

The dissemination of the “Unplugged” prevention program in Italy: evaluation and impact



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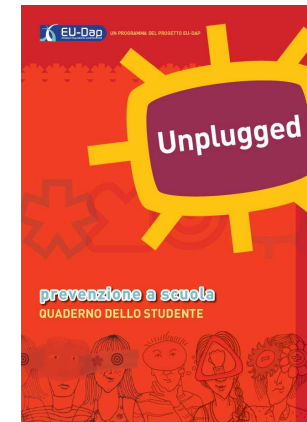


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Unplugged

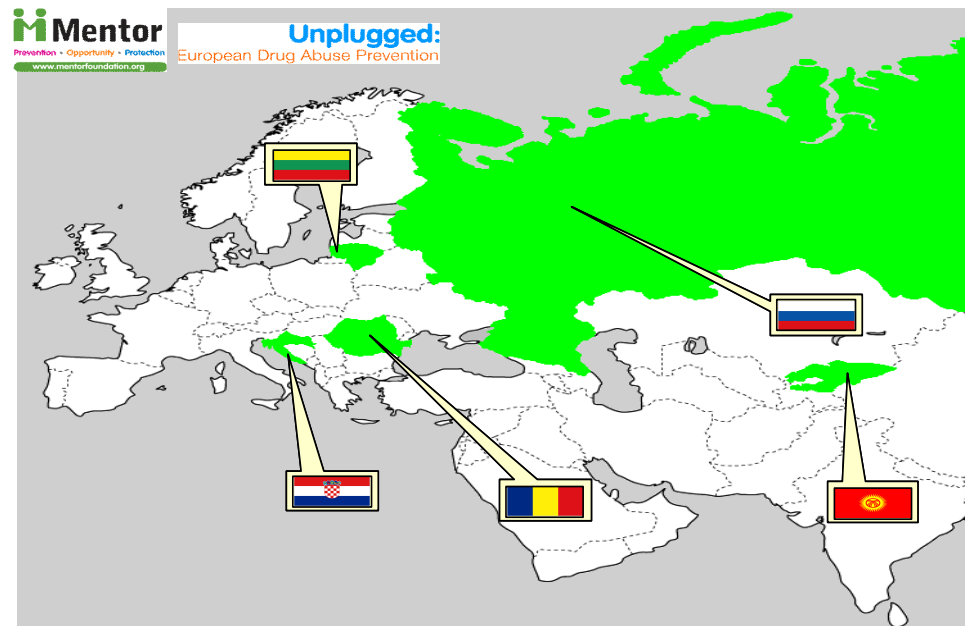
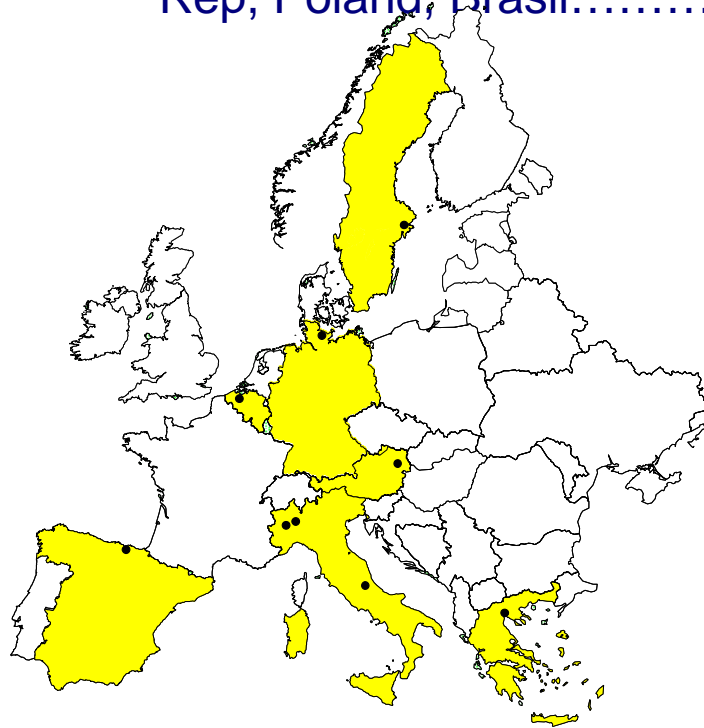
- Universal school-based program for preventing tobacco, substance use and alcohol abuse among adolescents
- Based on **social influence** approach
- It includes the following components
 - Social skills
 - Personal skills
 - Knowledge
 - Normative education
- It is administered by **teachers** trained in a 3-days course
- It is made by **12 units**, 1 hour each
- It is designed for **12-14 years old** students
- It was tested through a **randomized controlled trial** in 7 European countries in 2004-2007 school years



International dissemination

After the publication of effectiveness results, the program has been adopted and implemented in several European and non-European countries, thanks to several projects and funding

