

Prophylactic and Preventive Measures in Tallinn

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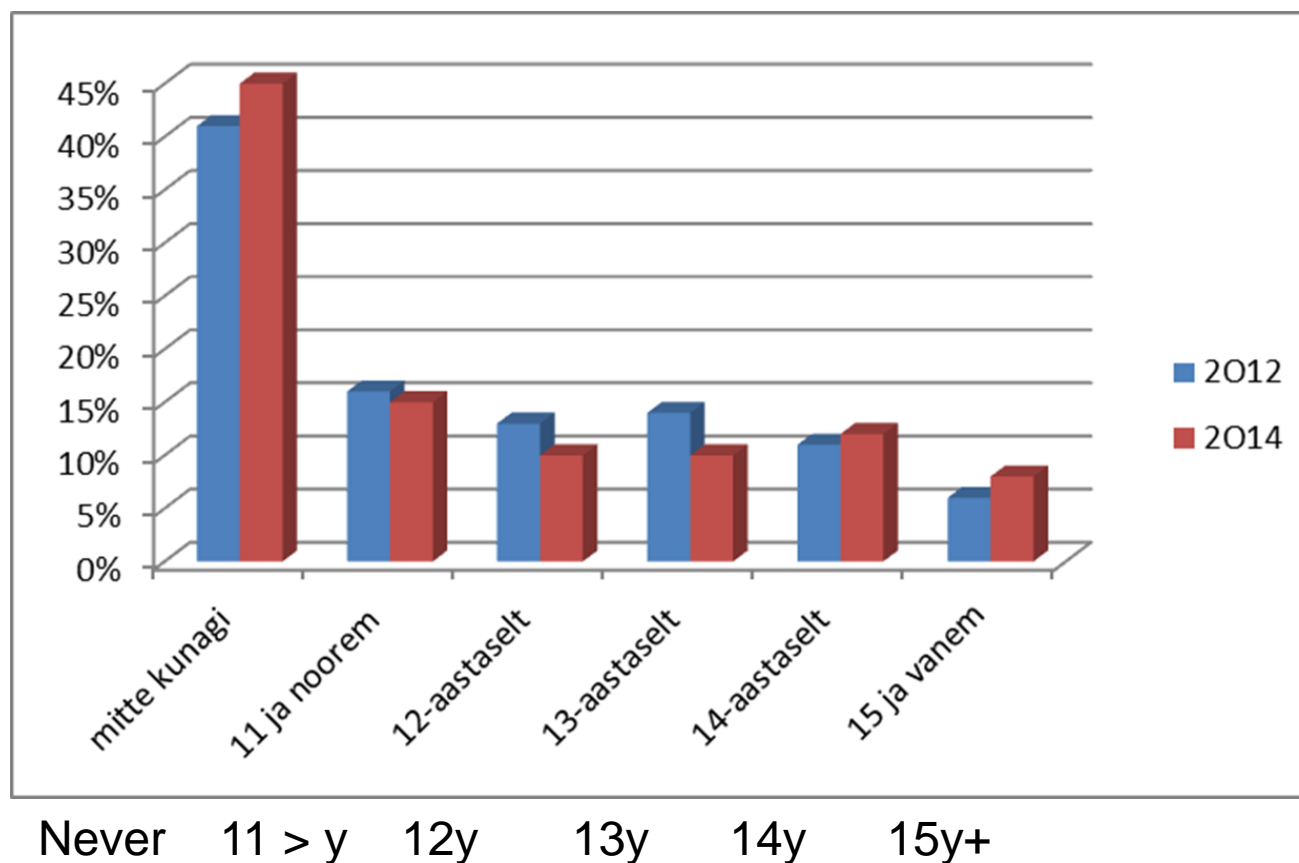
Social Welfare and Health Care Department

Tallinn City Government

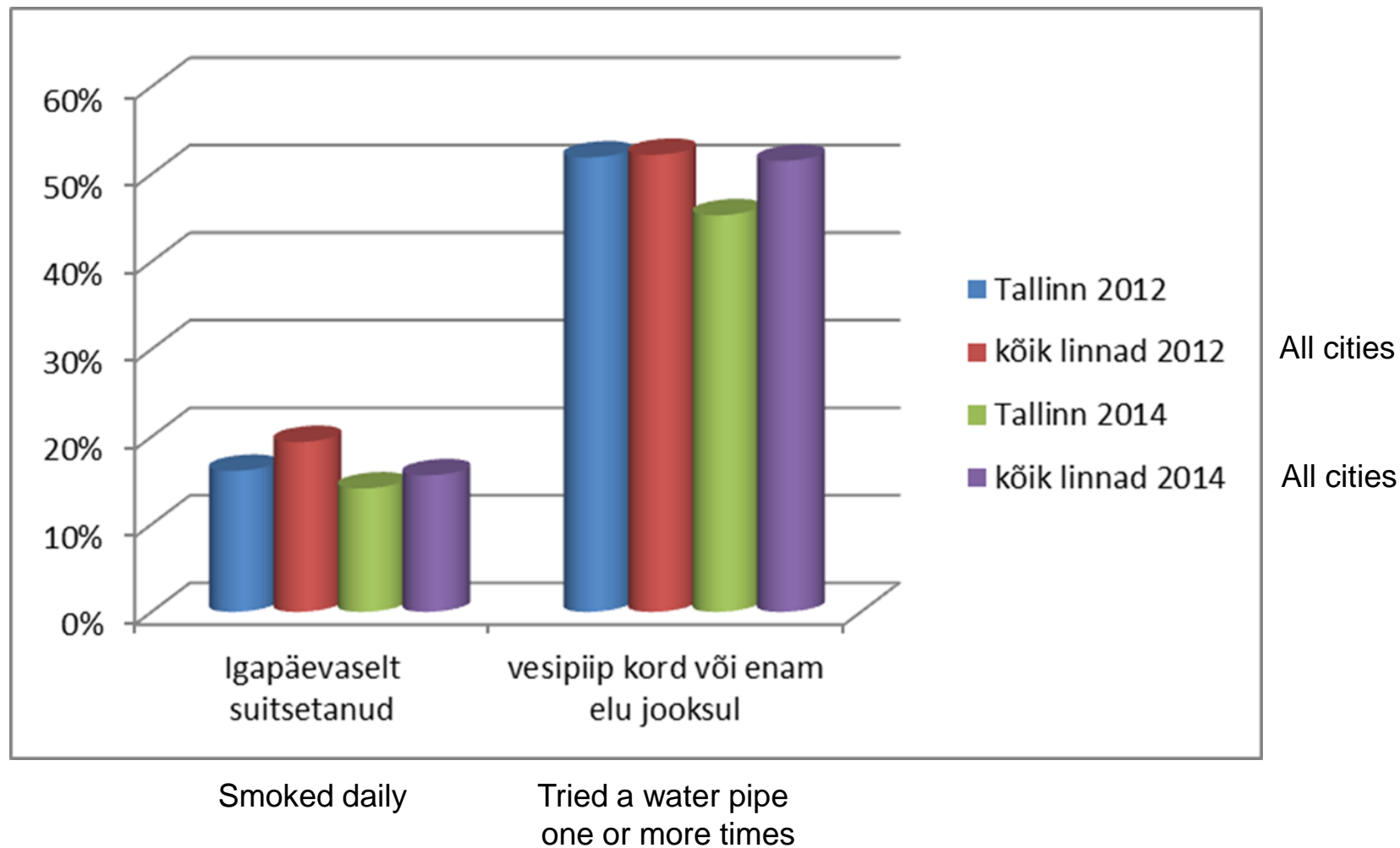
The behaviour of students in Tallinn based on international research

