

<p><b>What makes it a good/best practice?</b></p> <p>Zipy's Friends has had its methodology accredited by the MŠMT (ministry of education, youth and sports). Over the past 6 years they have trained 250 teachers and reached 6,000 children across 100 schools in the Czech Republic and it between 2015-2018, 83 UK schools and 4,000 children trialled the resources for Partnership for Children</p> <p>The Zipy's Friends resources led to the development of Jablík's Friends which is aimed at 7-9 year olds, so slightly older children. These resources follow a similar methodology with the same group of friends but address different areas and have activities that are better suited to the older age range.</p>	
<p><b>Other information</b></p>	<p>Website: <a href="https://zipyhokamaradi.cz/">https://zipyhokamaradi.cz/</a></p> <p>The programme has been implemented in 24 countries so is available in multiple languages including: Bulgarian, Czech, Danish, Dutch, English, French, Icelandic, Lithuanian, Norwegian, Polish, Portuguese, Russian and Slovak.</p>
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#### iv. Preventiimi - Finland

<p><b>Organisation</b></p>	<p>Humak University of Applied Sciences and Ministry of Education and Culture</p>
<p><b>Location and timing of practice</b></p>	<p>Preventiimi was a project financed by the Ministry of Education and Culture and operated within the framework of the Humak University of Applied Sciences, which provides education in the youth sector in the capital region in Finland. The project was active between 2011-2017.</p>
<p><b>Title</b></p>	<p>Preventiimi - substance use prevention skills in the youth sector</p>
<p><b>Objective:</b></p> <p>Preventiimi arranged further education courses for professionals working with young people as well as publications and networking possibilities.</p> <p>Substance abuse and addiction is a major contributor to mental health issues of young people in Finland and addressing it is a part of the National Strategy for Mental Health. Preventiimi's target group comprised of all professionals who deal in some way with substance abuse prevention in their work. This includes personnel whose duties include working with young</p>	



people in municipalities, the third sector, in educational establishments and in congregations. The target group also included personnel involved in the planning and development of substance use prevention in various organisations.

### Detailed content:

Preventiimi arranged further education courses for professionals working with youth on various topics. For most of the courses, the participants were awarded credit points at university level. The further education was arranged both in the form of tutorials and as online studies. The project also created high-quality materials and publications related to the topic. There were different teams assigned for different topics who developed materials on these topics. The project also offered the possibility for networking among professionals.

Preventiimi's long-term objectives were:

- To offer courses and further education nationally for personnel who come into contact with young people or who work with issues relating to young people as part of their job
- To increase knowledge and understanding about substance use prevention activities and substance education within the youth sector
- To co-ordinate a national network
- To actively develop substance prevention in the youth sector, promote professional discussions in the sector and co-ordinate information
- To promote approaches to preventive work as a whole within the youth sector

### Evaluation of results:

The project results were training offered to hundreds of professionals in the field of youth work as well as a large number of publications developed in the project on themes related to substance use aimed for professionals and also other target groups providing valuable information. Links to the publications are available on the website: <http://www.preventiimi.fi/etsi-tietoa/>

The project was successful and transferable in the sense that the materials are available online and very useful for others working in the field of youth work.

### What makes it a good/best practice?

The project was well-implemented with funding from Ministry of Education and Culture the innovative in creating new trainings on the topic of substance use and creating working teams that produce materials on related topics.

### Other information

Website: <http://www.preventiimi.fi>  
Materials available: <http://www.preventiimi.fi/etsi-tietoa/>  
Available in Finnish and English.



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#### v. Prevention services for addictions - Iceland

Organisation	 Technical High School
Location and timing of practice	The practice takes place in Reykjavik, Iceland and started in 2020.
Title	Prevention services for addictions
<p><b>Objective:</b></p> <p>The school has a part-time employee who serves as prevention officer, supporting students with various addictions.</p>	
<p><b>Detailed content:</b></p> <p>The prevention officer has personal experience with alcohol addiction. Her role is to organise AA style meetings on different addictions (alcohol, drugs, computer games, food etc.), to offer individual support meetings and educational lectures/ discussions in classes on addiction-related topics.</p> <p>She also monitors the alcohol consumption during school dances and tracks the students who were visibly under influence and invites them to counselling to individually work on the roots of their addiction and also to identify if there may be any other issues such as depression or trauma etc.</p>	
<p><b>Evaluation of results:</b></p> <p>One of the success factors of this service is that the person providing it has lived experience with addiction and with AA meetings. This can help enhance the students' relating to her. The prevention officer sometimes works together with the psychologist who helps the students more specifically with the psychological sides of their addiction, and the parents in supporting certain students to deal with addiction.</p> <p>The practice is highly transferable to other educational institutions.</p>	

