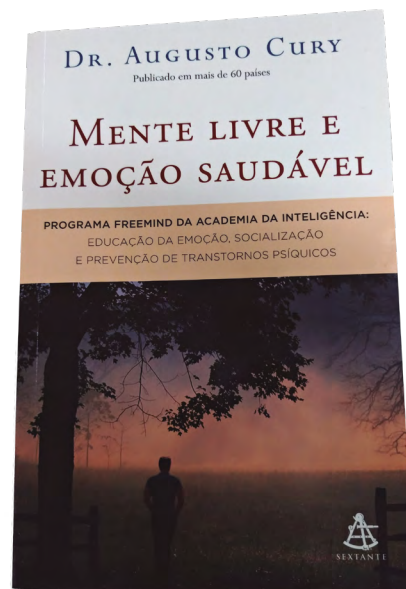
though this program has a specific duration (around three months), the tools must be assimilated, incorporated and worked throughout the participant's history.

To achieve its objectives, the program is based on 12 psychological tools, summarized below:

The 1st tool of the FREEMIND program: consists of **Experiencing the 12 philosophical principles**. These principles are the *raison d'être* of the program itself and underpin all other tools. It is essential that each one of them becomes part of the chapters of the stories of each participant of FREEMIND. One of these principles reminds us that: **"Each one has in his mind the tools that must be worked on and developed so that he ceases to be a passive spectator and becomes director of the script for his story"**.

The 2nd tool of the FREEMIND program: **Working the Self as the author of the story itself**. It aims to help each participant to recognize himself as a unique and special being, to be a manager of thoughts, protector of emotion, a filter of stressful stimuli, able to think before acting and react in the areas of tension, among others.

The 3rd tool of the FREEMIND program: consists of **managing thoughts**. It aims to enable the Self, our conscious ability to decide and choose, to assume the script of your life, to be free to think and not a slave to thoughts, to exercise domain over



(Photo Disclosure)

thoughts that produce psychic disorders, such as guilt, phobia, self-punishment, obsession etc.

The 4th tool of FREEMIND program: **Proteger and manage the emotion**, that is, learn to submit to emotion to management I manage anxiety outbreaks, give a lucid shock on our fears, anguish, anxiety, sad mood, impulsivity etc.

The 5th tool in the FREEMIND program: **Working with memory roles: re-editing the film of the unconscious**. It consists of knowing the mechanisms of thought construction and knowing that the records in memory are automatic and involuntary. It is taking care of memory and building a garden of Light windows (healthy memories) in the human psyche.

The 6th tool of the FREEMIND program: **The art of listening and the art of dialogue**. It is the art of emp-

tying yourself to hear what others have to say and not what we want to hear. It is the ability to not be ashamed of your failures, nor afraid of the failures of others, among other skills.

The 7th tool of the FREEMIND program: **The art of the self-dialogue or I round-table.** It consists in learning to have a lucid, open and silent debate with your own Self, it is to dialogue with our ghosts, fears, traumas, conflicts and difficulties for a dialogue and to doubt, criticize and determine to be free of them.

The 8th tool of the FREEMIND program: aims to teach people to **Count the beauty.** Educating emotion to make small things a spectacle to the eye, is to develop sensitivity and have a romance with life, among other approaches.

The 9th tool of the FREEMIND program: **Unleash creativity: be a thinker!** Freeing creativity is more than building new ideas, it is opening the windows of intelligence to explore the unknown. It is to know yourself, to be enchanted with yourself, to find different ways to see the usual and routine, and much more!!!

The 10th tool of the FREEMIND program: **Discipline and dreams - strength and life projects,** is to learn to have strength, determination, life goals and strategies to overcome instability, learn to make choices, deal with losses and frustrations and more!



Dr. Augusto Cury and Dedé Martelli  
- Creator of Freemind  
(Photo Archive Freemind)

The 11th tool of the FREEMIND program: **Leadership and people management** is to understand that to lead in the outside world it is necessary to learn to lead your mind, to know how to start over, as many times as necessary and other principles.