- In 2011 the city of Tallinn joined the international programme Youth in Europe (A DRAG PREVENTION PRORAMME). Two studies financed by the city of Tallinn were carried out (2012, 2014) in collaboration with the foundation Koolitervishoid.
- A standardised questionnaire consisting of 79 questions was translated into Estonian and Russian languages.
- The cohort included 3139 students ages 15 and 16 from schools in Tallinn (1 633 boys and 1 506 girls)
- 23 Estonian and 21 Russian schools participated, as well as 6 vocational schools
- The study was conducted between October and November 2014.

I tried smoking for the first time when I was ...

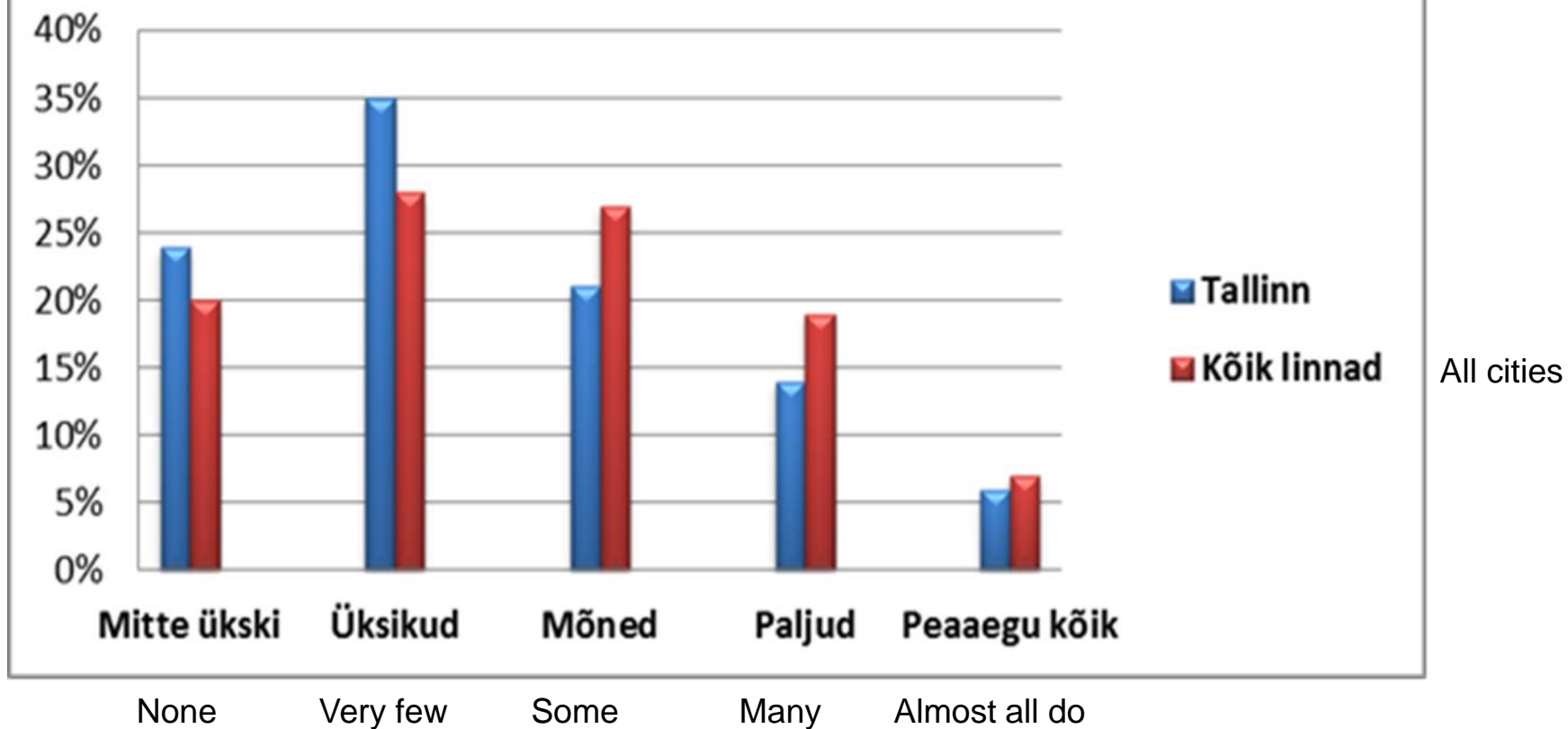


Smoking and water pipes

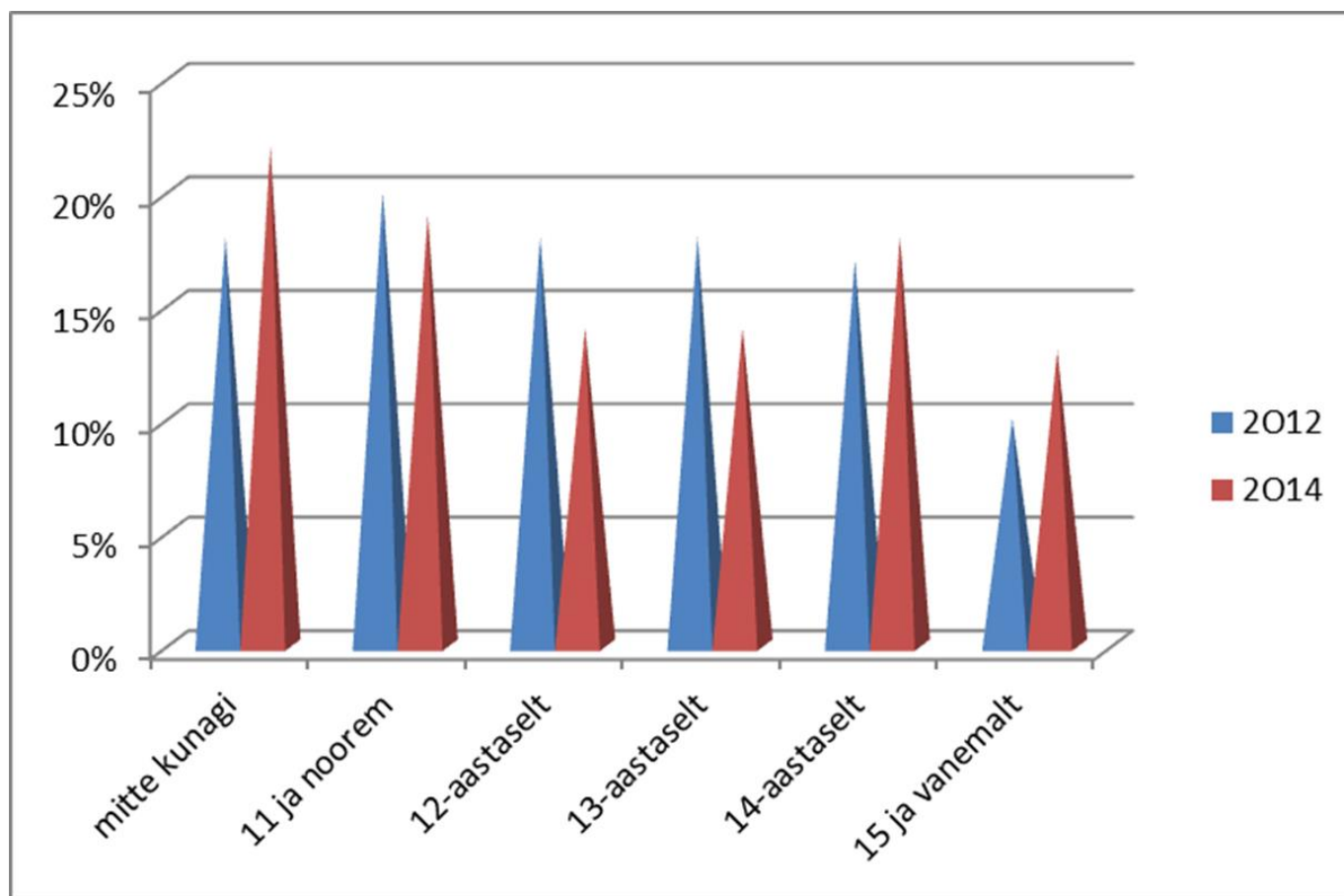


How many of your friends smoke? 2014

Kui paljud Sinu sõpradest suitsetavad? 2014



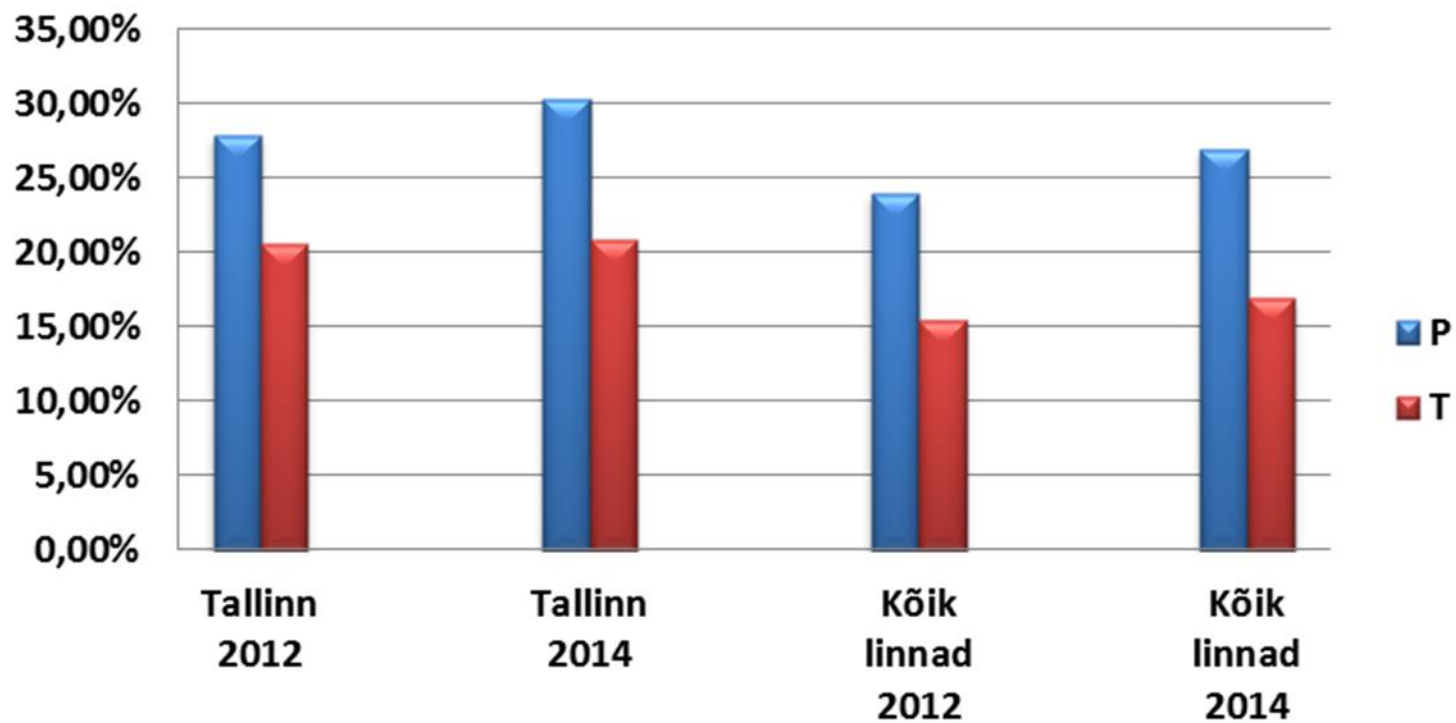
First time using alcohol was...



