

Turning Challenges into Achievements:

Advancing Prevention Training with the EUPC in Portugal

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Background

- ✿ **Portugal – Prevention Training Landscape**
- ✿ **Decriminalised drug policy**
- ✿ **Training gap** for D.O.P. & frontline staff
- ✿ **EUPC** = European Prevention Curriculum
- ✿ **Implementation barriers:**
 - ✿ No **national coordination**
 - ✿ No **mandatory qualification**
 - ✿ **Limited sharing**

EUPC: Key Milestones in Portugal

**2022: 4 professionals
completed EMCDDA
ToT**

**Politeia Project:
identified training gaps
& strategy needs**





Regional network of partners

NGO (Solidaried'arte)

Public University (Universidade Aberta)

Regional Health Directorate (Health Promotion in School Settings)

EUSPR – European Society for Prevention Research



Agenda *horário de Lisboa

DIA 1 – 11/01/2023	DIA 2 – 13/01/2023	DIA 3 – 16/1/2023	DIA 4 – 20/01/2023	DIA 5 – 23/01/2023
(3ª Feira)	(3ª Feira)	(3ª Feira)	(3ª Feira)	(3ª Feira)
14:00 – 19:30	14:00 – 19:30	14:00 – 19:30	14:00 – 19:30	14:00 – 19:30
Introdução: Apresentação da organização da formação Rui, Natácha Formadores Unidade 1: SH Introdução	Unidade 3: LS A linguagem da prevenção.	Unidade 5: CB Prevenção em contexto familiar, escolar e laboral (visão geral)	Unidade 6: LS Visão geral da prevenção em contexto comunitário, ambiental e nos media	Unidade 7: SH Advocacy da prevenção baseada na evidência Unidade 8: SH Monitorização e avaliação
Intervalo (16:30-17)	Intervalo (16:30-17)	Intervalo (16:30-17)	Intervalo (16:30-17)	Intervalo (16:30-17)
Unidade 2: SH Caracterização do Problema; Epidemiologia do consumo de substâncias e a importância da prevenção	Unidade 4: LS As Normas /diretrizes Internacionais da UNODC e EDQS.	Unidade 5: CB Prevenção em contexto familiar, escolar e laboral (continuação)	Unidade 6: CB Visão geral da prevenção em contexto comunitário, ambiental e nos media (continuação)	Formadores: Natácha; Rui Avaliações finais e conclusões da formação

EUPC

Quem são @s formador@s?

Leonardo Sousa
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EUDA

Quem são @s formador@s?

Natácha Torres da Silva
 Psicóloga (especialização em Saúde, Intervenção Comunitária e Neuropsicologia) - Programa Cuida-te do Instituto Português do Desporto e Juventude
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EUPC

