



RĪGAS DOMES
LABKLĀJĪBAS
DEPARTAMENTS

Work of Riga City Council Department of Welfare in Addiction Prevention Field

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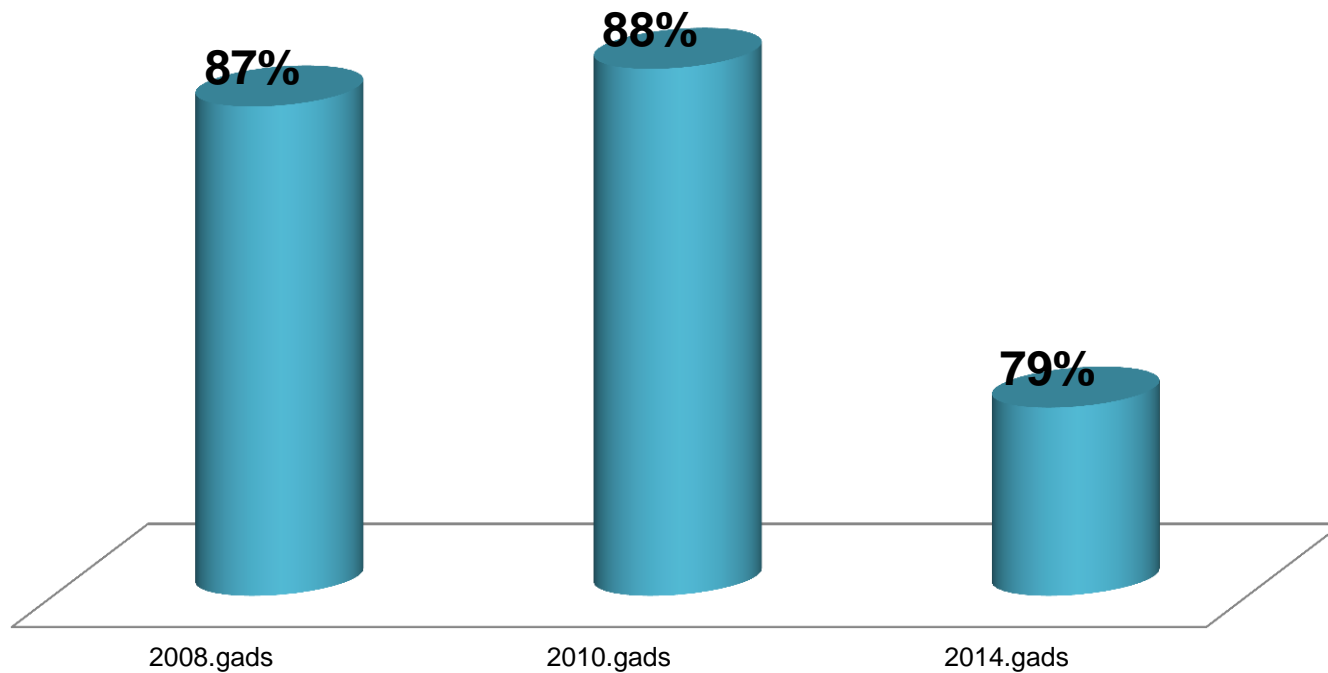
Health care administration

