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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>Objective:</p> <p>The school has a part-time employee who serves as prevention officer, supporting students with various addictions.</p>	
<p>Detailed content:</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>Evaluation of results:</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>	



<p>A seemingly weak point of the practice is that the educational lectures are based on medical documents such as Doctor General or The Cancer Society. They seem to focus on the biological side of addiction and not to cover the psychological determinants of it. Another limitation is the fact that the prevention officer is only employed on a part time basis so is only available for a limited amount of hours.</p>	
<p>What makes it a good/best practice?</p> <p>The informative actions in the program reach over 2000 students every year, which is almost the entire student population in the school. However, the degree of innovation is low, but the fact that this reaches essentially all students in the school shows that it is effective, and lets all pupils know that there is support available for them.</p>	
<p>Other information</p>	<p>Dissemination actions https://en.tskoli.is/ Available in Icelandic.</p>
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vi. Mental health education program - Iceland

<p>Organisation</p>	<p>Hugarafll</p> 
<p>Location and timing of practice</p>	<p>This organisation works in Reykjavik, Iceland and was formed in 2008.</p>
<p>Title</p>	<p>Mental health education in schools</p>
<p>Objective:</p> <p>Hugarafll provides mental health education lectures in schools for students aged 14-20.</p>	
<p>Detailed content:</p> <p>The program consists of mental health education lectures given to upper-elementary and secondary school, by Hugarafll members - persons with lived experience of mental health challenges.</p>	

