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Drugs in Prisons Programme

**Final Project Report
20 June 2013**

FINAL PROJECT REPORT

Drugs in Prisons Programme

(Original title: Preventing Drug Trafficking and Abuse in Prisons)

Prepared for the
« Fonds de lutte contre certaines formes de criminalité »
Luxembourg

20 June 2013



Show me your prisons and I shall say in which society you live

(Winston Churchill)

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I. EXECUTIVE SUMMARY

With the support of the « Fonds de lutte contre certaines formes de criminalité » from Luxembourg, the Pompidou Group successfully finalised the activities for the project “Drug Trafficking and Abuse in Prisons” (2012-2013). The project took place in Moldova, Romania, Serbia and Ukraine. It was designed to improve human rights and public health in the countries through prevention campaigns, the training of prison personnel on drug treatment and awareness-raising initiatives about risks related to problematic drug use. The project comprises a strong element of regional collaboration between Moldova, Romania, Serbia, Ukraine and neighbouring countries with the objective of extending best practices in this region.

The project focused on:

- Examples of dissemination of best practices on opiate substitution treatment in the Republic of Moldova.
- Cascade training of psychologists on Counselling and Motivational Interviewing in the Republic of Moldova.
- Training of therapists on counselling and art therapy in Romania.
- Implementing a participatory drug prevention activity for detainees in Romanian prisons.
- Awareness raising on stigmatisation of drug users and the importance of drug treatment and rehabilitation in Ukraine.
- Facilitating regional collaboration between the Republic of Moldova and Romania.
- Implementing targeted training for Ukrainian prison staff on the rehabilitation of drug-using detainees.
- Organising an international conference on drug use in prisons in Bucharest, Romania, to facilitate regional collaboration and to extend best practices.
- Improving treatment and risk assessment of drug users in Balkan prisons.

Based on desk reviews, site visit reports, and seminar evaluations, the Pompidou Group assesses that the project progressed efficiently and effectively and reached its final objectives.

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III. ABBREVIATIONS

COE	Council of Europe
CPT	European Committee for the Prevention of Torture and Inhuman or Degrading Treatment or Punishment
DPI	Moldovan Department of Penitentiary Institutions
ECHR	European Court of Human Rights
IDU	Injecting Drug User
NAA	Romanian National Anti-Drug Agency
NGO	Non-Governmental Organisations
NPA	Romanian National Prison Administration
OST	Opiate Substitution Treatment
PG	Pompidou Group
SPS	Ukrainian State Penitentiary Service
SDCS	Ukrainian State Drug Control Service
TB	Tuberculosis
ToT	Training of Trainers
UNODC	United Nations Office on Drugs and Crime
WHO	World Health Organisation

IV. INTRODUCTION

Two major inventions, Jeremy Bentham's Panopticon – a prison with a circular structure and an inspection house in the middle – and the CCTV camera, have increased the level of supervision and reduced the number of blind spots in prisons. Nevertheless, security measures alone cannot prevent illicit and licit drugs from entering prisons, nor prevent prisoners from using them. Prisons are not only hot spots for high-risk behaviours such as injecting drug use, which can lead to infections from blood-borne diseases, but also blind spots in our societies when it comes to treating drug-using prisoners with the dignity they deserve. Hence, Prison policies need to address drug addiction as one of the major human rights and public health issues that prison systems encounter today.

Drugs users, including injecting drug users (IDUs), are often overrepresented in prison populations and the incidence of drug use is increasing in many prisons throughout Eastern Europe and the Balkans. Prisons are risky environments both for the prisoners and the staff. In particular, injecting drug users are exposed to various health risks; namely, overdosing, abscessed infections of injection sites, and the transmission of blood-borne diseases such as Hepatitis C or HIV. HIV prevalence in Eastern Europe, and Central Asia and Russia has roughly doubled since the 1990s, making the region home to the world's most rapidly expanding epidemic. The HIV epidemic that is mainly IDU-driven poses one of the greatest challenges to the development, progress and stability of the countries of the region. Research has consistently shown that not only is HIV prevalence very high in IDU populations, but that Hepatitis C (HCV) also occurs frequently.

In addition to the high risks of the transmission of communicable diseases, detainees are often subject to stigmatisation due to their drug addiction. The fear of being caught for drug possession, as well as backlash from the side of other inmates often prevents drug dependent detainees from seeking help or complying with their drug treatment. Mental illness and drug addiction are mutually reinforcing, and both diseases are particularly prevalent in prison populations. Prison conditions can have negative effects on mental health. For instance: overcrowding, various forms of violence, enforced solitude or conversely a lack of privacy, a lack of meaningful activity, isolation from social networks, insecurity about the future and a lack of services providing psychosocial support accounts for prisons being a priority area for preventing drug use.

Human rights and the right to health are indivisible and interrelated. The right to health contains both entitlements and freedoms. Entitlements include the right to prevention, treatment and control of diseases, and freedoms are the right to be free from non-consensual medical treatment, torture and other cruel, inhuman or degrading treatment or punishment¹. Limiting the spread of communicable diseases in prison benefits both prisoners as well as society as a whole and reduces the burdens on a country's health system. The Pompidou

¹ The Right to Health (Fact Sheet No. 31). Geneva, Office of the United Nations High Commissioner for Human Rights/World Health Organization, 2008 www.ohchr.org/Documents/Publications/Factsheet31.pdf, accessed 20 September 2011

Group's Drugs in Prison Programme in Eastern Europe recognises the need to promote health and tackle health inequalities in prison settings.

