

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



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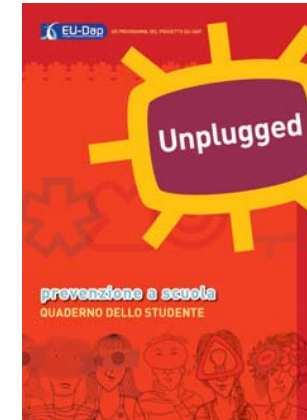


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Unplugged

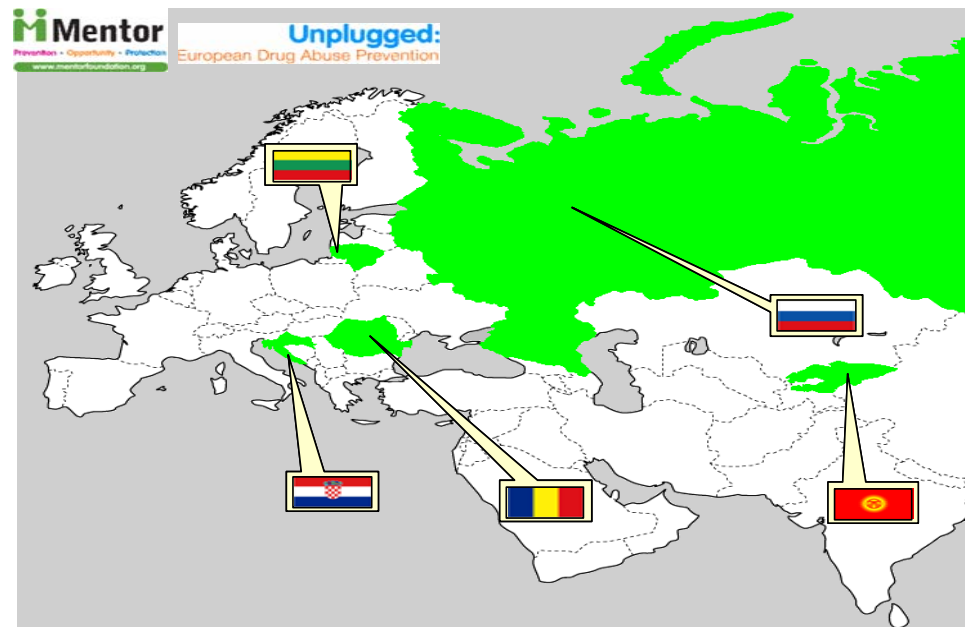
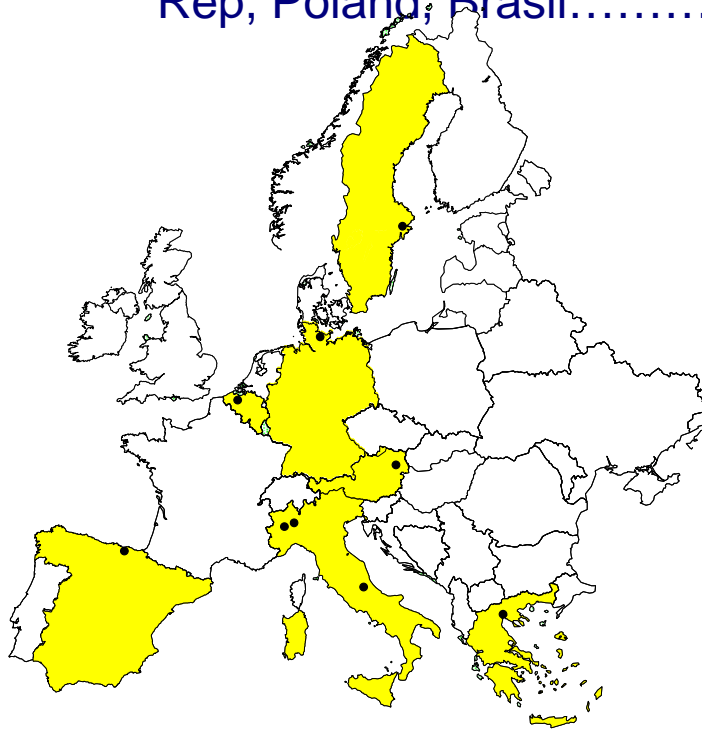
- Universal school-based program for preventing tobacco, substance use and alcohol abuse among adolescents
- Based on **social influence** approach
- It includes the following components
 - Social skills
 - Personal skills
 - Knowledge
 - Normative education
- It is administered by **teachers** trained 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

