



Empowering Communities Across Borders: Adapting School and Family-Based Prevention for Global Impact

Plenary Presentation – Bali Conference 2025

Cindy Biding, OAPTAR / ISSUP Malaysia



Collaboration in prevention today is an investment in a healthier tomorrow for all our children.

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Evidence-Based Framework



- **Strong global EB framework: UNODC, WHO**
- **Cultural adaptation**
- **3 key practices:**
 - **school-based prevention**
 - **mental health integration**
 - **family-based prevention**

School-Based



Prevention

- Effective school-based programs, like the **UNPLUGGED** program
- **Malaysia: school-based program**
 - SEL, MH & life-skills training
- **Outcome measured:**
 - WHO 5 Well Being Index, PHQ 9, GAD 7
- **Culturally adapted**





Mental Health Integration



- **Teacher & counsellor training**
- **SEL workshops**
- **dual impact:**
 - **reduce risk factors**
 - **strengthen protective factors**





Family-Based Prevention

- **UNODC's Family UNited Program - simple, structured sessions**
- **Low cost, highly adaptable**





Family-Based Prevention

One father told us after a session, “I thought my son never listened to me. But when I learned to listen first, he began to open up to me.”

Another father shared, “I have been so busy with work that I didn’t realize my child has grown up — and I regret not paying as much attention to him as I should have.”



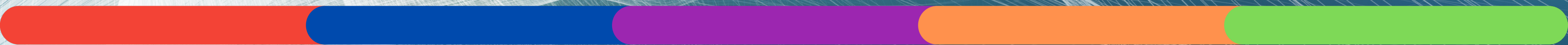


Regional & Global Collaboration

How do we sustain and scale prevention so that no community is left behind?



- **Share knowledge, tools & experiences**
- **Communities That Care (CTC)**
- **Malaysia: 30 tools - can be adapted & shared**
- **shared research & learning**





A Shared Future in Prevention

- **Community of Practice**
- **Repository**
- **Regular forums**



Together, we can transform local practices into global strategies — empowering communities across borders and building a more resilient prevention ecosystem for generations to come.

Thank You !