

WORKING TOGETHER LOCALLY ON ADDICTION PREVENTION



WHAT CAN THE IVZ
FOR YOUR
MUNICIPALITY?

This
Information
Tool can be
read in a PDF
reader (not a
browser)
preferably

WHAT CAN IVZ DO FOR YOUR MUNICIPALITY?



What can the Institution for Addiction Care do for your community?

Help with addiction or problems due to alcohol, drug and medication use, gambling, internet and gaming¹

Addiction care is part of the mental health sector and offers help to people experiencing problems due to substance use or gambling/gaming or struggling with addiction. They themselves or their relatives can go to an Institution for Addiction Care (IVZ) for information, advice or consultation, counselling and/or treatment.

Prevention of (problematic) substance use and gambling/gaming: from prevention to harm reduction

Addiction prevention contributes to the prevention of personal and social harm from substance use (alcohol, tobacco and drugs) and gambling/gaming.

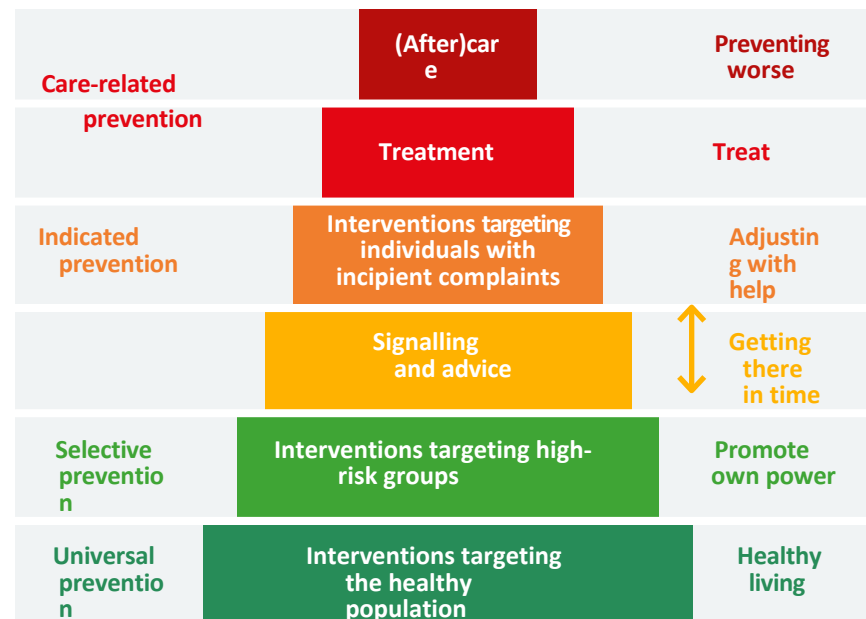
The IVZ focuses on different types of prevention:

1. prevention of (problems due to) substance-use and gambling
2. early identification of problems in high-risk groups and interventions targeting individuals with incipient complaints
3. referral to assistance in case of problematic use
4. limiting personal and societal harm from use

Closed prevention chain

Addiction prevention is preferably offered in a (care) chain where the different elements fit well together, from light to heavy:
prevention - counselling - treatment - (after)care.

IVZs commit to all parts of this chain:



¹ For the sake of readability, hereafter we refer to substance use and gambling/gaming



Quality addiction prevention

The IVZ advises, shares knowledge and implements interventions as much as possible on the basis of (scientific) research. Sources used by the IVZ include:

- intervention databases of the Netherlands Institute for Public Health and the Environment (RIVM) and the Netherlands Youth Institute (NJI)
- knowledge of national parties such as Verslavingskunde Nederland, the Netherlands Youth Institute (NJI) and the Trimbos Institute
- figures from local or national surveys
- (inter)national studies and literature on addiction prevention

