

Drug prevention, treatment, care and rehabilitation in the context of the pandemic

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Services for people who
use drugs and people with
drug use disorders

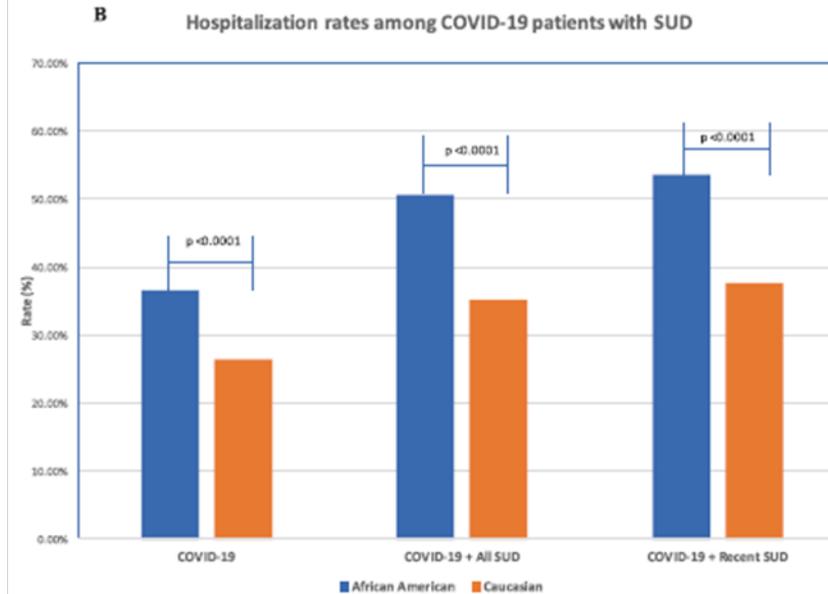
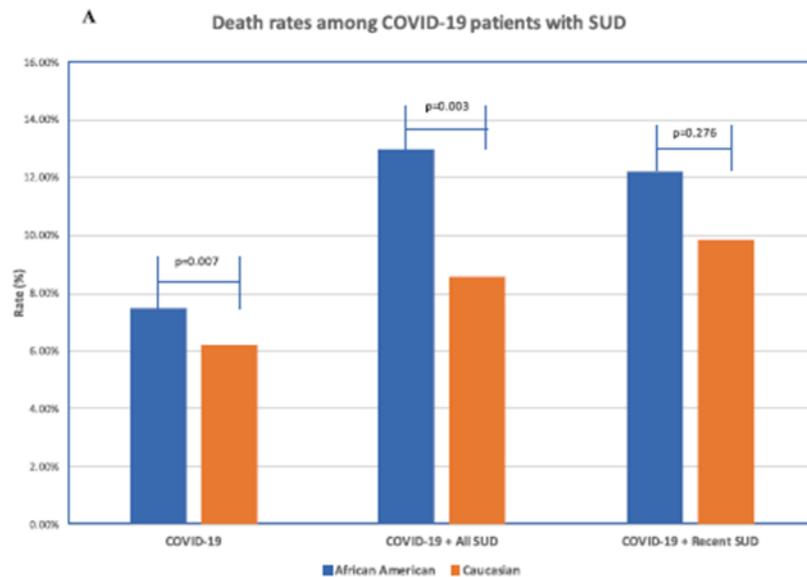


Only 1 in 8 in treatment
500,000 drug-related deaths
annually, in vast majority preventable

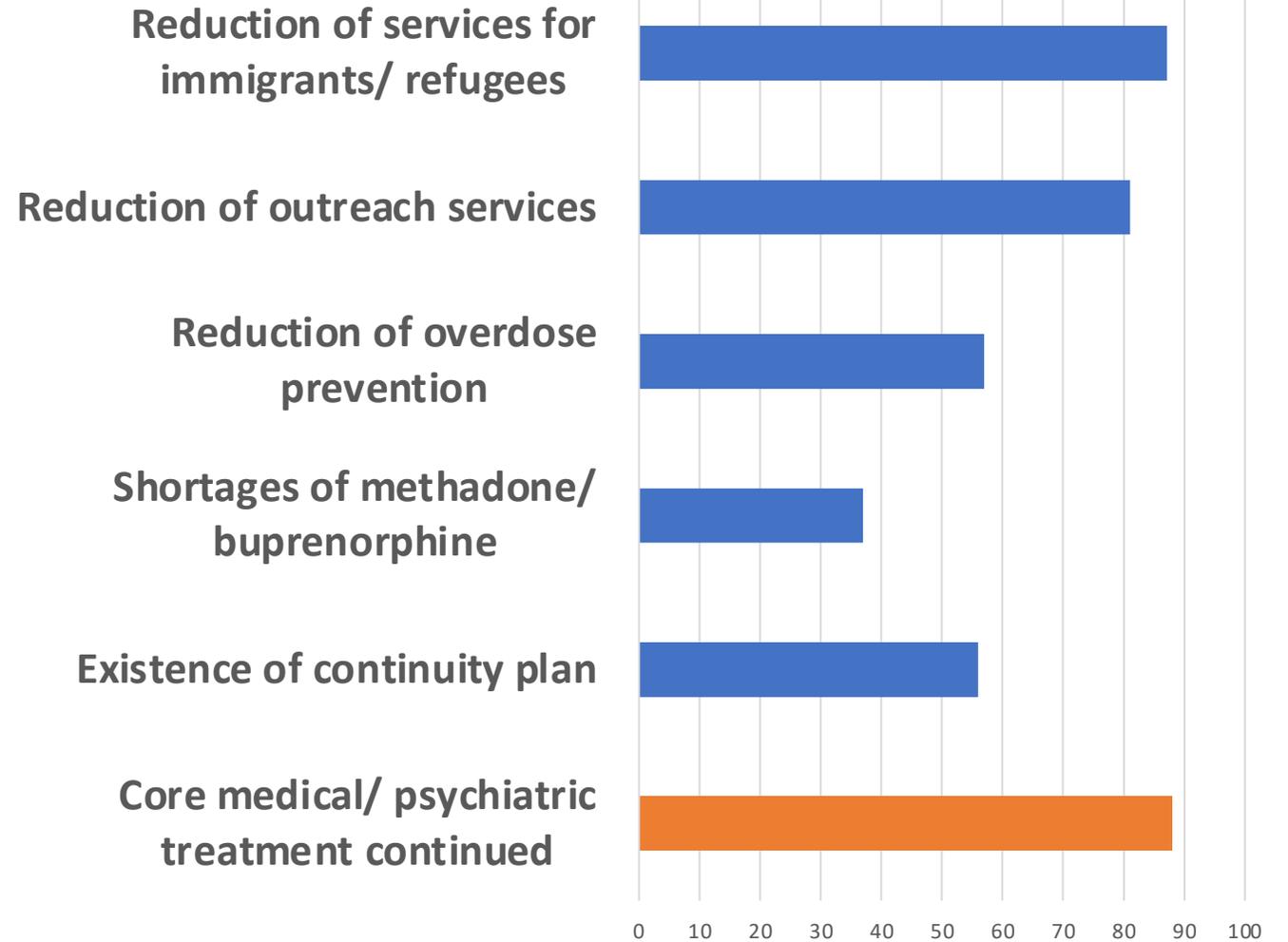


Worse for women, for people in prison settings and for people in humanitarian settings

