

Well-being – without the harmful effects of substance abuse and gambling

EHYT Finnish Association for Substance Abuse
Prevention works throughout Finland to promote
healthy lifestyles.

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EHYT ry



EHYT Finnish Association for Substance Abuse Prevention



Finnish non-governmental civil society & expert organization

- Promoting preventive substance abuse work and fostering well-being at the individual, community and societal levels
- The organization operates nationwide and engages with individuals of all ages to support a healthy and balanced lifestyle free from substance abuse, gaming, gambling, and related harms



Finnish Association for Substance Abuse Prevention EHYT

working to create a change at the level
of individuals, communities and at the
society at large

Substances, gaming and gambling



What is
substance abuse
prevention?



Alcohol



Nicotine products



Drugs



Gambling



Digital gaming

www.ehyt.fi

EHYT Finnish Association for Substance Abuse Prevention



8 offices accross Finland



80 employees + trainers and volunteers



120+ member organisations

EHYT Finnish Association for Substance Abuse Prevention



Education

- Conducting workshops and training for students, teachers, parents, adult population, and e.g. Social and healthcare professionals

Community Engagement

- Collaborating with local and nationwide organizations and volunteers to support substance-free lifestyles

Policy Advocacy

- Working with decision-makers to influence national and local policies on substance use and gambling

Campaigns and Events

- Organizing awareness campaigns to highlight the dangers of substance abuse (E.g. Näkymättömät-kampanja)

Objectives



We work closely with schools,
workplaces, communities,
associations, municipalities, and
policymakers to create a safer and
healthier environment

Objectives



Key objectives include:

- Raising awareness about substance-related risks
- Discussion
- Supporting individuals and communities in making healthy choices
- Promoting responsible decision-making regarding alcohol, tobacco, and drugs as well as gambling
- Advocating for effective policies on substance use and gambling prevention

Helping educational institutions to support health

Supported over
5000 educators

Met with 2 600
parents

Taught over 18 000
students in
prevention
education classes

Primary school

Can We talk 5.-6.gr.

Game education
1.-6.gr.

Game education for
professionals

Secondary school

Hubu-training
7.-9.gr.

Game education
7.-9.gr.

Hubu-training
plain language 7.-9. gr

Upper secondary school

Upper secondary
education for
students

Upper secondary
education for
professionals

Parents' meeting
webinar



Students



Professionals



Parents



Plain language

+ 8 million youth
reached via social
media



Supporting adults in different life situations

Workplaces

- supported 200 workplaces to address substance use

Low-threshold substance-free meeting places

- Met with 10 000 visitors i.e. over morning porridge and group activities

24/ 7 helpline for substance use related problems

- Immediate guidance to 9 000 callers

Ombudsman ensured access to services



ELOKOLO – meeting place open for all



- Low threshold community centres
- Located in Helsinki, Lahti, Pirkkala, Tampere and Turku
- Elokolon Helsinki open daily 9-14, other places from mon-fri
- Activities, happenings, breakfast, lunch, coffee, newspapers, computer
- Pay subsidy workplace, volunteers, students, community service, work trial

Elokolo

Kohtaamispaikka kaikille



Kallion naapuripyörä on
täällä taas!



Älä kanna taakkaa yksin

Jos läheisen päihteiden
käyttö huolestuttaa

SOITA 0800 900 45

Ammattilaiset tukenasi ympäri vuorokauden.
Soittaminen on **maksutonta** ja **anonyymia**.



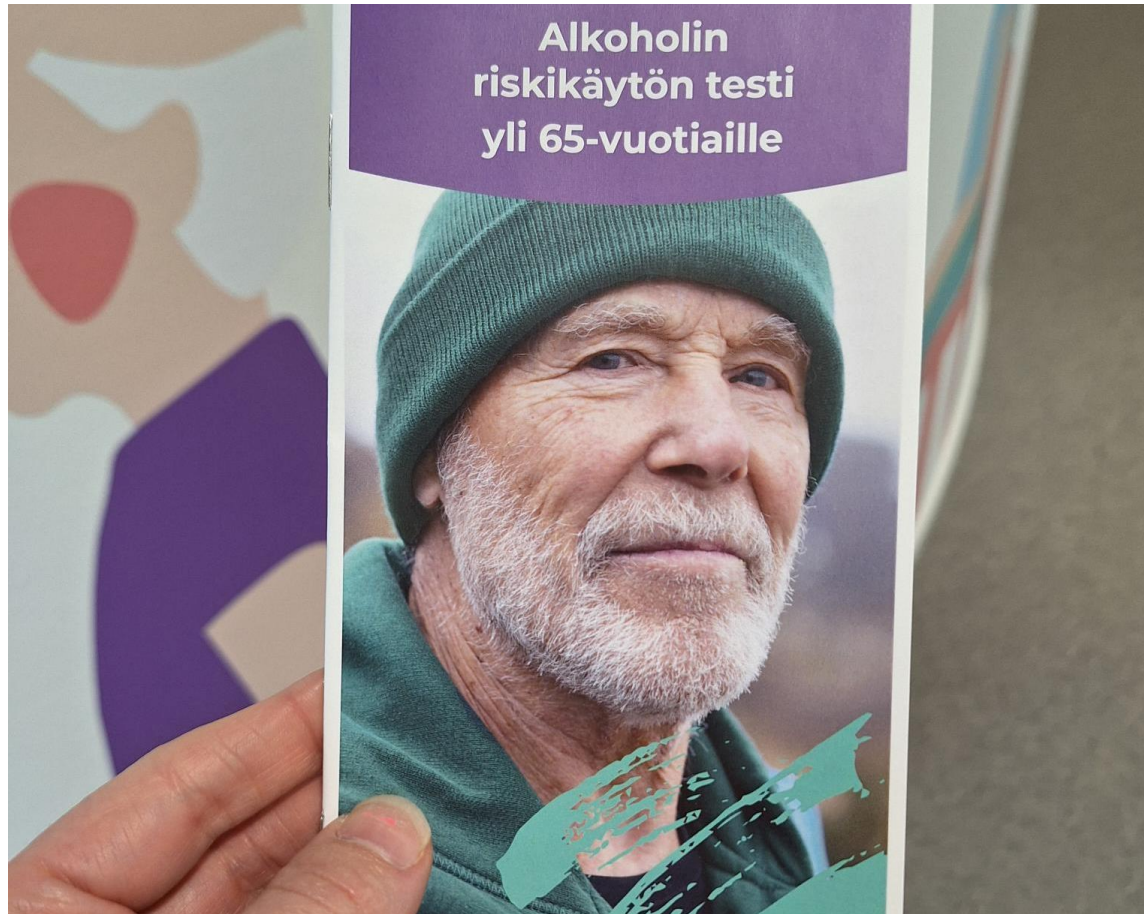
Ehkäisevä päihdetyö EHYT ry
Lue lisää päihdeneuvonta.fi