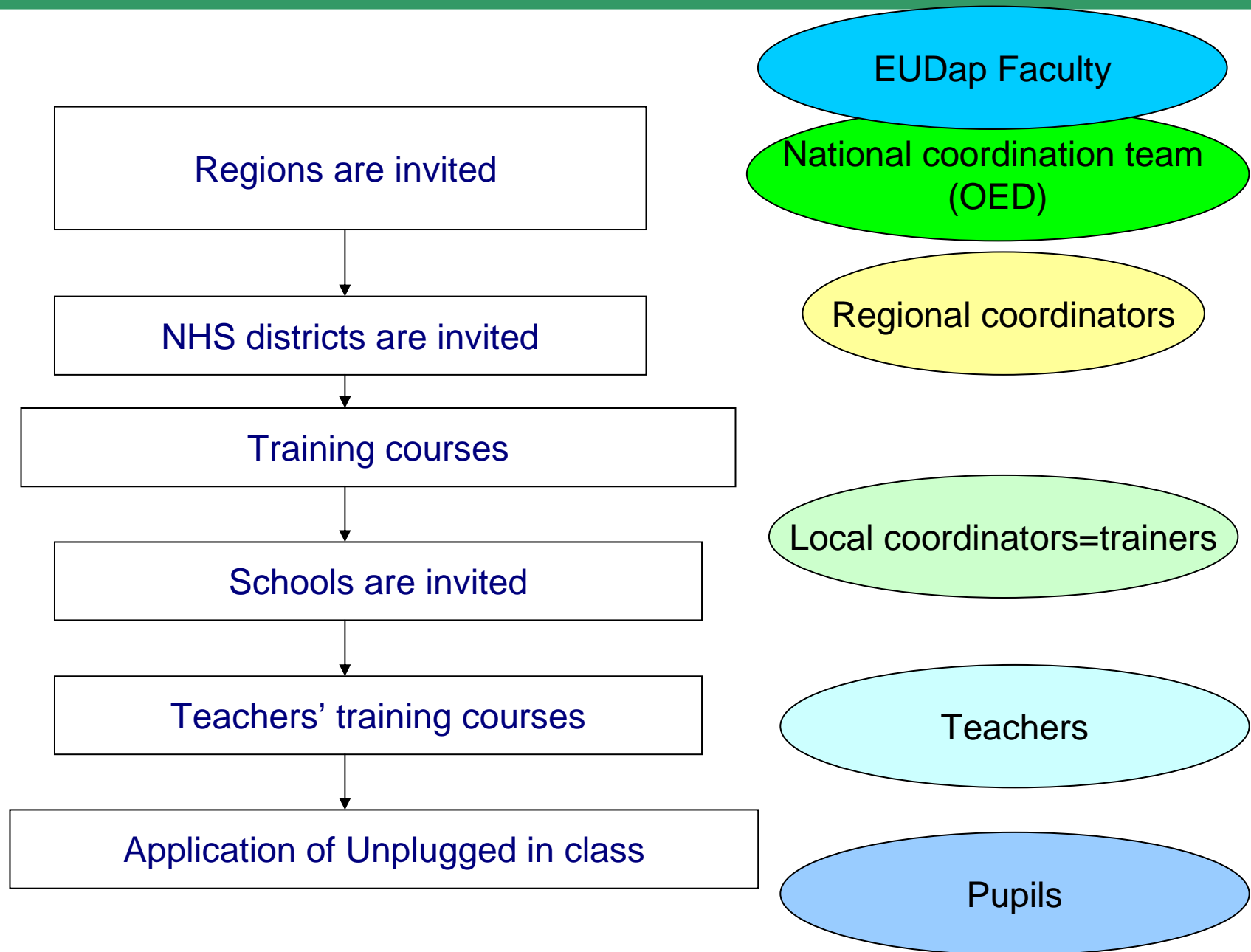
- Eudap Faculty: network of trainers
- Project IKEA 5 East European countries
- UNODC project 6 North Africa and Middle East countries
- Others, nationally funded (Slovenia, Slovakia, France, UK, Czech Rep, Poland, Brasil.....)