Impact on people with substance use disorders: significant risk for COVID19 morbidity and mortality



Survey of professionals in almost 80 countries by the International Society of Addiction Medicine (Radfar et al, 2020)



Meeting the challenge together

**90-90-90 S-O-S INITIATIVE
GLOBAL IMPLEMENTATION TARGETS**

90%

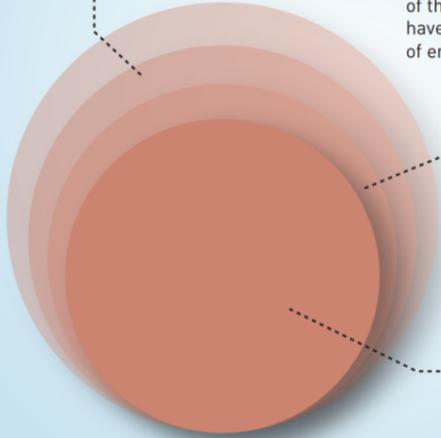
of the relevant target groups will have received training in overdose risk and emergency management

90%

of those trained will have been given a supply of emergency naloxone

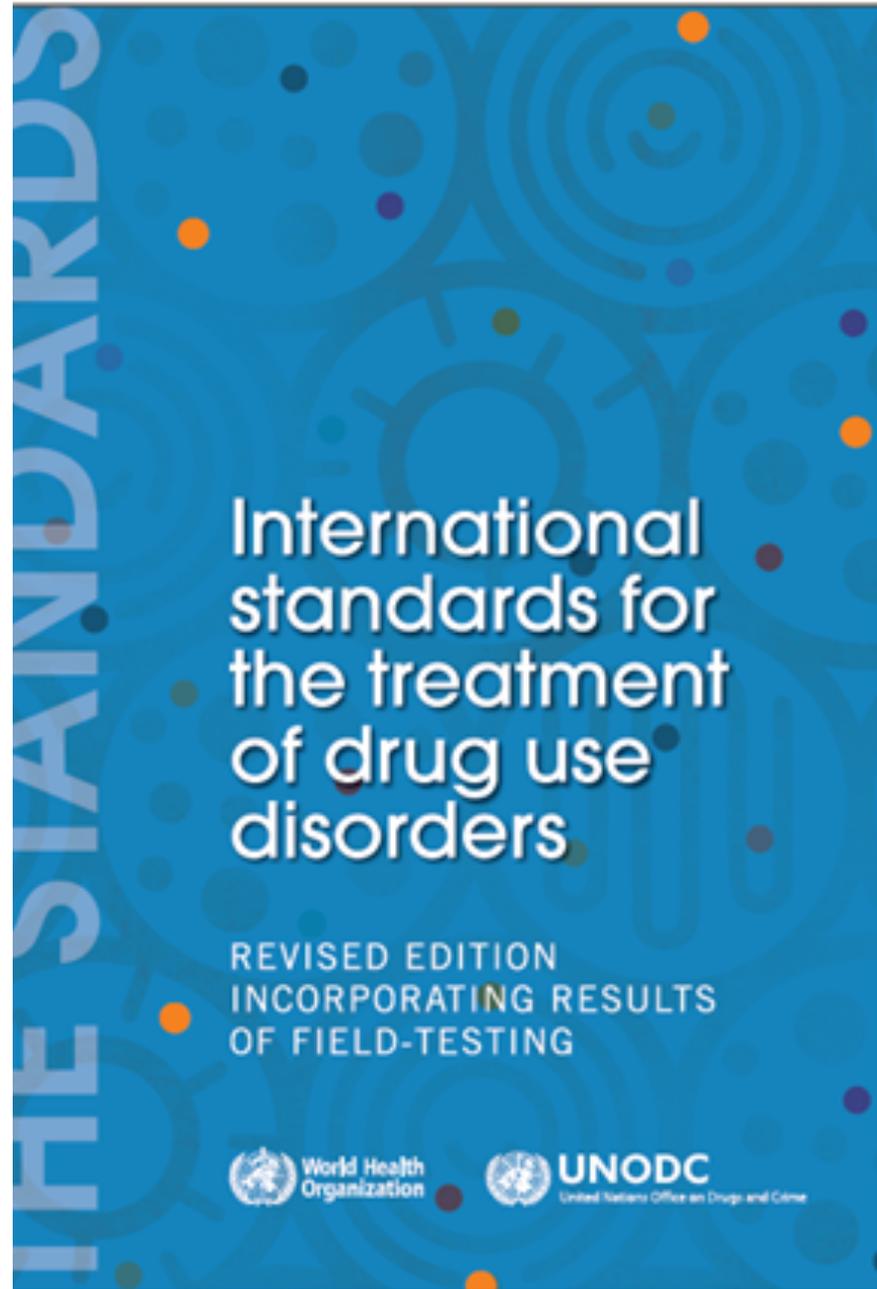
90%

of those who have been given a naloxone supply will be carrying the naloxone on them or have it close to hand

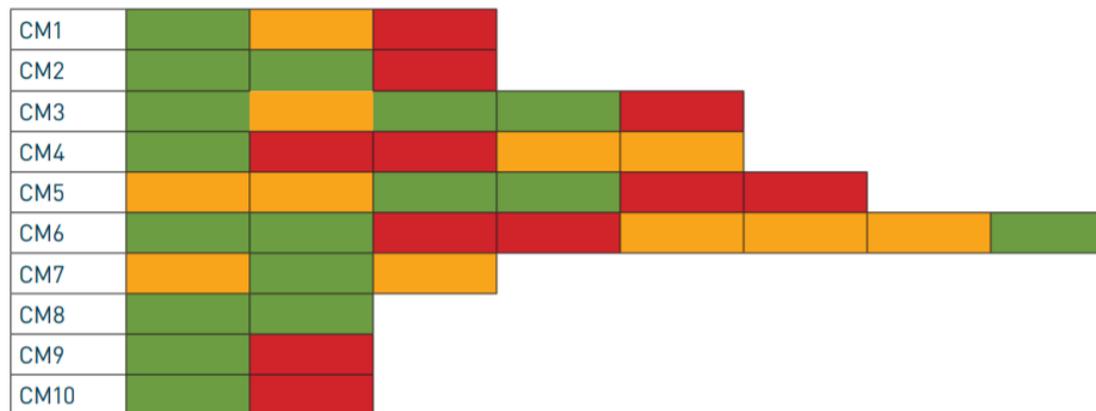


Treatment, health care, social protection and rehabilitation of people who use drugs and with drug use disorders