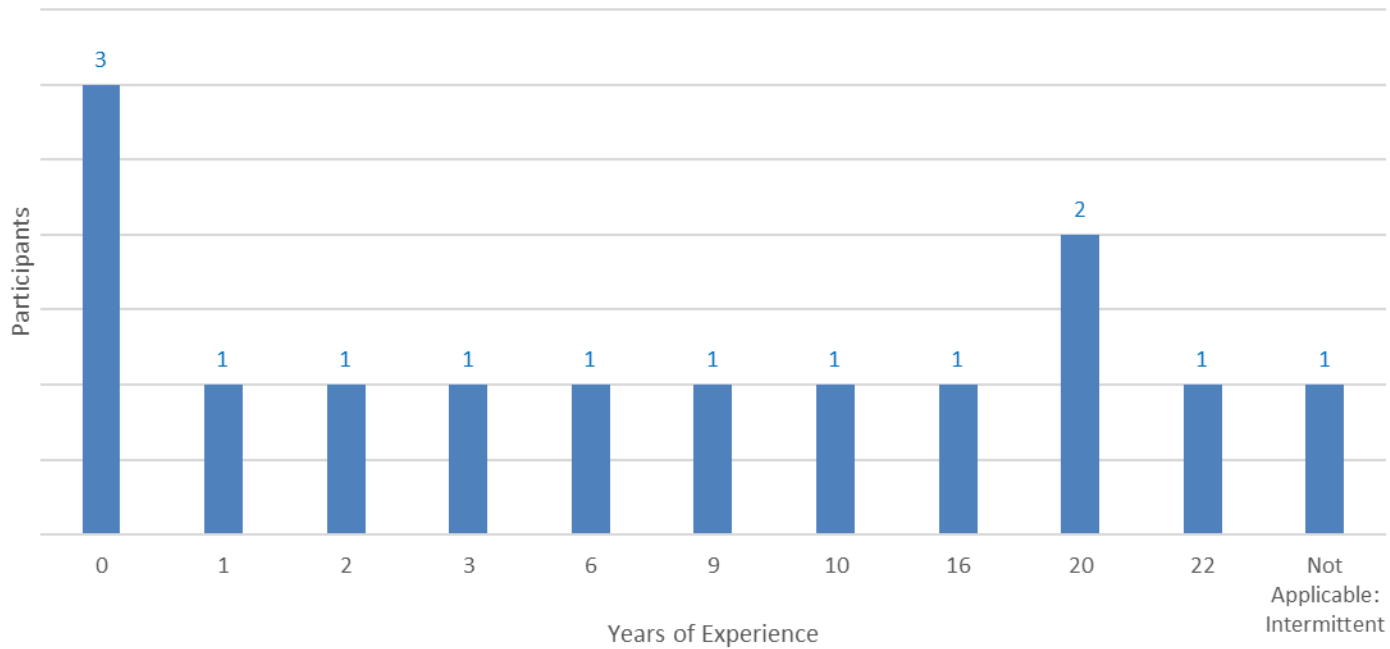


Results

Results

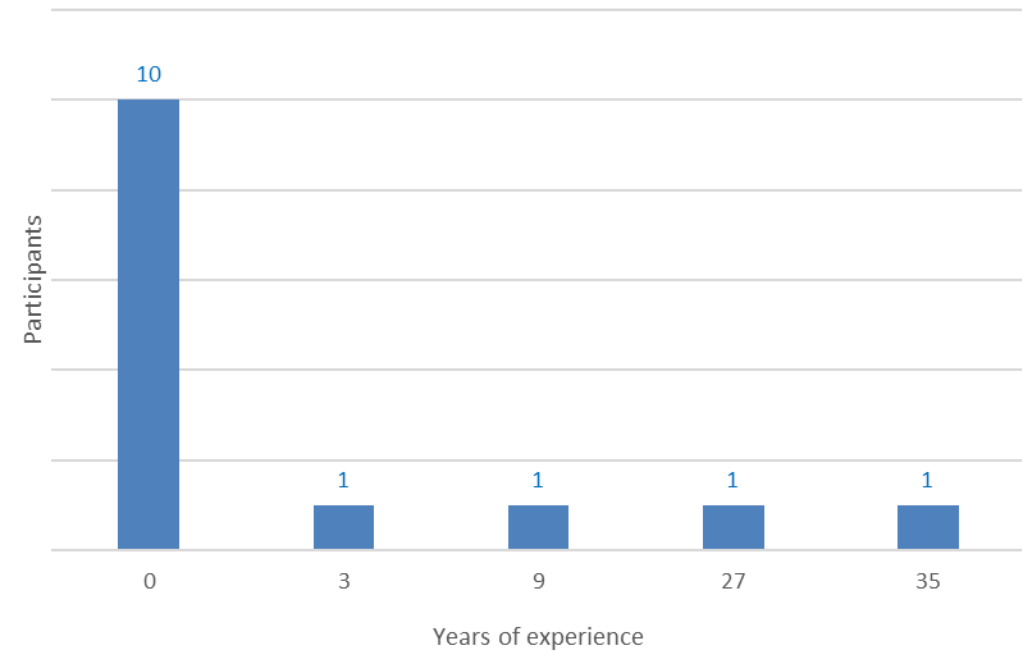
Edition 1