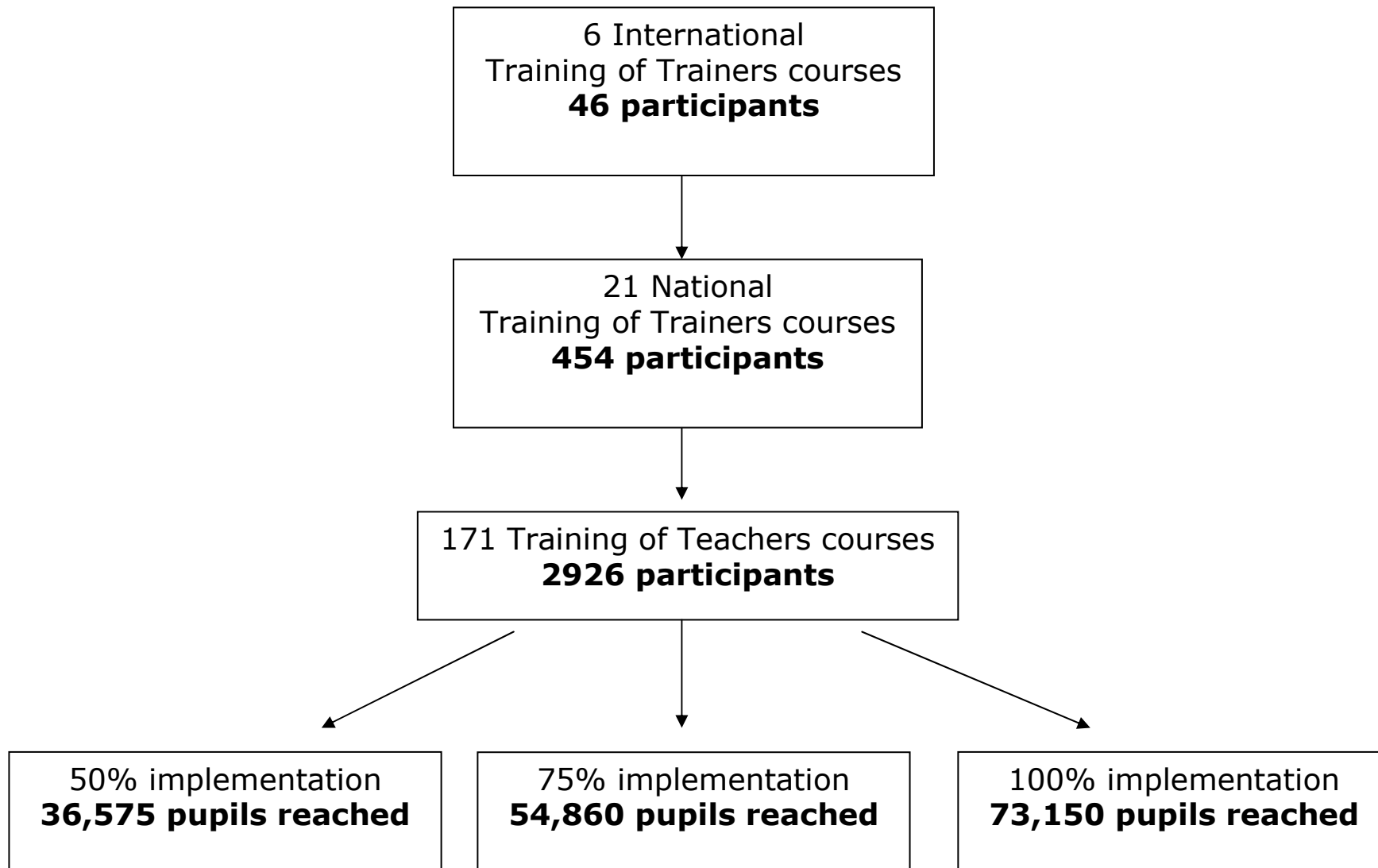
Italy

- In Italy a big dissemination plan was acted, involving many regions, in North, Centre and South of Italy
 - The dissemination was funded by several local, regional and national funding plans
 - In 2010, it was included among “effective practices” of the national “Gaining Health Program”, coordinated by the National Centre for Disease Control (CCM) of the Ministry of Health
 - It was then included among effective prevention practices in the Local Prevention Plans (at the districts level) of many Italian regions
- This kind of dissemination follows a **“naturalistic” model**, working through invitation of schools, spontaneous applications, training, implementation, monitoring