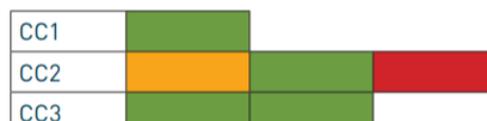
Increase the coverage of services, dramatically



Core management



Core care



Increase the quality, including continuity plans and integration



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SUGGESTIONS ABOUT TREATMENT, CARE AND REHABILITATION OF PEOPLE WITH DRUG USE DISORDER IN THE CONTEXT OF THE COVID-19 PANDEMIC

A contribution to the health security of countries and communities



Build back better

- Continuity plans
 - Maintain evidence-based services
 - Prepare medical supplies
 - Integrate the different services
 - Vulnerable groups such as immigrants and refugees

(adapted from Radfar et al, 2020)



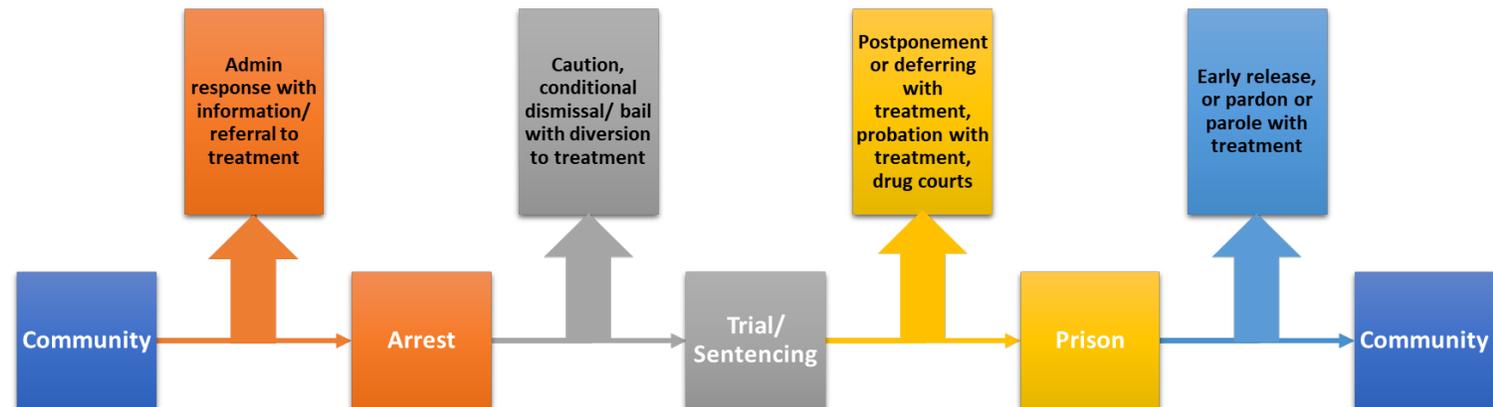
Respond to the needs of
populations in vulnerable situations

Increase the use of alternatives to conviction and punishment



Treatment and care for people with drug use disorders in contact with the criminal justice system

Alternatives to Conviction or Punishment





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Health in prison settings: HIV and other infectious diseases, but also mental health

**The United Nations
Standard Minimum Rules
for the Treatment of Prisoners**

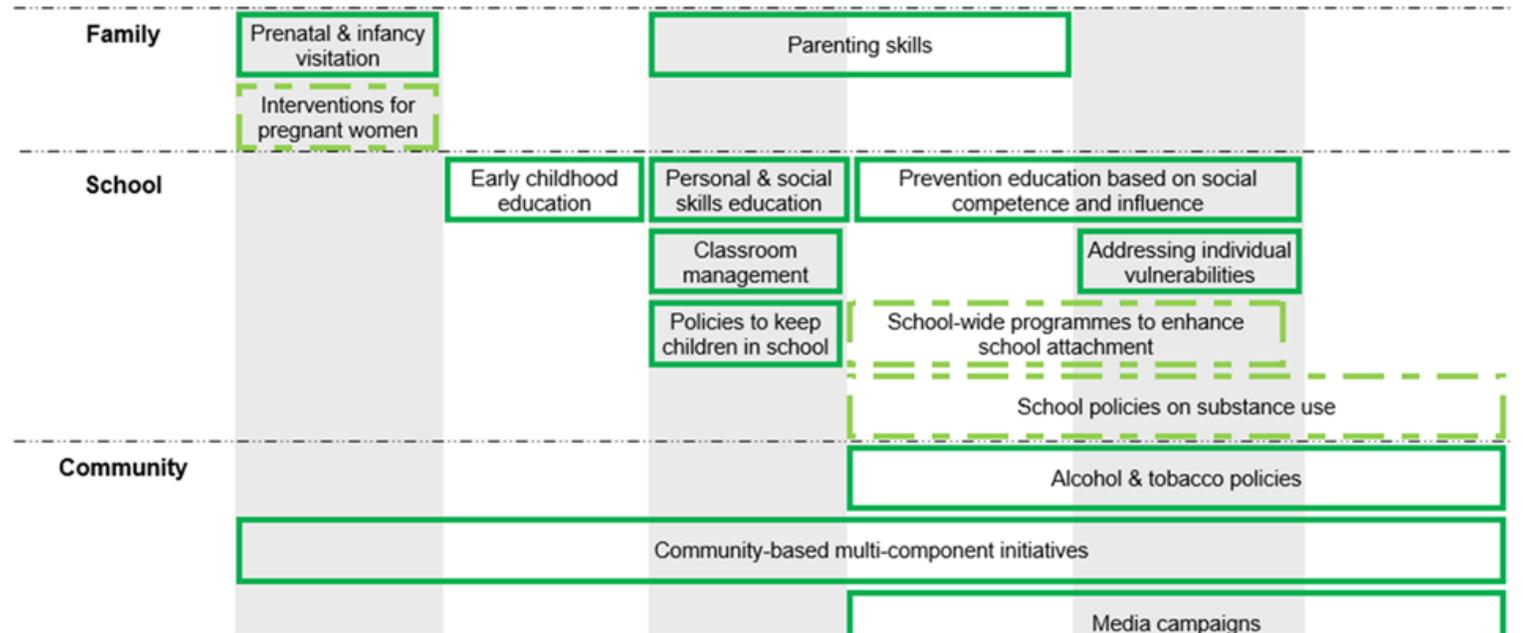
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What about prevention?



