

## The results and evaluation of the pilot methamphetamine prevention and harm reduction activities within five EU locations

Five European cities, participating in the IMPRESA (Implementing Methamphetamine Prevention Strategies into Action) have implemented pilot methamphetamine prevention and harm reduction activities within five locations: Chemnitz in Germany, Prague in Czech Republic, Kočise in Slovakia, Jelenia Gora in Poland and Vilnius in Lithuania. In each location the pilot activities have been carefully chosen and adapted from the list of evidence-based interventions by the local multistakeholder partnerships (MSPs). The interventions were implemented by the local stakeholders with the support provided by the IMPRESA project partners. The results and the implementation process were then evaluated using the RE-AIM (Reach, Effectiveness, Adoption, Implementation, and Maintenance) planning and evaluation framework. A brief summary of the results from each country are provided below. For detailed description of the RE-AIM outcome criteria and results for each country please see the [City-Case-Study Reports](#)<sup>1</sup>.

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<sup>1</sup> [https://www.zis-hamburg.de/wp-content/uploads/2023/04/impresa\\_materials.zip](https://www.zis-hamburg.de/wp-content/uploads/2023/04/impresa_materials.zip)



**VILNIUS, LITHUANIA**

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

**Short description:** Pilot intervention consisted of two activities: educational lectures about safer chemsex practices (target group – MSM) at 2 music festivals (activity 1) and drug checking services provided at 5 music festivals in Lithuania (activity 2). Activities were organized by the local NGOs.

RE- AIM dimension	Results activity – 2 educational lectures	Results activity – drug checking services
Reach	In one festival the number of potential participants reached 100%, in the second festival – 16%, but neither reached the target audience of MSM.  Additional lecture (outside of music festival) reached 100% of the target audience.	The portion of the festival attendees who use psychoactive substance and who used drug checking service varied from 25.6% to 0.9% across five music festivals. Reach of specifically ATS users was very low.
Effectiveness	There was a positive change in knowledge gained and the lecture was perceived useful among participants of both lectures.	In term of reaching ATS users the activity was not effective. Not enough feedback data was collected to analyze the effect of activity 2 on user behaviour.
Adoption	The lecture method is suitable and can be adopted to other social events, but the setting needs to be carefully selected according to the target audience.	Not all music festivals are suitable. Within a suitable festival - the integration of drug checking services can be easily facilitated.
Implementation	Activity was implemented as planned. Key facilitators: topic is of interest, positive attitude of potential providers, effective format. Key barriers: lack of human and financial resources, hard to reach target audience.	The activity was implemented as planned, except that no follow-up data was collected from the target audience. Key facilitators: perceived need among users and providers, easy integration to other harm reduction services. Key barriers: lack of financial resources for skilled staff, criminalization aspects, negative attitude among festival organizers.
Maintenance	An additional lecture was organized outside of IMPRESA. The lecture was adopted and provided in Vilnius nightlife setting and was successful at reaching the target group.	Activity is planned to be provided at music festivals in 2023 outside of IMPRESA project.

## CHEMNITZ, GERMANY

**Title:** Activities promoting safer nightlife among clubs and party goers

**Short description:** Aim of the intervention was to raise awareness of safer use and harm reduction for methamphetamine and other stimulants among club owners and partygoers. The intervention consisted of three activities: involvement of club owners in safer nightlife activities (activity 1), information talks with party-goers delivered by trained peers during club events plus, if needed, provision of crisis intervention or information on professional care services (activity 3), and the distribution of safer use kits and information material (on safer use and local care services) among party goers at the club events (activity 3).

RE- AIM dimension	Results
Reach	<p>During six club events, the implementing peers documented 234 party goers who had actively visited the information booth. The total number of visitors at these events was estimated at 1,575 by the implementing peers. Accordingly, 15% of all visitors to the events were reached by the activities.</p> <p>132 party goers who had visited the booth, completed an anonymous brief questionnaire (56% of documented visitors). 46% of respondents defined their gender as male, 38% as female and 16% as diverse. The average age was 24, and 64% reported to have used illicit drugs in the last 30 days (methamphetamine: 12%, other amphetamine type stimulants: 34%)</p>
Effectiveness	<p>The effectiveness of the intervention was measured based on the criteria of credibility and usefulness. At 93%, almost all party guests somewhat agreed or completely agreed with the statement "The information given in the interview was credible". A similarly high proportion of respondents (90%) found the information given in the interview to be helpful. The information on the flyers was also rated as credible and helpful (92%, respectively). Furthermore, 87% of respondents rated the provided safer use kits as helpful.</p>
Adoption	<p>A total of 29 peers were trained to carry out the intervention. Due to the limited number of events, only 13 of these had the chance to actively to provide information talks and safer use material.</p> <p>Adoption among clubs remained low, as only two club representatives participated in the virtual discussion meeting on safer nightlife in Chemnitz. A total of six organizers in four different clubs agreed to have peer-led safer nightlife activities take place at their events.</p>
Implementation	<p>The intervention was largely implemented according to plan.</p> <p>Key facilitators for the implementation were funding of material and compensation of peer work as well as familiarity with the safer nightlife concept among clubs (e.g. through preparatory meetings).</p> <p>Key challenges were finding a suitable situation for the information booth (too little space) and low motivation of clubs for participation.</p>
Maintenance	<p>All parties involved (peers, clubs, and counterpart in the city administration) favor a continuation of the activities. A signed agreement on the scope of future cooperation is needed to apply for funding of material and peer compensation.</p>