Finally, the 12th tool of the FREEMIND program: **Resilience and existential intelligence** is learning to endure life's accidents with dignity, transforming chaos into a creative opportunity and growing in the face of pain. It comprises the brevity of life and is not afraid of that, but looking to find a deeper meaning to life. The FREEMIND Program must continue to be practiced and studied several times throughout our history, in order to **equip the Self to become the author of its own history and not a victim of circumstances!** It is essential to understand that if we give up writing our own history, our mistakes, conflicts, guilt and traumas will probably write it. The choice

is ours! What we think affects our emotions and these affect our behavior: if we want to change our behavior it is essential to take control over our thoughts, or, what to do with them!!!

*"If society leaves you, loneliness is bearable, but if you abandon yourself, it is intolerable. If society leaves you, you can still walk, but if you leave yourself, there is no ground to step on"* (Augusto Cury)

**By Denise Cavalini, Administrative Director of Instituto Augusto Cury ■**



# International Article | International Consortium of Universities for Drug Demand Reduction – ICUDDR

## Addiction Science Around the Globe



International Consortium of Universities for Drug Demand Reduction (ICUDDR) supports the rapid improvement in competencies and skills among current and future generations of addiction professionals, to meet the increasing demand for prevention, treatment and public health services. Toward this end, the ICUDDR facilitates networking among universities to promote high quality education and training in the field of addiction prevention, treatment and public health interventions. It also pursues related applied addictions research, outreach and advocacy.

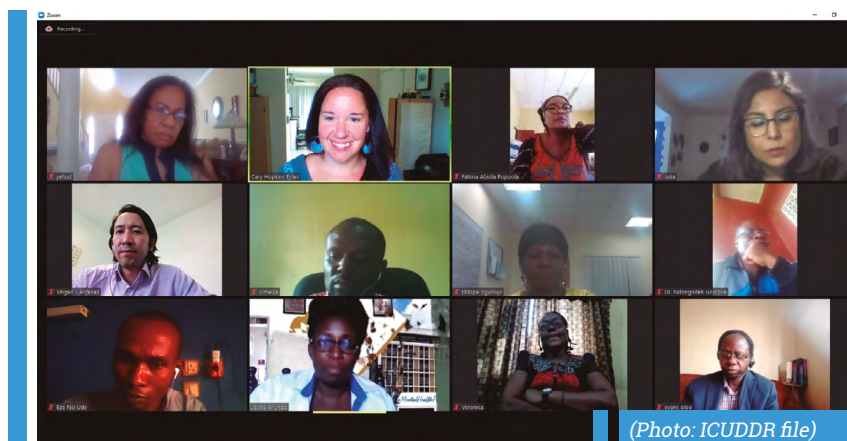
We work in partnership with Universities around the globe; we are involved in educating people in addiction studies, assist in creating addiction science programs, and are working to develop standards of addiction science education. Some examples of our recent projects include training faculty in Uganda and Egypt in the Universal Treatment Curricula, support-

ing implementation of new academic programs in Latin America, and a committee on education standards in addiction studies.

Every year we hold a conference and invite people from around the world to share their research, and implementation progress and challenges, as well as to network and educate one another. Last year due to COVID-19, we held our conference online and had a total of 273 individuals from 46 countries attend at least one session of the conference. This year the event will be held online as well.

Please save the dates: July 20-21, 2021, and visit <https://icuddr.org> for more information, future information about registration.

