

## Five EU cities are starting pilot methamphetamine prevention and harm reduction interventions

Five European cities, participating in the IMPRESA (Implementing Methamphetamine Prevention Strategies into Action) project, have decided on the pilot activities that will be implemented by January 2023. The pilot activities have been carefully chosen and adapted from the list of evidence-based interventions by the local multistakeholder partnerships (MSPs). MSPs provided expertise and guidance in tailoring effective prevention activities to the local context and target groups. The interventions will be implemented by the local stakeholders with the support provided by the IMPRESA project partners. The implementation will be evaluated using the RE-AIM planning and evaluation framework. More details on city specific pilot activities are presented below.

### **VILNIUS, LITHUANIA**

**Title:** Education and harm reduction for recreational users of psychoactive substances

**Implementation period:** July – September 2022

**Key objective:** Raising awareness among recreational users of psychoactive substances about methamphetamine (and other stimulant) use and harm reduction.

**Target groups:** Primary: people who attend music festivals and use stimulants (and other psychoactive substances). Secondary: MSM (men who have sex with men) music festival goers who use psychoactive substances.

**Short description:** Pilot intervention will consist of two activities: educational lecture about safer chemsex practices and drug checking services provided at the music festivals in Lithuania. Activities will be organized by the local NGOs who work in the field of harm reduction and have experience working with target groups at the music festivals. The implementation of activities is supported by the national IMPRESA partner – Republican Centre for Addictive Disorders, who will later conduct the RE-AIM effectiveness evaluation analysis.

### **CHEMNITZ, GERMANY**

**Title:** Promotion of “safer nightlife” activities in the city of Chemnitz

**Implementation period:** September 2022 – January 2023

**Key objective:** Raising awareness of safer use and harm reduction in relation to methamphetamine and other stimulant use.

**Target groups:** Primary: people (+18 years) who attend music clubs/ festivals (party-goers) and use stimulants (especially methamphetamine) or consider doing so. Secondary: club owners and festival organizers as well as peer party-goers implementing safer nightlife activities.

**Short description:** The intervention consists of three activities. Activity 1 aims to raise awareness of safer nightlife activities among club owners and festival organizers. Activity 2 aims to promote safer use and harm reduction among party-goers via information talk, intervention and referral. This activity is implemented by the trained peers in clubs and at festivals. The same is true for activity 3, which comprises the provision of safer use kits and information material to party-goers.

## PRAGUE, CZECH REPUBLIC

**Title:** Brief intervention activity (1) and chem-sex harm reduction activity (2) at night-life and festivals.

**Implementation period:** 2022 July – January 2023

**Key objective:** Subjectively perceived increase in awareness of the risks of stimulant use and in motivation to reduce use or harm caused by stimulants (activity 1) and chemsex (activity 2).

**Target groups:** Individuals (+18 years) using stimulants in night-life setting (activity 1) and individuals from the LGBTI+ group or with experience of chem-sex (activity 2).

**Short description:** The brief intervention will be provided to the night-life and festivals goers and will be a part of broader sets of services. The chem-sex harm reduction intervention is focused on providing harm-reduction information about chem-sex to the participants in the form of a leaflet or verbally. This will be supported by providing harm-reduction material (for example lubricants).

## KOŠICE, SLOVAKIA

**Title:** Peer program for selective prevention of methamphetamine use

**Implementation period:** Winter semester of 2022

**Key objective:** To support the development of social-psychological skills and strategies that will help the students resist the influence of the social environment regarding the use of addictive substances.

**Target groups:** First year at-risk university students.

**Short description:** An intensive three-day group training course for the young at-risk university students. The content of the program will be focused on the development of protective socio-psychological factors and mechanisms, such as: authenticity, resilience, self-esteem, subjective well-being, risk management, correction of normative expectations, assertiveness, decision-making strategies and goal setting.

## JELEŃIA GORA, POLAND

**Title:** IMPRESA – brief harm reduction intervention for regular amphetamine and methamphetamine user

**Implementation period:** July 2022 – January 2023

**Key objective:** To reduce drug use and harms related to use, as well as to increase the motivation to change.

**Target groups:** Regular methamphetamine users (+18 years).

**Short description:** The intervention is composed of four individual meetings with the following content:

1. Motivational interviewing. 2. Coping with cravings and lapses. 3. Controlling thoughts about amphetamine/methamphetamine use. 4. Amphetamine/methamphetamine refusal skills and preparation for future high-risk situations. The intervention will be delivered by the trained specialists (with CBT and MD background).