Ombudsman – right to substance
abuse services for everyone



PÄIHDEASIAMIES

Finnish ageing population



- People aged 55-69 consume the most alcohol in Finland
- Ageing, medication and alcohol
- Loneliness
- Healthy life years

Supporting local organisations and enabling volunteers to make a difference



- Supporting 120 member organisations
- Annual support to member organisations enabled activities for 44000 citizens
- Possibilities to make a difference as a volunteer , i.e.
 - our 'online grannies and gran-dads' interacted with over 3000 children,
 - we trained 150 lay persons to have supportive discussions about substance use
- Adapting light family skill -groups for the use of local CSOs and volunteers 2024-2026



Supporting professionals across societal sectors on how to plan and implement effective prevention



- The law on substance use prevention mandates municipalities and wellbeing service counties to prevent the harm arising from the use of substances and gambling
- EHYT co-operates with them closely, by building the capacities of the persons in charge of planning and coordinating the prevention response, as well as those prevention practitioners working in diverse societal sectors, via i.e.
 - European Prevention Curriculum, coordinated by EUDA:
 - a 2 day training building the knowledgebase of Decision makers and Opinion leaders
 - + a 2 day work shop for strengthening capacities and building a road map for multisectoral prevention teams at communities
 - Shorter online trainings provide practical tools and build the knowledge base on how to conduct prevention across societal sectors



EUPC

Campaigns

Lahjoita lämpöä – tule mukaan neulomaan!

Lahjoita lämpöä -kampanja haastaa ihmisiä neulomaan asunnottomille ja muille apua tarvitseville lapsia ja villasukkia.



TÄYTELÄINEN,
YRTTINEN,
VOIMAKAS,
TURVATON



Ajattele itseäsi pidemmälle.
Ei sallita alkoholijuomien
kotiinkuljetusta.

NAKYMATTOMAT.FI



SELVÄNÄ LIIKENTEESSÄ



PYÖRÄLLÄ TAI SKUUTILLA AJO
PÄIHITYNEENÄ EI OLE HYVÄ IDEA.

Sen lisäksi että se on vaarallista sinulle itsellesi, voit aiheuttaa vaaraa myös muille. Vaaran aiheuttaminen muille on myös rangaistavaa. Valitse pyörän tai skuutin sijaan kävely tai hanki kyyti kotiin.



HUUMEET EIVÄT KUULU
LIIKENTEeseen

Huumeiden tai huumausainelääkkeiden alaisena ajaminen lisää onnettomuusriskiä. Lisäksi sillä voi olla vaikutusta myös opiskelu- ja työmahdollisuuksiisi. Huomioi myös huumausainelääkkeiden vaikutus kykyysi toimia liikenteessä.

NOLLA PROMILLEA ON AINA PARAS
VALINTA!

Vaikka rangaistavuusraja on 0,5 promillea, voi poliisi keskeyttää ajosi myös pienemmillä promillerajoilla. Muista kuskina lähteä aina selvin päin liikenteeseen!