The main objectives of the project "Preventing Drug Trafficking and Abuse in Prisons" are to improve health in prisons and prevent drug trafficking through awareness raising initiatives about drug risks. The project aims at developing rehabilitation services for detainees with a history of drug abuse in order to reduce relapses and recidivism. The promotion of through-care shall sustain drug treatment efforts and guarantee continued care for people entering and leaving the prison. Such interventions are crucial for creating a healthy prison environment but are often undermined by the supply of illicit drugs. Thus, it is also important to support a mind-set among detainees, relatives, friends of inmates, and prison staff of standing together in preventing drug trafficking in prisons.

The project includes the following key components:

- Building prison administration capacities for supporting drug treatment in prisons.
- Raising awareness about drug consumption risks and drug trafficking in prisons.
- Raising awareness about drug risks and the stigmatisation of drug users in prisons through participatory activities.
- Supporting rehabilitation services in prisons and improving through-care.
- Improving relationship management of prison directors, prison psychologists, and community workers.
- Providing in-depth training for prison psychologists on Counselling, Motivational Interviewing and Art Therapy.
- Developing training and information materials in Romanian, Ukrainian and Russian languages.
- Facilitating regional collaboration and extending best practices.

All proposed activities are based on requests made by the governments concerned and aim at strengthening human rights. The project, while taking into account country-specific needs, will emphasise regional interaction and facilitate experience exchanges among national prison administrations and community services.

1. Republic of Moldova

1.1 Background

Moldova has a significant HIV epidemic which is particularly concentrated among certain sub-populations, such as injecting drug users. HIV prevalence among the general population is currently 0.37%. As of May 1, 2013, a cumulative number of 7,928 HIV cases were registered, including 2,268 in the Transnistrian region. In the Republic of Moldova there are more drug users in prisons than in the community and drug use in prison settings poses a major problem.

Moldova sets a positive example in the field of harm reduction and the treatment of addiction. The government has launched a programme which includes the detection of HIV infection, monitoring of HIV cases, needle and syringe exchange programmes and opiate substitution treatment (OST) for prisoners. Medically assisted addiction treatment, such as substitution treatment with methadone (OST) is part of the National Action Plan for 2011-2015 and has been implemented in the Republic of Moldova since 2004 in the civil sector and since 2005 in prisons in three different sites (National Narcology Dispensary, Department of Penitentiary Institutions and Clinical Hospital in Balti city).

Figure 1

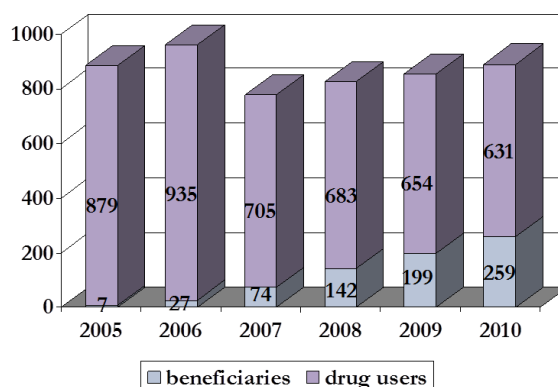
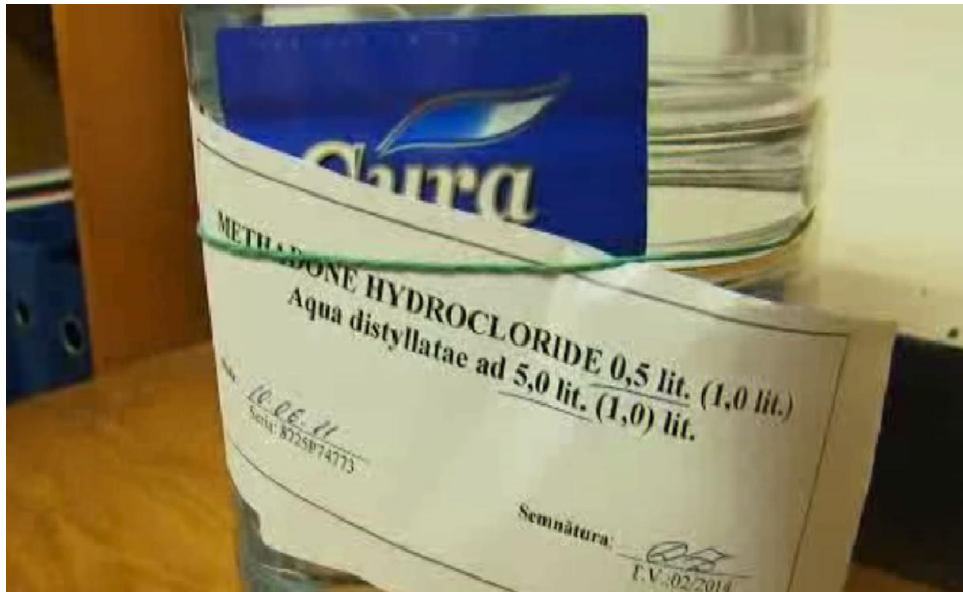


Figure 1 shows the enrolment rate in the OST programme at the end of 2010, according to statistics of the Department of Penitentiary Institutions (DPI). OST is not available on the left bank of the Nistru river (Transnistrian region).