Public health promotion and prevention division

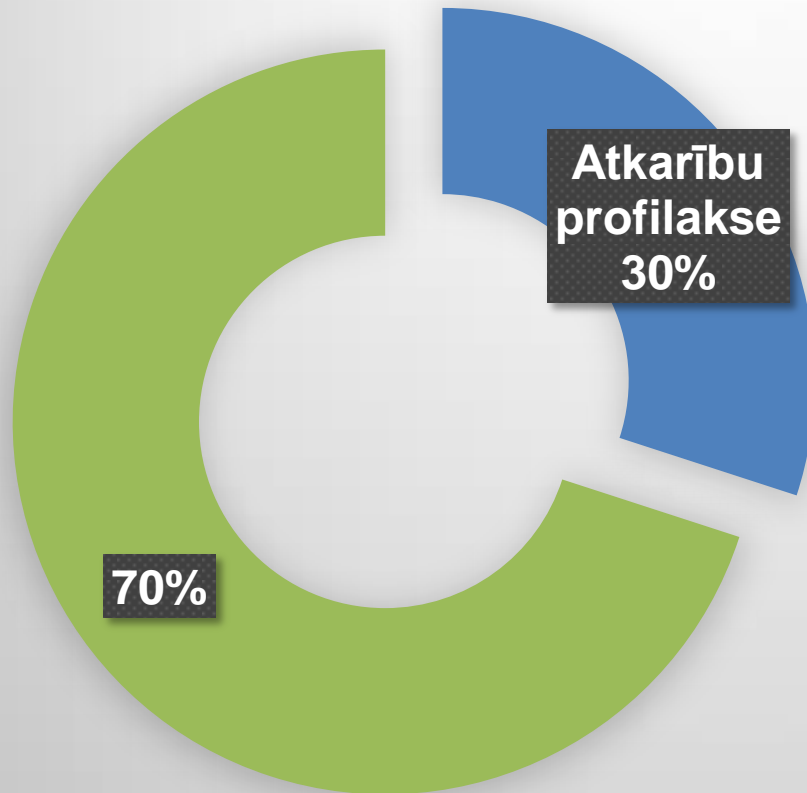


Impact of risk and protective factors affecting the level of addictive substances among adolescents

Alcohol use among 15-16 years old adolescents in Riga



Public health promotion at RCC WD:



- Mutes veselība, traumatiska profilakse, veselīgs uzturs, fiziskās aktivitātes, reproduktīvā veselība, infekciju slimību profilakse, ģimenes veselība, psihiskā veselība, starptautiskā sadarbība

Addiction prevention

- Training

~26 training courses every year, ~350 participants

- Discussions/lectures at schools

~650 discussions every year attended by ~7000 schoolchildren

- Support groups

- Public events

*World No Tobacco Day

- Public awareness campaigns

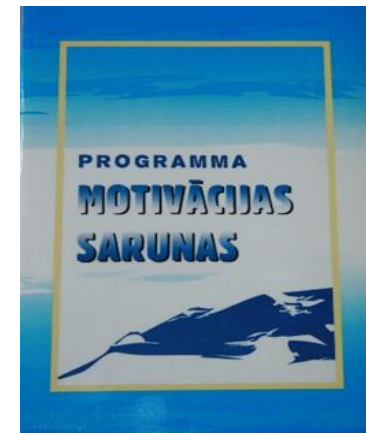
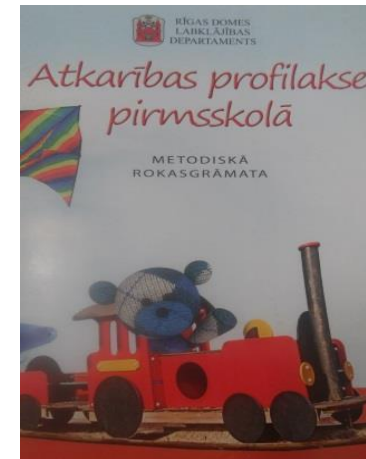
*Set of radio programmes

Training courses for specialists

Licensed training of pre-school and general education teachers, psychologists, support staff, health professionals.

Training courses for specialists (2)

- Addiction prevention in preschool
- Learning motivation for adolescents/adults – users of psychoactive substances
- Diagnostics of intoxicating substances among young people – seminar for health specialists