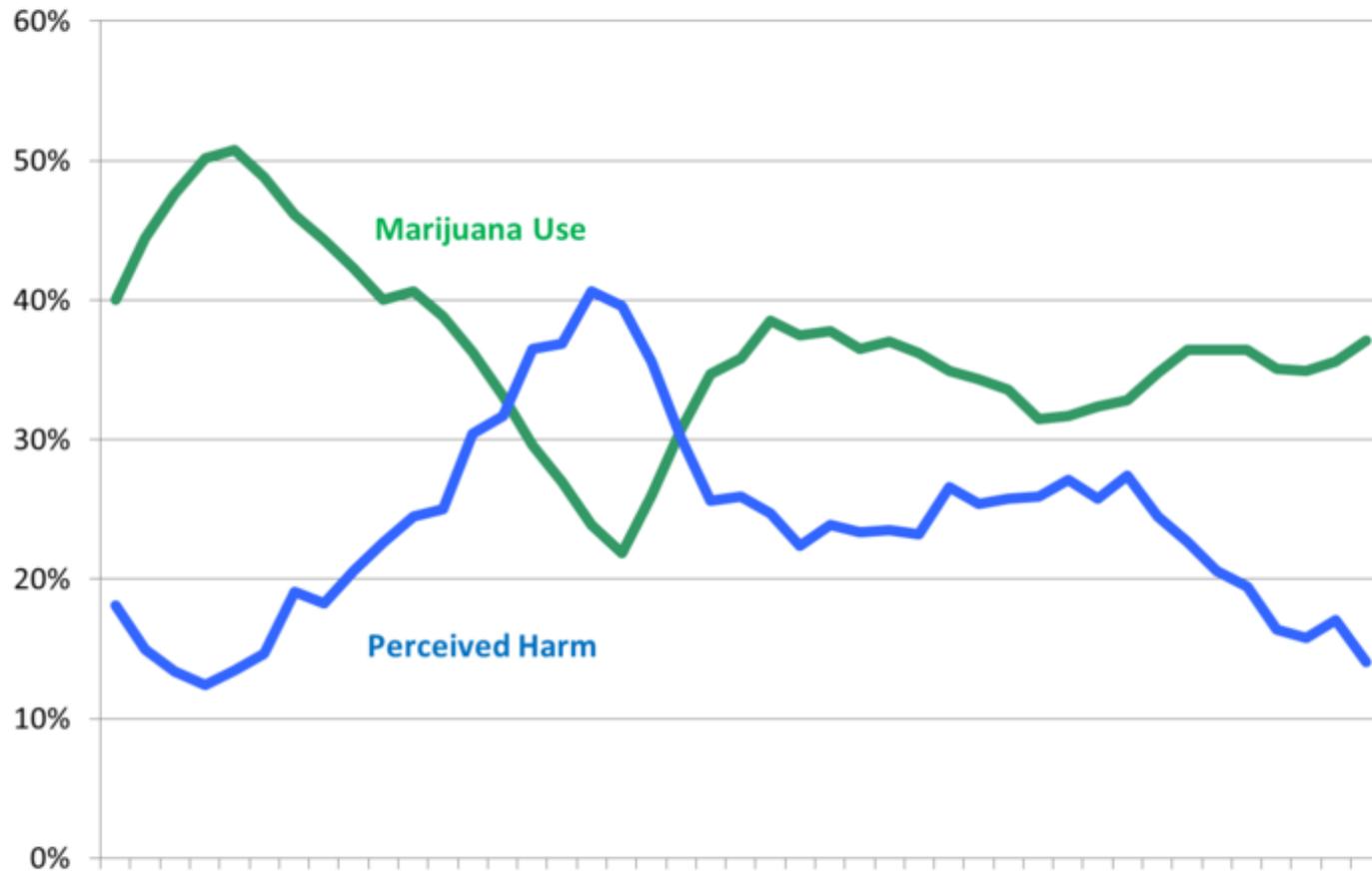
International Standards on Drug Use Prevention

Second updated edition



Strong prevention systems based on scientific evidence

Past Year Marijuana Use and Perceived Risk of Harm of Occasional Marijuana Use Among 12th Graders, 1975-2017



Perception of risk is key, but other factors also important

Protective factors and risk factors for substance use

Protective factors

- Safe neighbourhoods
- Physical safety and social inclusion
- Quality school environment
- Access to health care
- Caregiver involvement and monitoring
- Health and neurological skills:
 - coping skills
 - emotional regulation



Risk factors

- Poverty
- Conflict/war
- Homeless, refugee status
- Social exclusion and inequality
- Neighbourhood disorders
- Peer substance use and drug availability
- Mental health problems
- Trauma and childhood adversity

Risk and protective factors



Healthy and safe development of children and youth



Supporting parents during COVID19

Parental monitoring and warmth

Donaldson et al, 2015

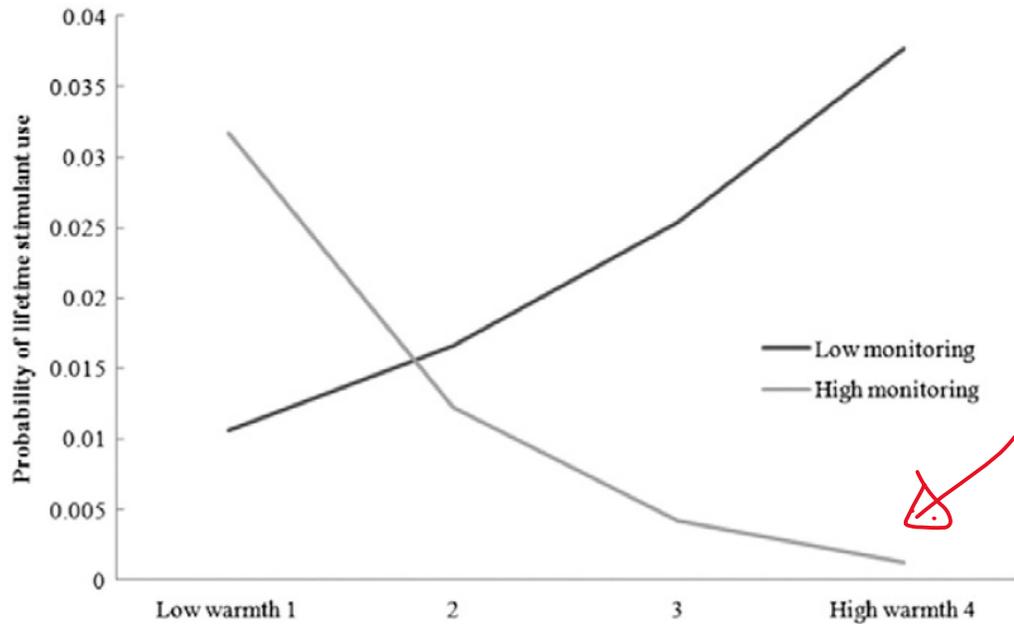


Fig. 3. Interaction of parental monitoring and parental warmth predicting adolescent stimulant misuse for 12–14 year olds in 2012.