The estimated extent of OST coverage is less than 1% at the moment (in 2012, 304 patients participated in OST from an estimated 31 562 IDU). Geographical availability of OST in the country is very low, with OST programmes available only in Chisinau and Balti and partly in the penitentiary institutions. OST in health care facilities still lacks a full multidisciplinary approach to address multiple social needs of patients and the complete package of services does not always include wraparound services, such as employment support, or the provision of OST to pregnant women who are active IDUs. There is a sizeable attrition rate of clients in OST programs. The verticality of the health care system undermines the provision of integrated services and reduces the effectiveness of individual medical interventions.



Picture 1: A plastic bottle containing liquid methadone used in Moldovan prisons

Experts stress that there are some areas which require special attention and improvement in addressing HIV among IDUs in the community and prisons: continuity and coverage of treatment services, quality standards on opioid substitution treatment (OST) and psychosocial support to drug users. The underlying reasons for this are: the high work-loads on physicians, gaps in professional knowledge on OST among medical staff and poor integration of OST into the mainstream system of addiction treatment and harm reduction. The coordination of multi-disciplinary treatment (including medical services and psychosocial assistance) needs to be systematised. This is also important in order to address comorbidity between drug use and mental health. In Moldovan prisons, high rates of mental health problems overwhelm the low number of staff employed as psychiatrists and psychologists.

In 2010, the Pompidou Group began its collaboration with the Republic of Moldova with the implementation of the project “Treatment and Harm Reduction in Prisons” (2010-2011) and continued its work with the Project Preventing Drug Trafficking and Abuse in Prisons (2012-2013). Both projects were financed by the “Fonds de lutte contre certaines formes de criminalité” of Luxembourg. The objective of the projects was to support the Republic of Moldova in improving health care and human rights in prisons. One of the important benefits of the project was that the Republic of Moldova decided to join the Pompidou Group as its 37th member state on 12 June 2012.

1.2 Counselling and Motivational Interviewing

The Training of Trainers Project builds on the recommendations originating from the training seminar “Mental Health and Addiction” (2011). The experts who led the participating psychologists and psychiatrists through this seminar identified three areas for improvement:

- The role of the psychologist in the provision of opiate substitution treatment was not clear for the health professionals. In their area of work, prison doctors and psychiatrists did not clearly see the added value of the work of the psychologists.
- Psychologists play an important role in manoeuvring inmates between the different drug treatment options including opiate maintenance treatment and drug free treatment approaches, but did not profit from specialised training on drug addiction and counselling techniques.
- It is deemed necessary to strengthen the position and self-esteem of the psychologists in the prison system. The psychologists as a group did not produce sufficient synergies in supporting each other and exchanging knowledge and skills. During the feedback session of the seminar the participants expressed their interest in an in-depth training that would address the areas mentioned above.

Together with the Department of Penitentiary Institutions it was agreed to prepare a Training of Trainers (ToT) project, entitled “Counselling and Motivational Interviewing in Moldovan Prisons”.

Figure 2:

Phase	Time	Activities
Initial Training	December 2011 – February 2012	<ul style="list-style-type: none"> ▪ Two three-day workshops on Counselling and Motivational Interviewing. ▪ Training package for trainers finalised & delivered during the second workshop.
Monitored implementation I	February-September 2012	<ul style="list-style-type: none"> ▪ The trained professionals implemented what they learned with 18 inmates with a history of problematic drug use, their work was supervised by an expert ▪ Review of training package.
Study visit to Romania	September 2012	<ul style="list-style-type: none"> ▪ Two senior Moldovan psychologists participated in a workshop on Counselling and Art Therapy in Poiana Brasov, Romania
Feedback & evaluation of the pilot implementation	November 2012	<ul style="list-style-type: none"> ▪ Four-day workshop, the trained professionals prepared to train the remaining prison psychologists. ▪ One day certificate ceremony, introduction of trainers and trainees.
Preparation of work plan	December 2012 -April 2013	<ul style="list-style-type: none"> ▪ The training process was reviewed and evaluated. ▪ Work plan
Implementation	May 2013 - May 2014	<ul style="list-style-type: none"> ▪ The 6 trained trainers provided training to 23 psychologists working in the penitentiary system.

Figure 2 shows the timeline of the project “Counselling and Motivational Interviewing in Moldovan Prisons”

In the initial phase of the project, eligible senior psychologists were selected and trained on Motivational Interviewing (MI), counselling, diagnosis and prognosis of substance abuse among inmates.

The first workshop “Step by step to Motivational Interviewing” took place near Chisinau in the Goian Training Centre of the Moldovan Department of Penitentiary Institutions, from 5 to 7 December 2011. Two Dutch social workers and one Romanian psycho-analyst introduced the theory of Motivational Interviewing to the seven Moldovan prison psychologists. The support and hospitality of the Head of the newly renovated Training Centre guaranteed a smooth implementation of the workshops. The workshop initiated the process through which the psychologists will become trainers themselves. The participants not only showed great interest in the lessons and role play activities, but also demonstrated significant enthusiasm in implementing the methods at their workplace. Each training session provided methodological explanations as well as practical assignments.