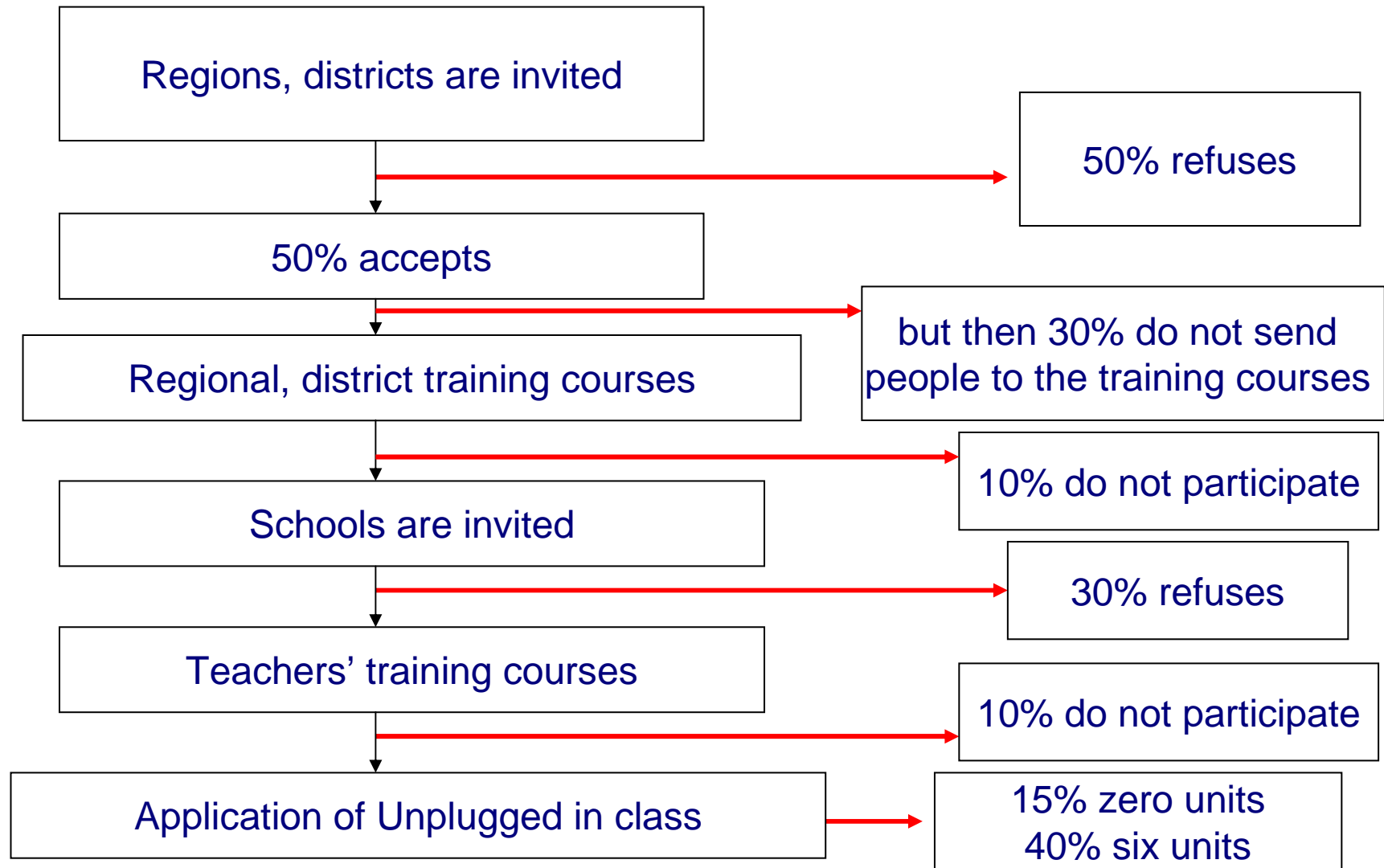
Naturalistic model of dissemination



Theoretically efficient and powerful

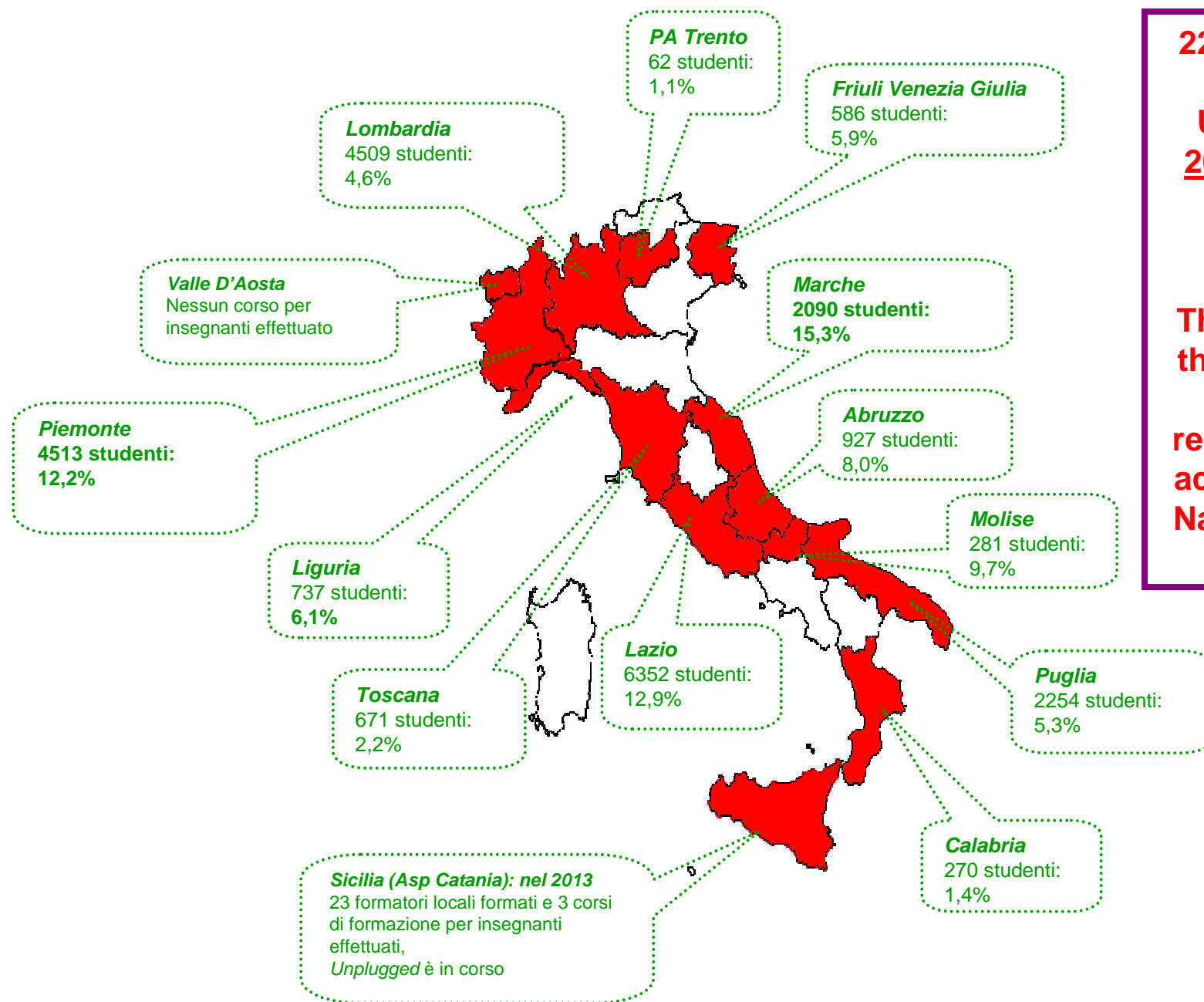


Naturalistic model implies a certain selection



**22.802 students
received
Unplugged in
2011-12 school
year in Italy**

**These are 7% of
the 13 years old
children
residents in Italy
according to the
National Census
2011**



Studenti raggiunti 2011/2012

2012/2013

		Totale Italia 13 anni					corretti per programma pianificato su 2 anni			
		555 160			%					
	scuole	classi	studenti RAGGIUNTI	STUDENTI TOTALI		studenti RAGGIUNTI				
<i>Abruzzo</i>		47	927	11532	8,0	661	5,7	661	5,7	
<i>Calabria</i>	4	14	270	19715	1,4					