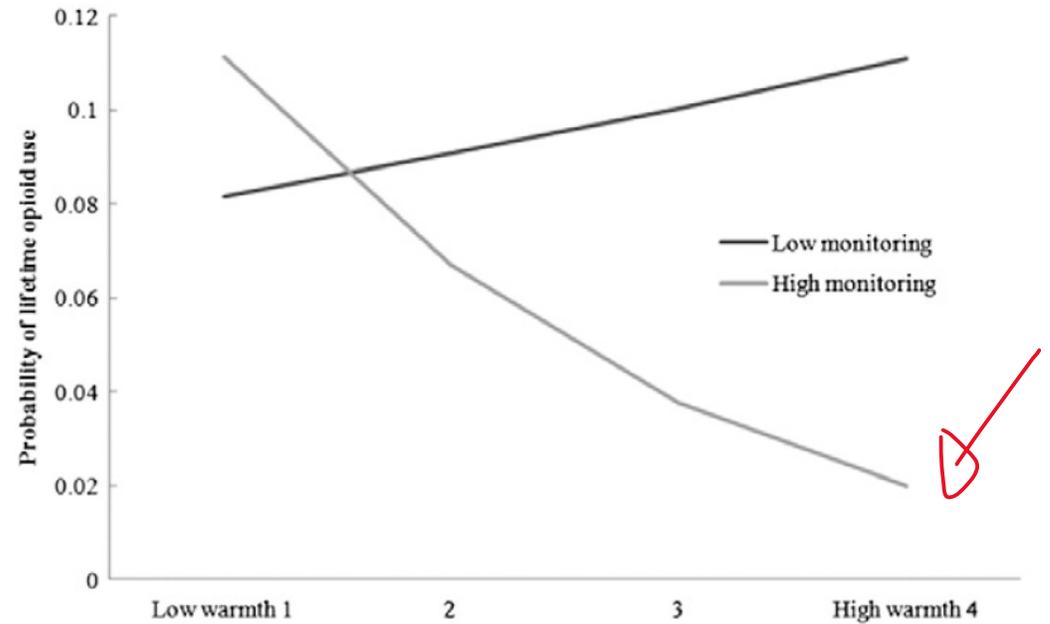


Fig. 5. Interaction of parental monitoring and parental warmth predicting adolescent opioid misuse for 12–14 year olds in 2011.

Adverse childhood experiences and inequality

Bellis et al.

Adverse child experiences associated to substance abuse

Higher income individuals with 4 or more ACEs: 4%

Lower income individuals with 4 or more ACEs: 12%

Parenting skills programmes



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World Health Organization



International Standards



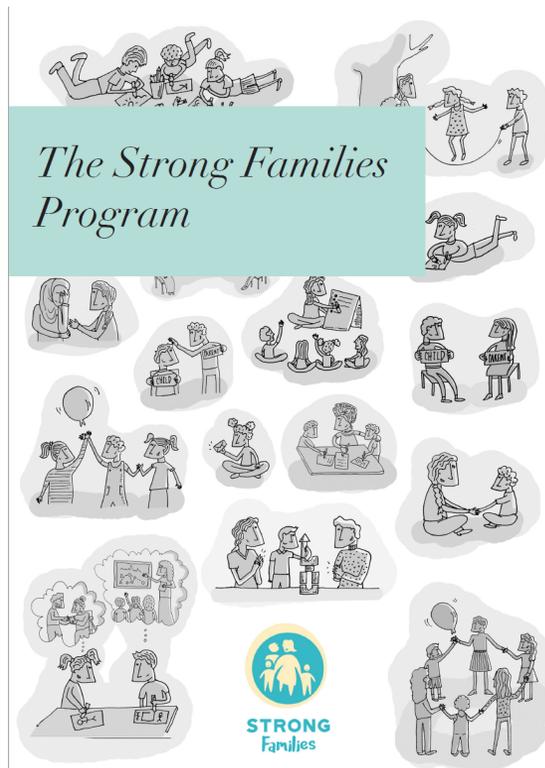


Parenting skills programmes

- Help parents be better parents in very simple ways (no lecture, no jargon):
 - Family bonding, i.e. the attachment between parents and children
 - Monitoring and involvement in the lives of their children (e.g. being involved in their activities, friendships, learning and education)
 - Positive, developmentally appropriate and effective discipline

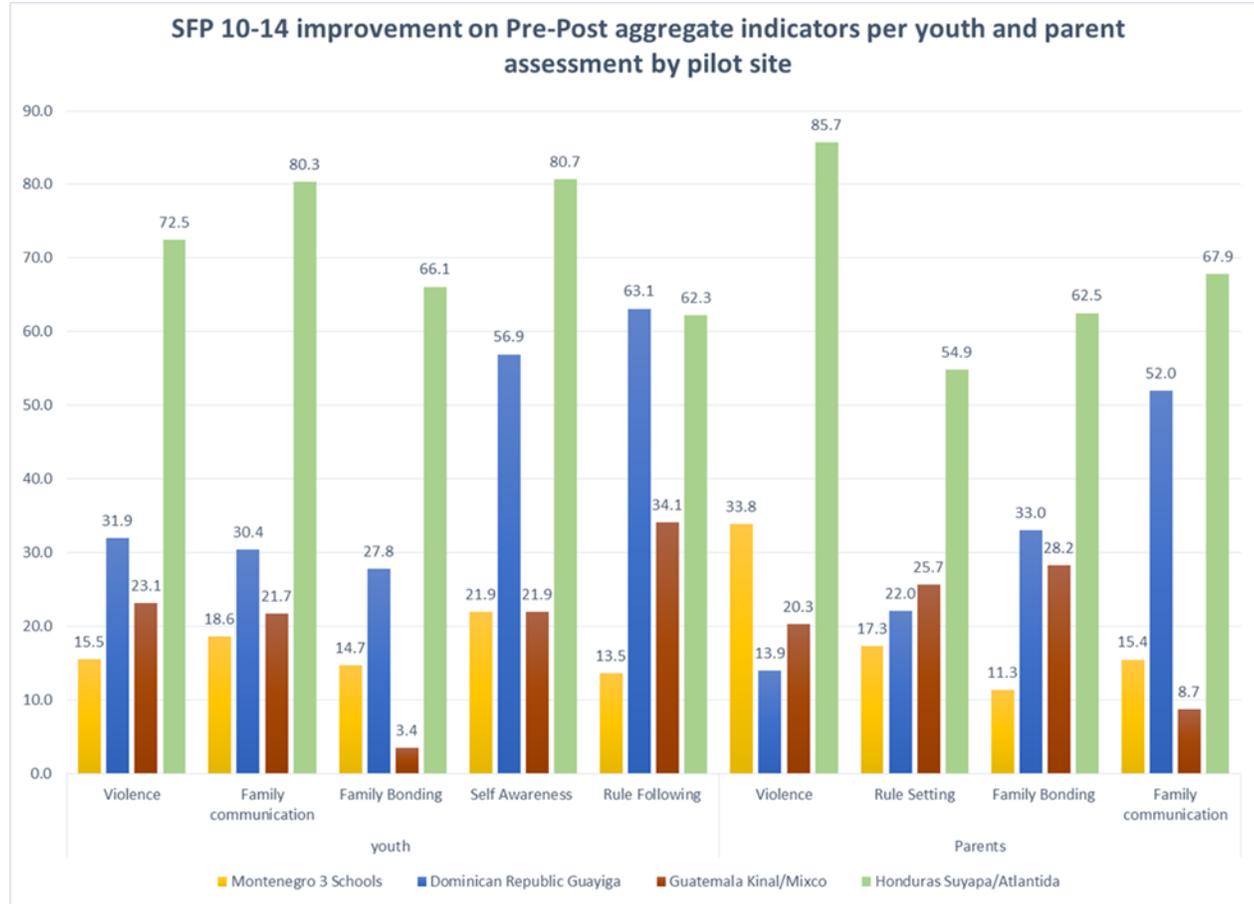
UNODC family-based prevention programmes in the public domain