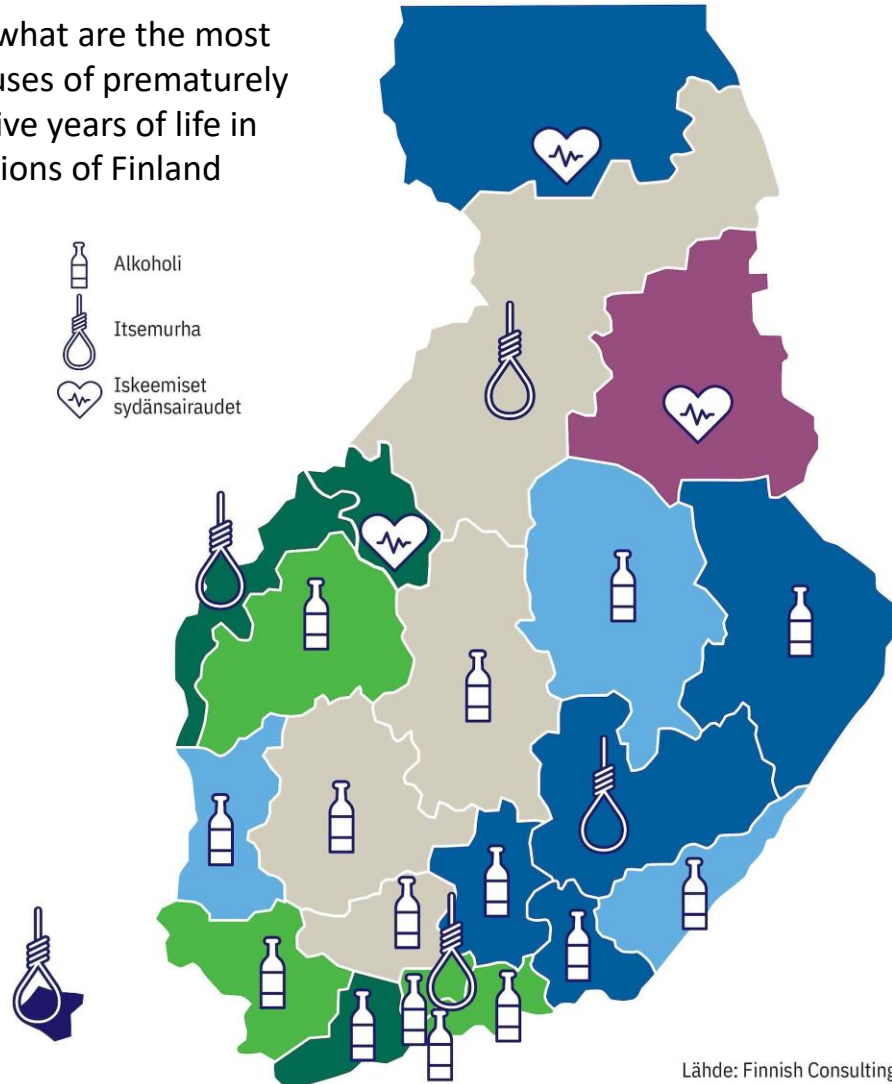


What is prevention, and what it has to do with mental health promotion?

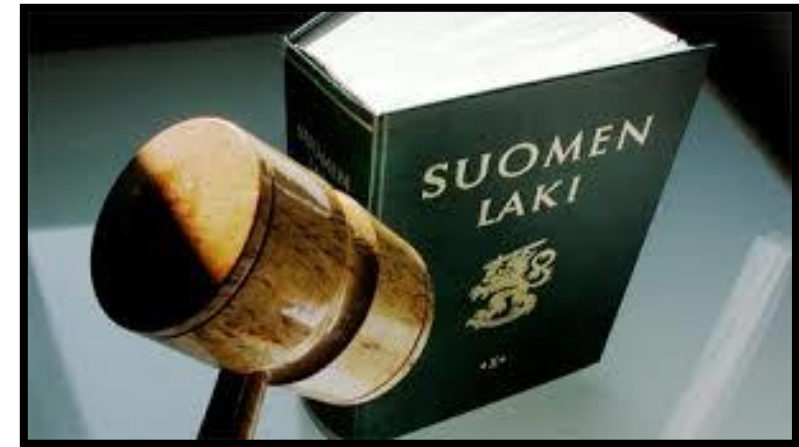
Why substance use prevention?



PYLL-index: what are the most common causes of prematurely lost productive years of life in different regions of Finland



Lähde: Finnish Consulting Group



Law on substance use prevention
- mandates all municipalities and regional bodies to conduct prevention

How to do it??



Traditional approaches..



(scare tactics, fear arousal)



(focus on resisting peer pressure)

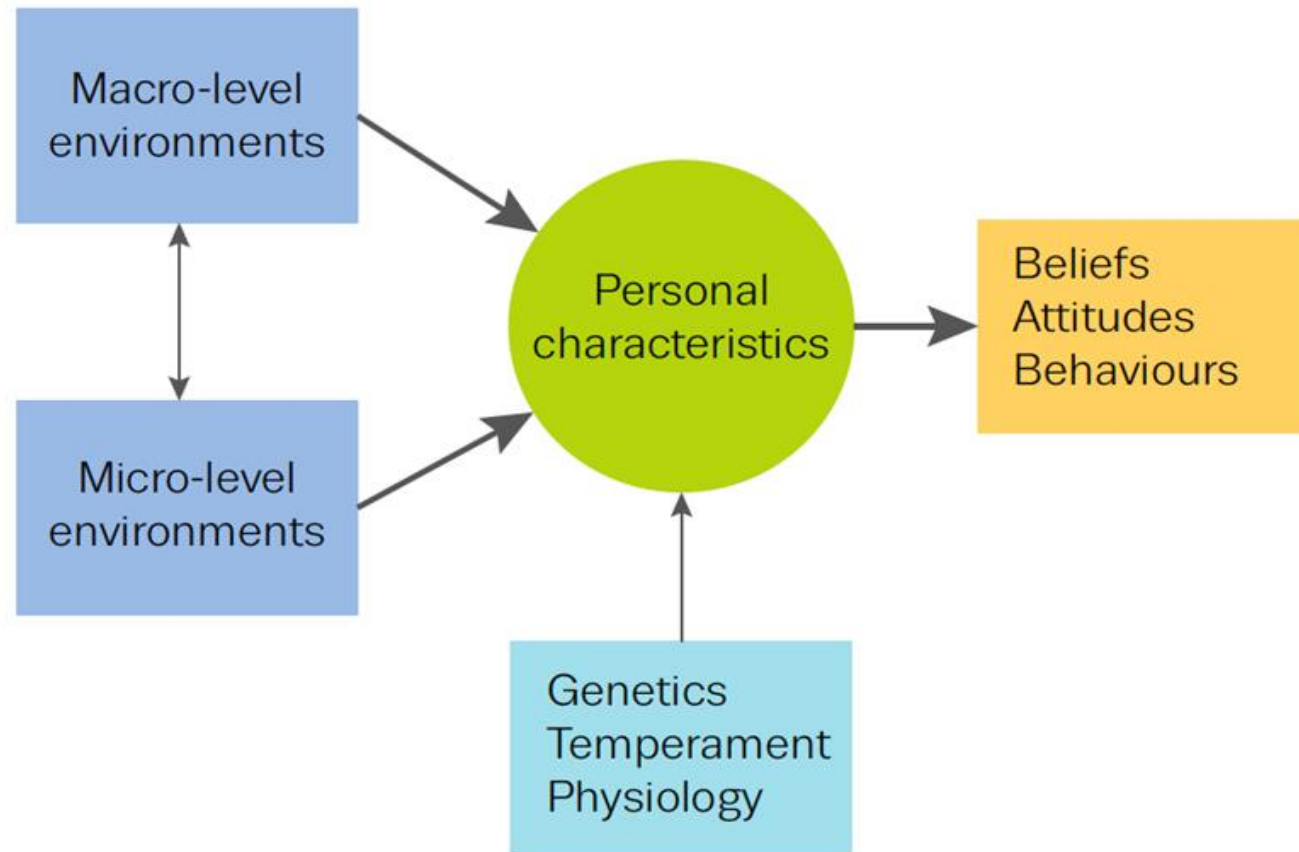
The dangers of drugs...