<i>FVG</i>	12	26	586	9887	5,9	221	2,2	221	2,2	
<i>Liguria</i>		35	737	12148	6,1	938	7,7	958	7,9	
<i>Lombardia</i>	32	161	4059	88128	4,6	4096	4,6	4096	4,6	
<i>Marche</i>		88	2090	13683	15,3	1860	13,6	1860	13,6	
<i>Molise</i>	3	9	281	2895	9,7					
<i>Piemonte</i>	101	224	4513	37052	12,2	3434	9,3	3934	10,6	
<i>Puglia</i>	30	96	2254	42555	5,3	421	1,0	421	1,0	
<i>Toscana</i>	13	27	671	30088	2,2	624	2,1	644	2,1	
<i>Trento</i>	1	3	62	5413	1,1	143	2,6	143	2,6	
<i>VDA</i>				1153				70	6,1	
<i>Lazio</i>	102	305	6352	49190	12,9					
Total	298	1035	22802	323439	7,0	12398	3,8	4,9	13008	4,0

— Dati parziali

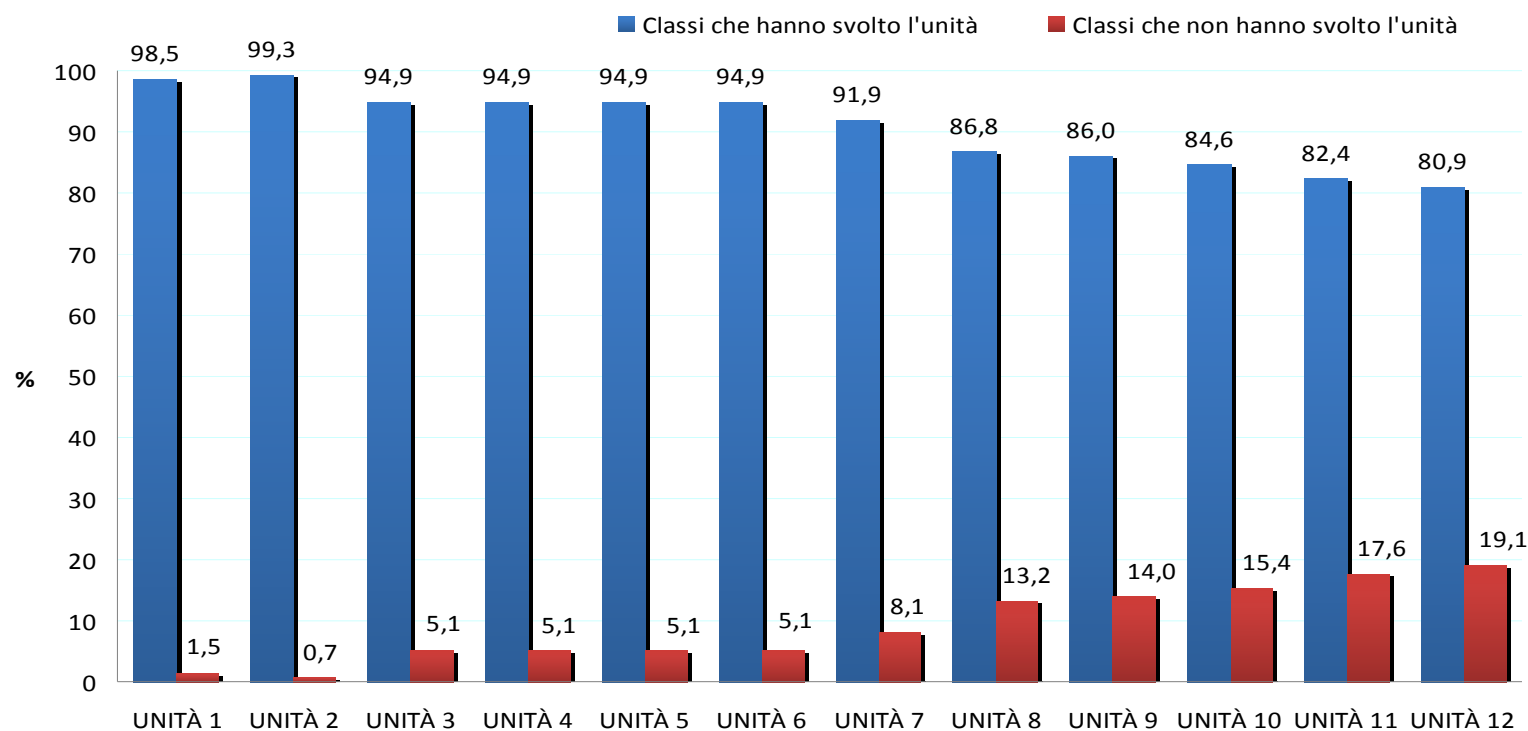
Dato sul Piemonte ancora parziale
(manca Cn2, To1, To2)