For low resource settings



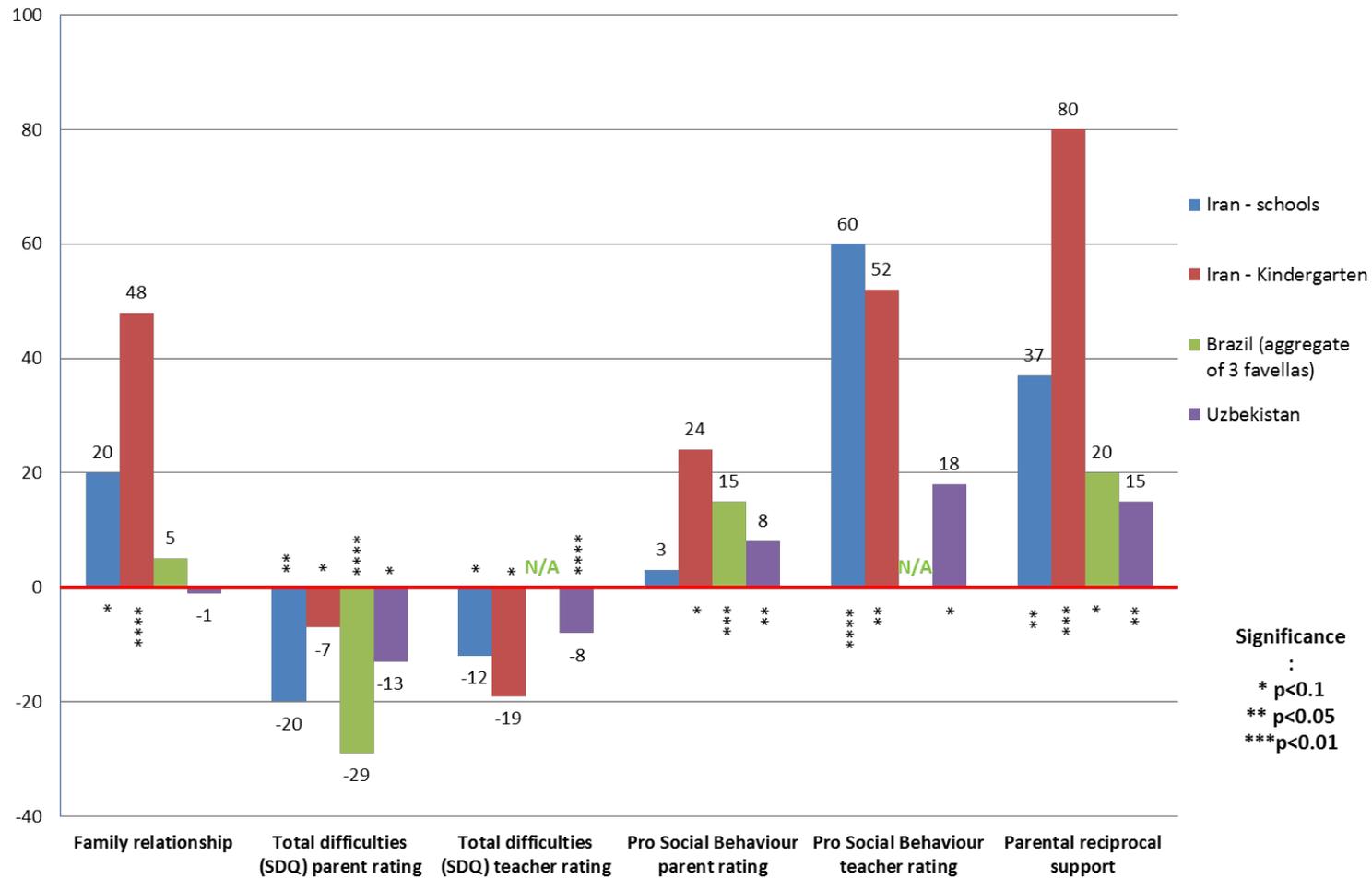
For all families





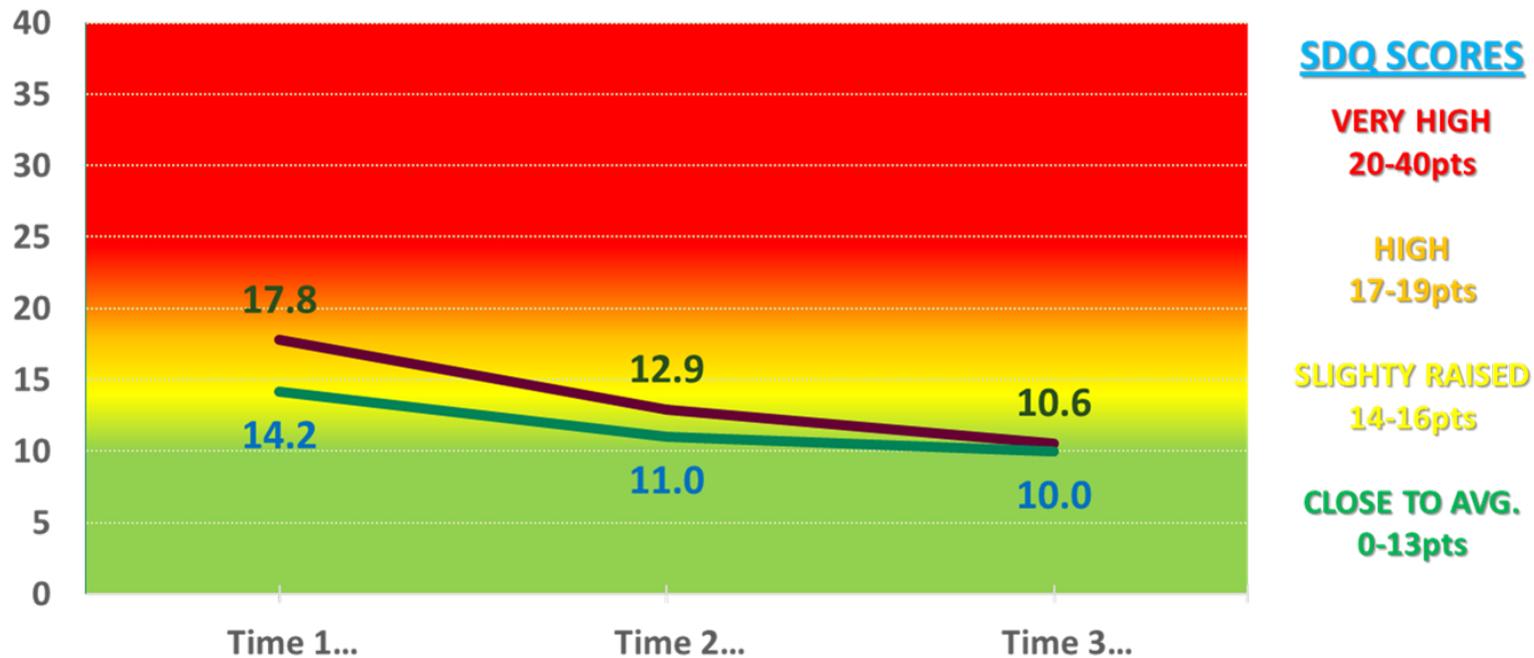
Family skills training effectiveness in violent communities: UNODC SFP 10-14 Honduras

F.A.S.T. Pre-post changes on family indicators per pilot site