(information provision)

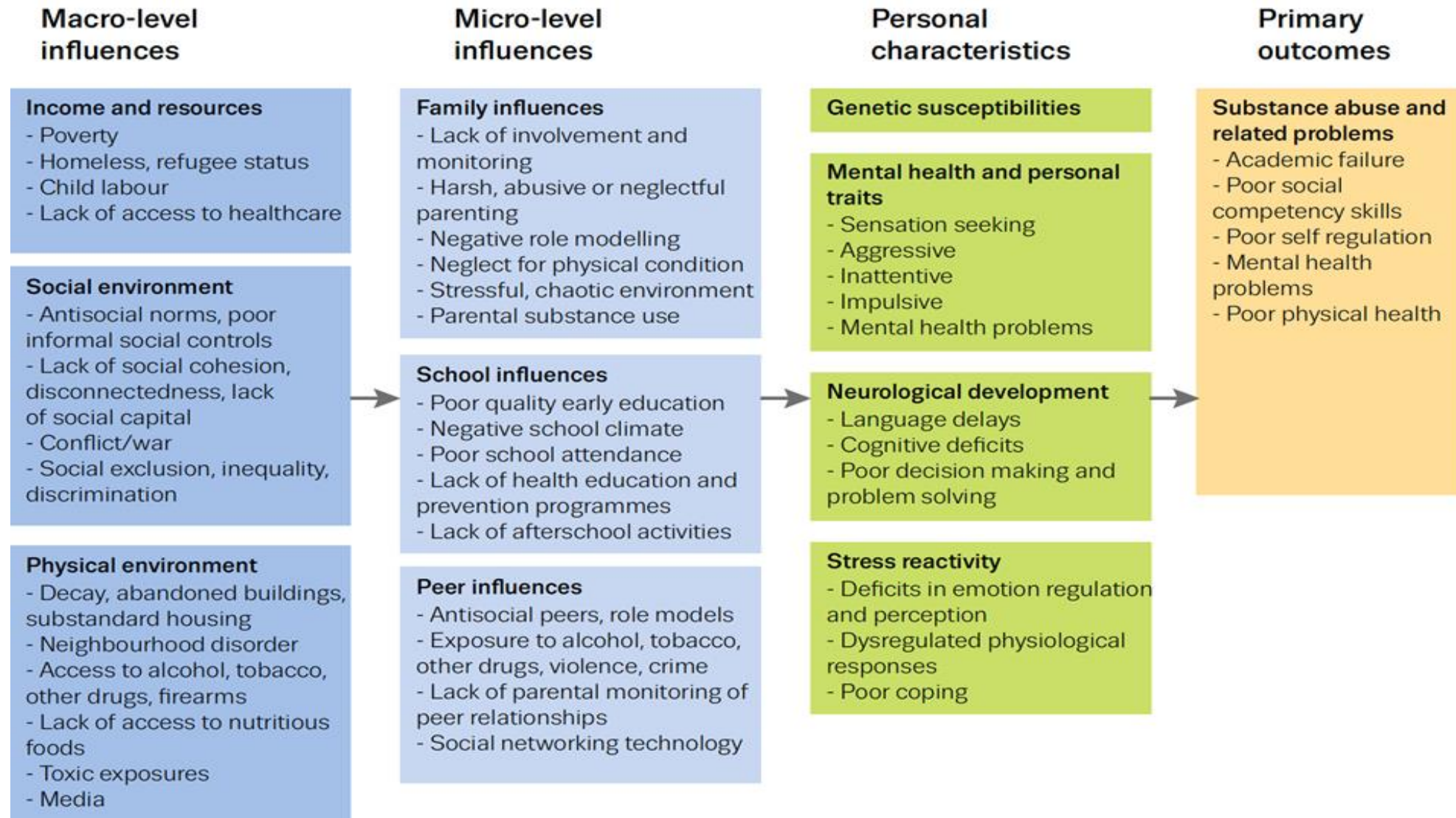
Modern
understanding:
influence the
root causes!



