Klaari Helsinki
- Youth Substance Abuse Prevention Based on Community Networks
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ECAD
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Services for Families with Children

Youth Substance Abuse Prevention
- target group ages 7-18
The Scope of Prevention

Knowledge, Attitudes, Rights

Protective Factors and Risk Factors

Substances, Pattern of use

SOCIETY

LOCAL COMMUNITY

CLOSE RELATIONS

INDIVIDUAL
Helsinki is divided into seven districts of 60,000-120,000 residents.

Each district has a coordinator to organize the preventive work locally.

Three planners to support the work of coordinators on city level.

Total staff of 10 persons.
Main tasks:
Planning and developing
- Overall quality assurance
- PR, Klaari newsletter, websites
- meetings with partners, seminars, projects
Administrative development
- co-operation with representatives from various administrative departments of the city
- meetings with the steering group
Klaari coordinator

Facilitates and coordinates preventive work in the field of substance abuse

- Supporting basic work in the area
- Quality assurance
- Expertise in preventive methods
- Development of preventive methods
- Networking expert
Our Vision

We strive to:

- promote respect for a substance-free way of living among young people
- minimize the risks relating substance use
- postpone to a later date the age of experimentation and initiation of smoking and drinking
Main Goals

Increasing the Protective Factors

Interesting hobbies, caring parents, social competence, safe neighbourhood to live in, inspiring school environment etc.

Reducing the Risk Factors

Problems at school, drug-using friends, easy access to drugs, loneliness…
Increasing the Protective Factors

• Supporting parents
• Supporting local partners to commit collective goals
• Preventive strategies for schools
• Information on where to get help when needed
Reducing the Risk Factors

• Information about intoxicants and their negative side-effects
• Shared guidelines and agreements on not selling or buying substances to young people
• Information about the factors that have preventive effect on substance abuse of young people
Methods

- Networks
  - Local networks (meeting specific local needs)
  - Regional cooperation (Vantaa, Espoo, Kauniainen)
  - International networks (Riga, Stockholm)
- Directing information
  - Consultation, seminars, campaigns
  - Coordinating experts on youth prevention
Methods
Methods
Methods

- Implementing city and state level strategies and policy
  - Smokefree Helsinki
  - Alcohol Programme 2008-2011
- Projects
  - Intervene Now! (- May 2009)
  - Second life (-December 2009)
- Granting local-driven project
  - Maximum of 500 euros
Methods
Methods
The Levels

LOCAL KLAARI NETWORKS
- Implementation
- Innovations
- Methods
- Evaluation

STEERING GROUP
- Focus of Klaari activities

DISTRICT SUPPORT GROUPS
locality
a) Members from City of Helsinki
• Social Services Department
• Education Department
• Health Centre
• Sports Department
• Youth Department
• Cultural Office
• Library
b) Members from partner organizations
• Metropolia Helsinki University of Applied Sciences
• Helsinki Police Department
• Parish Union of Helsinki
• Finnish Centre for Health Promotion
• National Institute for Health and Welfare
Cooperation in Local Networks works as tool
- in achieving goals
- in supporting its members in their basic work
Typical Local Network:

- Klaari-coordinator
- Community Youth Worker
- Social Worker
- Librarian
- School Counsellor
- Church Youth Worker
- Police Officer
- Members of various NGO’s
Quality Network Cooperation

Consists of
• Open dialogue
• Defining the challenges and problems related to preventive work
• Developing methods in order to solve problems
• Enriching collective and individual resources
Klaari provides up-to-date information, methods and tools for members who exercise prevention within their work.

Klaari also has some funds to aid local projects in reaching the two main goals.
In 2009-2010 Our Focus is on

- Promoting intoxicant-free way of life
- Supporting parents in upbringing
Network by Klaari
Thank you!

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Some articles related to Klaari:

(http://evi.sagepub.com/cgi/content/abstract/13/4/457)

Kati Rantala and Pekka Sulkunen: The Communitarian Preventive Paradox: Preventing Substance Misuse without the Substance. Critical social Policy 2003; 23; 477
(http://csp.sagepub.com/cgi/content/abstract/23/4/477)

(http://neuvoa-antavat.stakes.fi/NR/rdonlyres/73F39AD6-6A0B-)