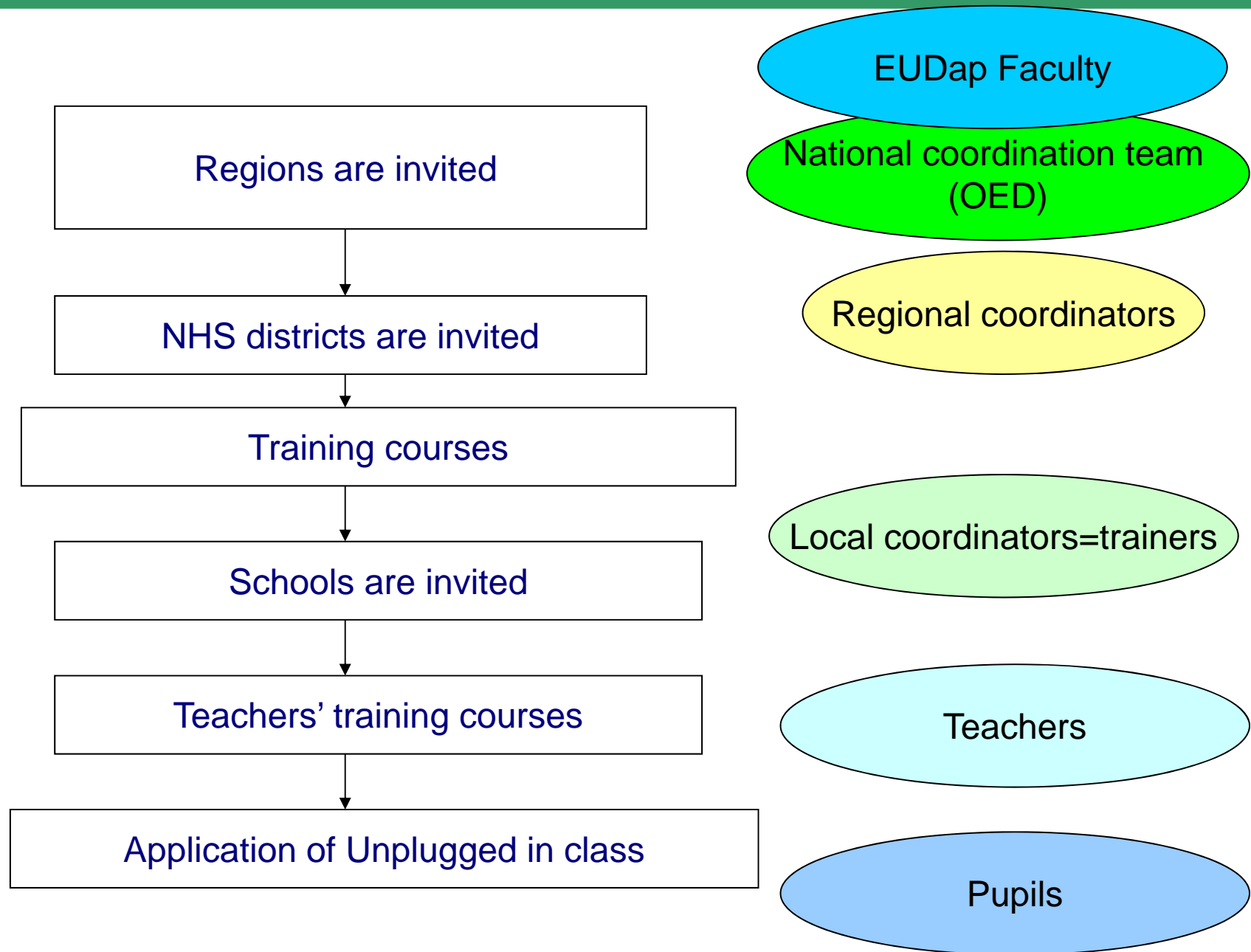
- Eudap Faculty: network of trainers
- Project IKEA 5 East European countries
- UNODC project 6 North Africa and Middle East countries
- Others, nationally funded (Slovenia, Slovakia, France, UK, Czech Rep, Poland, Brasil.....)