Never 11 > y 12y 13y 14y 15y+

Marijuana – tried one or more times in their life

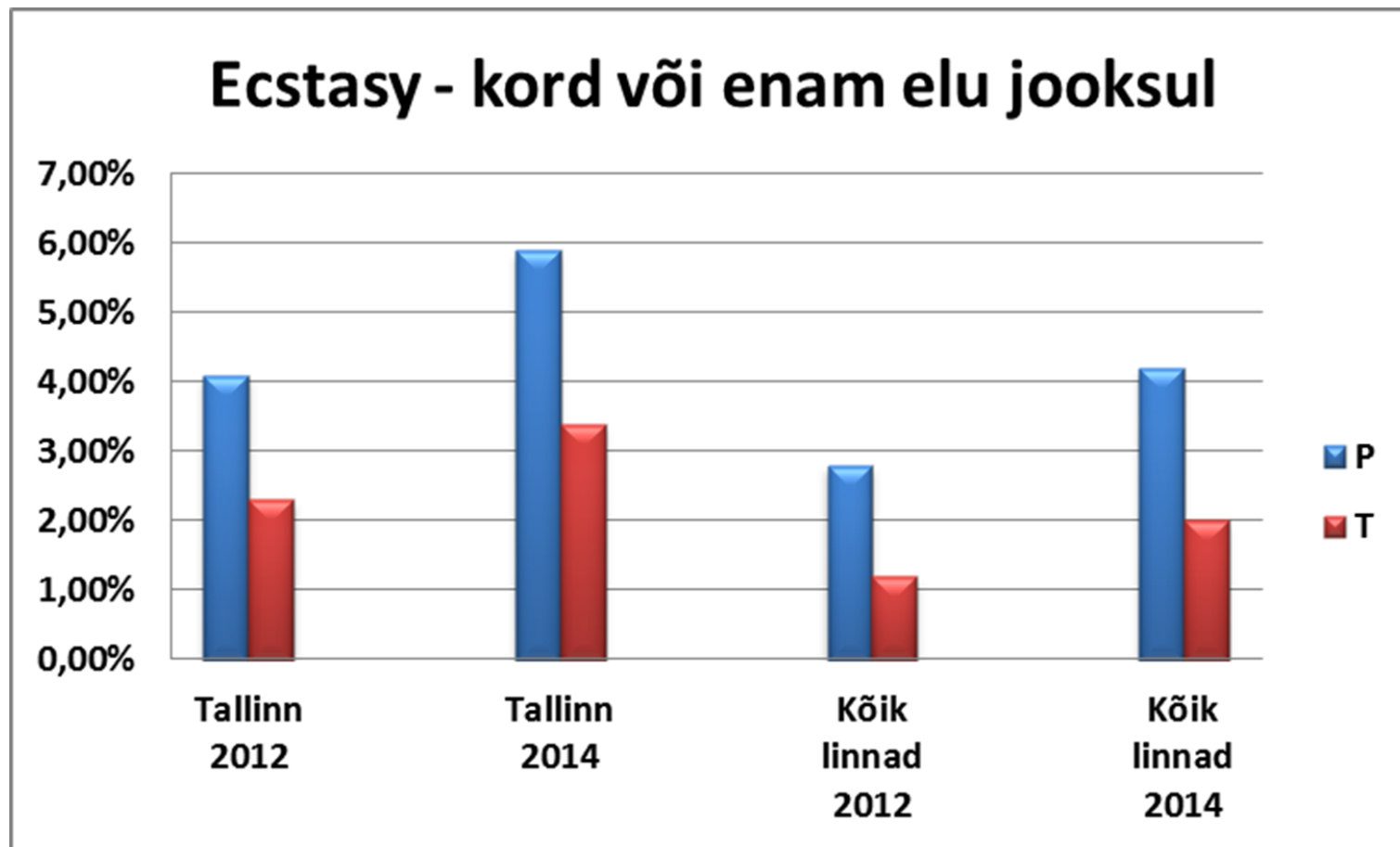
Kanep - kord või enam elu jooksul



All cities