Etiology of substance use



..shaped by a complex interaction of many societal, social and individual level influences



The risk & protective factors are shared accross a range of risky behaviours and mental health challenges



Risk Factors for Adolescent Problem Behavior	Substance Abuse	Delinquency	Teen Pregnancy	School Drop-Out	Violence	Depression & Anxiety
Risk Factors						
Community						
Availability of Drugs	√				√	
Availability of Firearms		√			√	
Community Laws and Norms Favorable Toward Drug Use, Firearms, and Crime	√	√			√	
Media Portrayals of Violence					√	
Transitions and Mobility	√	√		√	√	√
Low Neighborhood Attachment and Community Disorganization	√	√			√	
Extreme Economic Deprivation	√	√	√	√	√	
Family						
Family History of the Problem Behavior	√	√	√	√	√	√
Family Management Problems	√	√	√	√	√	√
Family Conflict	√	√	√	√	√	√
Favorable Parental Attitudes and Involvement in the Problem Behavior	√	√			√	
School						
Academic Failure Beginning in Late Elementary School	√	√	√	√	√	√
Lack of Commitment to School	√	√	√	√	√	
Individual/Peer						
Early and Persistent Antisocial Behavior	√	√	√	√	√	√
Rebelliousness	√	√		√	√	
Friends Who Engage in the Problem Behavior	√	√	√	√	√	
Favorable Attitudes Toward the Problem Behavior	√	√	√	√	√	
Early Initiation of the Problem Behavior	√	√	√	√	√	
Constitutional Factors	√	√			√	√

Hawkins& Catalano, 2013, Center for Communities That Care, University of Washington

Good news: we have many ways to onflyuence these factors and prevent substance use at different life stages and accross different settings

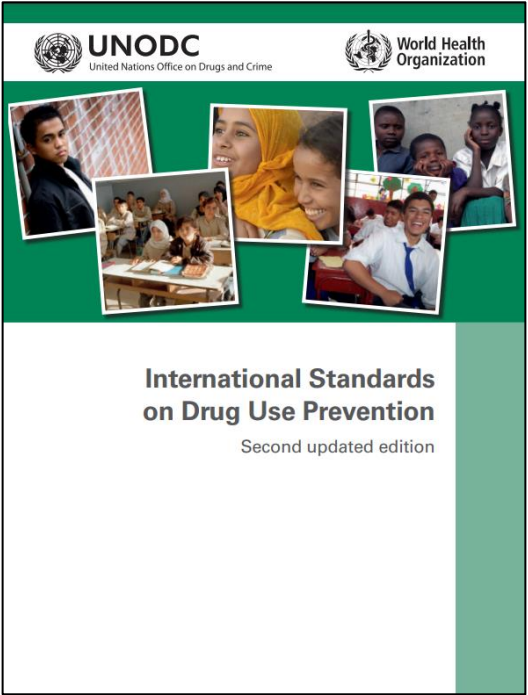


Universal
interventions

Selective
prevention

Indicated
interventions

	Prenatal & infancy	Early childhood	Middle childhood	Early adolescence	Adolescence	Adulthood
Family	Prenatal infancy & visitation ★★		Parenting skills ★★★★			
	Interventions for pregnant women with substance abuse disorders ★					
School		Early childhood education ★★★★	Personal & social skills ★★★	Personal & social skills & social influences education ★★★★		
			Classroom management ★★★		Addressing individual vulnerabilities ★★	
			Policies to keep children in school ★★	School policies & culture ★★		
				Alcohol & tobacco policies ★★★★★		
Community		Community-based multi-component initiatives ★★★				
				Media campaigns ★		
				Mentoring ★		
				Entertainment venues ★★		
Workplace					Workplace prevention ★★★	
Health sector				Brief intervention ★★★★		



[International Standards on Drug Use Prevention \(UNODC & WHO\)](#)