The second workshop “Counselling and Motivational Interviewing” also took place in the Goian Training Centre from 8-10 February 2012. The aim of the workshop was to deepen psychologists’ understanding of theoretical concepts and the practical realisation of the counselling process and the Motivational Interviewing (MI) process. Based on the training results of the first workshop, the trainers provided further information on MI skills and prepared the participants to work as a professional and sustainable group. Besides providing new knowledge in an interactive way, this training gave the participants the opportunity to present case studies in a safe and positive environment. The participants were motivated to constantly practice MI skills by using real cases in role plays. The participants have already started to demonstrate skills suggesting that they could act as trainers in the future, thanks to personal qualities, but also in light of the constant TOT approach included in both trainings.

During two supervision visits, from 24 to 27 April 2012 and from 3 to 5 September 2012, the Romanian experts monitored the psychologists implementing the skills that they had learned from the trainings. Real cases and developments at their workplace were discussed. All prisons in which the psychologists work were visited, increasing the visibility of the project and strengthening the role of the psychologist in the prison system. In addition, the supervision helped the psychologists understand that their role is much more than motivating drug addicted inmates to enrol and adhere to the treatment but also to help individuals to change their lives and to gain a deeper understanding of it.

The third workshop “Counselling and Motivational Interviewing (ToT)” took place on 19-22 November 2012, and the certificate ceremony that took place on 23 November 2012 concluded the first cycle of the Training of Trainers project. During four days of in-depth training the participants learned how to act as trainers themselves. They prepared a preliminary training agenda and practiced presentation skills. The certificate ceremony was held in presence of senior officials of the prison administration and aimed at officially handing over the future training from the international trainers to the newly trained team of Moldovan psychologists. The psychologist received a certificate stating that they completed the training course “Counselling and Motivational Interviewing”, consisting of 66 hours of training and 72 hours of supervision.



Pictures 2: Trainers and senior psychologists practicing Motivational Interviewing

The last workshop of the training of trainers project took place during the period of 22-24 of April 2013 and consisted of reviewing all training materials, finalising the training curriculum and materials as well as continuing to provide case supervision. The result of the workshop was a finalised training package (participant agenda, including a set of goals and objectives of the training, the information materials and the evaluation forms as well as detailed trainer agenda, support materials including the PowerPoint presentations and trainer's evaluation forms. At the end of workshop the participants expressed their confidence in providing trainings based on new framework.

Results

Evaluation by the participants:

An important achievement of the workshops and supervision visits is that the participants, besides improving their skills, started trusting each other, appreciating feedback and remarks among them. They voluntarily decided to work together on regular basis. The success of this approach was reflected in the evaluation by the participants. The participants appreciated the trainer's empathy and expertise adapted to the local context. They stated that the training was perfectly prepared and subject-focused. A participant wrote in an evaluation: "I appreciated the working schemes – which we can use in applying MI and systematising the approach, namely the linking of the personal history with the intervention lines, and improving the usual steps in approaching the cases." The participants liked the approach of the trainers

in terms of informal interaction and the focus on developing practical skills by putting them into action. They characterised the information provided by the trainers as “accessible and practical”. The small number of seven participants was perceived as an opportunity for each of the participants to have a greater involvement in the practical assignments of the training.

All the psychologists stated that they experienced improved relations with the beneficiaries after the training. The inmates seemed to communicate more openly with them. This happened most probably due to a change of their counselling approach. The psychologists felt that they were more focused on their interactions with the inmates, knowing better in what direction to go with their questions and what to ask. They also felt more confident in their work. The work in groups opened perspectives on different areas and enhanced their own motivation because of the opportunity to share experiences with others in the group. In another written evaluation questionnaire, a participant stated: “I liked the way that we were supervised very much, almost all of us spoke in an equal way, everything was discussed to the smallest detail and we managed to find the suitable answers.”

The psychologists came to the conclusion that they could integrate the acquired theoretical knowledge into their practices which contributed to the improvement of their counselling skills. Moreover, they appreciate the fact that the new skills are beneficial not only for the persons with problematic substance use but also for patients with other mental health problems. Finally, they said that the project was well perceived by their superiors who appreciate this form of intensive training and self-organisation of prison psychologists. They were happy that the training received formal recognition within the Department of Penitentiary Institutions.

Evaluation by the trainers:

At the beginning of the initial training phase the trainers identified a “lack of tools among the psychologists to provide high quality counselling sessions with the prisoners”. The practical counselling skills of the psychologists were less developed than their theoretical knowledge. Many of the participants were in their thirties and were not as experienced as was expected. This might be a result of the lack of professional training in Moldova for psychologists after their graduation from university. However, the experts “saw a group of trainees who are eager to learn and who work very hard”. During the initial training phase, the participants demonstrated visible progress in using MI and counselling techniques. The experts found that the training sessions were particularly successful because the participants started to form a robust team very early. The psychologists decided to organise regular meetings for the exchange of their work experiences and to produce synergies while applying what they have learned. The psychologist group met regularly throughout 2012 and 2013 independently without supervision by experts.