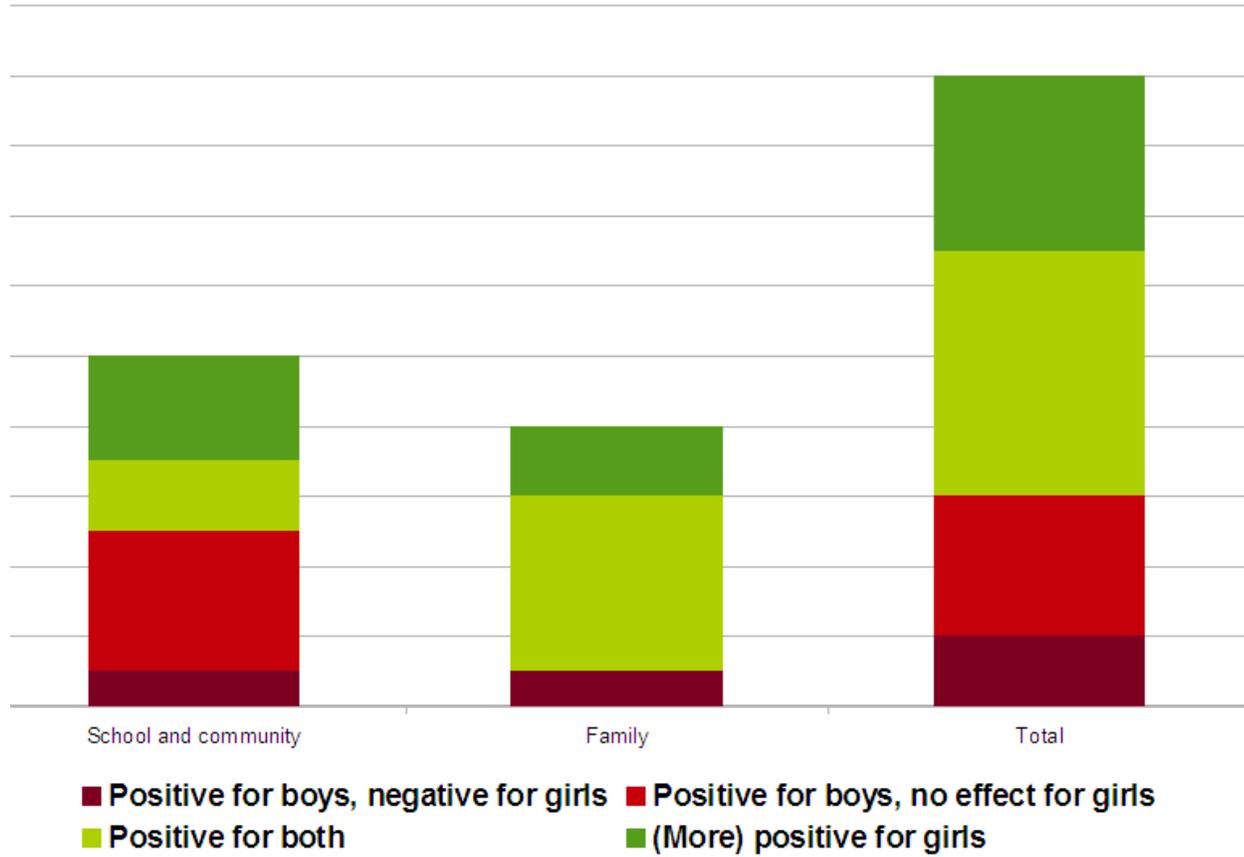


Family skills training effectiveness in poor communities: UNODC FAST in Iran for kindergarten

Family skills training effectiveness amongst displaced populations – UNODC Strong Families