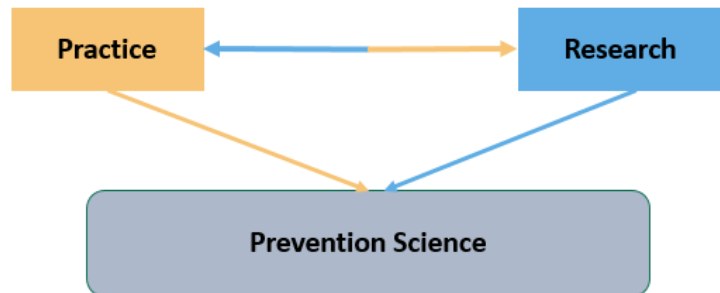
The conference this year will include topics like the future of education, the role of technology in virtual settings, and new research on addiction science. People from around the world will be in attendance and despite being online, there will be opportunities to network and get to know people. We hope you will join us! ■



(Photo: ICUDDR file)

# Prevention **Science** and Practice

The field of prevention, and specifically substance use prevention is an emerging profession that has prevention science as its foundation but informs practice and is informed by practice. It is a science based on epidemiology, intervention development, and research.



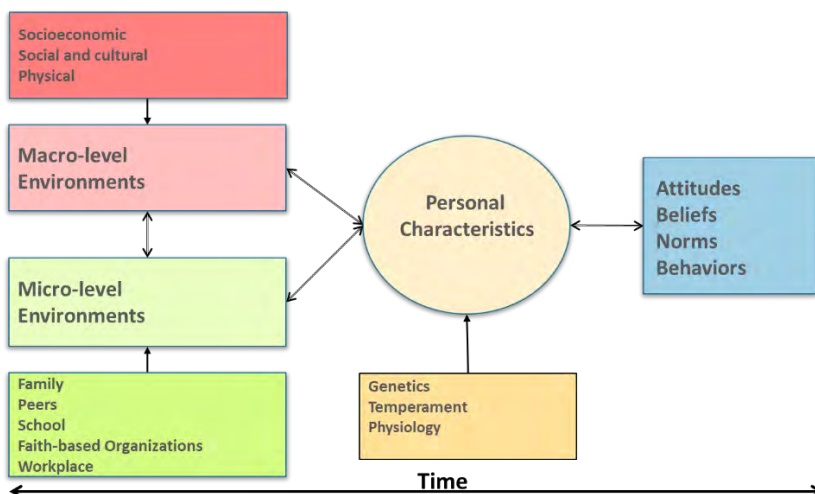
## Why is this important?

- Prevention science provides an understanding of the determinants and processes that lead to the performance of healthy or risky health behaviors such as the use of psychoactive substances such as nicotine, alcohol, marijuana, opiates, cocaine that affect how we feel and think and behave. This helps

prevention and treatment professionals identify and target what makes us vulnerable to engage in these behaviors or protects us from such engagement. We know that once the pharmacological properties of these substances take over our functioning leads to further substance use and ultimately to health problems that not only impact

the substance user but his or her family and friends and community.

- But prevention science also embraces theories about how we as humans learn new information and embrace values, attitudes, norms, and beliefs that influence how we behave relative to others and to new situations. This knowledge provides the framework needed to develop both behavioral and environmental interventions that effectively prevent the initiation of psychoactive substance use or once initiated, the progression to further use.



## How is this information translated into practice?

- Understanding what makes us vulnerable to the use of psychoacti-

ve substances provides a road map showing us what types of interventions are required to address this vulnerability. For instance, In the case of children of substance using parents, this may mean providing treatment for the parents BUT also helping the parents appropriately parent their children and offering other assistance to reintegrate the parents into their communities.