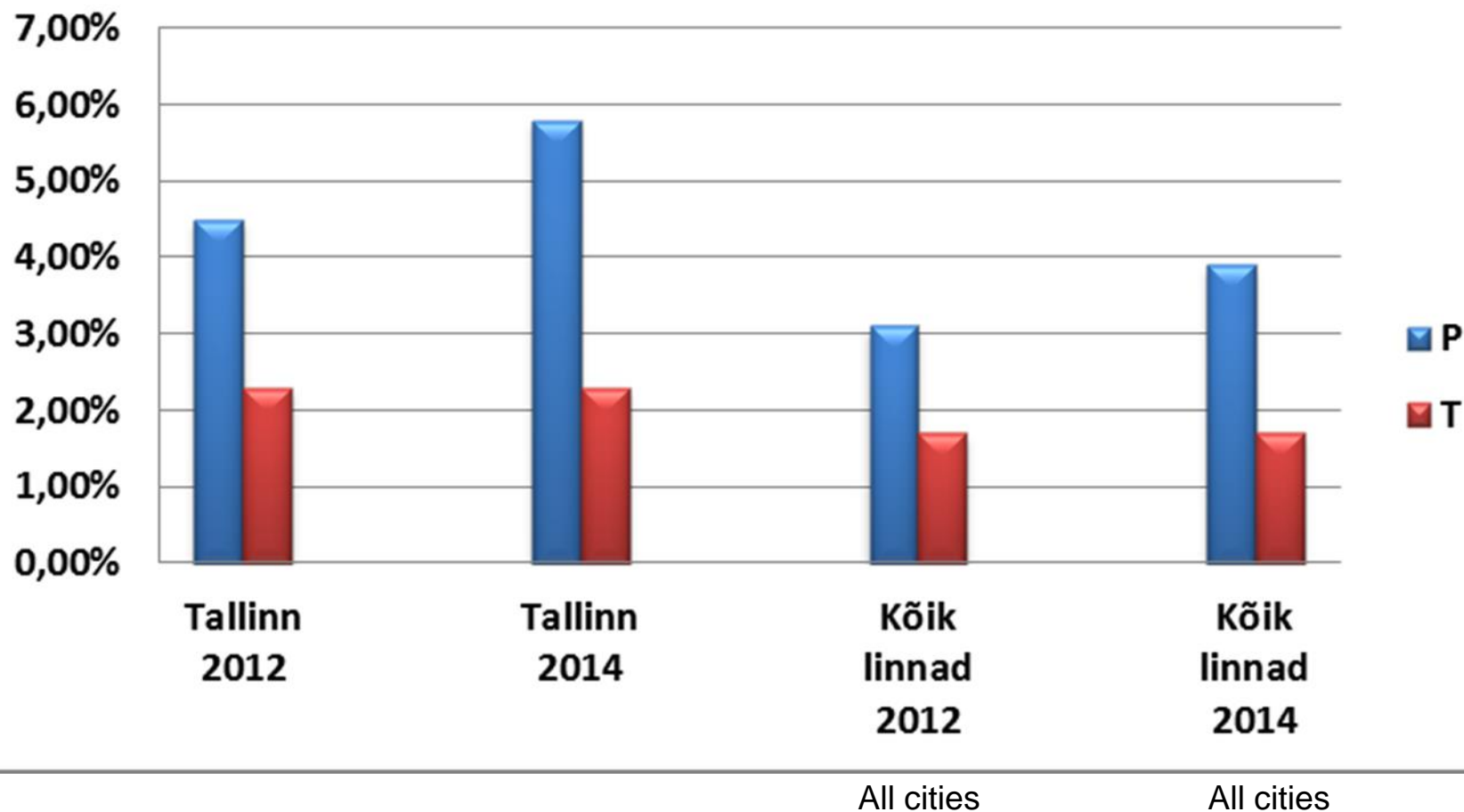
All cities

Ecstasy – tried one or more times in their life



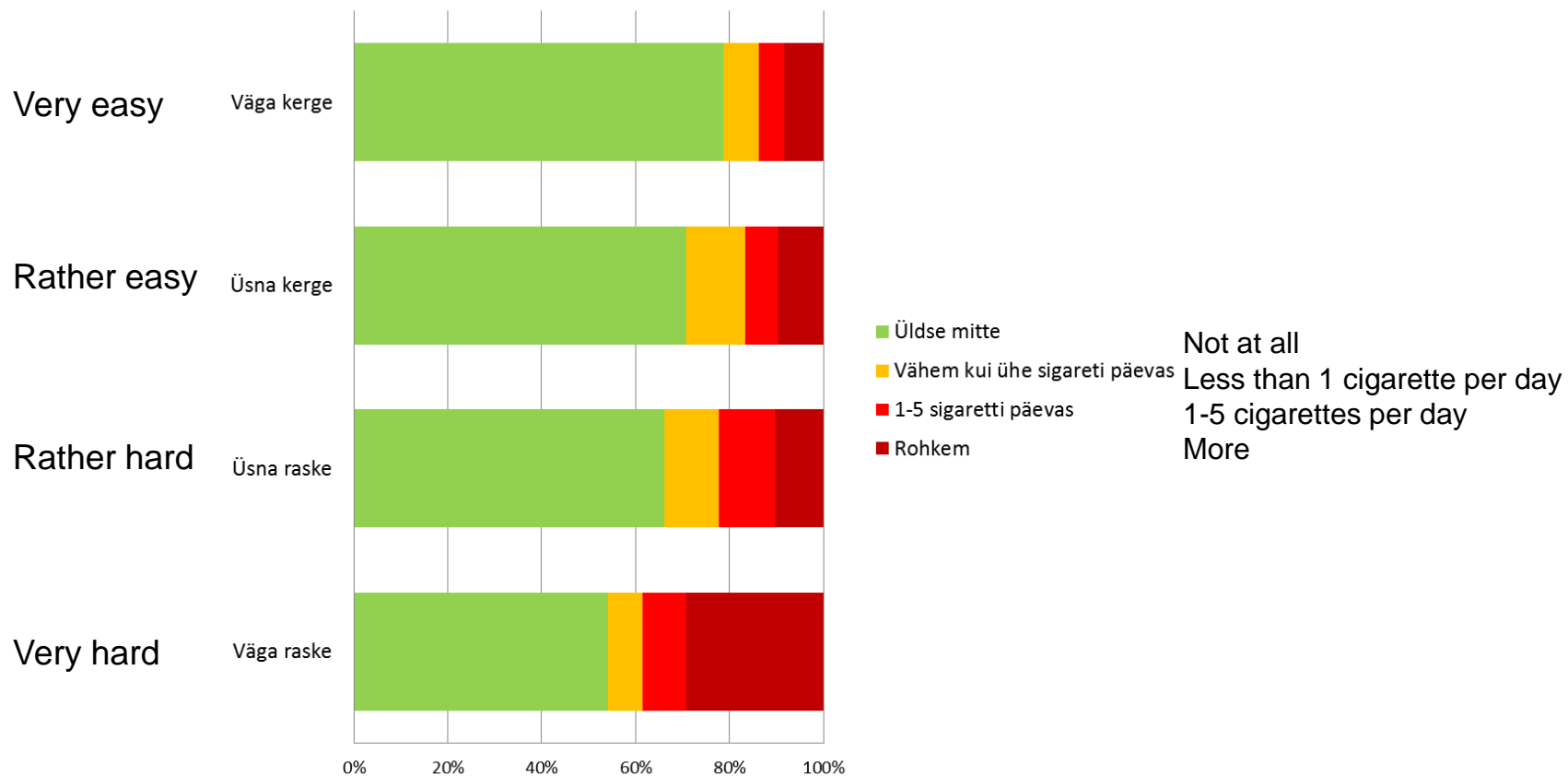
Amphetamine – tried one or more times in their life