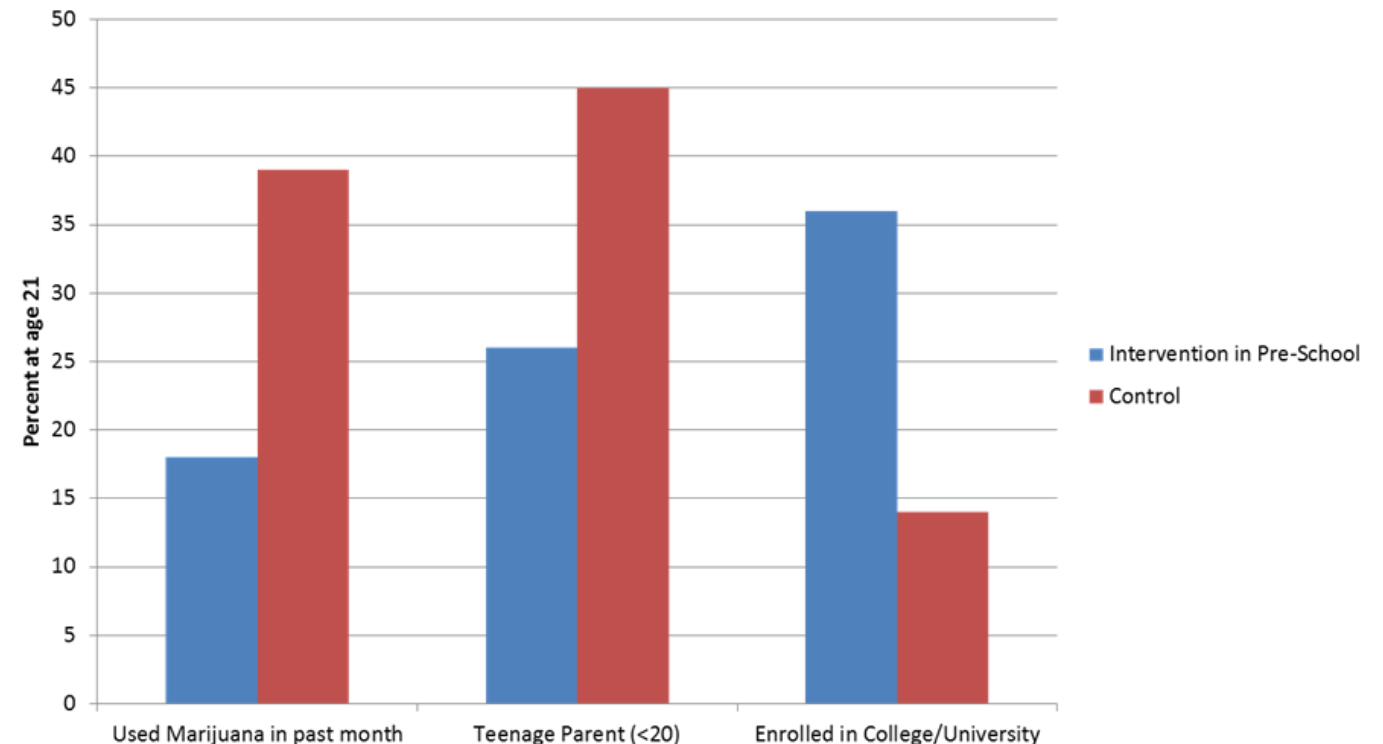


Lets look at few examples!

Early childhood: early childhood education



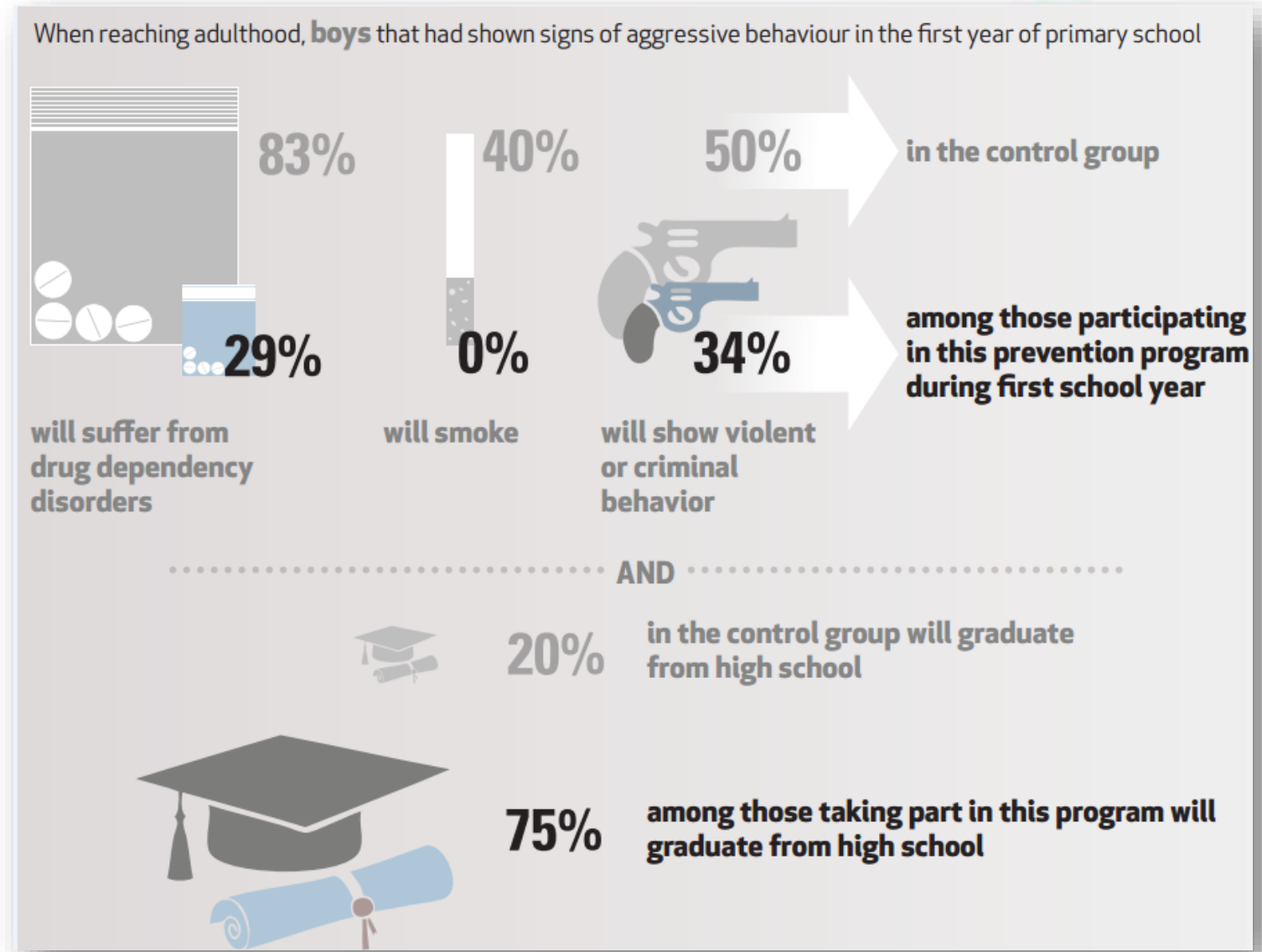
- Early education to support social and cognitive development of pre-school children (2 - 5 year olds) from deprived communities - a selective intervention
- Evidence (2 syst. reviews from US) show impact on tobacco and illicit drugs, mental health, future academic success