Impact

- According to the effectiveness data of the EUDap project (Italian sample), Unplugged reduces
 - The prevalence of pupils getting drunk at least once in the last 30 days from **14,7%** to **8,9%**
 - It is therefore possible that of 22802 pupils reached by the program in 2011-12, 3352 would have experienced drunkenness episodes, and that
 - **1322** (39%) could have been prevented from drunkenness because of the program

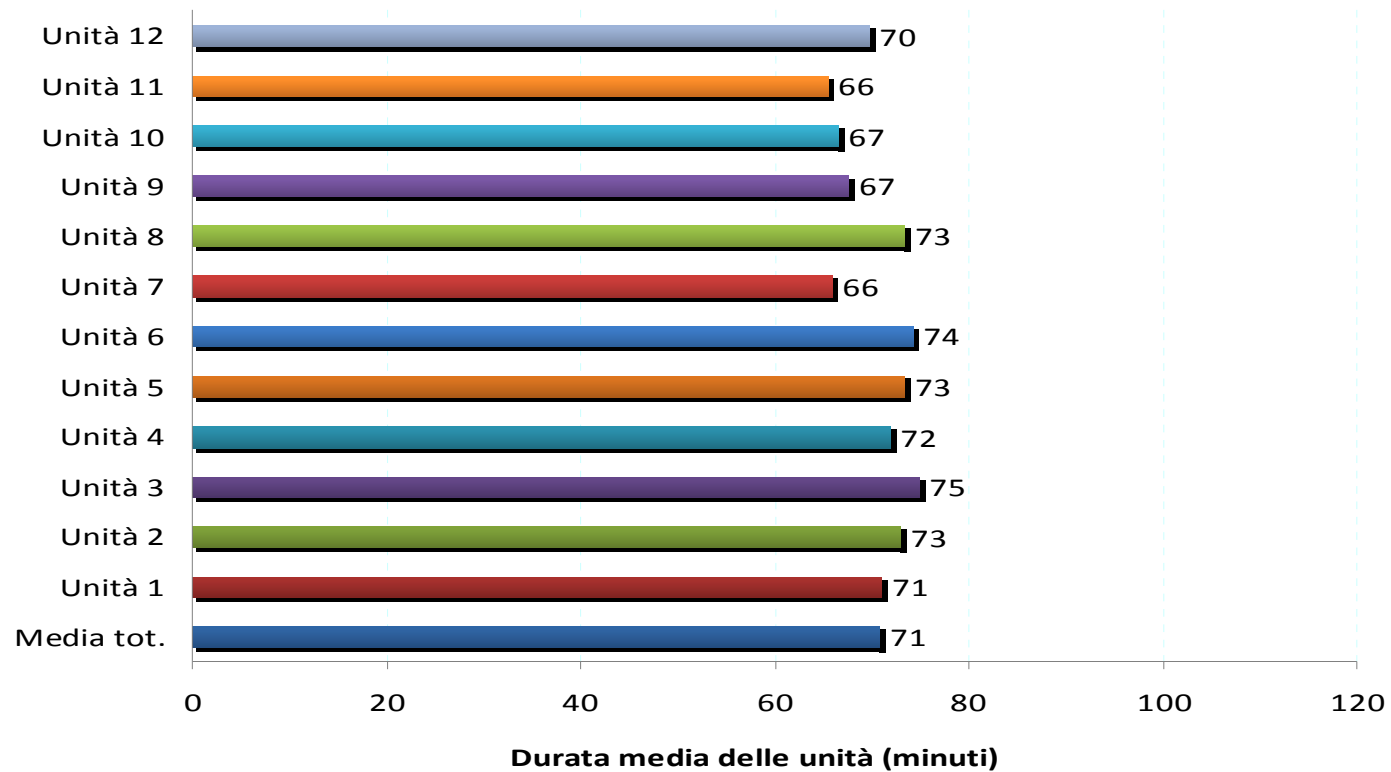
Implementation: units

- The dissemination effort has been constantly accompanied by
- monitoring of **trainers, teachers and pupils reached** by the program
 - monitoring of **implementation**
 - evaluation of **satisfaction** of teachers and pupils
 - reporting (specific regional reports)