The two supervision visits were conducted by the Romanian expert whose experience and language skills facilitated the dialogue with the group of psychologists. He stated that the participants showed “a lot of willingness to improve their professional skills” and a good “group dynamic”. The supervised visits “contributed to the improvement of their counselling skills”, and “increased their understanding on how to approach the client” and helped

“integrate theoretical knowledge and practice.” The team of psychologists “seemed to function as a group” in which they can “trust each other and are able to express their lack of understanding in specific situations or to openly express their point of views in a constructive manner, even if it is in contradiction with the others.” In addition to this, the expert reported excellent technical support for his supervision visits from the side of the Moldovan Department of Penitentiary Institutions.

The findings show that the training had an impact on the psychologists in terms of enhancing their practical MI and counselling skills. The training improved the quality of psycho-social support for drug addiction treatment in prisons. The continuation of the project and additional training will further consolidate psychologist’s newly acquired skills. The project also guides the way to a reduction of stigmatisation of inmates by refocusing the attention on their health instead of labelling them only as criminals. Being treated as an individual who needs medical attention is key in providing better chances for successful rehabilitation. In the longer term, a well-functioning training of mental health professionals will also reduce the risks of relapse. The trainees expressed the need for additional practice and continuous support.

1.3 Pharmacotherapy with Methadone – a Case Management Approach

The workshop was jointly organised by the Pompidou Group and the United Nations Office on Drugs and Crime and took place in Vadul Lui Voda on April 15-17 2013. Governmental partners from the National Narcology Centre and the Department of Penitentiary Institutions and civil society organizations, such as "Positive Initiative", also actively contributed to ensure that this event was made possible. The goal of the training was to develop a practical approach in addressing the needs of methadone patients and to motivate opiate users to enter and follow through with their treatments. Since the case management approach is an essential element of the progress in counseling sessions between therapist and client, the topic of the workshop was complementary to the objectives of the Training of Trainers project (see above). It targeted 50 specialists, namely medical doctors specialised in addiction treatment, psychologists (including the prison psychologist as in the ToT project), university lecturer and social workers. This training, conducted by an OST specialist from Slovenia, and by a case management specialist from Lithuania, was an important step towards the development of a more holistic approach. In the sessions, common stereotypes about methadone treatment were challenged, showcasing evidence-based medical findings that clearly demonstrate the safety and effectiveness of OST in halting drug use and transmission of HIV and Hepatitis C.

Results

Evaluation by the participants:

The evaluation of the workshop by the participants showed that they gained knowledge and practical experience and they are ready to use the knowledge in their work place. Most participants generally appreciated both the theoretical lectures and the practical examples. Like many others, one person attending the workshop wrote that he “liked the opportunity to

discuss and work on particular cases prepared by the trainer”. Most specialists who work directly with patients said that the topics covered in the workshop were relevant to their work. However, some working in administrative functions without contact with patients could only make use of the general information provided at the workshop.

Figure 3:

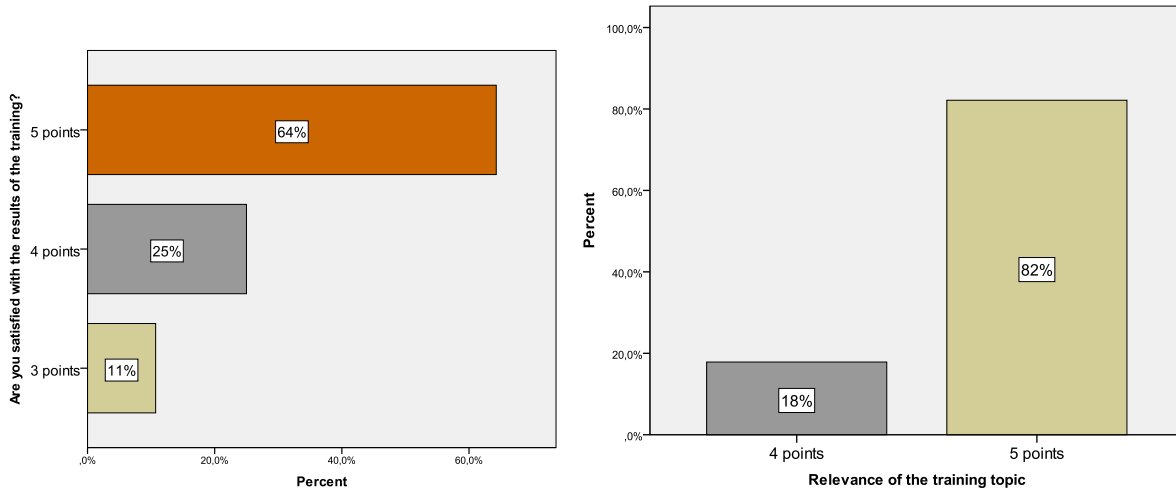


Figure 3: Evaluation by participants (satisfaction with training and relevance of topics)

Evaluation by the trainers:

According to the trainer, the participants had different levels of information concerning the case management method. Most of the participants thought that case management was individual work with the client, instead of coordinating of the whole help process in collaboration with specialists of different fields. The trainer made following recommendations:

- Formally define working relationships through for example, a memorandum of agreement between NGOs and health care institutions such as the Republican Narcological Dispensary, while taking into account the objectives of this collaboration, the roles of responsible persons, mechanisms of cooperation, frequency of meetings, and establishing a clear definition of joint working hours and administrative arrangements.
- Decide which documentation (treatment/support plans, specialists activity daybooks) have to be used in order to provide qualitative case management services.
- Revise the official instructions for the work of the case managers, frames of competence, duties, rights, basic aspects of cooperation with other specialists, such as sharing of information and issues of confidentiality.
- Create a framework where therapists can work together with other team members, store and centralise documentation.
- Apply principles of case management in custodial institutions in particular for patients whose imprisonment is ending soon.