Middle childhood: supporting the socialisation to school



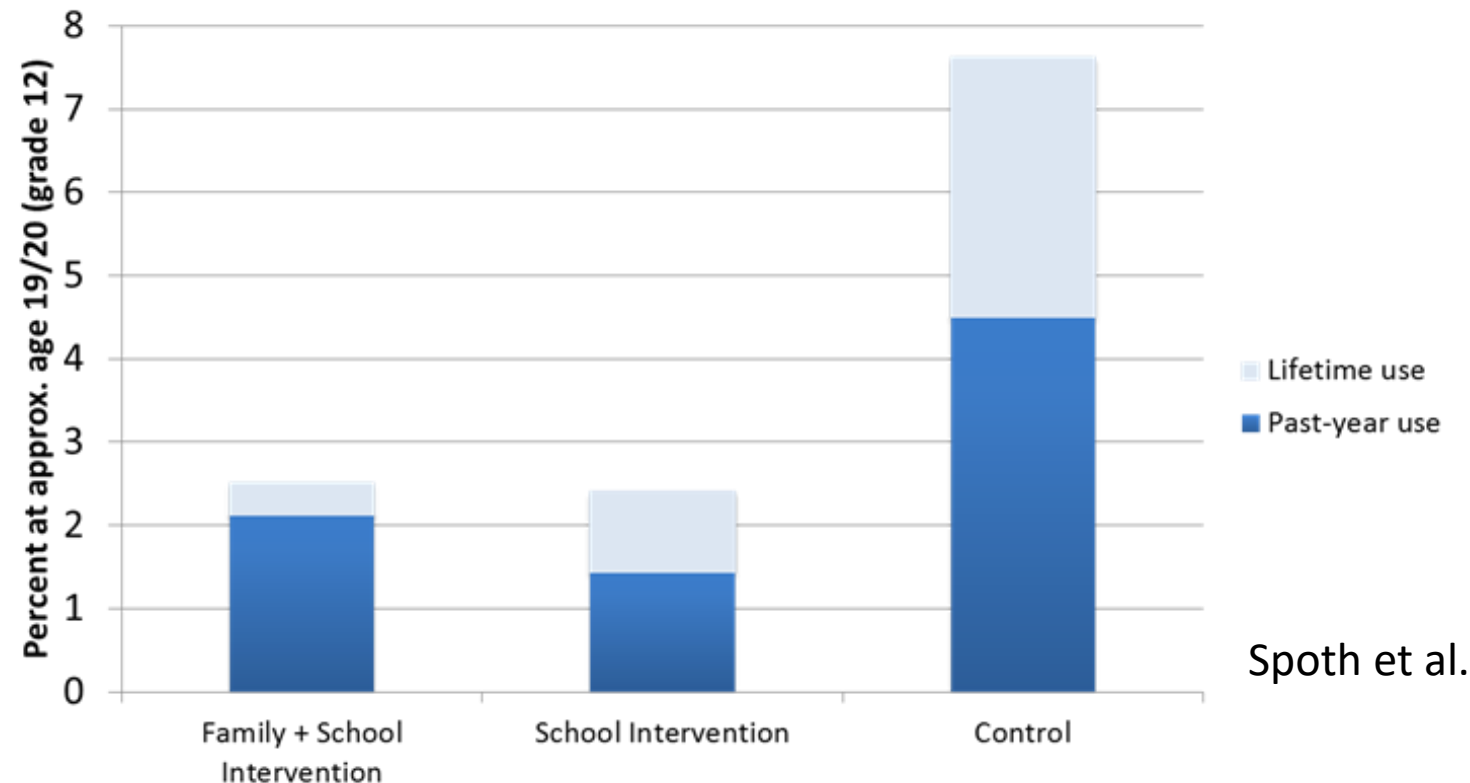
- Give simple tools to teachers for classroom management, helping them to focus on the positive
- Support children to socialize in their role as students
 - ✓ Evidence from US& Europe (implemented more broadly)
 - ✓ Facilitate both academic and socio-emotional learning and reduce problem behaviour, especially among boys with attention and behaviour control challenges



In adolescence prevention education, and support to parenting, are common approaches



- prevention education CAN be effective when it is interactive, age appropriate and based on social competence and influence
- also i.e. addressing individual psychological vulnerabilities, providing mentoring to at risk youth, enhancing school attachment, etc. works



Workplace interventions

- most persons using substances are in working life

- Evidence from all continents on impact on alcohol use
- Effective programs
 - guarantee confidentiality to employees
 - provide brief interventions, as well as counselling, referral to treatment and reintegration services to employees who need them
 - are embedded in other health- or wellness-related programmes (e.g., for the prevention of cardiovascular diseases)
 - include stress management courses
 - train managers, employees and health workers in fulfilling their roles in the programme



Sport and leisure time activities?



In sum: a comprehensive menu!