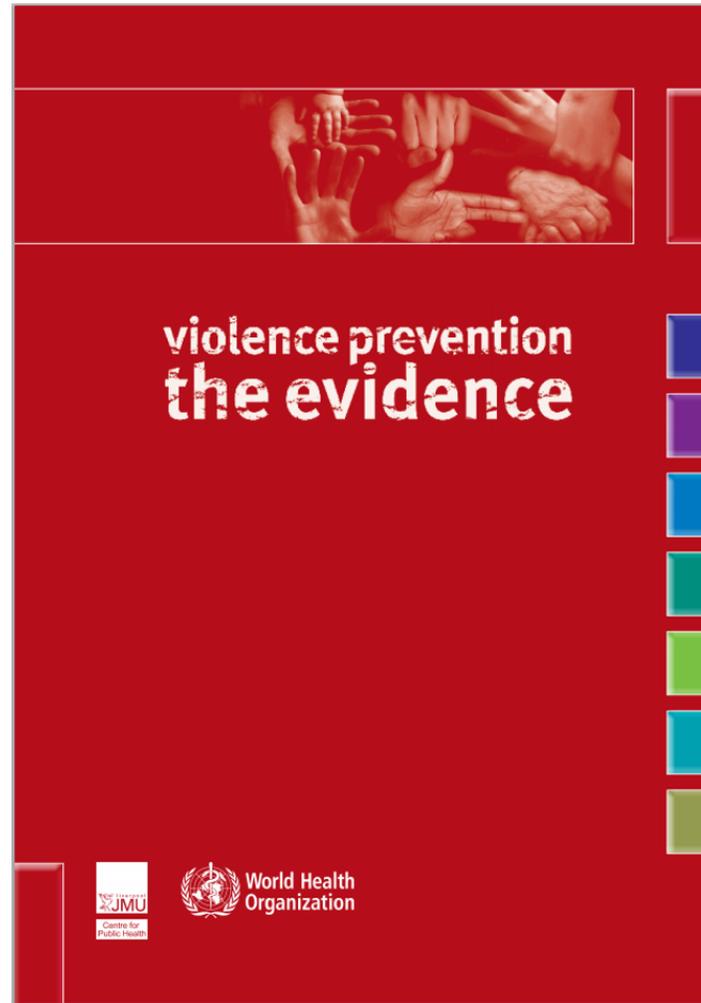


Change in total Strengths and Difficulties scores for all children in Afghanistan (n=72, purple) and in refugee reception centers in Serbia (n=25, light blue) in 2018



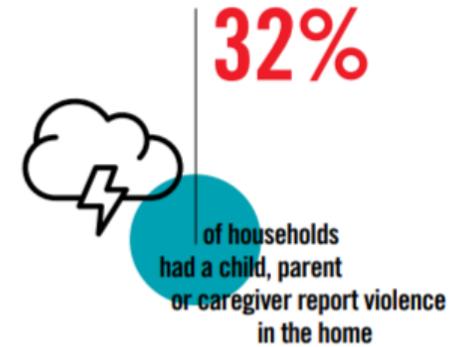
Family-based prevention more consistently benefits girls and boys

Family-based prevention is also effective in promoting mental health AND preventing violence, particularly youth violence and child maltreatment



COVID19 and higher rates of stress and domestic violence linked to economic insecurity and being out of school

- 19% of children report violence in the home in a household that has lost income.
- 5% of children report violence in the home in a household that has NOT lost income.
- 17% of children report violence at home whilst they could not attend school because of COVID19.
- 8% of children report violence at home whilst they could attend school in spite of COVID19.



CHILD LABOUR, ADOLESCENT PREGNANCY AND CHILD MARRIAGE INCREASE IN UGANDA

In the Nwoya district in northern Uganda, reports show that the number of cases of violence against children have significantly increased since schools closed at the end of March due to the pandemic. The number of adolescent pregnancies per month has almost doubled, from 107 a month from January - March, to 208 a month from April - June. In addition, the number of child marriage cases have more than doubled, and the number of child labour cases have tripled.⁹¹

Старайтесь поддерживать повседневный распорядок дня (например, время отхода ко ну, завтраки, обеды, ужины) насколько это возможно, иницируйте новые семейные мероприятия (такие как совместное приготовление пищи или рисование).



Установите время для ежедневных физических упражнений для всех членов семьи.

Обеспечьте личным пространством всех детей, особенно тех, кто постарше, пусть даже на короткое время, но каждый день.



■ Asegúrese de tener actividades interesantes para mantener a los niños ocupados de manera significativa. Los niños afrontan mejor las cosas cuando ayudan a otros y están ocupados.



معلومات لرعاية الأطفال خلال فترة جائحة
كورونا فيروس (COVID-19)

À PROPOS DE VOTRE ENFANT Que pourrait vivre votre enfant?

Les enfants réagissent au stress de plusieurs façons et leurs réactions peuvent varier en fonction de divers facteurs, selon l'âge. Voici quelques signes:

- Certains peuvent initialement être heureux d'être à la maison, mais avec le temps, l'interruption de leur routine, l'isolement des amis et d'autres limitations imposées augmenteront leur stress.
- Les enfants peuvent éprouver des hauts et des bas dans leurs comportements et leurs émotions peuvent changer. Ils peuvent être inhabituellement actifs, agressifs, calmes ou tristes.
- Les enfants peuvent exprimer leur peur, être dépassés et manifester de l'anxiété. Ils peuvent pleurer ou devenir plus collants que d'habitude. Ils peuvent avoir une perturbation des habitudes de sommeil.
- Les enfants peuvent ne pas vouloir participer aux tâches ou aux travaux scolaires. Ils peuvent aussi ne pas bien s'entendre avec les frères et sœurs et les autres membres de la famille.



关于父母 您可能会遇到什么?

全球大流行会给大家带来压力, 包括父母。如果您感到压力, 那是完全自然的, 并且不只是您。您可能会感到压力的迹象包括:

- 对更新COVID-19信息的持续强迫性需求导致难以集中精力于其他事情;
- 注意力不集中, 无法决定大小事宜;
- 感到不知所措, 烦躁或焦虑;
- 饮食和/或睡眠方式受到干扰。



Tools for
parents in all
languages!



-  reassure and comfort them. Give them hugs or hold hands and tell them you love them.
-  Look for opportunities to **praise your child**. This makes them more likely to do the things you like again.
-  **Exercise daily**; ask your child for ideas, such as jumping or running in circles, for which they don't leave their living space.
-  Give each child **individual attention** for a few minutes daily.
-  **Maintain everyday routines**, such as bedtimes, as much as you can.
-  Be cautious of what you discuss in front of them. Give them **accurate information** but do not overwhelm them.
-  keep your child busy. Encourage your child to play. Play is very important in helping your child work through stress and worries.
-  **Pay attention** to how your child is feeling. **Listen to them**, acknowledge how hard this time is for them.
-  **Try not to engage in negative behaviours** such as physically or verbally chastising those around you. Try, instead, to ask them for the behaviour you want to see and praise them if they do it.
-  At the end of each day, ask each child to think of one thing they



Tools for parents in particularly difficult circumstances

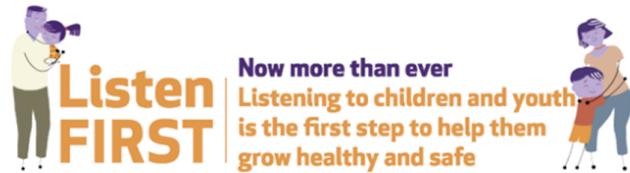
New Listen First Campaign

Made possible by the generous support of France

NEW WEBSITE in English, French, Spanish FOR NOW

www.unodc.org/listenfirst

Topics ▾ What we do ▾ Information For ▾ About us ▾ Field Offices ▾ Quick Links ▾ COVID-19 Response



10 new
videos and
factsheets
for parents





Listen FIRST

Now more than ever

**Listening to children and youth
is the first step to help them
grow healthy and safe**

Participate on social media
[@UNODC_PTRS](#) [#LISTENFIRST](#)



Photo: Nick Danzinger

Hope

Large-scale mobilization of all partners at all levels promote and protect the health of children, youth, families, communities, including people who use drugs and people with drug use disorders.

Thank you!

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