Years of Experience in Prevention
Pre-Test



Edition 2

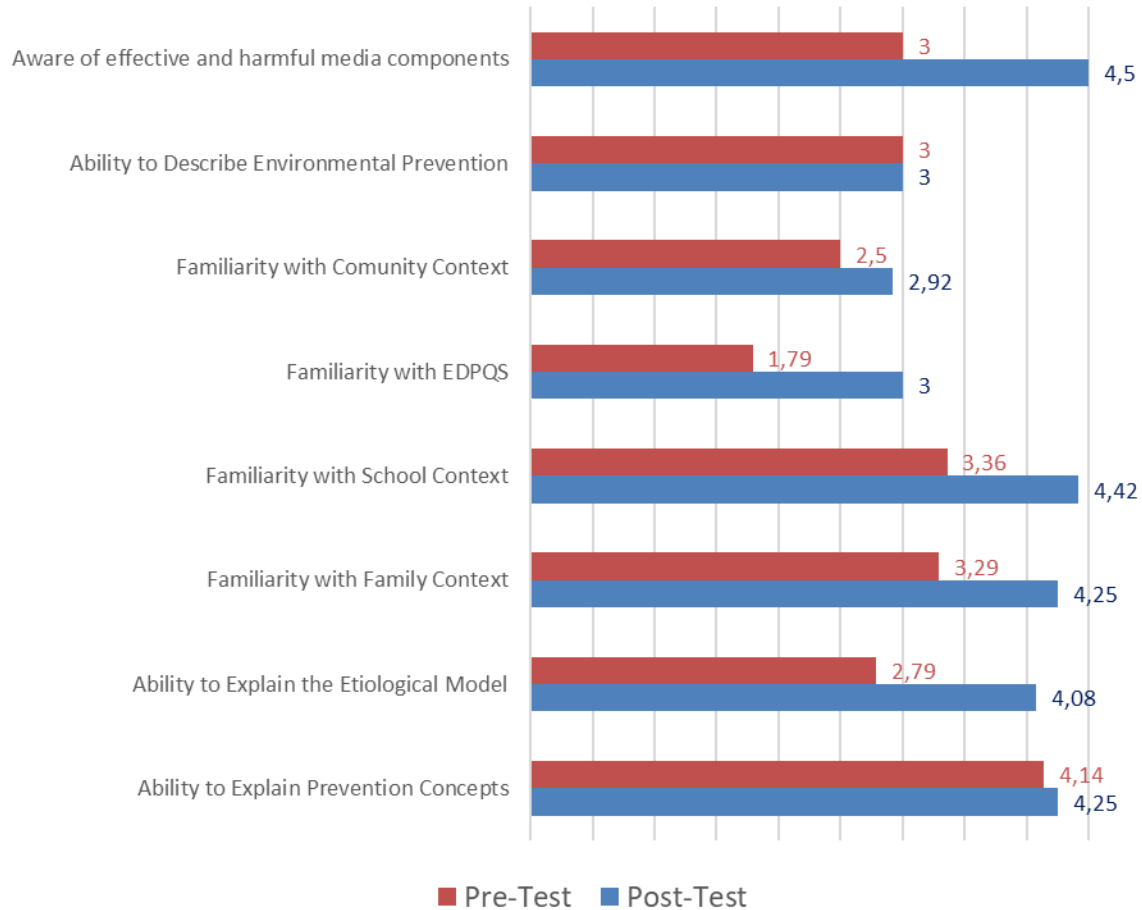
Years of Experience in Prevention
Pre-Test