- Improve the working relationships between medical personnel and social workers through organising team work and solving of conflicts between specialists of different fields.

1.4 Workshop for Police Officers

The workshop “Preventing Drug Abuse - Treatment and Harm Reduction in Police Arrest” took place in Vadul Lui Voda, Republic of Moldova from 15-16 May 2013, and aimed at enhancing cooperation between civil health services and law enforcement bodies as well as ensuring uninterrupted access to treatment for OST patients detained in custody institutions/remand. Questions such as “How can police officers fulfil their duty in enforcing narcotic law while also supporting uninterrupted access to treatment for drug users?” were critically discussed by the 25 specialised police officers who attended the workshop. The participation of the Head of the Moldovan Anti-drug Department as well as the Chief of the National Department for Criminal Inspections showed the great interest in this topic by police officers in the higher echelons of prison administration. The workshop was led by two German experts, a detective chief superintendent and a instructor in the Drug Department of the city Frankfurt.



Pictures 3: Police officers, NGOs and Trainers in the workshop

Results

Evaluation by the participants:

According to the evaluation papers of the seminar, and according to personal discussions with the participants, almost all participants considered the issues discussed to be very interesting and up-to-date, and the information received was useful and applicable. Despite different expectations regarding the topics covered in the seminar (some police officers expected operational advice to help curb the activities of drug traffickers), it became obvious during the seminar that the participants became aware about the importance of drug abuse prevention and the need for harm reduction measures. The police officers knew that such policies and programmes exist in free society, but had no idea that needle exchange programs and substitution treatment were also available in prisons. All the participants understand that drug addiction is an illness and that the addicts need special treatment and prevention programs. The participants stated that this was the first time that they participated in such trainings and that it would be very important to continue this initiative in order to train as many police officers as possible, especially in other regions of Moldova.

Evaluation by the trainers:

According to the trainers, the police officers were naturally more interested in policing and the “war on drugs” than the functioning of drug services for drug dependent patients. Faced with this situation, the trainers decided to adjust the programme after the first break and to include information on operational issues with suggestions on how to develop an integrated strategy which combines drug enforcement and demand or harm reduction. The experts assumed that there might be a gap between the awareness of (Western) judicial standards as well as rights and duties of the population and the active support of those rights through the police. According to the experts, the police officers made steps towards a better understanding of the goals of health institutes which provide harm reduction measures. However, the experts believed that these needs and the role of police officers in supporting drug services might have been understood on an intellectual, but not on a practical level. Further trainings and more intense experience exchanges such as study visits for Moldovan police may lead to a more sustainable and diversified development of the aid system for drug users.

2. Romania

2.1 Background

After 1989, Romania was confronted with the problem of illegal drugs entering the country. Initially a transit hub for illegal drugs, the country quickly became a consumer country. Existing criminal networks re-oriented their business towards the selling of illegal drugs. In this respect the country was ready for the new drug trade, but this cannot be said concerning the increasing number of drug users. Drug services also weren't ready to deal with the increasing numbers of drug users seeking treatment. The medical system was lacking the sufficient resources, properly trained personnel and functional working mechanisms.

According to the data provided by the National Administration of Penitentiaries (NAP), drug use and drug trafficking in prisons is a problem that is becoming increasingly serious in Romanian prisons. Since 2006, Romania has experienced an increase of drug use in prisons

and an increase in HIV/AIDS and Hepatitis C incidence. The number of detainees who self-reported their drug use doubled from 2001 to 2010 (from 1,065 to 2,043 registered drug users). Drug use is particularly high in the prison of Bucharest and other urban areas of Romania.

Among those who self-report their drug use, heroin is the first drug of choice, followed by cannabis and cocaine. Also worrisome is the almost 5-fold increase of reported poly-drug use between 2009 (2.5%) and 2010 (12.2%). The use of prescription drugs and drug combinations of tranquilisers, sedatives, anti-depressants and other drugs is increasing. A study conducted by the National Administration of Penitentiaries in 2010 states that it is quite easy for inmates to acquire different psychoactive substances in the prison setting, often by buying the drugs from relatives outside penitentiaries.

With widespread poly-drug use, drug treatment approaches focusing mainly on treating the addiction to one type of drug (such as opiate substitution treatment) may be insufficient, or even risky, if the prescribed substitute drug interacts negatively with an illicitly used drug. Thus, a suitable mix of different treatment services including sophisticated psycho-social support services are needed in order to effectively address the problem of poly-drug use in prisons.