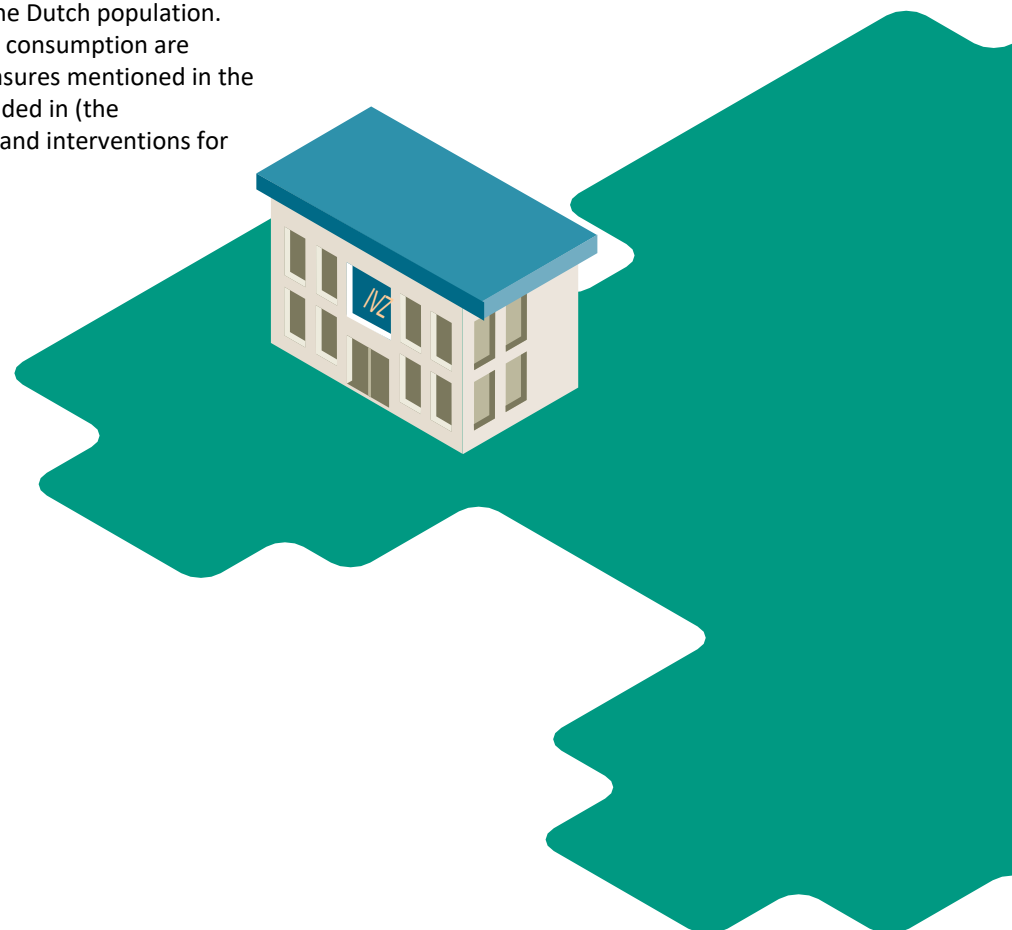
Basic package

All IVZs affiliated with [Verslavingskunde Nederland](#) work with the Basispakket Verslavings- preventie; a combination of high-quality interventions - as much as possible from the RIVM and NJI databases - that fit into the prevention chain.

Municipalities can purchase this basic package, whether or not adapted or supplemented based on the demand pieces at play within the local situation.

Connection National Prevention Agreement

The [National Prevention Agreement](#), drawn up for the first time in 2019 on behalf of the Ministry of Health, Welfare and Sport, contains agreements that deal with improving the health of the Dutch population. Smoking and excessive alcohol consumption are spearheads in this regard. Measures mentioned in the agreement are part of, or included in (the development of) programmes and interventions for addiction prevention.



WHAT CAN THE MUNICIPALITY DO?

Local addiction prevention policy, what can the municipality do?