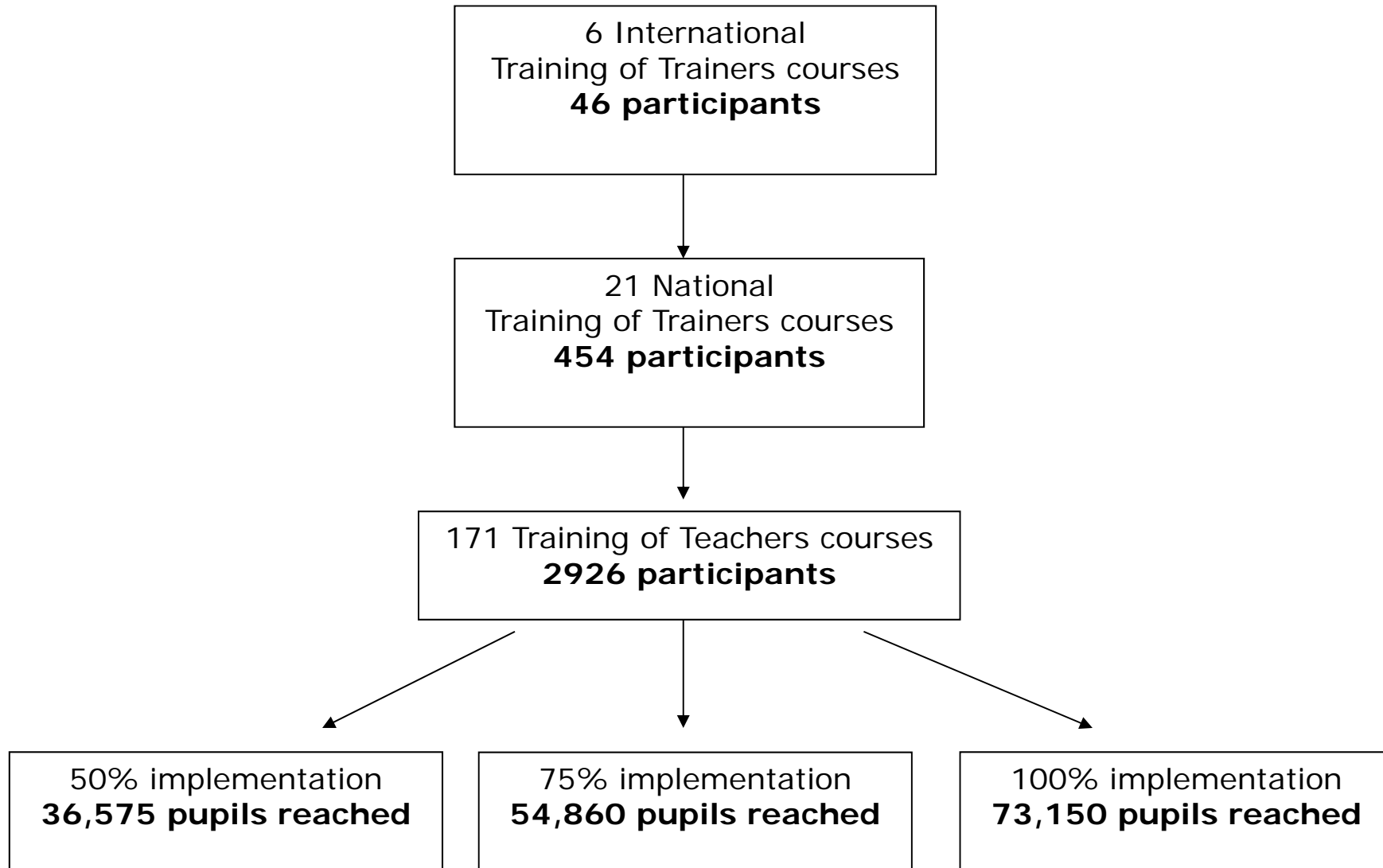
Italy

- 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

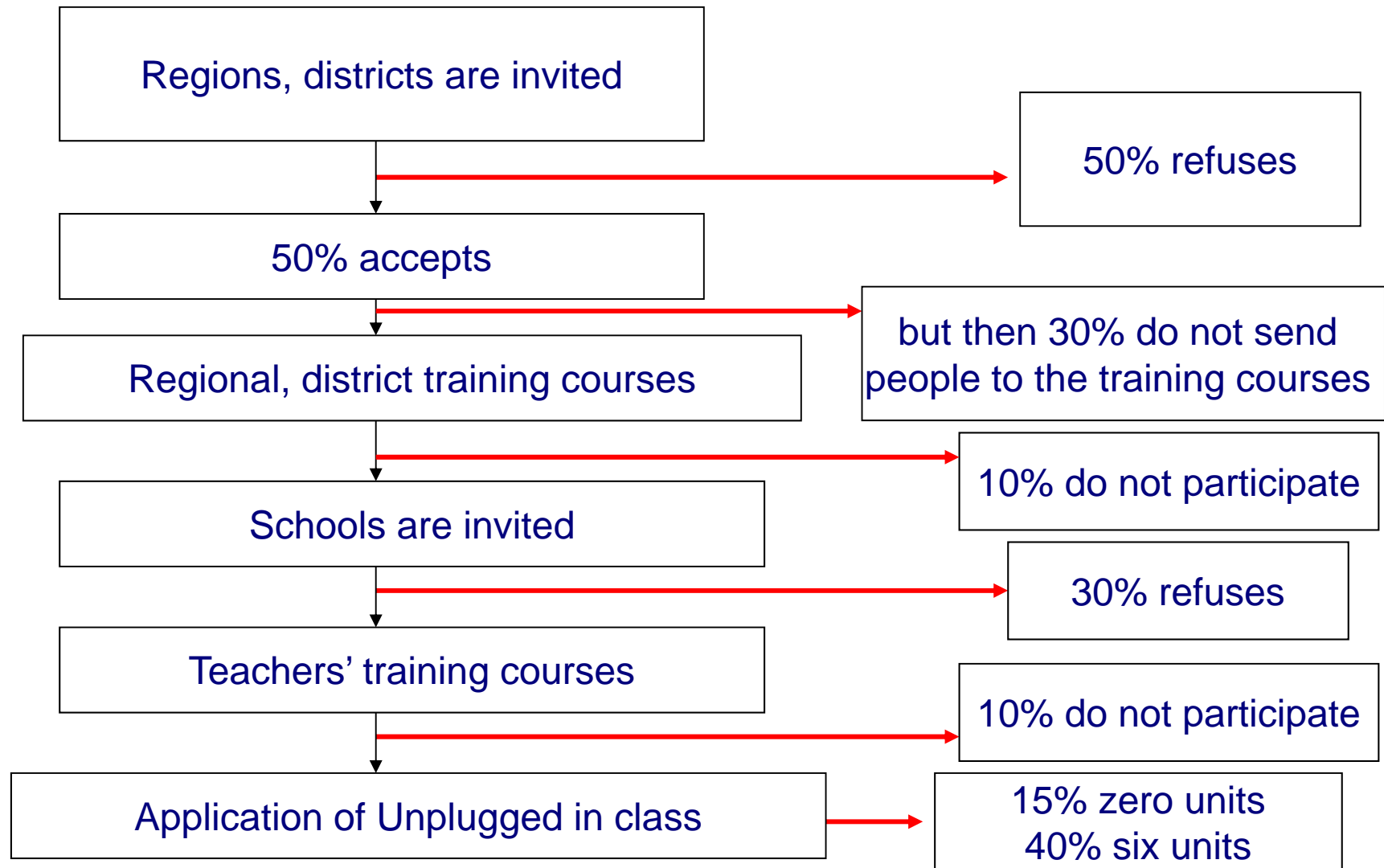
Naturalistic model of dissemination



Theoretically efficient and powerful

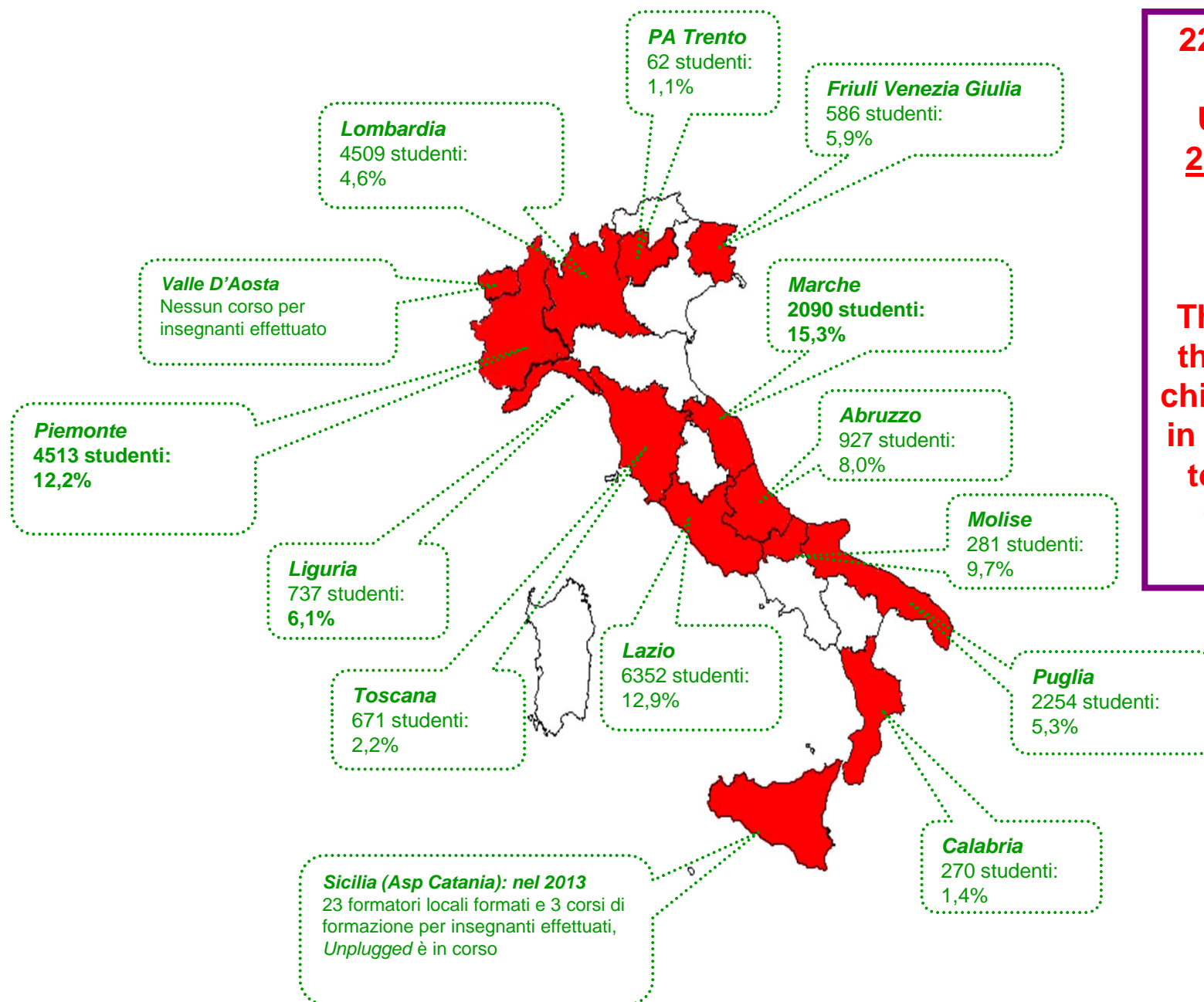


Naturalistic model implies a certain selection