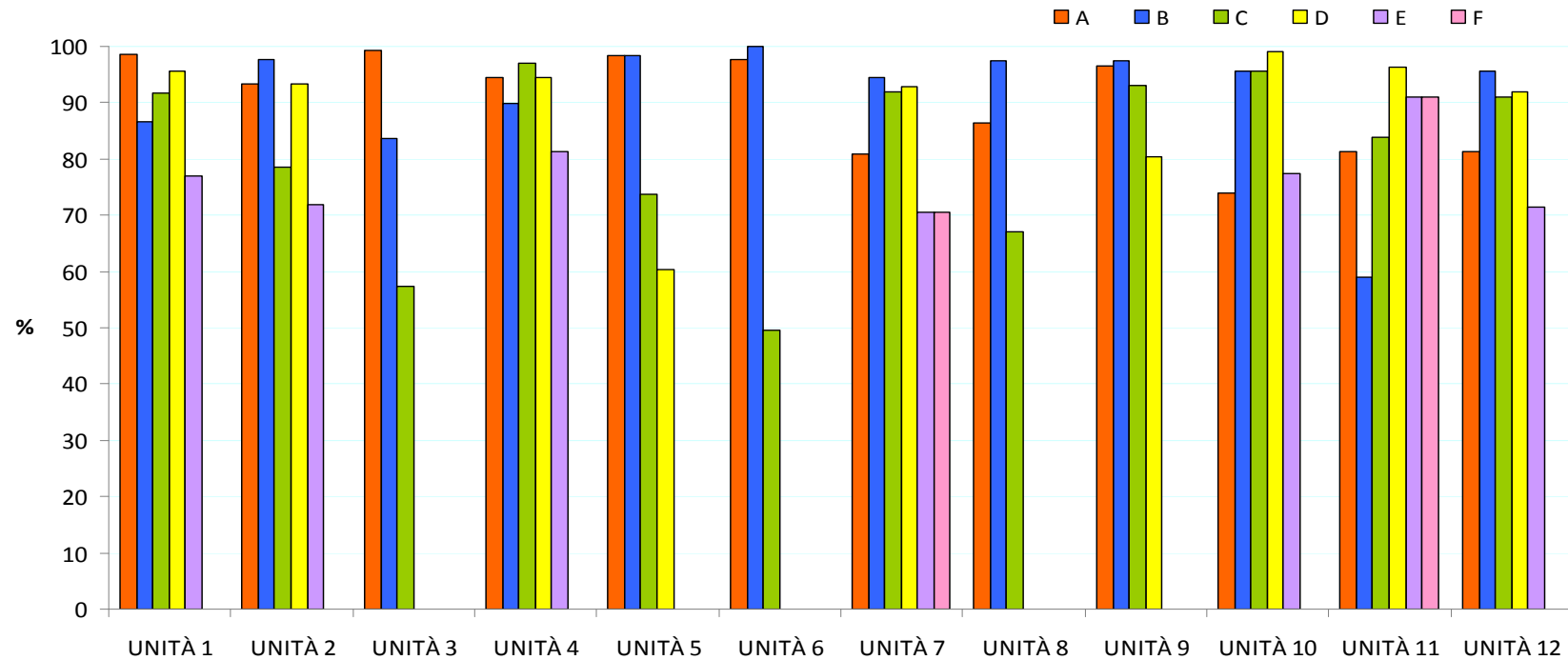


Data from Lombardy region, 136 classes, 143 teachers, 2246 students

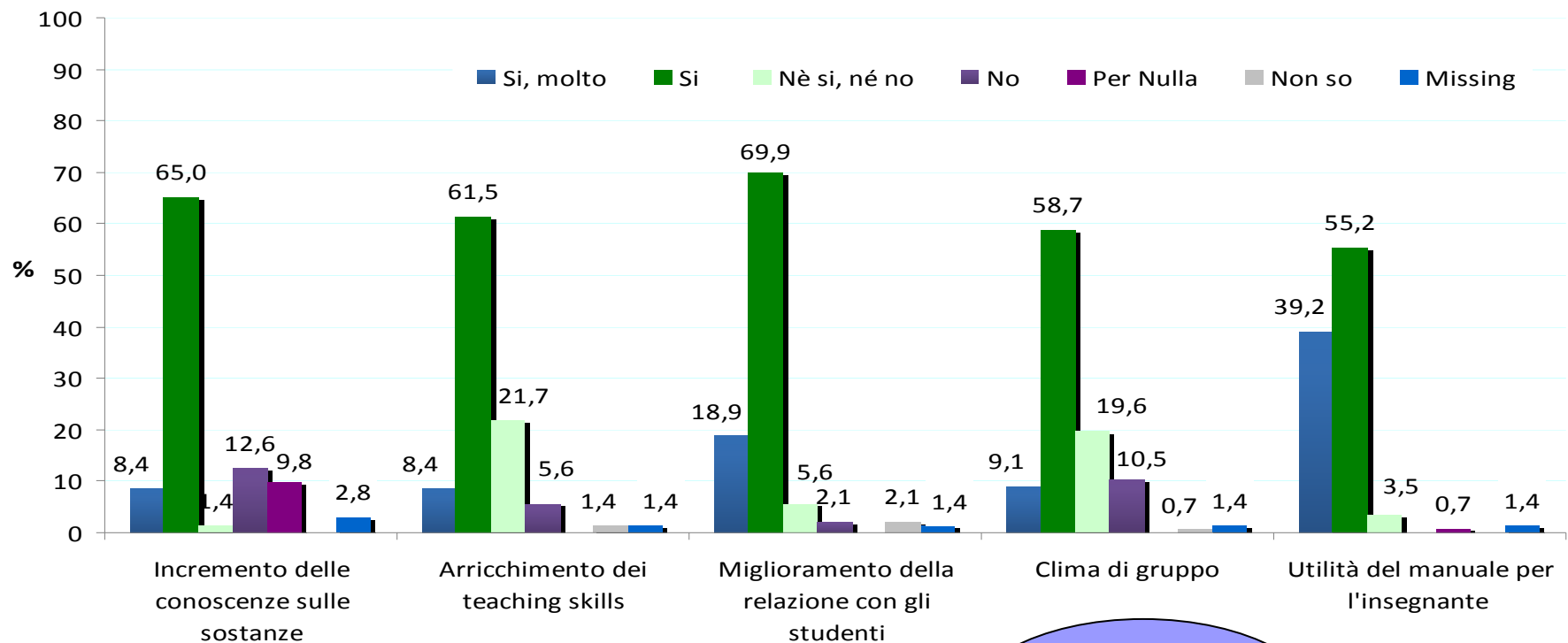
Implementation: mean duration of units



Implementation: activities within the units



Teacher's satisfaction and comments

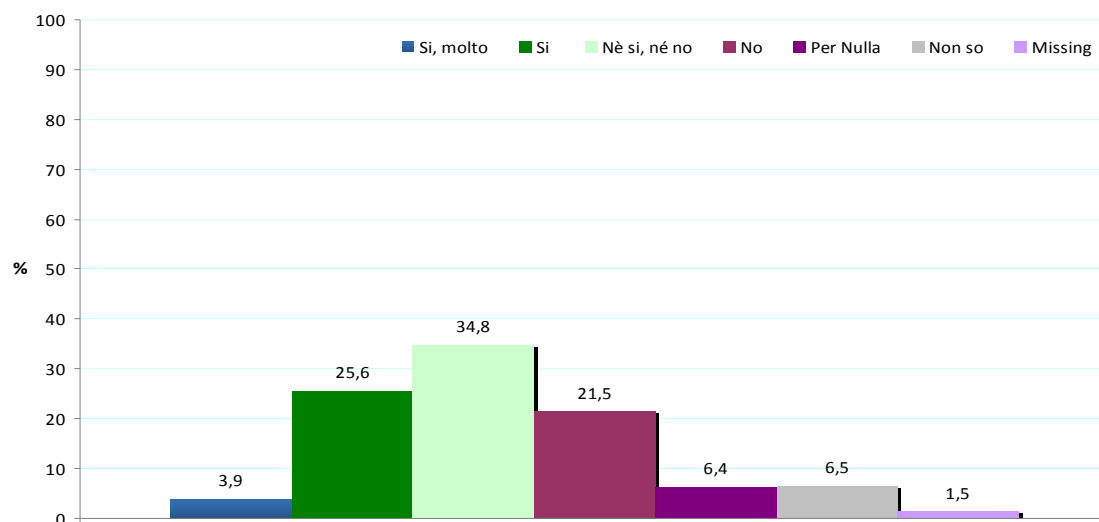
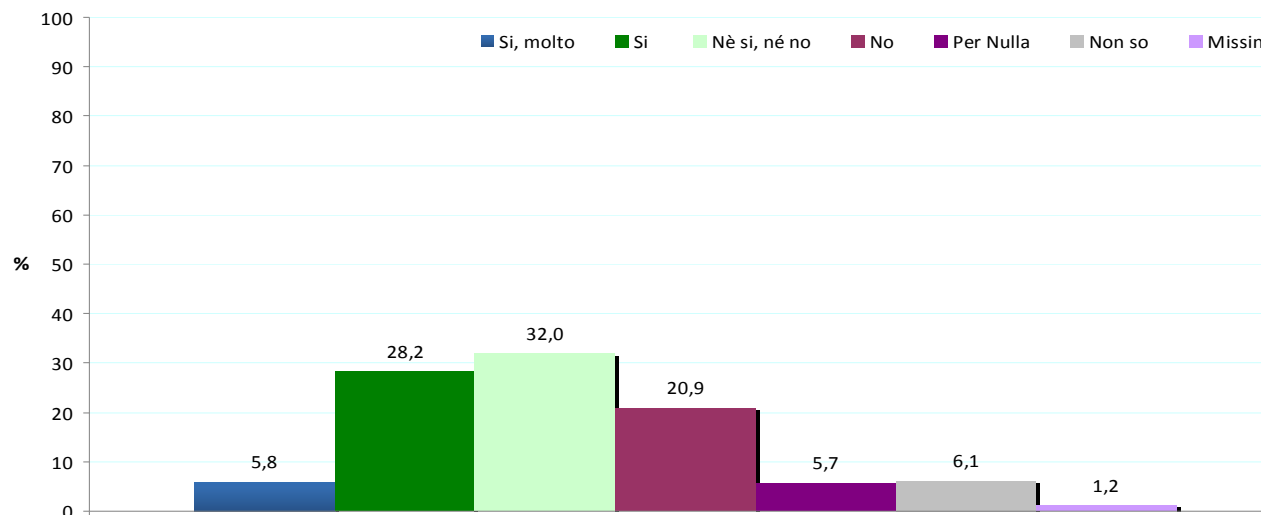


Improvement of relationship with students 88,8%

Improvement of school climate 67,8%

Pupil's satisfaction and comments

Improvement
of school climate
34%



Improvement
of relationship
with teachers
29,5%

Conclusions

- The adoption of Unplugged as prevention curriculum for 13 years old pupils in Italy followed a naturalistic approach, sustained by local, regional and national funds
 - The peak of enthusiasm was probably reached in 2011-12
 - After the peak:
 - Continuous efforts are needed to maintain the application of the program in the schools
 - Monitoring
 - Reporting
 - Communication (Italian website, newsletter)
 - Booster sessions for trainers and teachers
 - Local visit to Unplugged teams to make annual plans
 - New material, activities, tools
- ...

Thanks for your attention!