

PIERWSZE DOŚWIADCZENIA ZWIĄZANE Z WPROWADZANIEM SZKOLNEJ INTERWENCJI WOBEC UCZNIÓW UŻYWAJACYCH SUBSTANCJI PSYCHOAKTYWNYCH

Anna Borucka, Katarzyna Okulicz-Kozaryn, Agnieszka Pisarska
Pracownia Profilaktyki Młodzieżowej „Pro-M”,
Zakład Promocji Zdrowia Psychicznego,
Instytutu Psychiatrii i Neurologii w Warszawie

FIRST EXPERIENCES WITH THE INTRODUCING OF SCHOOL INTERVENTION FOR PUPILS USING PSYCHOACTIVE SUBSTANCES

ABSTRACT – Due to an increasingly growing prevalence of substance use among adolescents there is a need for a wider range of preventive interventions to be undertaken by schools. It is necessary to develop procedures of intervention targeted towards students experimenting with psychoactive substances.

The presented intervention method designed for school settings is an adaptation of a US program of structured medical advice for adult alcohol abusers. Its aim is to help high school students through stopping the process of their transition from the stage of occasional psychoactive substance use to further stages (of abuse or dependence), as well as to prevent the spreading of problems related to substance use at school.

The intervention includes diagnosis of the student's current situation, advice-giving, motivating to behavior change and supporting such changes. This requires working with the student and his/her parents. Both the implementation of the program in schools and conclusions from the pilot study indicate that the school staff acquainted with the intervention method feel less helpless when faced with more and more frequent cases of alcohol and drug use among their students. However, effective administration of the intervention method requires some systemic changes, as well as cooperation between teachers and parents.

Key words: adolescents, drug use, school intervention method