**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					
Abruzzo		47	927	11532	8,0	661	5,7	661	5,7		
Calabria	4	14	270	19715	1,4						
FVG	12	26	586	9887	5,9	221	2,2	221	2,2		
Liguria		35	737	12148	6,1	938	7,7	958	7,9		
Lombardia	32	161	4059	88128	4,6	4096	4,6	4096	4,6		
Marche		88	2090	13683	15,3	1860	13,6	1860	13,6		
Molise	3	9	281	2895	9,7						
Piemonte	101	224	4513	37052	12,2	3434	9,3	3934	10,6		
Puglia	30	96	2254	42555	5,3	421	1,0	421	1,0		
Toscana	13	27	671	30088	2,2	624	2,1	644	2,1		
Trento	1	3	62	5413	1,1	143	2,6	143	2,6		
VDA				1153				70	6,1		
Lazio	102	305	6352	49190	12,9						
Totale	298	1035	22802	323439	7,0	12398	3,8	4,9	13008	4,0	5,2

— Dati parziali

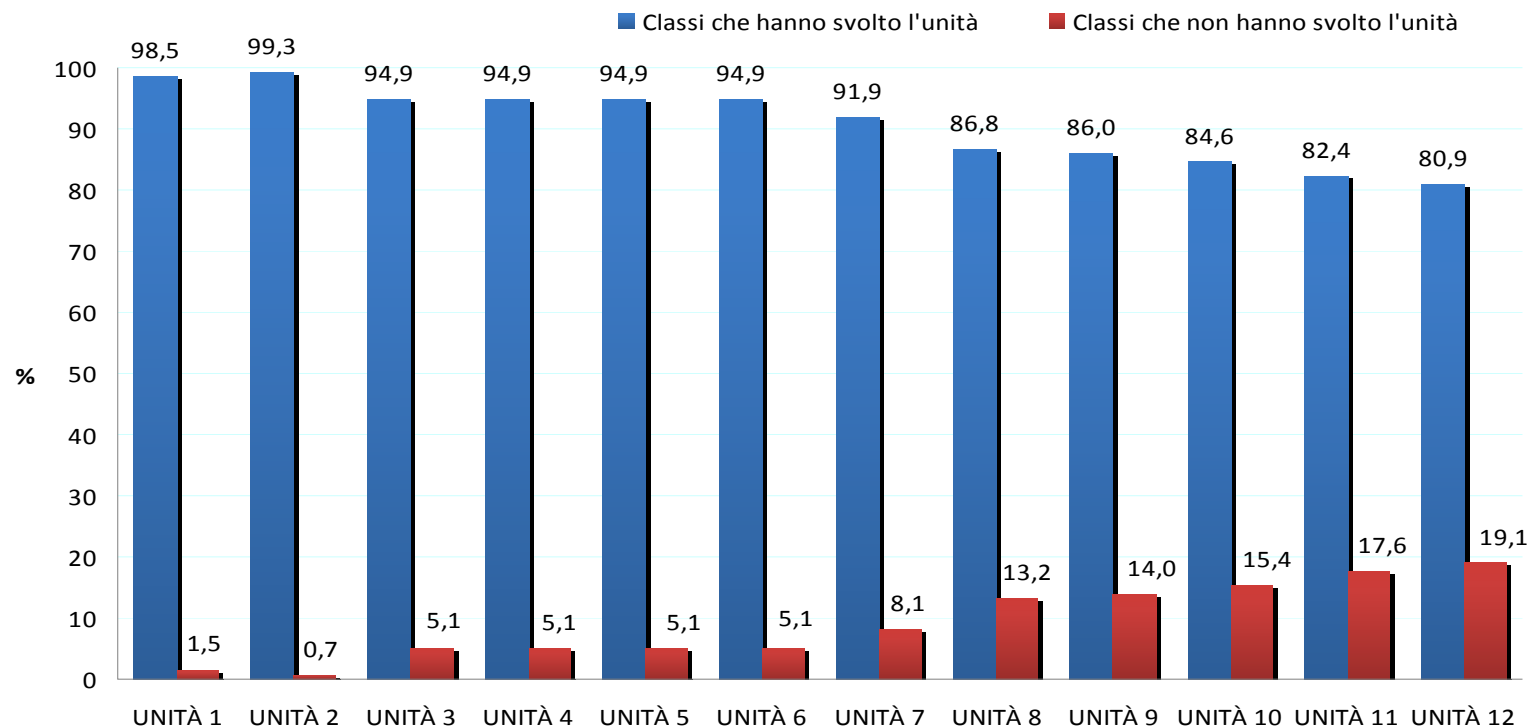
Dato sul Piemonte ancora parziale
(manca Cn2, To1, To2)