* supporting also resilient mental health
and general wellbeing *



Tools and materials by EHYT



Tools & Materials - EHYT



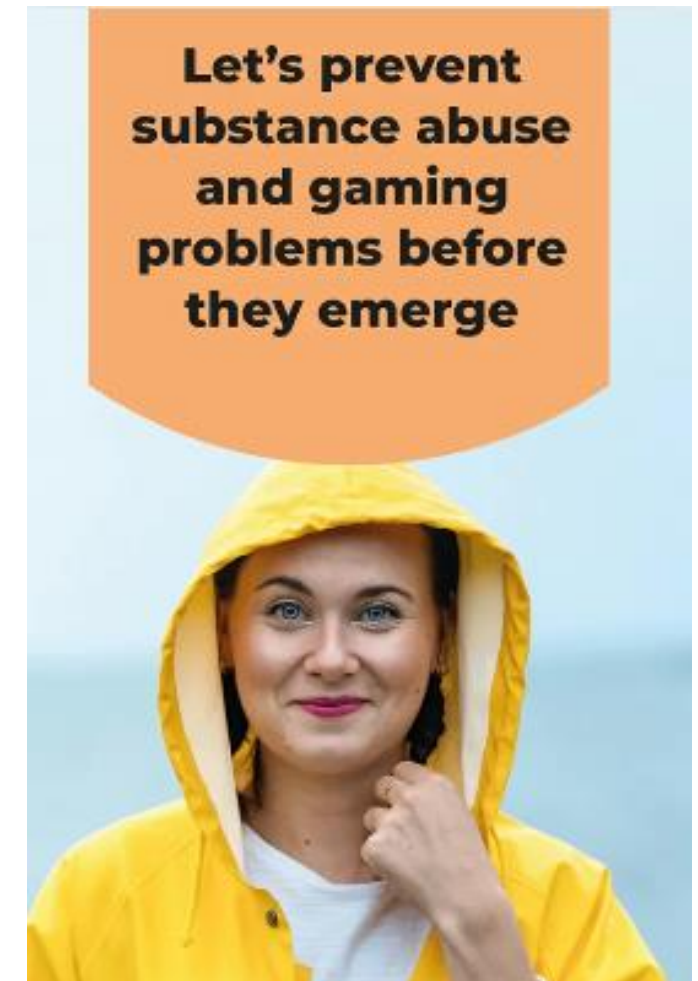
Socially Safer Space

We want to create a safe, accepting atmosphere where each participant feels they are appreciated for who they are, without having to fear harassment or discrimination.

We ask all participants to behave according to the following principles:

1. **Respect** other participants. Respect other people's boundaries and personal space.
2. **Do not make assumptions** of other people's gender, identity or family relations, but respect their right to self-definition.
3. **Interfere**, if you witness harassment or inappropriate treatment. Do not remain a bystander.
4. **Support and enable** everyone's participation – encourage, listen and give praise. Each participant can influence the atmosphere of the event.
5. **Do not harass, discriminate or bully others.**

If you come across inappropriate treatment, please contact:



Tools and materials

Tools & Materials - EHYT

Tukea päihteiden käytön hyötyjen ja haittojen itsearviointiin

Kysymysten avulla voit arvioida päihteiden käytön ja sen vähentämisen tai lopettamisen hyötyjä ja haittoja.

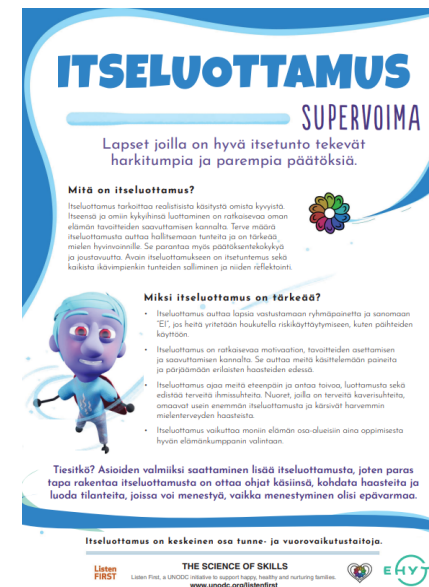
1. Mitä myönteistä saat käytöstä?	2. Mitä negatiivista käyttö aiheuttaa minulle?
3. Mitä myönteisiä vaikutuksia käytön vähentämisellä tai lopettamisella voisi minulle olla?	4. Mitä negatiivisia vaikutuksia käytön vähentämisellä tai lopettamisella voisi minulle olla?

Arvioi käytön hyötyjä ja haittoja. Ammattilaisilta saat tarvittaessa tietoa ja neuvoja päätöksenteon tueksi.

Hyötyjen ja haittojen kokeminen päihteiden käytöstä on yksilöllistä. Pohdi kysymyksiä omien kokemuksiesi ja käsittejesi pohjalta. Muista, että olet oman elämäsi ja tilanteesi tärkein asiantuntija.

Kannattaa myös miettiä, aiheuttaako oma päihteiden käyttö haittoja läheisille ihmisille. Itsearviointiin apuna voit käyttää ohjeista kysymyslomaketta. Sen avulla voit yksin tai yhdessä ammattilaisen kanssa pohtia, mitä hyötyjä ja haittoja voit saada käytön muuttamisesta.

Lomakkeeseen voi kirjata sekä lyhyen että pitkän aikavälin seurauksia käytöstä tai käytön muuttamisesta. Merkkää jokaisen hyödyn ja haitan perään joko L-lyhyen aikavälin seurauksia tai P-pitkän aikavälin seurauksia.





THANK YOU!

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