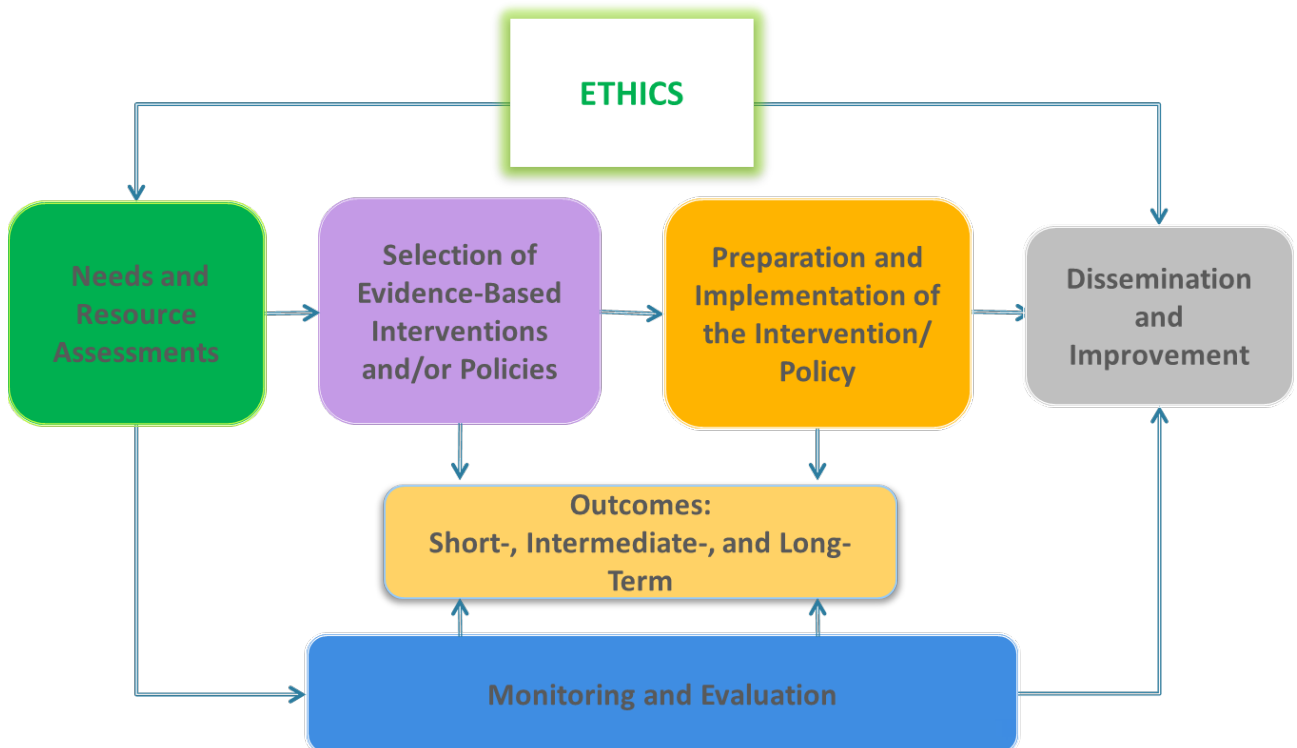
- Also, once prevention professionals establish what the needs are within the target population (e.g., poor parenting, unsafe and unhealthy school or workplace environments), they are better able to determine what types of prevention interventions or policies are needed.