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

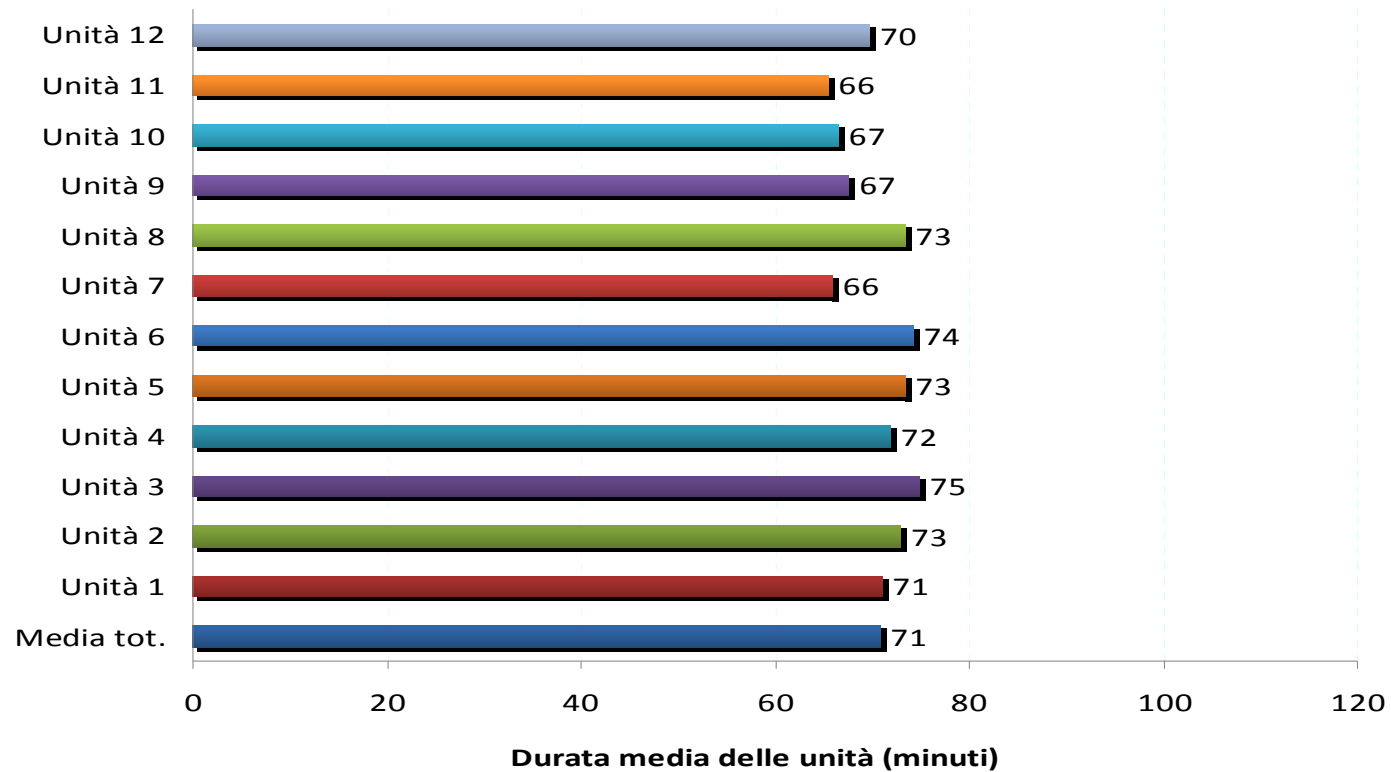
Implementation: units

- 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)