The Romanian government acknowledges the importance of tackling the drug problem in prisons, and is developing a number of different programmes in order to reduce the spread of HIV, Hepatitis B and C among IDU and also to further improve drug treatment and rehabilitation services for those in need. The treatment and harm reduction programmes include psychological-social care, medical tests such as voluntary HIV and Hepatitis tests, individual counselling, therapeutic communities (drug free communities in three prisons), and since 2008, methadone substitution treatment in two prison hospitals and syringe/needle exchange points in seven prisons.

In 2011, the Romanian National Anti-Drug Agency (NAA) and the National Penitentiary Administration (NPA) requested support from the Pompidou Group in the field of training for therapists working with the social reinsertion of former heroin users after prison release. Moreover, it was agreed that it was necessary to raise awareness among inmates, relatives of inmates and prison staff about the health risks of drug use and drug trafficking in prisons. The integrated approach of the Pompidou Group aims at reducing drug demand through targeted prevention and treatment services for drug dependent inmates while promoting suitable drug supply reduction measures. Thus, the objective of the project "Preventing Drug Trafficking and Abuse in Prisons in Romania" is two-fold. Firstly, it aims at facilitating the access to drug treatment services and psycho-social support in prisons, and secondly, it aims at reinforcing a mind-set among inmates, relatives, friends of inmates as well as prison staff which may help prevent drug trafficking in prisons.

The PG project in Romania also builds on the results of the project "Creation of three therapeutic communities in penitentiaries in Jilava, Rahova and Târgsor" (2009-2012) which was implemented by the National Administration of Penitentiaries, the Probation Directorate of the Ministry of Justice, National Anti-Drug Agency in collaboration with the Phoenix Haga

Foundation and the Ministry of Justice of Norway. Therapists working in the three Romanian therapeutic communities are also beneficiaries of the PG project.

2.2 Counselling and Art Therapy

On 27-28 June 2012 the project “Prevention Drug Trafficking and Abuse in Prisons in Romania” was officially launched in Bucharest together with the Romanian Anti-Drug Agency and the Romanian National Penitentiary Administration. From 25 to 27 September 2012 an initial workshop on was held in Poiana Brasov targeting psychologists and social workers working on the rehabilitation of drug dependent or recovering detainees. A Romanian psycho-analyst specialised in addiction treatment and a German professor in art therapy illustrated theoretical approaches through practical assignments. The participants discovered that the artistic process was a powerful method for communicating suppressed emotions and expressing drug-related problems.



Pictures 4: Workshop for therapists and painted prison walls

Results

Evaluation by the participants:

The participants evaluated the workshop at the end of each day and appreciated “the practical assignments in combination with theoretical presentations”. They liked the “playful approach towards art making and the possibility to communicate through arts in the group”. The organisation and moderation of the workshop was also appreciated. Concrete

conclusions on how to implement art therapy in prison settings were elaborated. The participants were inspired and curious about the follow-up of the participatory drug prevention activity.

2.3 Participatory drug prevention campaign in prisons

A result of the workshop was the development of a project methodology for the setting-up of a poster contest about drug prevention. Based on this methodology, drug prevention activities were implemented in Romanian prisons throughout 2012 and 2013. The outcomes of the project were presented at an international conference in Bucharest from 26 to 27 February 2013. It was agreed to implement the drug prevention activity according to a timeline, while taking into account different roles and responsibilities of the therapists as well as the management of the National Anti-Drug Agency (NAA).

The Project implementation followed the agreed plan and drawing materials were procured and distributed to the designated implementation sites (primarily the three Therapeutic Communities from three Romanian Penitentiaries but also the service-providing units of the Romanian Anti-Drug Agency). The agreed working methodology during the Art Therapy workshop was followed and over 70 draft posters were produced.

Figure 4:

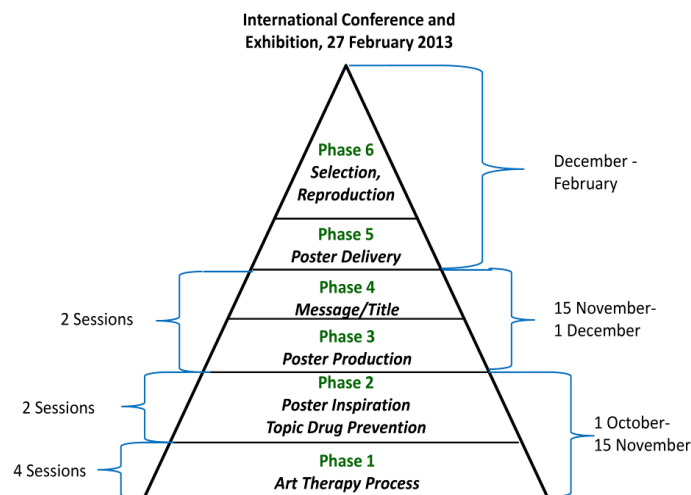


Figure 4: The figures below illustrate the project methodology. The pyramid shows different counselling sessions through which the therapists will lead their patients as well as the follow-up activities of the project in Romania.

The winning posters were selected based on a jointly agreed methodology by an international selection jury. The quality of a great number of posters made this process very difficult but it was successfully carried out. However, the decision was taken to develop and print a booklet that will include all of the posters. The booklet was printed and distributed, as a first step, at the awards ceremony that was organised in one of the penitentiaries that was involved in the project. In the future the booklet will be distributed at the national and international level and the same applies for the developed posters that will first be distributed in the penitentiary system.