Results

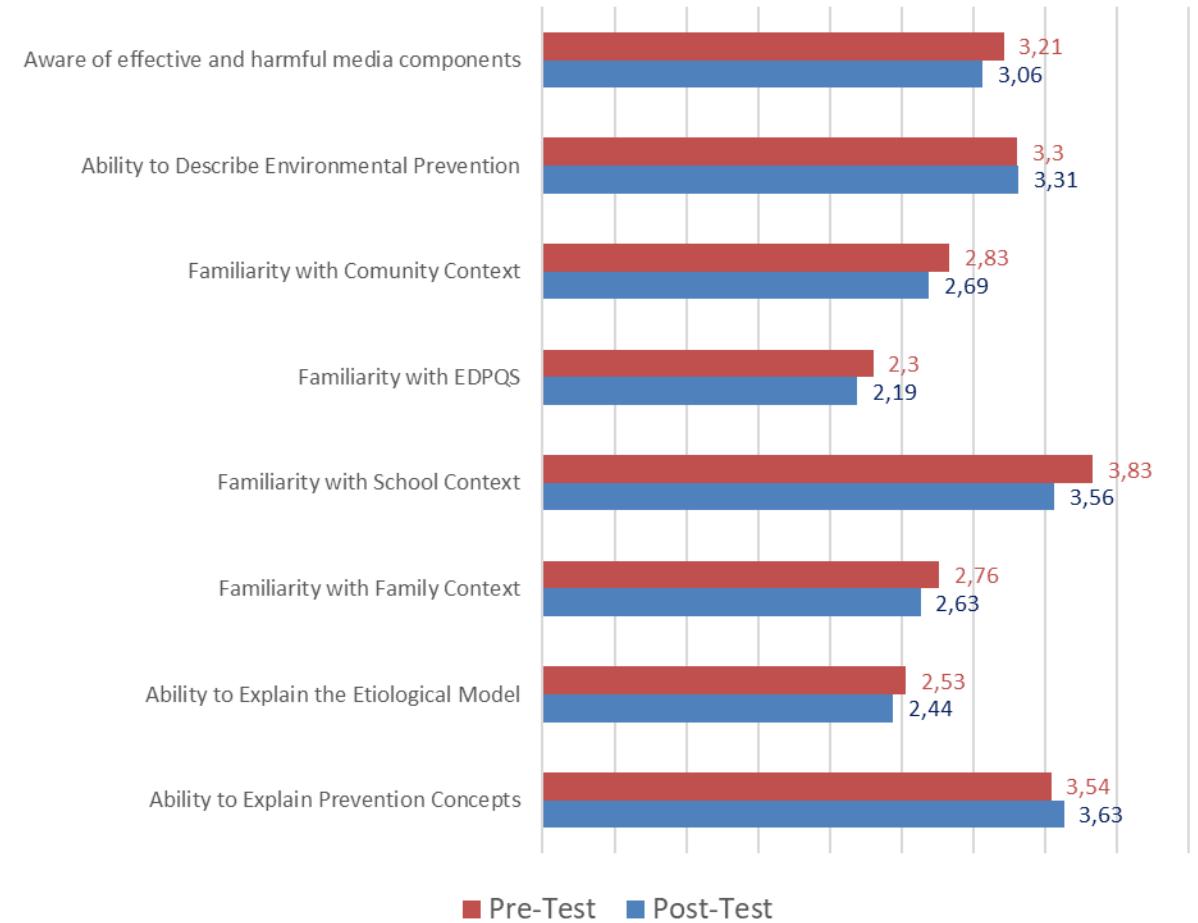
Edition 1

Confidence in Prevention Skills (Scale 1 to 5)



Edition 2

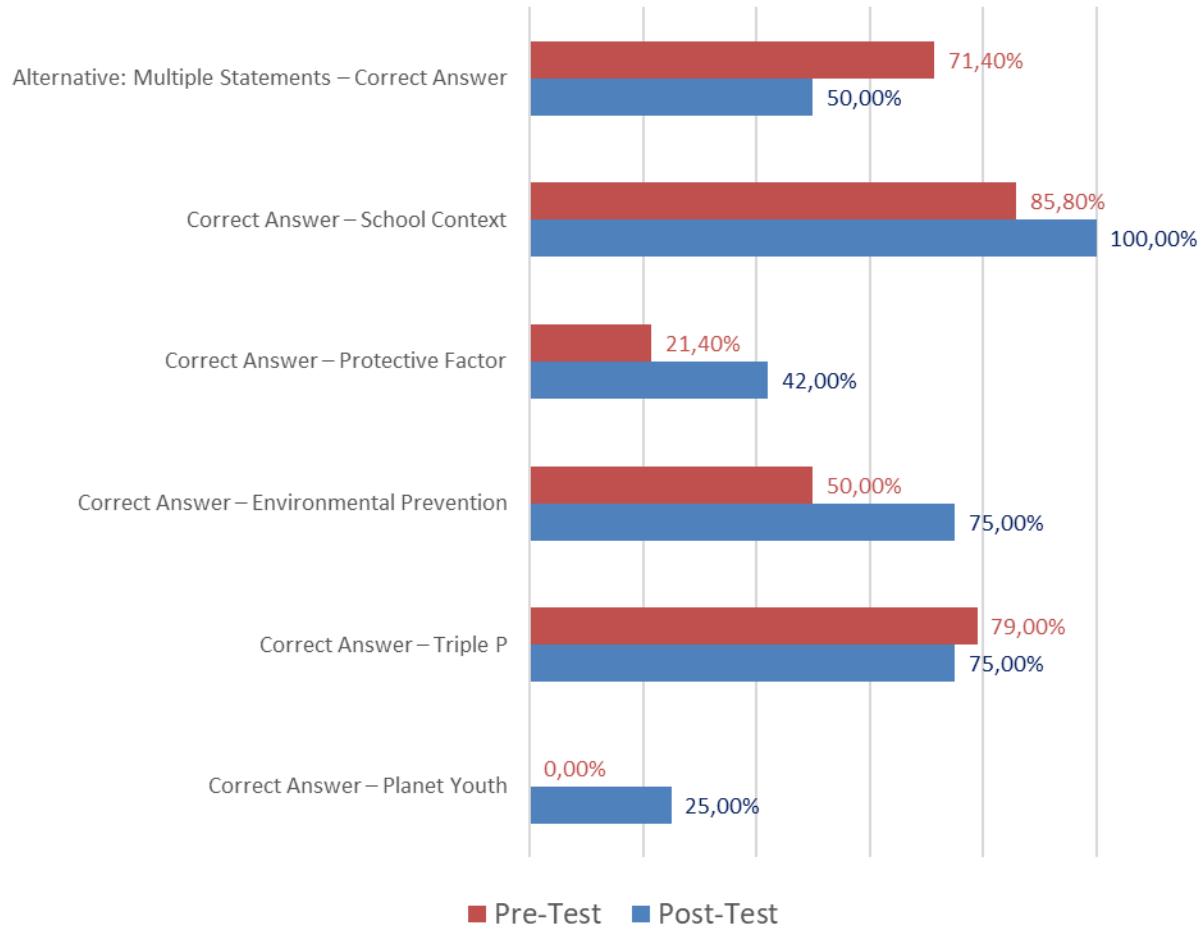
Confidence in Prevention Skills (Scale 1 to 5)