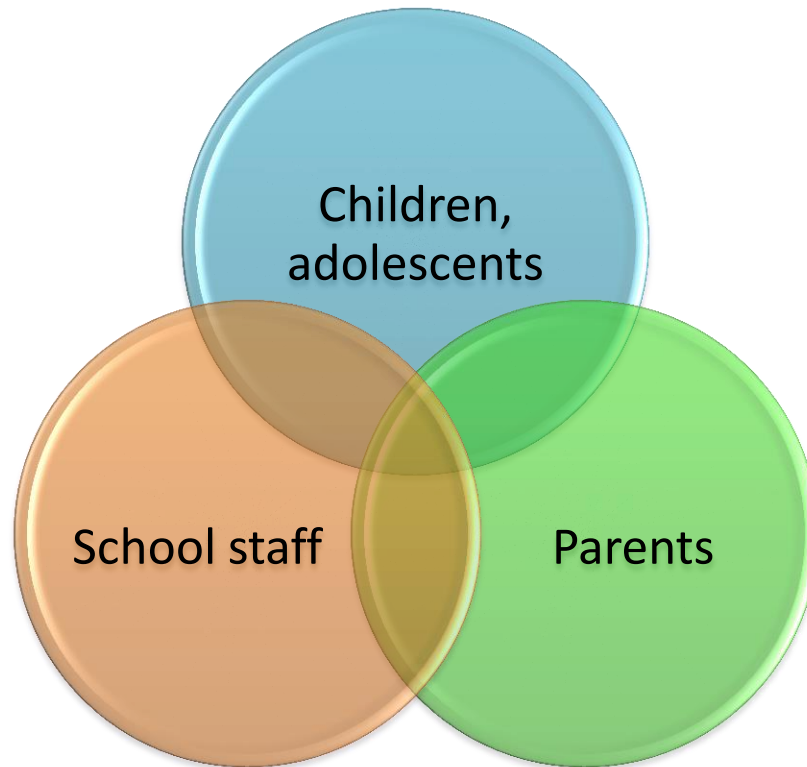


Training courses for specialists (3)

- Computer addiction intervention for young people
- Smoking-cessation intervention for young people
- Addiction and codependency in the family
- Development of social and emotional life skills



Addiction prevention in educational establishments



For parents:

- Lectures in parent-teacher meetings with interactive parental involvement.

Topics: development of children and adolescent (in grades 5-12) age stages, crisis of development, addiction prevention.

- Work with parents who have children with behavioural problems.

Behaviour change programmes for young people :

- «Anger management programme»
- „Children at risk”- for the group of children facing risk to start abuse or experiments with drugs.
- „I smoked and it’s enough!” – for young people who have already started smoking and wish to stop.
- „I played computer games and it’s enough!”- for young people who daily have difficulties to divide their time among studies, leisure time and time at the computer.

Discussions and interactive classes for schoolchildren:

- **Addiction prevention:**
 - ✓ Drug abuse (particularly topical issue about marijuana use),
 - ✓ Smoking (risks and consequences);
 - ✓ Alcohol (use of alcohol is often associated with a desire to experiment, myths and reality);
- **Life skills: How to say:No!**

Film for educational purposes

“Choose what you want!”



www.veseligsridzinieks.lv



Sākums Aktualitātes **Uzdod savu jautājumu šeit!** Rīga – veselīga pilsēta Pašvaldības atbalsts veselības jomā Informatīvie izdevumi Kampanjas
Galerijas

Aktualitātes

Psihiskā veselība

Atkarības profilakse un palīdzība

Palīdzība

Speciālisti atkarību profilakses jomā

Kontakti

Jautājumi un atbildes

Pētījumi

Profilakse. Atkarība

Kas ir atkarību profilakse?

Kas ir atkarība?

Uzdod savu jautājumu šeit!



Šajā sadaļā Jums ir iespēja anonīmi uzdot savus jautājumus par atkarības un veselības veicināšanas tēmām. Uz jautājumiem atbildes sniegs atkarību profilakses un sabiedrības veselības speciālisti.

KĀ UZDOT SAVU JAUTĀJUMU?

1. Sūtiet jautājumu uz e-pasta adresi veseligsridzinieks@riga.lv.

2. Visi jautājumi un atbildes tiks publicēti zemāk. Ja nevēlaties, lai Jūsu jautājums tiek publicēts, lūdzu norādiet to e-pastā.

3. Atbildes tiek sniegtas 5 darba dienu laikā no to iesūtīšanas brīža.

!!! Ja vēlies saņemt tūlītēju speciālista konsultāciju par atkarības profilaksi, apmeklē sadaļu Palīdzība.



Thank you!

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