Implementing preventive substance abuse policies locally

Based on and in line with national laws and regulations, the municipality has a responsibility for the health of its residents.

> [Read more about policy frameworks on alcohol and drugs](#)





Deploying prevention from light to heavy

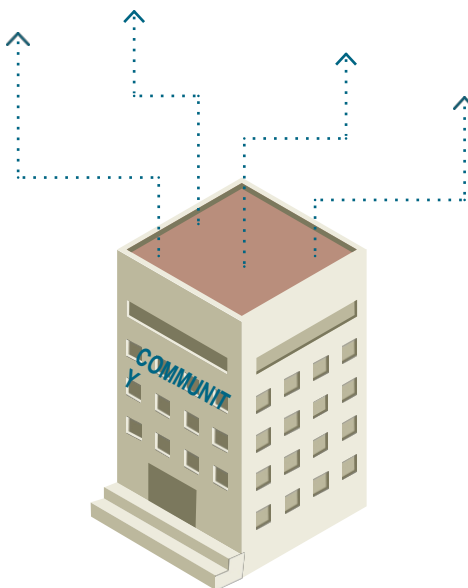
In a balanced prevention policy, universal prevention forms the basis. The more solid this basis is, the less 'flow' will take place to more expensive forms of selective and indicated prevention or to treatment and care-related prevention.

Directing a comprehensive approach Effective prevention of addiction problems at the local level requires a comprehensive approach. Many parties are involved from different policy areas and organisations. As a municipality, you can direct this and encourage and facilitate the desired policies.

> [Click here for more information on integral working](#)

An integrated approach is based on a mix of 4 pillars:

-  1. Information and education
-  2. Signalling, advice and support
-  3. Physical and social environment
-  4. Regulation and enforcement



Directing process steps

- Involve relevant policy areas within the municipality. Think of public order, safety and health, but also education, sports, events and catering, for example.
- Bring all necessary chain partners into the picture and make them work together. This could include: GGD, police, addiction services, education, Halt, youth and youth work, neighbourhood and generalist teams, mental health, hospitality and event industry.
- Make a [problem analysis](#) to gain insight into The specific bottlenecks in your municipality.*
- Ensure administrative support.
- [Choose priorities](#) and goals from a shared vision.*
- Make a plan for implementation of interventions and collaboration.
- Implement interventions and measures in [conjunction](#) from.*
- [Monitor](#) and evaluate the process and results.*

** In these steps, the IVZ can provide support or (partially) implement*





IVZ offer municipality

Why important?

The IVZ can support municipalities in monitoring developments for addiction prevention policy. The IVZ has insight into national, regional and local developments regarding substance use, gambling and gaming and has knowledge of effective preventive approaches and interventions. On this basis, it advises municipalities on matters such as:

- developing local policy on addiction prevention
- gaming policy
- addressing issues around a specific drug, e.g. nitrous oxide or GHB
- addressing issues around specific target groups or settings
- interpretation of trends and developments

What can your IVZ do?

In consultation, the IVZ can provide the following for the municipality perform and/or supervise activities:



Signalling, advice and support

- Monitoring and policy advice
- Pointing out national/regional/local developments



IVZ offer General public

- *universal prevention*

Why important?

For people with questions about substance use and gambling, reliable and easily accessible information should be accessible about (the risks of) alcohol, tobacco, drugs, gambling, gaming and addiction. But also on laws and regulations, substance use and parenting, signs of use, (self)care and help for loved ones.



What can your IVZ do?

By agreement, the IVZ can provide the general public with the Perform and/or supervise the following activities:



Information and education

- Provision of information through social media and information sessions, among others
- Provision of leaflet material, aange-
fits the receiver
- Consultation and advice
- Nationwide chat service: available
Monday to Friday from 1pm to 5pm. The
chat service is manned by prevention
workers working
at the various IVZ institutions and is
coordinated by the Trimbos Institute.
- Support for Campaigns, such as
[IkPas](#), [NIX18](#) and [Stoptober](#)

Which target groups are reached?