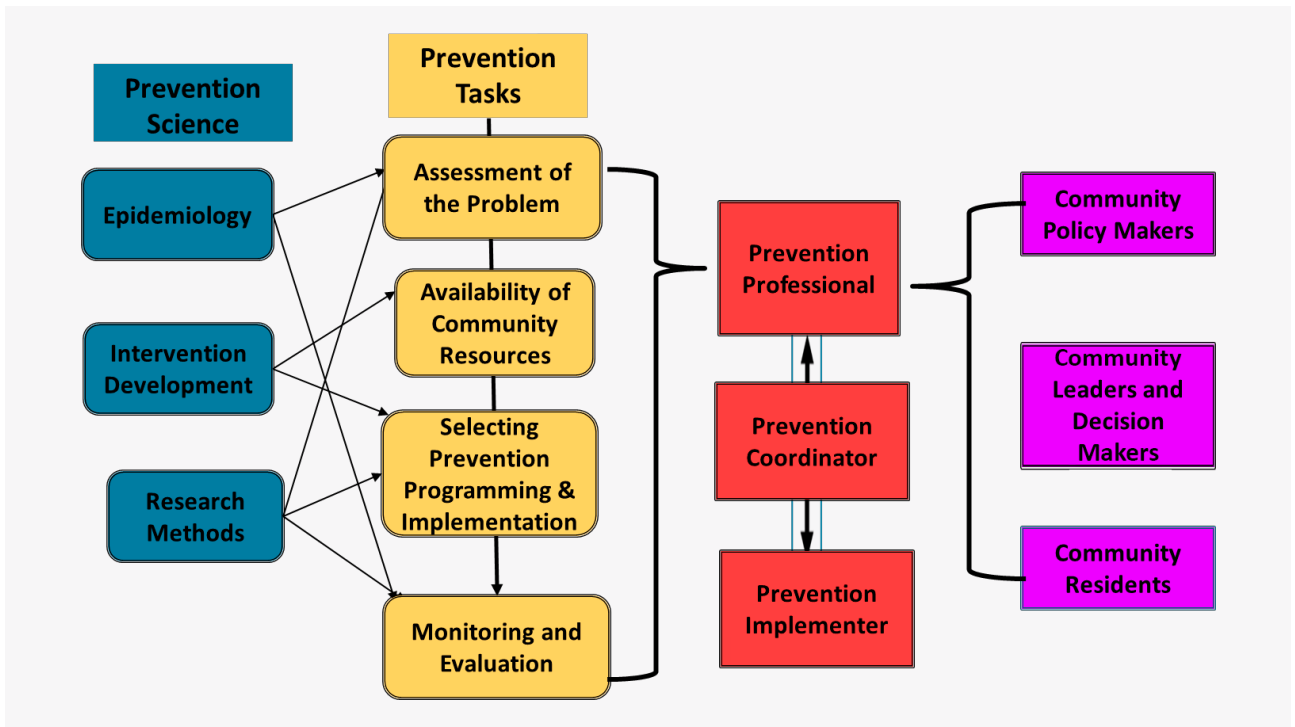
- With this understanding then, the prevention professionals can review and assess services available in the community against what is needed to determine their reach (are they available and used by the target population) and if they provide effective interventions (i.e., interventions that have been determined through rigorous research to have positive outcomes).

- If such services are available, how can members of the target population be engaged to receive them and how can the prevention professionals know through monitoring that they are achieving the desired short-, intermediate-, and long-term outcomes they desire.

- If the available services fall short of being 'evidence-based', can they serve as platforms on which the prevention professional can introduce effective programming?

- If no evidence-based prevention interventions are not available and there are no services available upon which evidence-based programming can be introduced than the prevention professional will seek such services to match the needs of the target population through existing sources such as registries (Blueprints- <https://www.blueprintsprograms.org/> or Xchange <https://www.emcdda.europa.eu/best-practice/xchange>) or review the United Na-





tions Office on Drugs and Crime-World Health Organization’s International Standards on Drug Use Prevention (<https://www.unodc.org/unodc/en/prevention/prevention-standards.html>).

### What does this mean to a prevention professional?

- The field of prevention is becoming professionalized with its own knowledge base (prevention science)
- The roles, tasks, skills and competencies are beginning to be well-documented serving to provide universal guidance to the training and credentialing of prevention professionals who serve as policy makers, planners, and supervisors of prevention

programming and as direct service professionals who implement and monitor the quality delivery of evidence-based prevention interventions.

- And as important, the prevention professional becomes the spokesperson for the benefits of prevention to community policy-makers, both formal and informal community leaders, and to the public. ■

*For more information, please go to [www.apsintl.org](http://www.apsintl.org).*



*Zili Sloboda, is currently the president of Applied Prevention Science International. She graduated in medical sociology at New York University and in mental health and epidemiology at Johns Hopkins University Bloomberg School of Public Health. Most of his research is related to the provision of health services for youth and adults and epidemiology. She is a specialist in substance abuse prevention for adolescents and has extensive experience in research related to young people at risk and in the evaluation of treatment and prevention programs.*





Illustrative Photo

# Meet the Dr. Bartô Project and the Doctors of Health

Many people already know the story of how Freemind came about: in the middle of dawn in São Paulo, an encounter with a drug addict, a young man injured and hungry (...) that's how it all started! After two more successive meetings with drug addicts and in response to what they say is "a call from GOD", sensitized some people who got together and formed a group to try to do something in favor of a cause that has long frightened and saddened Brazilian society: chemical dependency.