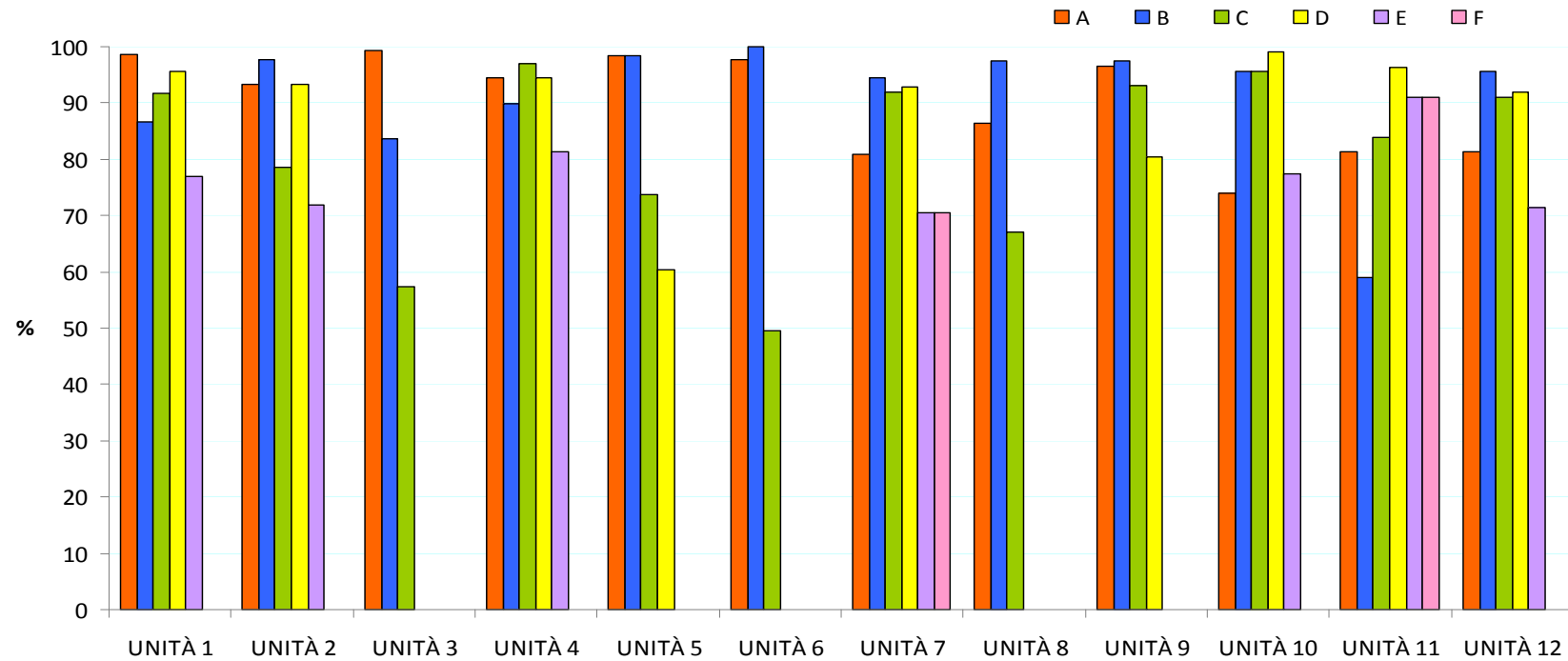


Data from Lombardy region, 136 classes, 143 teachers, 2246 students

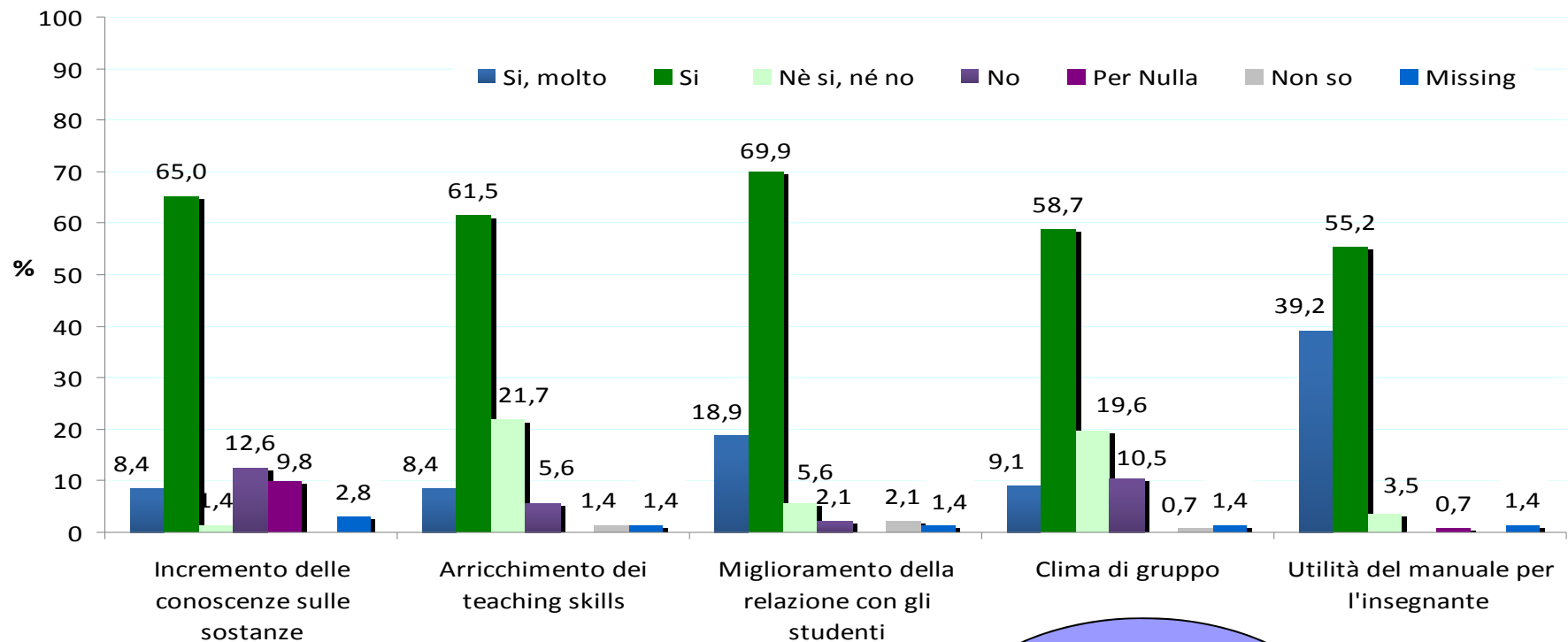
Implementation: mean duration of units



Implementation: activities within the units



Teacher's satisfaction and comments