- General public





IVZ Supply Education

- universal prevention
- selective prevention
- indicated prevention

Why important?

The adolescent brain is developing and therefore extra vulnerable. The use of alcohol, tobacco and drugs disrupts that development and can lead to poor school performance, absenteeism and sometimes even school failure. Research shows that young people who start early are more likely to continue using and more likely to become addicted. Prevention must therefore start at an early age and education is a setting in which all young people can be reached.

What can your IVZ do?

The IVZ can implement and/or supervise the [Helder op School](#) prevention programme for educational institutions in the ge- municipality.

Bright at School is a school prevention programme that focuses on (prevention of) smoking, alcohol, drugs and gaming. It can be used for all types of education: primary education, secondary (special) education, senior secondary vocational education, higher vocational education and university.

Bright at School is a structured, theoretically well-founded programme with expert guidance and an integrated approach, tailored to level and age. It provides the school with tools to form a good addiction prevention policy focusing on the 4 pillars:

Information and education

- Lessons
- [Smokefree challenge](#)
- Information

Signalling, advice and support

- Promotion of expertise, signalling and guide
- Individual, motivational discussion with both the pupil and possibly their parents/guardians. To this end, the IVZ uses the effectively proven interventions [Moti-4](#) and [Alcohol Consultation](#).

Physical and social environment

- Parent education and parenting support, school environment design

Regulation and enforcement

- School rules

Which target groups are reached?

- Pupils
- Parents, guardians
- School staff, including teachers and under-support staff
- Care team, including school social work, youth doctor



IVZ offer Hospitality & Coffee shops

- universal
- prevention selective prevention

Why important?

Alcohol and drug use in nightlife poses health and safety risks. With a good alcohol and drug policy, risks can be reduced and arrangements can be made to respond appropriately to health and safety incidents.

What can your IVZ do?

The IVZ can carry out and/or supervise the following activities for the catering industry and coffee shops:



Information and education

- Providing information to the end target group, such as the person going out or visiting a coffee shop.



Signalling, advice and support

- These include: organising courses / training for nightlife professionals on compliance with the Alcohol and Catering Act, trends, dealing with alcohol- and drug-related aggression, first aid for health problems caused by alcohol and drug use, responsible hospitality and early warning in coffee shops.



Regulation and enforcement

- Support and advice to catering establishments and coffee shops on a safe nightlife environment.

Which target groups are reached?

- Visitors to the (youth-oriented) hospitality industry
- Entrepreneurs and staff (such as bartenders, coffee shop employees, security)
- Boas / police
- Medical personnel such as first aid, as well as first responders such as ambulance personnel





IVZ offer Sports associations

universal prevention

Why important?

Playing sports under expert supervision is a safeguard against substance use, provided there is a healthy smoke-free sports environment. Sports clubs can work towards a healthy environment by establishing and complying with an [alcohol policy](#) and house rules such as smoke-free club. and house rules. This can prevent young people from having a bad image and performing worse in sport, but also helps reduce fines, aggression and drink-driving.

What can your IVZ do?

The IVZ can support the board, coaching staff and members of sports associations through:



Information and education

- Information in the form of leaflets, campaigns and information events
- Communication on house rules



Signalling, advice and support

- Carrying out the Instruction Responsible Alcohol Serving (IVA). The IVA was developed to meet the legal obligation for bar volunteers to follow a responsible alcohol serving instruction. After the IVA, the bar volunteers are certified in accordance with the legal requirement.
- Promotion of expertise: the IVZ can provide different types of training for sports coaches. Topics: trends, signalling use, interview skills and case discussion.
- Individual, motivational interviewing with both athletes and possibly their parents/guardians. For this, the IVZ uses the effectively proven interventions [Moti-4](#), [Moti-55](#) and [Alcohol Consultation](#).



Regulation and enforcement

- Support in developing alcohol (and drug) policies and communication about them within the association.