Mobilized, entrepreneurs, professionals, religious and recovering addicts, started a real crusade. After the 1st International Freemind Conference in January 2013 in Anhembi, fully funded by the private sector, several actions

were carried out with the aim of preventing people from the harm of legal and illegal drugs. Interventions called "Viradas da Prevenção" have also been carried out in two cities in the state of São Paulo, to serve as a pilot project for prevention actions in schools.

All of this has only happened thanks to the great partners of Freemind and, among them, today we want to present the Dr. Bartô project and the Doctors of Health of the USP University Hospital.

In the first Freemind Conference, held in January 2013 in the city of São Paulo, one of the speakers was Dr. João Paulo Becker Lotufo, a pediatric doctor with an enviable curriculum with positions as Representative of the Brazi-

lian Society of Pediatrics in combating alcohol actions, tobacco and drugs, Coordinator / President of the working group on Combating the Use of Drugs by Children and Adolescents in the Pediatric Society of São Paulo and Responsible for the Tobacco Project at the USP University Hospital, among others.

On that occasion, he spoke about "Legal Drugs - the beginning of everything" and presented to the organizers his Dr. Bartô Project and the Doctors of Health.

Dr. Bartô is the stage name used by Dr. João Paulo Becker Lotufo, author of the preventive project that treats two very serious addictions in a playful way: smoking and alcoholism. The project operates mainly in educational

institutions, with the objective of training managers, technical, pedagogical and support staff in schools and companies - public or private, to deal with the high incidence of licit vices.

But, with recreational activities, who they enchant are the children and adolescents, another major focus of the project. According to Lotufo, smoking is a pediatric disease, because today we already see children as young as 10 years old smoking.

Dr. Bartô and Doctors of Health started in 2000 as an extension project at USP (University of São Paulo). This pilot study among patients of the USP University Hospital showed that alcohol use in household consumption was quite high, followed by tobacco, marijuana, and then crack. The survey data was extremely worrying, as it showed that drug use started at home and families and specialists did not have the necessary resources to deal with the situation.

Continuously and using different languages, the project aims to carry out interventions that promote reflection and debate, which clarify issues related to the early and inadvertent use of tobacco, marijuana and alcohol, working mainly in elementary and high school.

Over the years, Dr. João Paulo Becker Lotufo (Dr. Bartô), has been writing a series of booklets in support of educators and families. With accessible language, these booklets have been of invaluable help in raising awareness for preventing the use of drugs, tobacco and alcohol and have reached all corners of the country. With the aim of reaching new partners in other countries, this material is being produced in English (<https://www.drbarato.com.br/quem-somos/livretos-ingles/>) and in Spanish ([https://www.drbarato.com.br/quem-somos/livretos-em-es Espanhol/](https://www.drbarato.com.br/quem-somos/livretos-em-es-Espanhol/)).

This material exerts great power on the children attended at HU-USP, in addition to taking their parents or grandparents to the HU smoke-free clinic and, therefore, are available on the website (<https://www.drbarato.com.br>) for download and reading.

In the last Freemind conference, in a course at ISSUP Brasil, Dr. Lotufo met Luís Carlos Pistelli, a visually impaired person who works with the literacy of blind children. This friendship has borne fruit and resulted in the printing of 3 booklets Dr. Bartô for alcohol and tobacco prevention in Braille. But, as, not everybody, knows how to read in Braille, these books were recorded as an audio-



Dr. João Paulo Becker Lotufo (Photo Disclosure)

book, thus greatly increasing the audience reached.