Amfetamiin - kord või enam elu jooksul



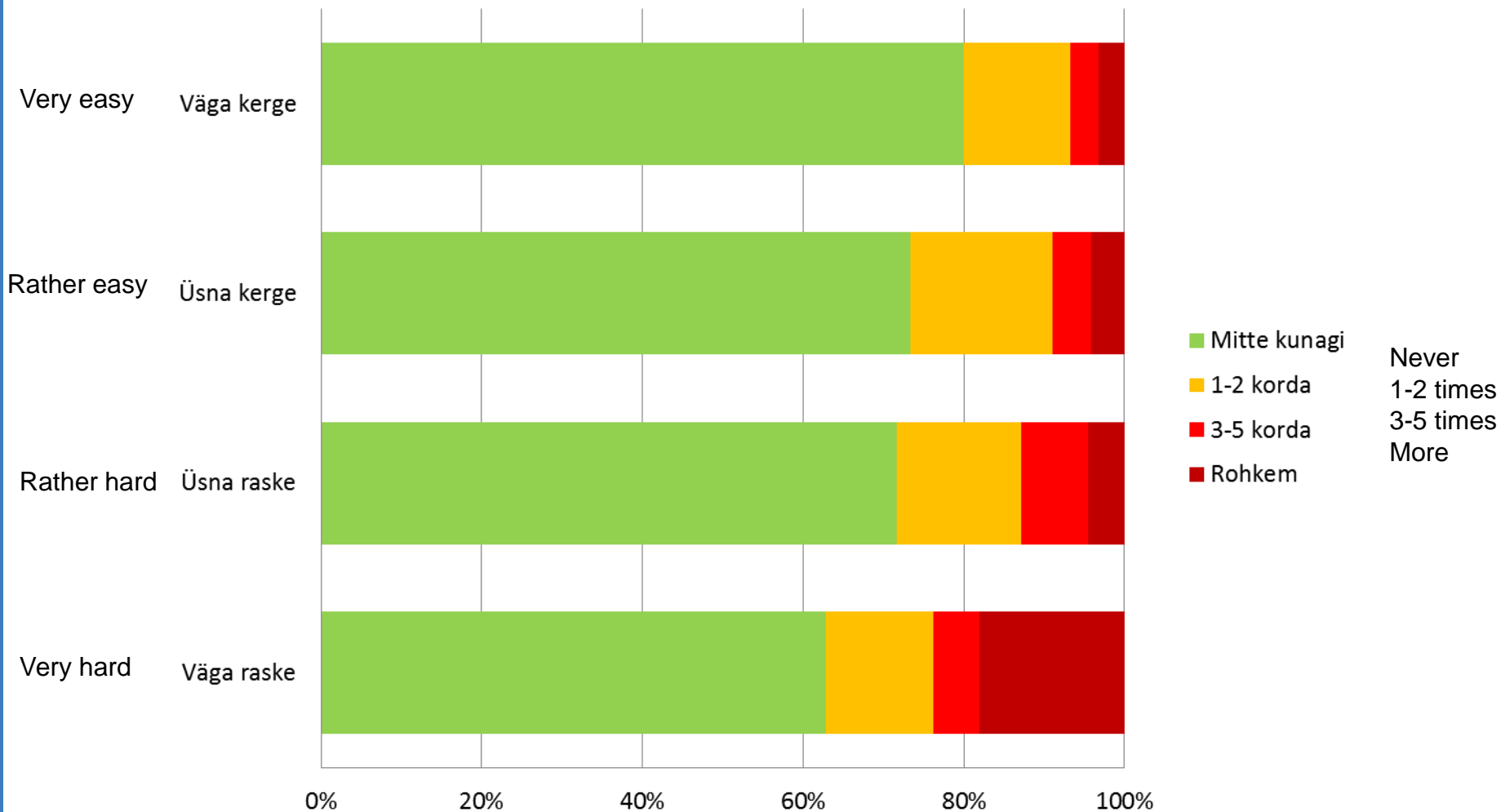
Getting affection from parents and smoking in the past 30 days

Vanematelt sooja suhtumise saamine ja suitsetamine viimase 30 päeva jooksul



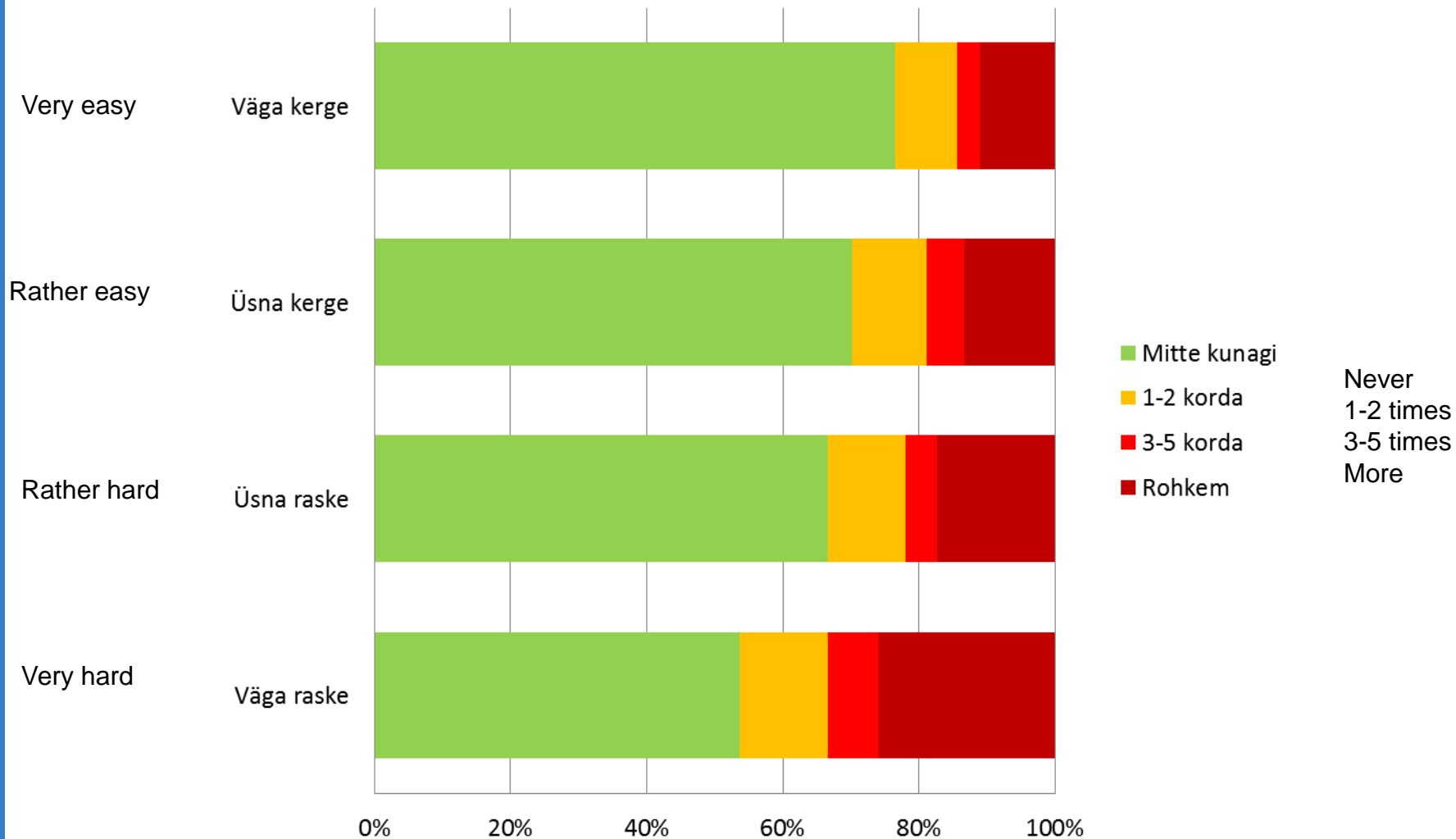
Getting affection from parents and being drunk in the past 30 days

