

## **PARALLEL SESSION 1B**

### **Prevention in Practice I**

#### **The dangers in Belgrade's nightlife**

**Ljiljana Pavlovic**

**Institute of Dependency and Disease, Serbia**

Belgrade, a city of very tumultuous history, it is one of the oldest cities in Europe. Its history lasts 7,000 years. The area around the two great rivers, the Sava and the Danube were inhabited as early as the Palaeolithic period.

Belgrade is the centre of culture and art in Serbia. It is Belgrade where our most notable artists create, where over 9,000 theatrical performances, exhibitions, concerts, performance events, and other artistic programs are presented. It is the centre of the highest state and national institutions of culture and art. It is Belgrade where the most significant works of architecture are located, with Kalemegdan accommodating Belgrade Fortress, cultural monuments and other immovable cultural treasures, numerous archaeological sites with remnants of developed civilization and culture on Belgrade territory from prehistory until this day. The City of Belgrade is the founder of nine cultural events (FEST, BITEF, BEMUS, BELEF, International Competition of Music Youth, Festival of Documentary and Short film, October Salon, Joy of Europe, Belgrade Book Fair), and also the supporter of 38 events in the field of culture performed in Belgrade. Belgrade is also the university and business centre of Serbia.

Nowadays, there are no "safe places" for the young to go out. Any and all sport events, even the cafes and the restaurants, rated as "safe" ones may turn dangerous. The greatest number of injured persons was reported to be on basketball and football matches where the supporters and fans were falling over fences – the story ends at the Emergency center. The places, being highly reputed as the "tough boys spots-to-get-together", were frequently reported in the papers as the places with lots of gunfire – resulting in innocent victims. The victims are always teenagers and the ones that happen to attend the place. The number of places of this kind is getting larger and larger day by day, both in Belgrade and some other cities in Serbia.

Parks and woody areas make an excellent place for clashes of "notable guys" and the referred places are generally "get-togethers" of drug abusers and young drinkers of unpredictable behavior, with rather uncertain assumption of possible target victims.

City Council of Belgrade appropriates substantial funds for the prevention of the problem. The generally accepted idea is that the prevention, as the process supporting positive social personality development, does not just promise but really acts in the direction enabling the formation of pro-social conduct and prevents appearance and establishment of offending behaviour. Contemporary recognition of the factors, the existence and the action of which contribute towards modeling a socially accepted attitude, creates the possibility to predict the outcome of different forms of the above-

mentioned violate attitude, whereby it has enabled the planning and the application of a host of activities of preventive character. The understanding of theoretical and empiric points of justifications, reasoning the introduction of a comprehensive and continual preventive action, makes a foremost precondition in formation and development of a successful strategy leading to the prevention of juvenile violate attitude.

An organized mental health protection (including also the actions of a preventive character) makes the model being implemented in the cooperation with all contemporary, expert and social imperatives. The action organized at the level of municipality (local communities) offers the possibility to engage different experts, services and their respective cooperation. Hence, the communal approach at the level of a local community provides for significant premises intended to the realization of adequate and successful programmes.

When referring to the prevention of the misuse of psychoactive substances, the basic starting point is that the misuse of psychoactive substances is from the point of aetiology of a multi-factor character and from the point of phenomenology it is of multi-dimensional character. For that very reason, the issue necessitates both multi-dimensional and an integrative approach.

The targets as follows are outlined through a communal organization of preventive activities:

1. Multidisciplinary: involves the inclusion of the largest possible number of relevant factors into preventive actions i.e. the institutes and expert profiles, professionally oriented to juvenile population.
2. Mentors' education - the education of the referred expert profiles, to be engaged in the field of the prevention, results in an increased availability of the programmes intended to the end users.
3. Compilation of users' network- education of the mentors of different professional profiles and their interconnecting through established cooperation, enables the formation of the network that multidisciplinary and in different levels covers preventive programmes thus making a base for the realization of the said programmes. The network compilation enables a continuous programme realisation.
4. Contemporary and exemplary aspects of the programmes - the programmes for prevention shall be of contemporary concept; information and relevant education shall be placed through the introduction of a modern and adequate methodology, not a stereotyped or outdated one (for example, "long-lasting lectures"...). In application of preventive programmes, the best one appeared to be cognitive-behavioral approach with an accent on STRENGTHENING OF POSITIVE LIFE ATTITUDES AND STYLES, not the one that places frightening and aversion into the first plan.
5. Continual programme application: preventive activities should flow without interruption, continually so as to achieve desired results.
6. All-encompassing aspect: considering the trend of the age limit shift as of the time of the first consummation in both directions, the preventive programmes

should include the largest possible extent of the population. Nevertheless, the focus of activities shall be on the young population.

7. Complementary and incorporative aspects: the programmes of prevention of misuse of psychoactive substances shall be coordinated with other programmes of prevention (mental health, infective diseases etc.) so as to amend and complement the said.