Other Dr. Bartô projects include:

- The Brief counseling, a gun to decline in early alcohol use and other drugs (<https://www.drbarato.com.br/?s=aconselhamento+breve>);
- The Storytelling, where Clown Pelúcia tells the stories that are part of the collection of booklets of Dr. Bartô's drug prevention project;
- The Magic of Dr. Bartô - support material to collaborate with information and alcohol and drug prevention strategies implemented in the practice of complementary approach by Dr. João Paulo Becker Lotufo, seeking to help parents and patients in the care and prevention of alcohol and drugs;
- Proposals, lesson plans ready for elementary school also available for download;
- Radio Program on USP 93.7 FM São Paulo / 107.9 FM Ribeirão, every Tuesday at 9:30 am.

Did you like the Dr. Bartô Project and want to know how to help? Access [www.drbarato.com.br](http://www.drbarato.com.br). Your help is most welcome. ■



[www.drbarato.com.br](http://www.drbarato.com.br) | [www.tabagismo.hu.usp.br](http://www.tabagismo.hu.usp.br)

A young child with curly hair, wearing a yellow shirt, is shown in profile from the chest up, focused on painting a large pink butterfly on a whiteboard. The child's right hand is holding a white marker, and their left arm is extended towards the board. The whiteboard is covered in various colorful marks, including pink, blue, and purple. The background is a soft-focus outdoor setting with greenery.

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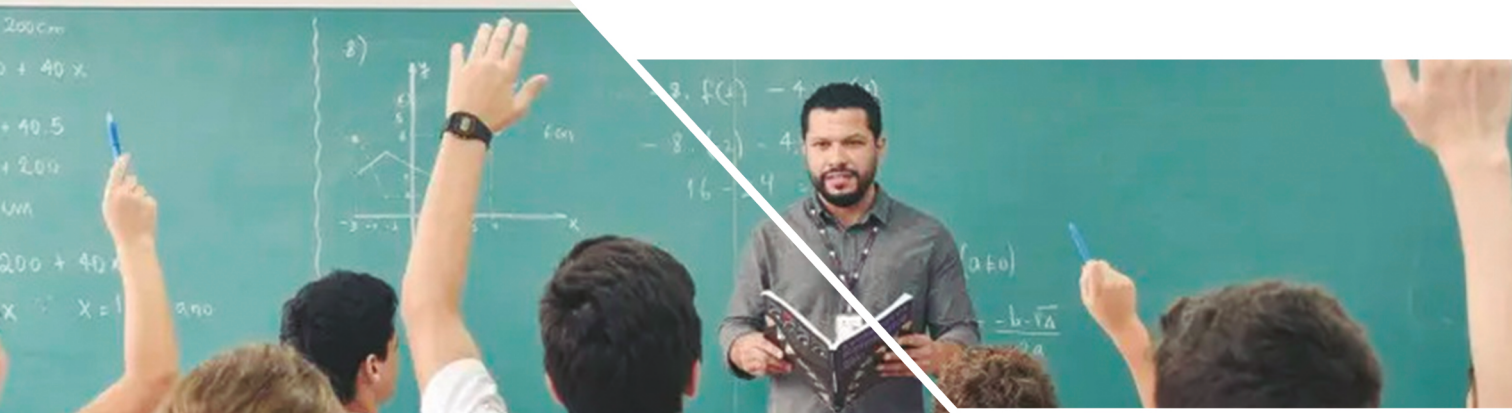
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# PARTICIPATE IN THE INTERNATIONAL WORKSHOP ON PREVENTION OF DRUG USE IN SCHOOLS

IT'S IN SCHOOL THAT YOU LEARN. TEACHERS  
ARE THE EXTENSION OF OUR FAMILIES.



The abuse of alcohol and other drugs has compromised the future of our children and young people, compromising brain training, impairing the entire learning process and creating a chemical dependence. It is also directly responsible for several risks in the present, such as: violence, fights, unwanted pregnancy, car accidents, depression and suicide.

For more information or to register, please contact  
**Whatsapp +55 (19) 99793-0240** or  
**email: [cursos@issupbrasil.com.br](mailto:cursos@issupbrasil.com.br)**



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BRAZIL chapter

