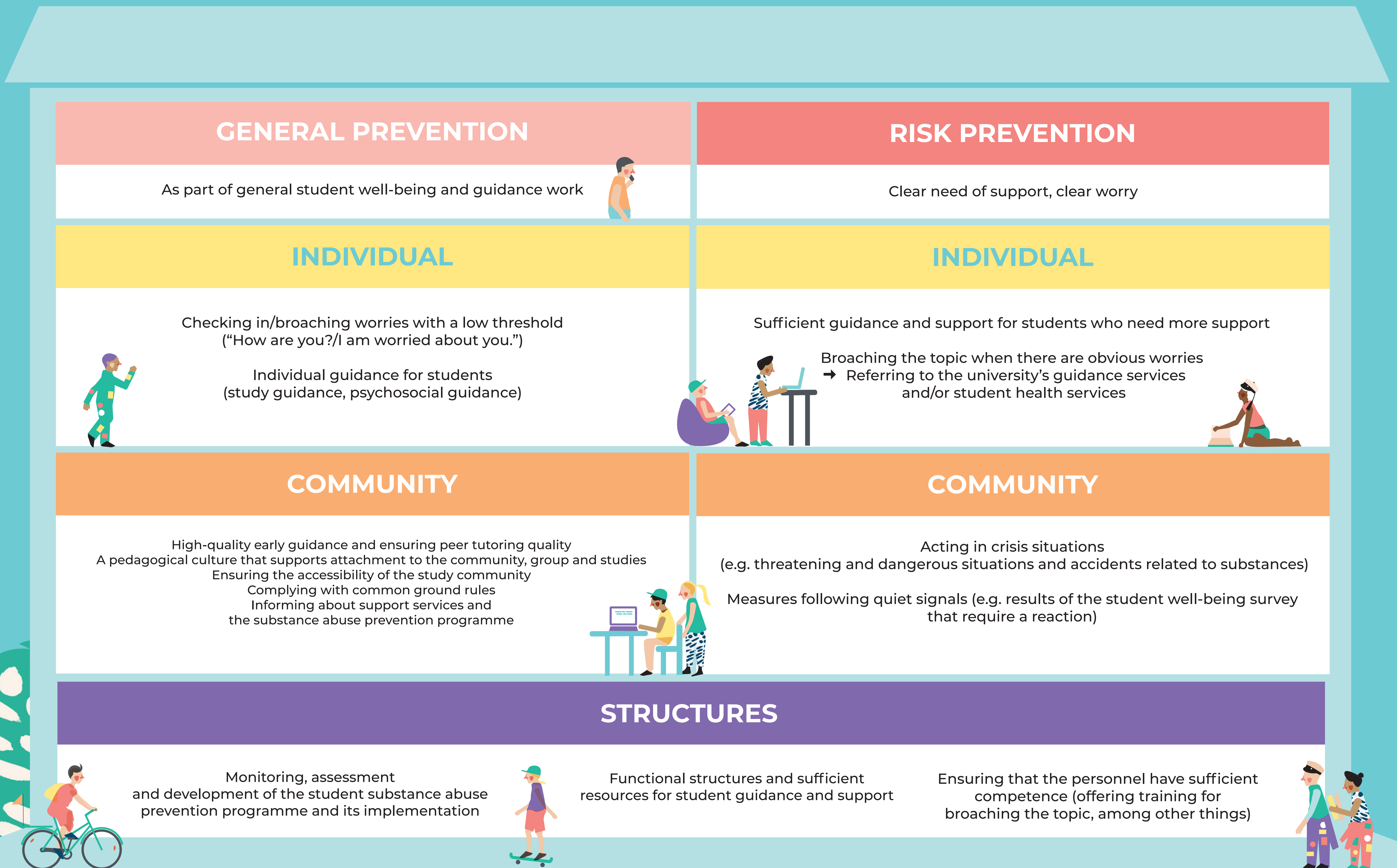


SUBSTANCE ABUSE PREVENTION IN THE UNIVERSITY COMMUNITY

Substance abuse prevention refers to the prevention and reduction of harm caused by substance use. In universities, substance abuse prevention is a central part of work related to well-being and guidance. All members of the university community have their own role in substance abuse prevention: whether you are a study counsellor or planner, a teacher, a researcher, a tutor or a student, you can prevent the harm which substances cause to your community.

The graph below describes substance abuse prevention in the university community: what measures should be focused on at the individual level in order for the prevention of harm to be more effective. **Measures on the individual and the community level** can be grouped into general prevention and risk prevention.¹ **General prevention** refers to the university's student well-being and guidance work targeted to all students. **Risk prevention** refers to a situation where there is a clear worry about an individual student or group of students or where a clear need for support is identified. **Structurally** the effectiveness of preventive work is based on the measures being organised and systematic as well as being monitored and assessed regularly. The university should have a written programme of measures to prevent students' substance abuse and to offer support for intervening in problems (student substance abuse prevention programme.) All members of the community should be aware of the programme.

¹) cf. Soikkeli, M & Warsell, L (ed.) (2013) Laatuähtea kiertämässä – Ehkäisevän päihdetyön laatukäsikirja. NIHW, NATIONAL INSTITUTE FOR WELFARE AND HEALTH. Online publication: www.julkari.fi/handle/10024/104420



Student substance abuse prevention programme

- A programme of measures to prevent students' substance abuse and to offer support for intervening in problems.
- Based on the Universities Act and Universities of Applied Sciences Act, enables universities to act in different worrying and problematic situations.
- Plays a key role in planning and implementing preventive work.
- A substance abuse prevention programme should define:
 - substances and attitudes towards them during studies
 - measures for preventing harm caused by substance use and the responsibility of implementing them
 - drug testing, right to study and suitability to work in the field
 - seeking help and studying after treatment
- The stepped model presented in the image enclosed can be used to consider the goals of a substance abuse prevention programme and can be used as a basis for the development of the programme: Is the substance abuse prevention programme only a guideline to be used when problems arise or have preventive measures been planned and responsibilities regarding them assigned? Is the implementation of the substance abuse prevention programme being assessed and monitored?
- Special attention should be paid to implementing the substance abuse prevention programme: Can everyone find the programme? Is information about it spread enough and regularly? Do all members of the university community understand their responsibility in implementing the substance abuse prevention programme?
- See also "Opiskelijoiden päihdeohjelma" (2014) by Universities Finland UNIFI, the National Union of University Students in Finland (SYL) and the Finnish Student Health Service (FSHS), an updated version will be published in 2019



Goals for the student substance abuse prevention programme

Adapted from the HUUGO programme by EHYT Finnish Association for Substance Abuse Prevention, also see The Centre for Occupational Safety (2018) Päihdeohjelma lisää työhyvinvointia (In Finnish), https://ttk.fi/files/6491/infograafi_A4_pa_ihdeohjelma_3.9.18.pdf

The KUPLA "Students reforming substance use culture" project (2018–2020) by EHYT Finnish Association for Substance Abuse Prevention and Nyyti ry supports the well-being of university students and their ability to study, improves the abilities of university communities to prevent harm caused by substance use, and promotes communality and an accessible student culture. The project offers training and tools for university personnel related to students' substance abuse and mental well-being as well as broaching the subject. You are welcome to ask our experts for help in questions related to developing and implementing student substance abuse prevention programmes. Partners in the programme include the National Union of University Students in Finland (SYL), University of Applied Sciences Students in Finland (SAMOK), Finnish Student Sports Federation (OLL) and the Finnish Student Health Service (FSHS).