Which target groups are reached?

- Minor and adult athletes and their any close relatives such as parents
- Board, supervisors and (bar) volunteers



IVZ offer Events

- *selective prevention*

Why important?

Young people who go out and attend events use (much) more alcohol, tobacco and drugs than young people who do not go out. This has adverse effects and risks for their own safety and the health of others. For this reason, it is important to have a policy on alcohol and drugs at events.

What can your IVZ do?

The IVZ can support event policy and its implementation with the following activities:



Information and education



- Providing information to event visitors using the approved intervention Unity. Unity is a volunteer project in which young people from the dance scene educate at festivals and parties about going out, alcohol and drugs and the risks involved.

Signalling, advice and support



- Organise courses/ trainings for volunteers and professionals involved in events. Topics could include Alcohol Act compliance, dealing with alcohol- and drug-related aggression, trends and first aid for health problems caused by alcohol and drug use.

Regulation and enforcement



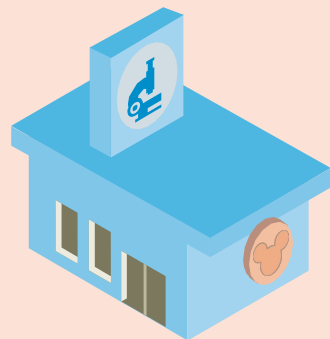
- Support in developing and implementing event policies.

Additional information on 'alcohol, drugs and tobacco at events' can be found in the [Guideline for Municipalities 3.0](#) and its [Info- graphic](#).

Which target groups are reached?

- Visitors to events
- Staff, such as bar staff, organisers and volunteers
- Police/security
- Medical staff, such as first aid and ambulance personnel.

DRUG TESTING SERVICE ●



IVZ offer Drug testing service

● *selective prevention*

Why important?

Using drugs always carries a health risk. Sometimes drugs appear on the market with an extra high risk to public health. DIMS collects information on drugs through a nationwide network of addiction care institutions with testing facilities. Local users submit their drugs for testing at the testing facility. This allows the DIMS to closely monitor what is on sale in the nightlife drug market. It can issue a warning when drugs contain substances that are a danger to public health.

What can your IVZ do?

Most IVZs are affiliated to the DIMS and can support the following activities:



Information and education

- People using drugs can have their drugs under- searched for composition at the test site. After analysis in a laboratory, the user receives information on the composition and possible risks. If substances are found with an immediate public health hazard, regional or national alert actions are set up.



Signalling, advice and support

- DIMS launches a nationwide warning campaign (Red Alert) when substances are found with an acute public health risk. This follows a protocol drawn up in cooperation with the Ministry of Health, Welfare and Sport, the Inspectorate for Healthcare and the participating IVZs.

Which target groups are reached?

- Users of (nightlife) drugs
- Ministry of Health, Health Care Inspectorate, local triangle and participating IVZs





IVZ offer Youth work & hanging groups

- selective prevention
- indicated prevention

Why important?

Joining a hanging group is a strong pre-spelling factor for substance use. Most hangout groups are formed by young people of different ages. The younger members of the group often imitate the substance use of the older members. Youth workers usually have a good picture of these target groups and can be an important link in the chain of early signalling.

What can your IVZ do? IVZ prevention workers, together with youth workers and possibly other network partners, can make low-threshold contact with loitering young people who are experimenting with substances and with young people who are already experiencing problems due to use. The aim is to enter into early dialogue with young people in this way about their worrying behaviour regarding substance use, gambling and/or gaming and, where necessary, direct them towards further support or treatment.

The IVZ can support the following activities:



Information and education

- Information provision tailored to the target group. This could include zooming in on, for example, a specific drug such as nitrous oxide or a specific target group such as young people with LVB problems.