Vanematelt sooja suhtumise saamine ja purjusolek viimase 30 päeva jooksul



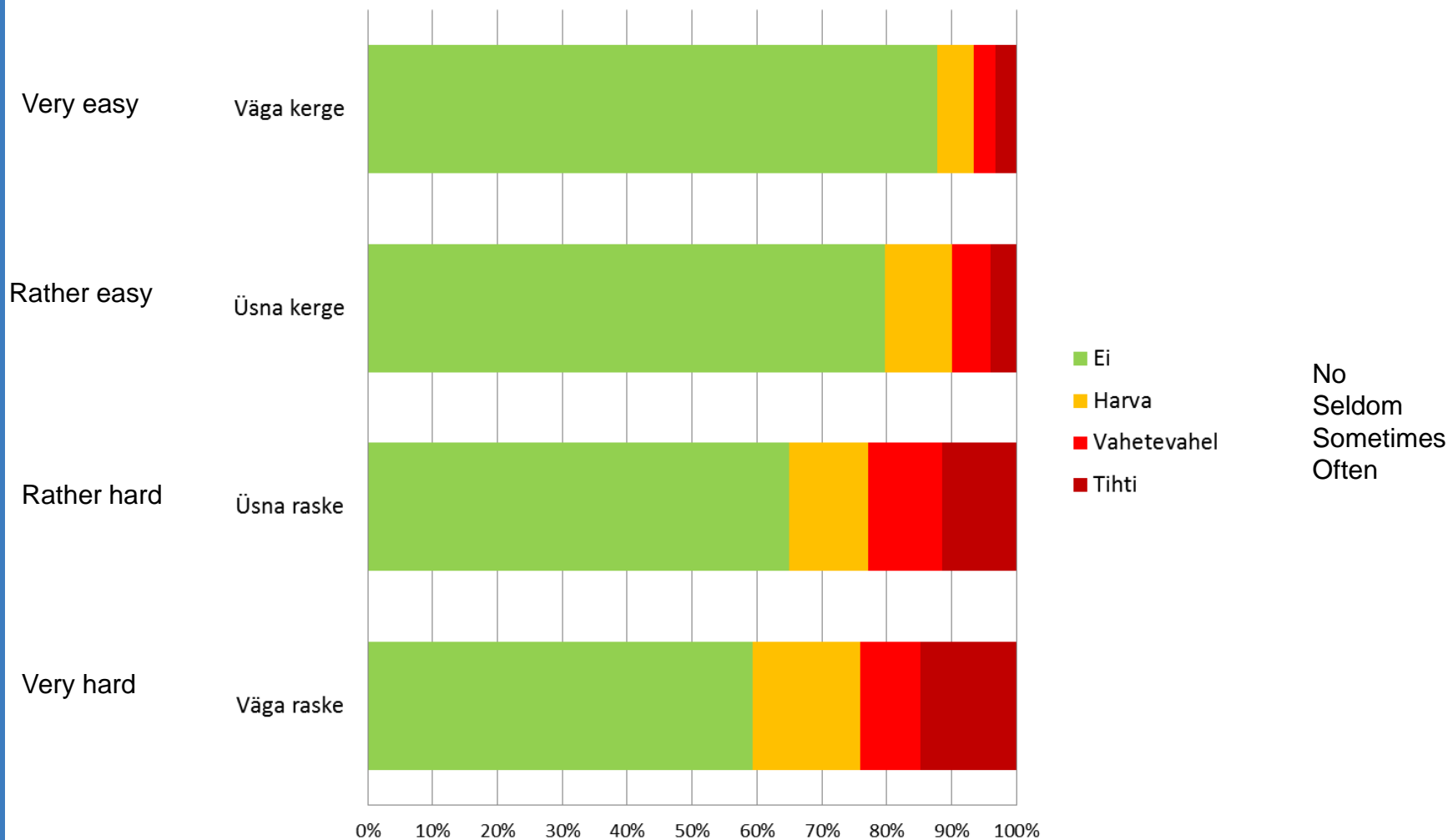
Getting affection from parents and marijuana use

Vanematelt sooja suhtumise saamine ja kanepi tarvitamine



Getting affection from parents and suicidal thoughts over the past week

Vanematelt sooja suhtumise saamine ja enesetapumõtted viimase nädala jooksul



“Action Plan for Preventing the Spread of Alcoholism, Narcotics Use and HIV/AIDS for 2013-17”

Tallinn Department of Sports and Youth

- Youth policy and youth work focus on young people who exhibit risk behaviour and are excluded.
- Supporting youth camps, youth projects and programmes, and sports activities.
- In 2014:
 - Tallinn supported 95 youth projects in which 114 000 young people participated.
 - The student work camp: 748 youths, 45 groups.
 - 4 112 children participated in youth camps over vacations.
 - The Tallinn youth centres had 78 254 visits.
 - Sports activity support was allocated to 135 organisations with 19 331 members (aged 4-19). *The most popular sports: swimming, football, gymnastics, basketball..*

Tallinn Department of Education

- The tasks of the Department of Education include monitoring compulsory school attendance, coordinating and organising health promoting activities in institutions of education, guiding hobby activities in general education schools and coordinating the work of the special youth work network.
- Each school has a health council, whose responsibility it is to organise preventive work in schools.

20 973 students participate in 1 141 hobby clubs. (The total number of students is 38 838)

The most popular ones are: music clubs and lessons (262), language clubs (233), sports clubs (112), arts clubs (126).