Results

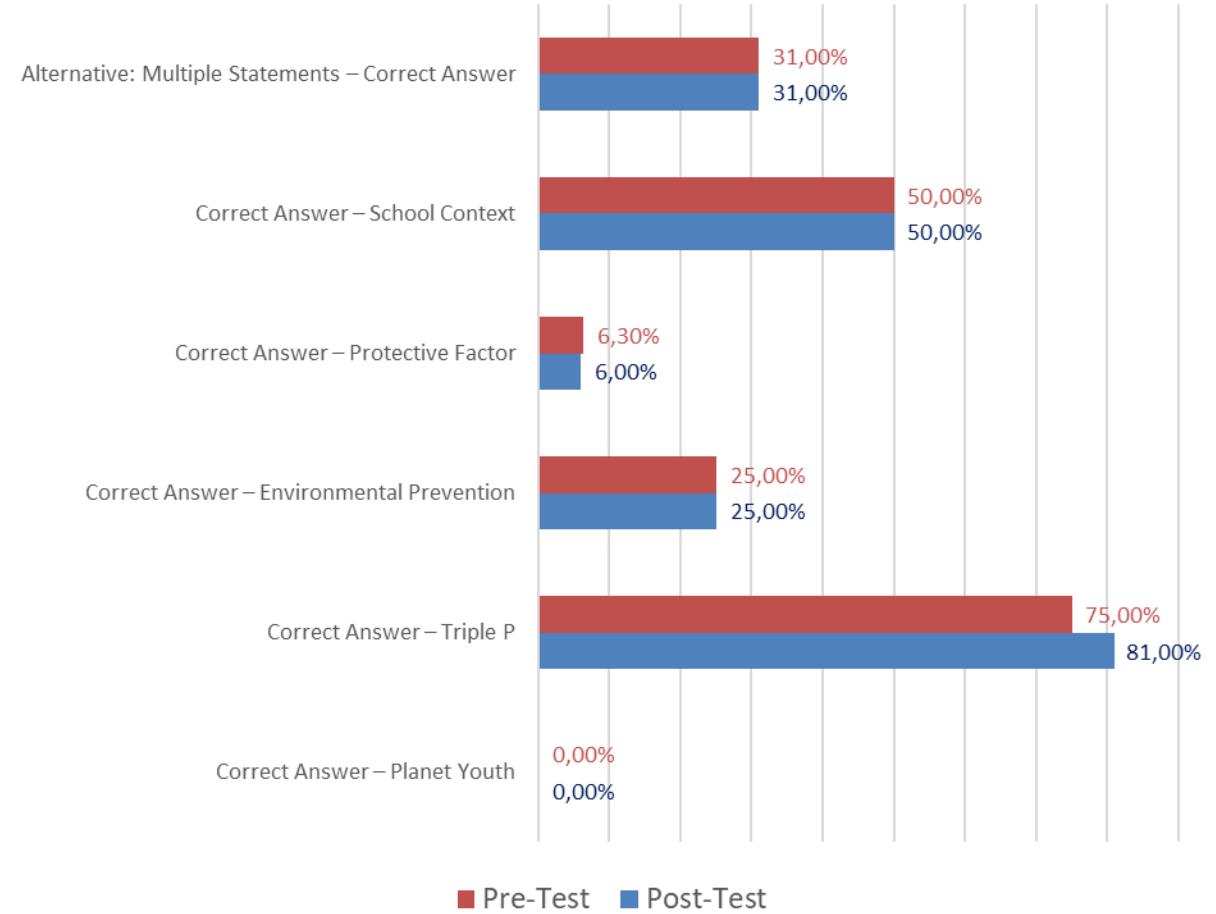
Edition 1

Percentage of Correct Answers



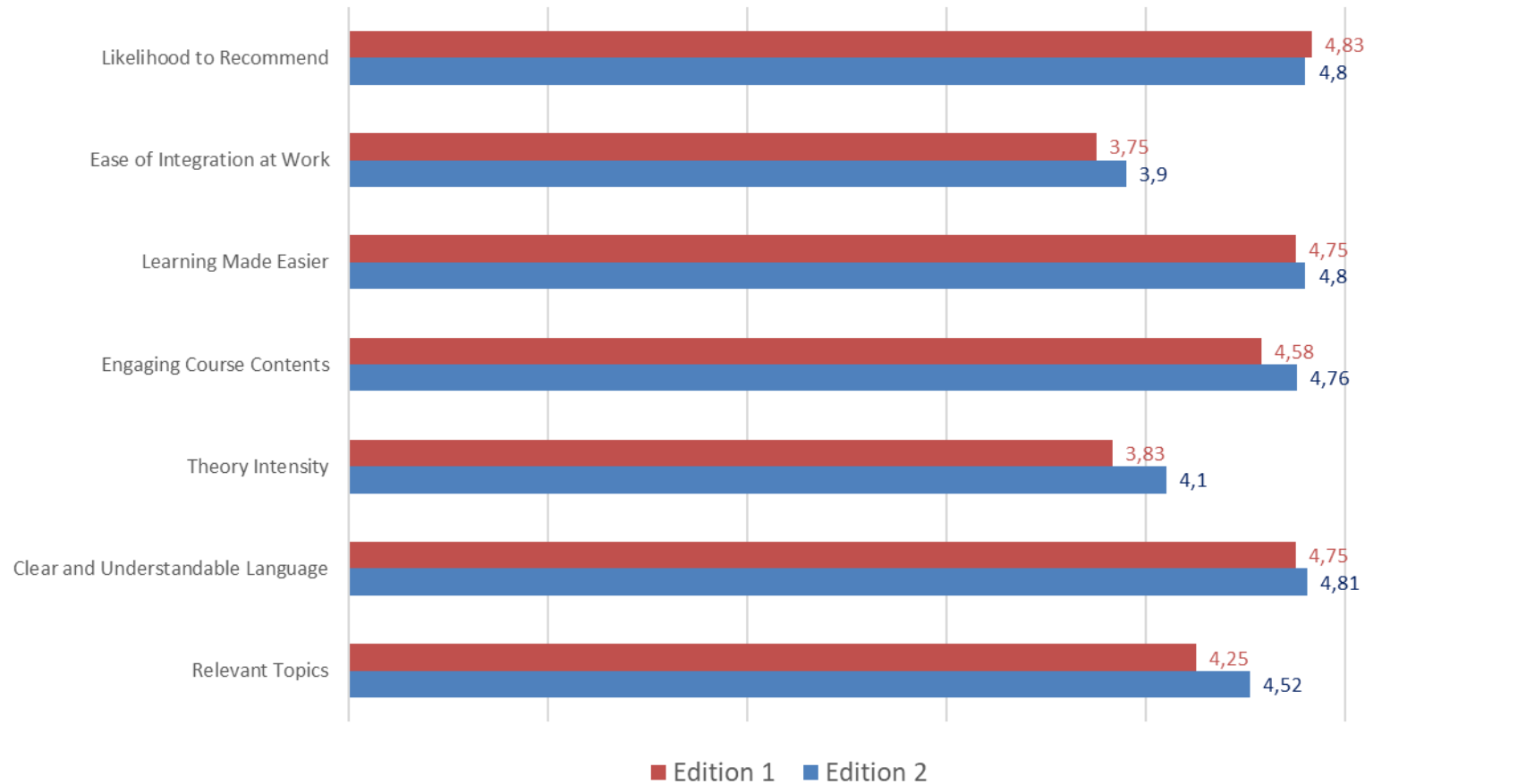
Edition 2

Percentage of Correct Answers



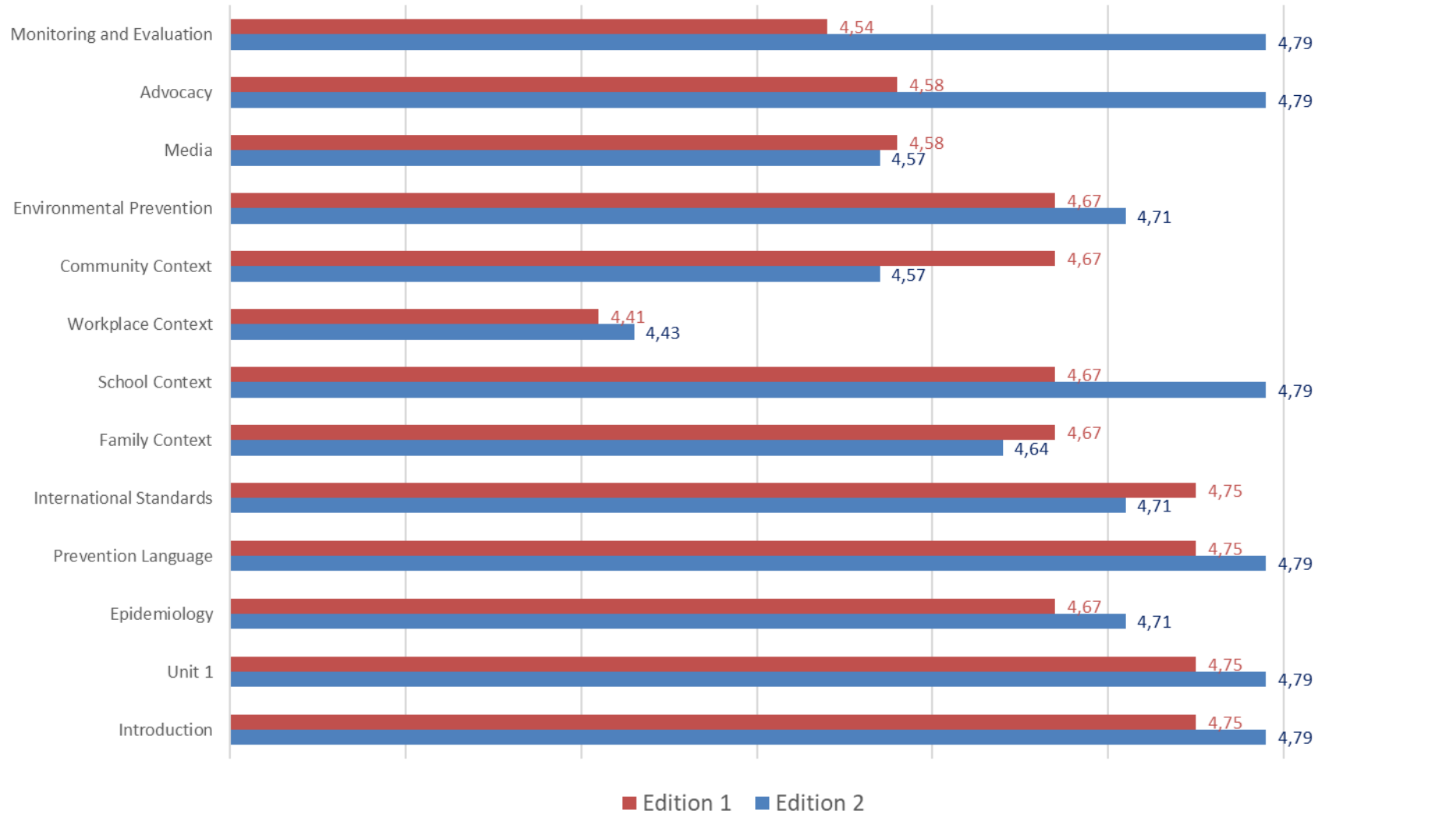
Results

General Feedback on the EUPC-D.O.P. Training (Scale 1 to 5)
Post-Test



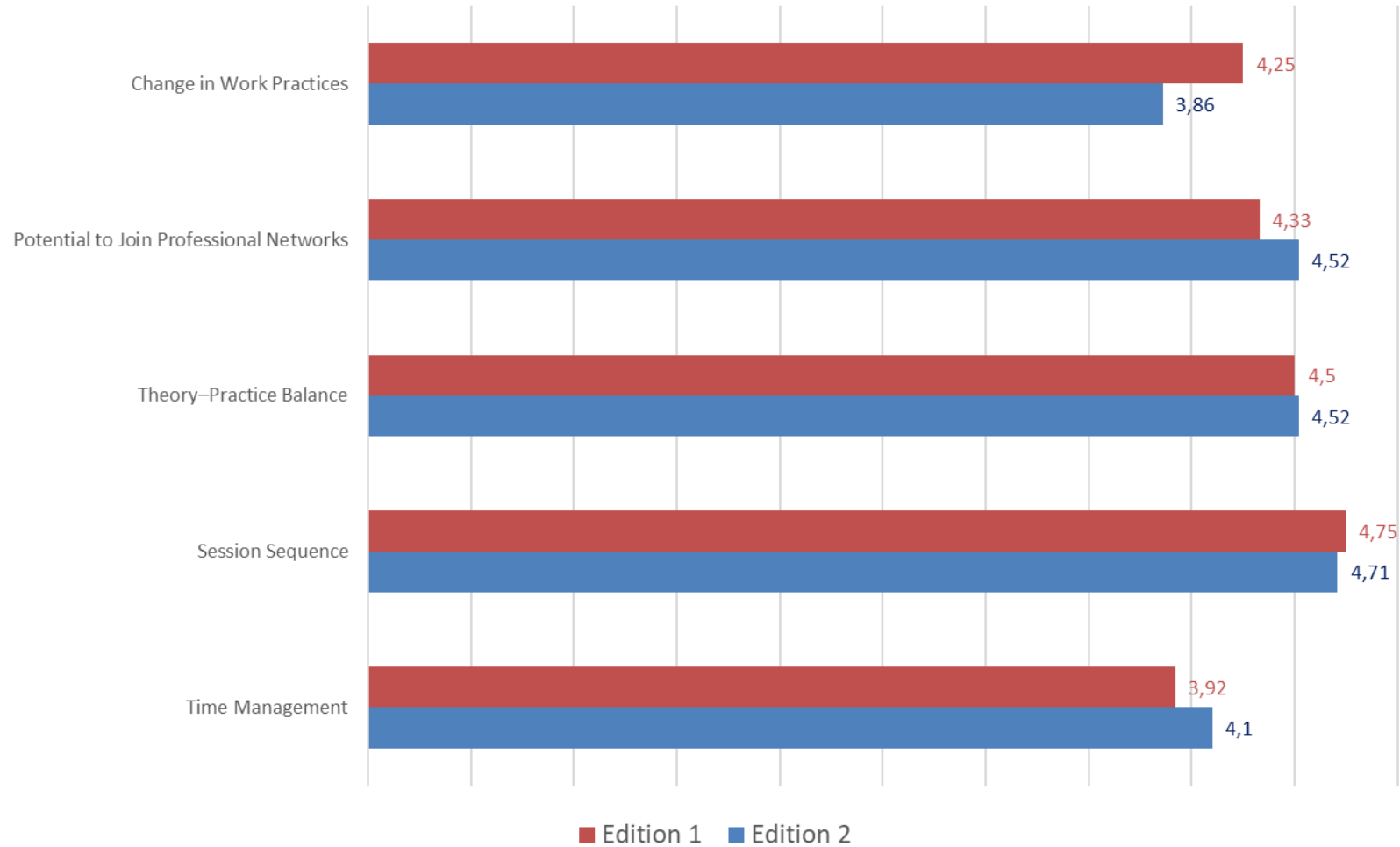
Results

Feedback on Each Module of the EUPC-D.O.P. Training (Scale 1 to 5)
Post-Test



Results

Training Practices and Opportunities (Scale 1 to 5) Post-Test



EUPC Training Impressions

Edition	Identified Benefits	Expected Impacts	Future Recommendations	Suggestions for Improvement