Signalling, advice and support

- Expertise training can be provided for network partners working with youth on the street and can cover trends, identification of use, conversation skills and possibly case discussions.
- Individual, motivational interviewing with both the young person and possibly their parents/guardians, using the effectively proven interventions [Moti-4](#) and [Alcohol counselling interview](#).

- Young people on the street and their possible loved ones such as parents
- Youth workers and any other network partners





The IVZ offer for Care and Welfare partners

- selective prevention*
- indicated prevention*

Why important?

The timely detection and raising of substance use and gambling problems can prevent worse. It is therefore important that professionals working in care and welfare are able to recognise signs of problems, start the conversation, offer support and refer to heavier forms of care where necessary.

What can your IVZ do?

The IVZ cooperates with an extensive network of care and welfare partners who can play a role in early signalling. These include general practitioners, district and generalist teams, youth doctors, alcohol clinics in hospitals, youth care institutions, LVB institutions and mental health services. The IVZ can strengthen these partners in their signalling role and contribute to a comprehensive (early) signalling chain.

The IVZ can support the following activities:



Information and education

- Information provision tailored to the target group. This could include zooming in on, for example, a specific drug such as nitrous oxide or a specific target group such as young people with LVB problems.



Signalling, advice and support

- Expertise promotion can be provided for various network partners and can cover signalling use, interview skills and case management.
- Open & Alert: an intervention focusing on policy development, expertise promotion and collaboration within high-risk settings for problematic substance use for adolescents and young adults.
- Individual, motivational interviewing using the effectively proven interventions Moti-4, Moti-55 and Alcohol counselling interview.



Physical and social environment

- Neighbours: Individual and group offerings' in brackets: (e.g. Craft, 5-step method, Help, my child can't do without).

Which target groups are reached?

- People with (incipient) problems related to alcohol and drug use, gambling and/or gaming and their loved ones.
- Network partners working within care and welfare





The IVZ offer for the District

- universal prevention
- selective prevention
- indicated prevention

Why important?

Early detection and prevention of problematic substance use, smoking, and gaming/gambling in the neighbourhood is a task of all local (healthcare) partners in a neighbourhood, and more specifically of the social neighbourhood teams.

Structural cooperation between social neighbourhood teams and addiction services is necessary. Support and cooperation should match local needs, initiatives and opportunities as much as possible.

What can your IVZ do?

The IVZ can help set priorities based on monitoring substance use and addiction issues among the various target groups in the neighbourhood.

Examples of target groups to which (extra) attention can be paid are: People over 55, children of parents with psychiatric or addiction problems (KOPP/KOV) and loved ones.

The IVZ can support the following activities:



Information and education

- Information provision: local campaigns, leaflets, chat service, websites, consultation and advice for both district residents (general public) and professionals/network partners.
- Information provision adapted to a specific target group (such as LVB or elderly) or substance (nitrous oxide or alcohol or the smoke-free generation, for example).



Signalling, advice and support

- Skills training for neighbourhood teams and other network partners on identifying use, interview skills and case management.
- Individual, motivational interviewing using the effectively proven interventions [Moti-4](#), [Moti-55](#) and [Alcohol counselling interview](#).



Physical and social environment

- [KOPP - KOV](#) children: (group) interventions per age group aimed at strengthening protective factors.
- Neighbours: Individual and group offerings' in brackets: (e.g. Craft, 5-step method, [Help, my child can't do without](#)).
- Parenting support

Which target groups are reached?

- general public
- professionals/ network partners
- specific target groups that need extra require attention





COLOFON

Client

Addiction Medicine Netherlands

Regional addiction care institutions are part of Verslavingskunde Nederland.

This national network aims at quality, uniformity and visibility of the institutions.

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If you would like more info on this Information Tool or on working together locally to prevention of addiction problems, contact your regional Instelling voor Verslavingszorg (see www.verslavingskunde-nederland.nl for the name of your IVZ). Preferably, we will use this tool to discuss your local situation with you in more detail.

This tool is updated regularly.

The above site also always has the latest version of this information tool.