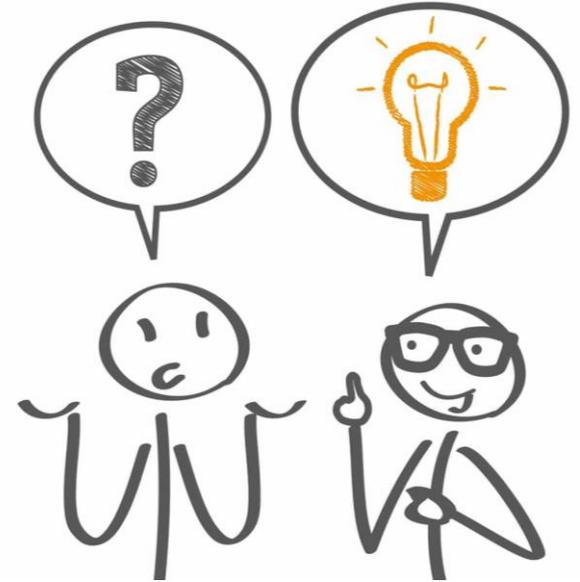# Standards Drug Checking

Module „Early detection & early intervention"

NIGHTS 2022 – „the day is not enough"
Zürich, november 10, 2022

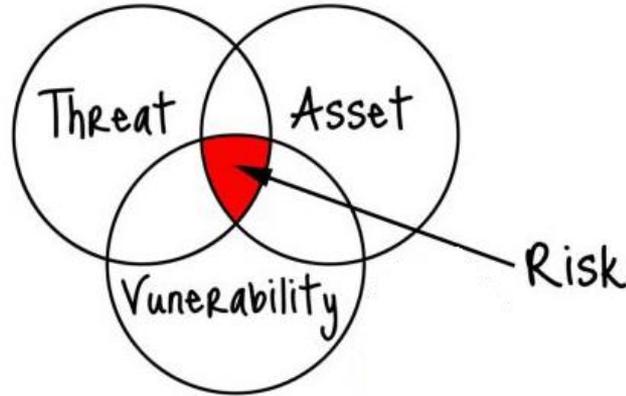# Early intervention in the context of drug checking

- Identifying the signs of emerging problems as early as possible.

- Analysis of the situation through an overall assessment of risk and protective factors

- Determination, development and implementation of appropriate measures

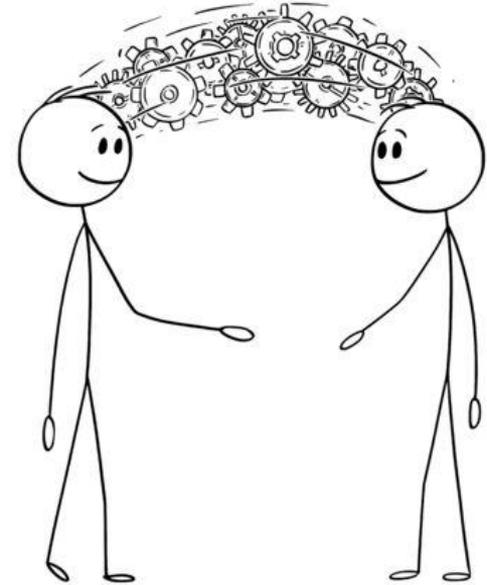- Evaluation of the process and the effect of the measures

The "nightlife questionnaire" as a basis for early detection of high-risk substance use

- Designed as a supplement to the already used questionnaire with the following goals:

1. Encouraging reflection on consumption behavior

2. delivery of substance and health information

3. summary of problems regarding substance use

4. providing information on further help

Application of the module

Threat Asset

Vunerability

Risk

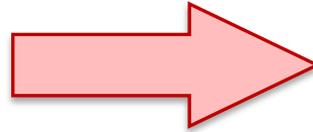Assessment → Evaluation → Intervention

Indications of high-risk / dependent substance use

indications of high-risk or
dependent substance use

→

further questions

Levels of the questionnaire that can provide important clues for early detection

- **Sociodemographic information**: Age, completed education and professional status

Levels of the questionnaire that can provide important clues for early detection

- Frequency and quantity of consumption

Levels of the questionnaire that can provide important clues for early detection

- Poly drug use

Levels of the questionnaire that can provide important clues for early detection
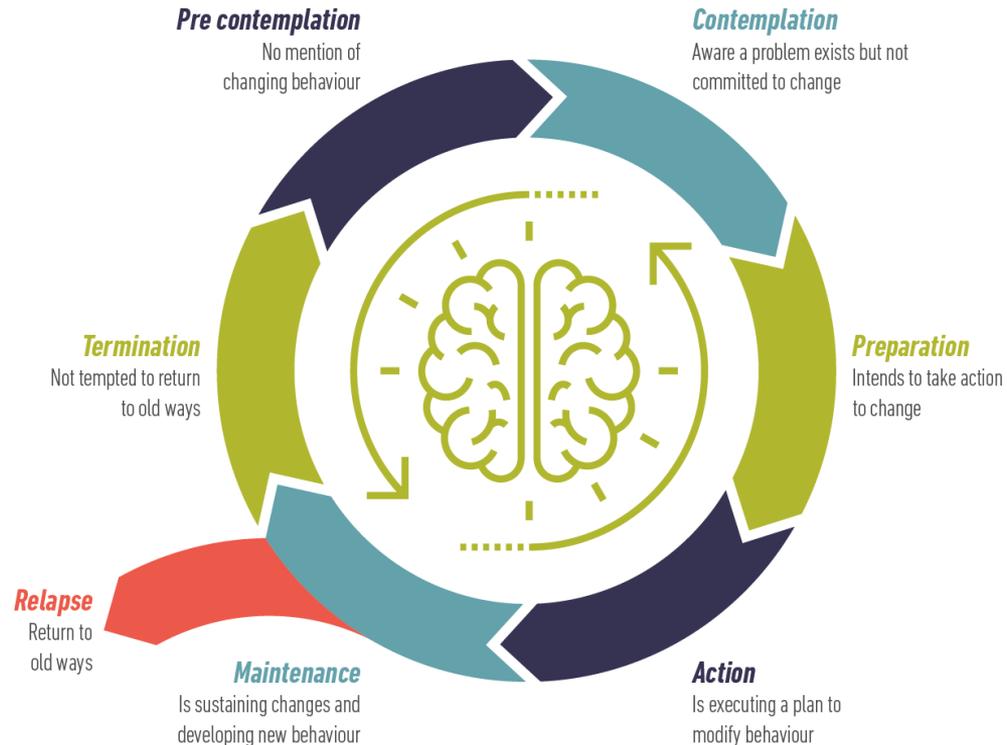
- Set und Setting

Levels of the questionnaire that can provide important clues for early detection

- Short- or long-term problems

Motivation for behavioural change

Transtheoretical model of change (Prochaska, J. O., DiClemente, C. C)

Pre contemplation
No mention of
changing behaviour

Contemplation
Aware a problem exists but not
committed to change

Termination
Not tempted to return
to old ways

Preparation
Intends to take action
to change

Relapse
Return to
old ways

Maintenance
Is sustaining changes and
developing new behaviour

Action
Is executing a plan to
modify behaviour

Possible interventions depending on stage

- **Pre-contemplation** → infos / reflection of alternative perspectives/ building trust

- **Contemplation** → encourage self-reflection / Discuss the pros & cons of change

- **Preparation** → show various options / Support in the formulation of goals

- **Action** → strengthening of self-esteem / tips on how to deal with relapses

- **Maintenance** → Appreciation of the achievements made

Conclusion

That's all Folks!

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