

PARALLEL SESSION 1C

Safer clubs, safer streets

Safe and Sound - training for club and pub staff on alcohol and drug prevention

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This presentation outlines the design and pilot implementation of a training programme for club and pub staff on alcohol and drug prevention. During the four-hour programme, club and pub staff learn the basic principles of alcohol and drug prevention in a recreational nightlife setting. They learn how to observe and respond to nightlife issues such as drug dealing, substance-related emergencies, underage and binge drinking and violation of house rules. If needed the training can be followed up by additional modules on First Aid and aggression.

The training is part of the Trimbos Institute Clubs and Drugs project which consists of various interventions carried out in nightlife. Cornerstones of the project are problem analysis, networking with stakeholders and implementing a mix of interventions (e.g. policy and environmental interventions, training and education). For the development and implementation of the training the Trimbos Institute cooperates closely with the NIGZ (Netherlands Institute for Health Promotion and Disease Prevention), regional addiction care services and municipal health authorities.

In the first half of 2006 a pilot study was conducted to examine the feasibility and acceptability of the training. The results of three training programmes (n=42) show high satisfaction rates and some self-reported changes in knowledge and skills. Recruitment of club and pub managers seemed to be difficult as there is no obligation to participate. Facilitating factors are focusing on common interests like nuisance reduction, safety and good atmosphere, sustained networking and embedding the training in a broader community approach.

Safe and Sound

- Training for club and pub staff on alcohol and drug prevention -

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Club Health, Slovenië, 2006
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Bar code

- Managing alcohol and drugs in clubs and pubs -

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Club Health, Slovenië, 2006
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'..the soakers of Europe ...'



Trends of use in nightlife

- LSD, meth and ketamine rare
- GHB by small group
- Stabilization of amphetamine and XTC use
- Cocaine more popular
- Alcohol very popular

(Nabben et al, 2005)

Alcohol use among young people in the Netherlands

- Dutch youngsters drink more than other European young people (Hibell e.a., 2004)
- Binge-drinking is quite common (Monshouwer e.a., 2004)
- They start to drink alcohol at younger ages (Monshouwer e.a., 2006)
- (Young) girls drink more and more (Monshouwer e.a., 2004)
- Purchasing alcohol in supermarket, club or pub is easy for minors (Bieleman e.a., 2004)

The Clubs and Drugs project - Alcohol and drug prevention in nightlife settings -

Three cornerstones:

Co-operation

Problem analysis; what is going on in the nightlife setting?

Interventions → Training club and pub bar staff

- First aid
- Agression

Policy consultancy

Education



Development of *Bar code*

- Literature research
- Expert meetings and interviews
- Pretest
- Pilot implementation

Literature research training club and pub staff

- Responsible Beverage Service (RBS) training can be effective in reducing alcohol consumption (Johnsson, 2003; Van de Luitgaarden e.a., 2000; Room e.a. 2005), preventing aggression (Wallin et al., 2003) and traffic accidents (Holder & Wagenaar, 2004)
- Aggression management (Graham e.a. 2004; 2005)
- No specific trainings found on drugs

Crucial factors:

- Motivation manager club or pub
- Embedding the training in the policy of the company (Lang, et al., 1998, Van de Luitgaarden e.a., 2000)

Target group

All club and pub staff:

- *Bar staff*
- *Runners*
- *Door staff*
- *Lavatory attendants*
- *Manager*



Training design (1)

- Prevention professionals
- Intake, evaluation and follow-up with the manager
- Instrument alcohol and drug policy
- In-company
- 4 hours

Training design (2)

- Effects and risks of party drugs and alcohol
- Safer clubbing and pubbing: environmental issues
- The law, company policy and professional attitude
- Identifying problems and acting on them:
 1. Riskful drug use
 2. Dealing drugs
 3. Minors and alcohol
 4. Excessive alcohol use

Pilot implementation

- Process evaluation (Saunders et al., 2005)
- Recruitment, intake, execution and evaluation
- Prevention professionals of regional addiction care services and municipal health authorities
- Aim: improvement of the intervention + national implementation strategy
- Impeding and facilitating factors
- Satisfaction and experienced effects
- Method: survey, observation and interviews

Results (1)

- 42 participants
- Three trainings
- Big and small club
- Volunteers and paid staff
- Participating willingness

Results (2)

- Satisfaction rate: 7.6 (on a scale from 1 – 10)

Table Experienced effects

| by attending the training I know (n=40): | % (totally) agree |
|---|--------------------------|
| <i>..the signs of drug use</i> | 85% |
| <i>..the signs of dealing</i> | 82% |
| <i>..how to handle in cases of severe health disturbances</i> | 88% |
| <i>..the rules of responsible beverage service</i> | 98% |
| <i>..how to say 'No' to a minor or intoxicated person</i> | 92% |
| <i>..how to act when the rules are violated</i> | 95% |

Results (3)

Impeding factors:

- No obligation
- Work schedule of the nightlife companies
- Expenses for the manager

Results (4)

Facilitating factors:

- Focussing on common interests
- Using succes stories from other clubs and pubs
- Show your face, keep close contact
- Affinity trainer with the target group
- Flexible and interactive content: connecting to the company policy and situation
- Embedding in a broad community approach

And now...?

- Adaptation of *Bar code* materials
- November 2006 nation-wide implementation
- Grant application effectiveness research (september 2006)

Thank you for your attention

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