Edition 1	Reorganisation of the prevention plan based on new learnings; promotion of solid foundations for decision-making; clearer and more effective view of intervention; sharing of ideas and solutions among professionals with different backgrounds and roles.	Empowering decision-makers to adopt evidence-based good practices; implementation of efficient and collaborative programmes.	Replication of the training for other decision-makers and political leaders; standardisation of guidelines for practices and multisectoral efforts.	Greater emphasis on the material conditions of life (housing, work, stress); more time for reflection and discussion among participants.
Edition 2	Tools to improve practices; legitimisation of decisions; empowerment in decision-making; involvement of multiple sectors, including unexpected ones; reflection on what works or doesn't in prevention and why; need for integrated and networked intervention.	Greater ability to make well-founded decisions; building collaborative networks for stronger and more sustainable prevention policies.	Continued investment in the training of decision-makers and professionals; encouraging the integration of unexpected sectors; promoting collaborative strategies based on evidence.	Difficulty in applying the knowledge to decision/political practice; limited time to absorb the information; reinforcing the importance of material conditions (housing, employment, stressful routines).

Results

- ✿ **Clear distinction: scientific prevention skills vs. personal experience**
- ✿ **Knowledge gains, confirmed by pre/post assessments**
- ✿ **Emphasis on data-informed decisions**
- ✿ **Reported obstacles by D.O.P.:**
 - ✿ No integrated national prevention strategy
 - ✿ Purpose-driven funding
 - ✿ Weak evaluation criteria for funding

Lessons Learned



Competencies



Training at all levels



**Implementation Versus
Collaboration opportunities**

Final Thoughts

- ✿ **From challenges to achievements: the EUPC journey in Portugal**
- ✿ **Prevention training can be impactful, inclusive, and inspiring**
- ✿ **Growth in knowledge, confidence, and collaboration**
- ✿ **This is just the beginning of a smarter, evidence-based prevention culture**





Natacha Torres da Silva

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