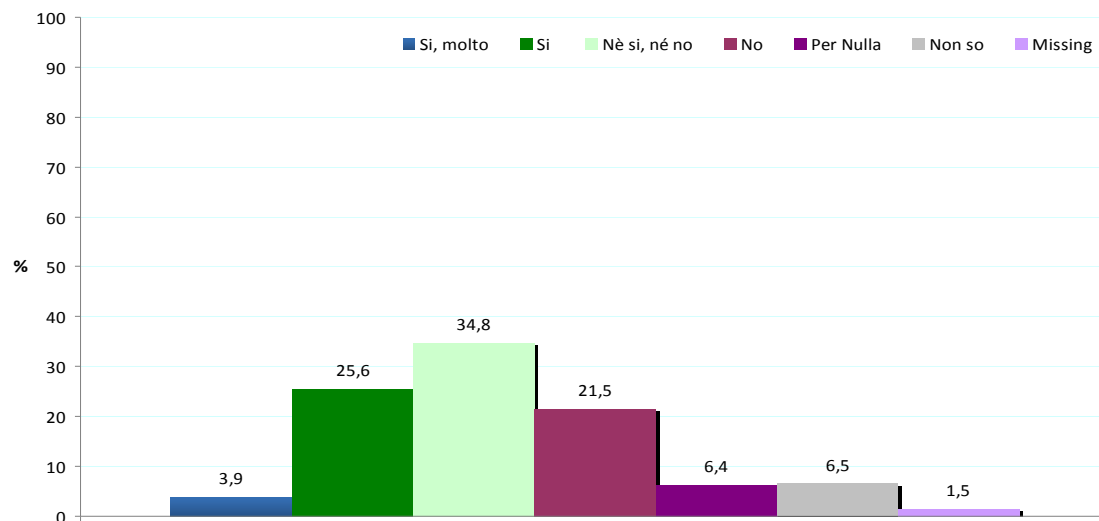
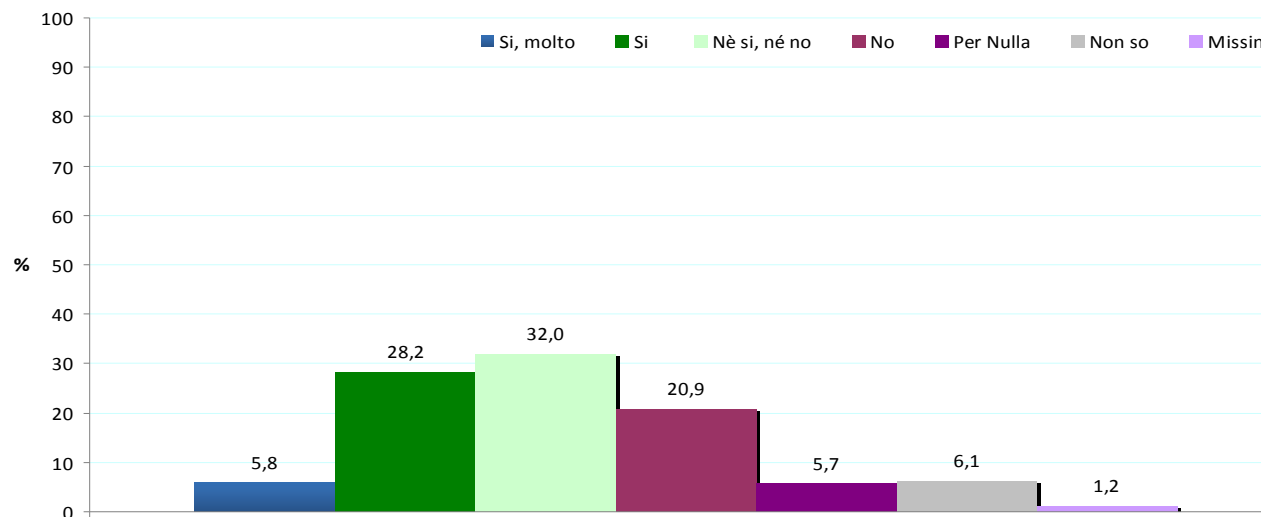


Improvement
of relationship
with students
88,8%

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

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Thanks for your attention!