MUPO (municipal police) – the youth work and public order sector:

Monitoring areas around schools and kindergartens, working with the police, youth organisations, institutions of education – prevention and surveillance.

Local city government – specialists, social workers – referrals to services, case management, training.

All city districts are participating in the project “Clean Future”.

Youth who are first time offenders involved in narcotics use are given the chance to keep their record clean if they participate in the programme for 6 months. If a deal is made, a tripartite agreement is formed between the Police and Border Control Northern Prefecture, the Northern District Prosecutor’s Office, and the local government social worker. The child and his or her parent have to voluntarily agree to join the programme.



TALLINN

- **The AIDS and narcotics prevention committee** has been active since 2001 as a permanent body led by the deputy mayor.

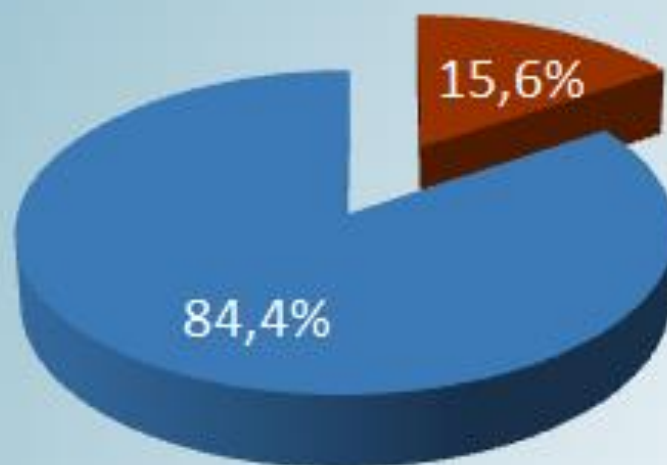
The committee coordinates the development and implementation of programmes aimed at preventing drug use.

- **The roundtable for children and families** (*committee*) active since 2000.

Their goal is to improve cooperation between the city and the institutions and organisations that work with children and families, in order to develop services for early intervention and to improve the wellbeing of children and families.

The share of retail locations that sell alcohol in Tallinn

Alkohoolsete jookidega kauplevate müügikohtade osakaal Tallinnas



Alkoholi müügikohad
1895

Spirit shops
1895

Muud müügikohad
10 274

Other retail locations
10 274

KOKKU 12 169

TOTAL 12 169

Changes to the Tallinn City Council regulation nr 30 of September 18th, 2008, “Restrictions on the Retail Sale of Alcoholic Beverages and Alcohol Advertisement“

- **The sale of strong alcoholic beverages is permitted in shops, whose total retail area is at least 150 m².**
- **At sporting events, the sale of alcoholic beverages is only permitted in specially designated areas, combined sales with other types of goods are not allowed.**
- **Retail sale of alcohol is not allowed in shops whose entrance is less than 50 m from the main entrance of an elementary school, a secondary school or a vocational school.**
- **Retail sale of strong alcoholic beverages is not allowed at service stations, if the entrance to the shop is less than 15 m from the nearest fuelling pump.**

The Tallinn city budget was used to support the following in 2015:

- **Psychological counselling for children and families** (the Tallinn Family Centre and the NGO Children and Youth Counselling Centre)
- **Social and psychological counselling for enablers and family members**

COUNSELLING SERVICE

Social and psychological counselling (for close ones as well)

- **NGO Estonian Association of HIV Positive Persons ESPO**
- **NGO Estonian Network of HIV Positive Persons (EHPV)**
- **NGO Children and Youth Counselling Centre**
- **NGO Social Rehabilitation Centre Loksa**

TRAINING SERVICES

- **NGO Sexual Health Association**

Training courses on the risks related to sexual behaviour, aimed at preventing HIV/AIDS and STDs organised at the **West Tallinn Central Hospital youth counselling centre**. In 2015 1740 youths aged 11-19 were trained, with 15 members in a group, 90 minutes at a time, 140 groups.

- **NGO Lasnamäe Hobby School – “Knowing Saves Lives”**

Risks related to alcohol and drug use – in Russian, 45 training courses that used active learning methods reached
900 students in 10 schools.

- **NGO Head Matters – “Marijuana and self-assertion”**

Training course on the effect of marijuana on mental health. 10 courses for youth aged 14-19 in Estonian general education schools, with 250 students participating.

Cooperation with the Police and Border Control's Northern Prefecture

- **A drug abuse prevention training course for 6th grade students in 26 schools across Tallinn within the KEAT framework. Number of participants during the school year was approximately 2000.**

The course focuses on drug awareness and building social skills to be able to resist pressure and say NO.

AS Norther Estonian Regional Hospital

- **A day center at the psychiatric clinic for dual diagnosis patients**
- **The department continues work initiated in 2005 by the Ministry of Social Affairs, the Health Development Institute and the city of Tallinn to establish a day centre for dual diagnosis patients.**
- **Until 2015, the Tallinn Department of Social Welfare and Health Care covered maintenance costs.**

Social rehabilitation services:

- **Include different combinations of psychological, social or experiential assistance, as well as occupational therapy and religious activities (the so-called narcotics or rehabilitation farms).**
- The state does not finance their activities, since it is not a health care service.
- **Tallinn supports the activities of four centres from its budget**

Social rehabilitation services:

AIDS Support Centre – Vinni Rural Municipality, Eidiku farm (in 2015 the service was funded for 6 months – 6 clients per month)

The Rehabilitation Centre Loksa – In Loksa
(we finance 10 months a year, 20 clients)

Salvation Army Estonia – centre located at Laevastiku 1a (we finance 12 months, the service has 20-23 clients per month)

Ambulatory treatment:

NGO Convictus – we support creative group therapy and storytelling theatre group work– twice a month, for 3 hours, over 11 months, around 65 group gatherings. 50 people have participated.

Treatment, rehabilitation and counselling services for minors with addiction disorders and their parents

- **Tallinn Children's Hospital** (in-patient detox treatment, 6 beds)
Psychotherapy in groups: group therapy for minors with behavioural problems and their parents.
- **Tallinn Children's Shelter** (social rehabilitation programme for those aged 10-17, 48 places, length of stay 6-9 months)



Children's Mental Health Centre

- Offer patients good quality psychiatric treatment services.
- Training opportunities for specialists to increase their competence.
- Developing a diagnostic system for detecting child abuse, training a mobile (outreach) team.
- Developing cooperation between sectors to promote mental health services and detect problems at early stages.



Thank you for your attention!