## PRAGUE, CZECH REPUBLIC

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

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

RE- AIM dimension	Results activity – brief interventions	Results activity – chem-sex harm reductions
Reach	The target group was reached only at the techno events. We estimate that 5% of target group was covered at these events.	Overall, we estimate that 10% of target group was covered at all events.
Effectiveness	All participants who filled out the questionnaire (we had missing values from 2 participants) agreed that they would recommend the intervention to someone else.	Around 60% of the participants filled out the questionnaire. More than 90% of participants agreed with the two statements. The number of respondents who felt that they had been made aware of the risks was higher than of those who felt that they had found out about new risks of chem-sex.
Adoption	In total, 11 days of club events/festival days were covered. The intervention providing NGO had to cancel attendance at 4 planned events: 3 due to illness in the team and related lack of personnel; in one case, the reason for not participating in the event was a significant reduction of the size of the festival compared to previous years. All staff members had agreed to participate in the intervention.	In total, 7 days of club events/festival days were covered. Contrary to the plan, the intervention was provided at more events than planned because the resources of the project allowed it. All staff members had agreed to participate in the intervention.
Implementation	The implementation was successful, it was conducted in accordance with protocols. Another challenge was that providers needed to pay particular attention to the preparation of the on-site implementation ('finding a good spot for the information stand').	The implementation was successful, it was conducted in accordance with protocols. The evaluation placed some additional demands on the implementation beyond the usual reporting (for example we used a questionnaire for service users). The provider viewed the added evaluation as hindering the implementation of the intervention ('talking with users'). As the Prague Pride festival is also becoming a mainstream event, it was difficult to find the specific target group.
Maintenance	The staff of the organization saw potential in brief interventions. An important question is whether sufficient funds can be obtained in the future from subsidies or other sources to implement the intervention.	According to the staff of the NGO, it is important that the intervention has been promoted to the target group and it is now possible to build on the activities implemented within the pilot project. Future success will depend on funding opportunities from grants and other sources.

## KOŠICE, SLOVAKIA

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

**Short description:** An intensive three-day group training course for the young at-risk university students. The content of the program was 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.

RE- AIM dimension	Results
Reach	The number of potential beneficiaries in the setting (whole target group): 1st year university students (estimated number of students 2500 to 3000). The goal was to create 5 training groups consisting of 15 to 25 students. This assumed between 75 and 120 participants over all five training sessions. In total, 87 participants took part in the trainings and workshops.
Effectiveness	The effectiveness of the intervention was assessed by measuring the changes in protective socio-psychological factors and mechanisms through increasing the satisfaction of basic psychological needs. Overall, the quantitative and qualitative evaluation of the effectiveness showed a positive tendency in increasing the protective socio-psychological factors.
Adoption	The format of the interventions was appropriate according to the trainers and participants. However, the trainers reported that it was not possible to follow an identical procedure and plan for each group since the number and specific composition of the groups was different. As such, the actual course of activities and their debriefing was specific to each group.
Implementation	Activity was implemented as planned and according to protocol (Deliverable 4.1). The main facilitating factors were provision of training facilities outside the university campus, well trained staff and organizational support.
Maintenance	In terms of content, it is realistic to assume that this intervention will be repeated in the coming years. The main potential issue is securing a source of sufficient financial resources for the trainers and entire course of the 3-day training.

## **JELENIA GORA, POLAND**

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

**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 was delivered by the trained specialists (with CBT and MD background).

<b>RE- AIM dimension</b>	<b>Results</b>
Reach	134 regular methamphetamine users took part in the intervention. Vast majority (110) had used methamphetamine 30 days prior to the intervention.
Effectiveness	Effectiveness indicators were calculated for 51 participants. Methamphetamine use within last 30 day decreased (from 70% to 50%), the number of days of use within the last 30 day decreased as well (from 14.50 do 8.60). Motivation to change the use increased significantly (41% of the participants were at the action stage before the intervention and 76% - after). There was a significant decrease in depression and anxiety symptoms observed after the intervention but no change in life satisfaction.
Adoption	Majority of the specialists who were offered to take part in the program agreed. However, participation in the program required prior experience with CBT and DM.
Implementation	The program was implemented in accordance to the protocol, however, some changes are suggested, e.g. in order to cover the whole material it is recommended to either extend each session to 90 minutes, or to extend the number of session (60 min per session). The cost of the implementation is relatively low, because no additional training is required (provided potential implementors already have CBT and DM experience).
Maintenance	There is a very high probability of continuation of the program implementation.