Picture 5: Cover of the brochure containing the winning posters

All inmates who had produced drug prevention posters in the framework of project "Preventing Drug Trafficking and Abuse in Romanian Prisons" received a certificate and a prize. The 10 winners who were selected received special prizes as well as a glossy brochure containing coloured pictures of all art works created during the projects. The theatre in the Targisor women prison was crowded on April 30 during the award ceremony for the winners and participants of the drug prevention poster contest. Some of the prisoners had to be driven by bus from another prison located at more than 150 km. 75 female and male inmates attended the event which had been organised by the Pompidou Group and the Romanian Anti-Drug Agency in collaboration with the National Prison Administration. During the award ceremony the winners were very happy to receive a prize. One of them stated in front of the group that the activity was highly beneficial and rewarding from them and that they would be glad to have other similar opportunities.



Pictures 6: Award ceremony in Targisor women prison

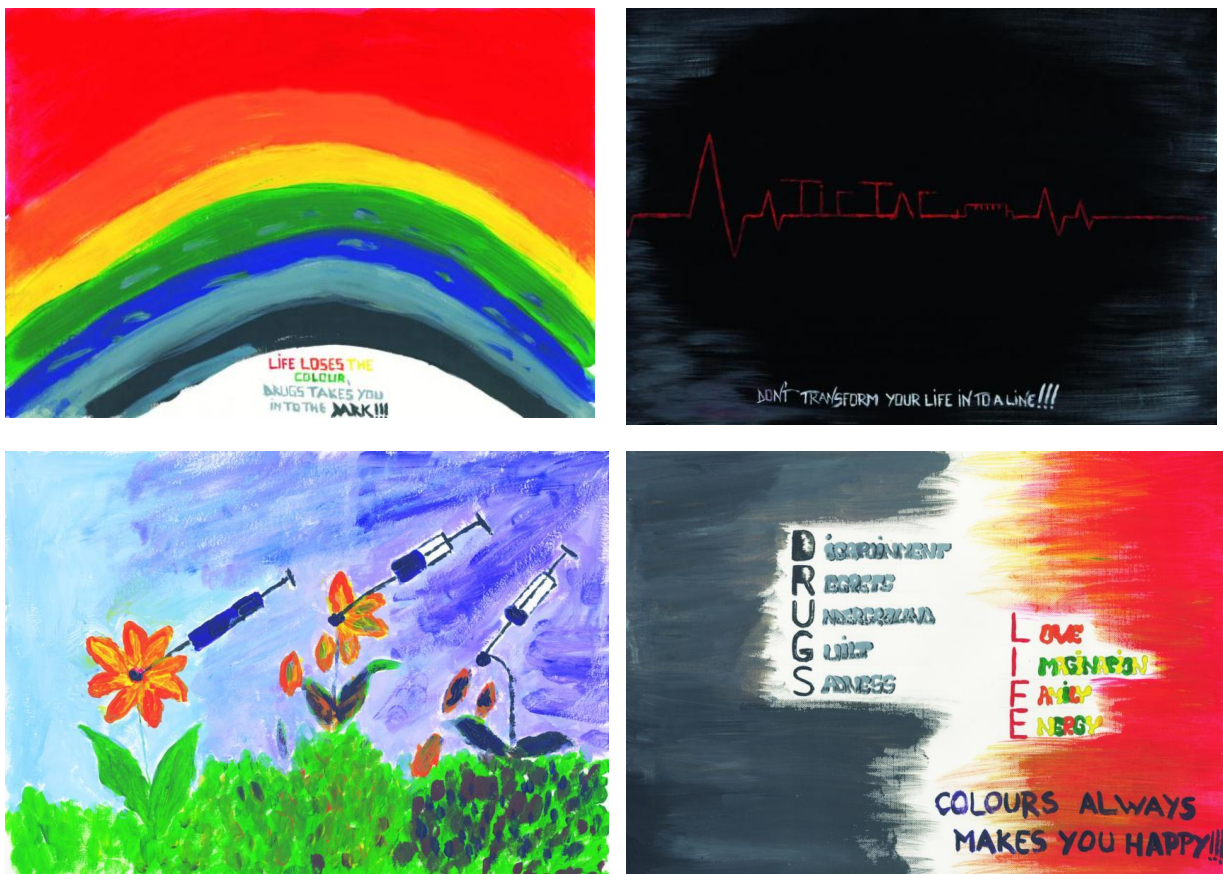
Results

The activity was highly appreciated by the prisoners who spent a lot of time creating the posters and discussing their experience and perspective. As ex drug-users now living a drug free life, they felt that they were in the best position to transmit messages linked to drug related problems. They said that the art process greatly helped them to express their experiences and to think about themselves and their future.

According to the experts and therapist implementing the activity, the activity helped the inmates in their goal to change their lives. In some cases, the images on the posters reflected the therapeutic effects more than stating a drug prevention message.

The penitentiary staff declared that the project provided them with a new tool for better interacting with their beneficiaries. Thanks to this activity, their relationship with the inmates greatly improved. They stated that the activity contributed a lot to the general objectives of the Therapeutic Community and hope that similar interventions addressing prisoners will be implemented again.

Over 70 draft posters were produced and the quality of the drawings led to the decision to print and distribute a booklet containing all the drawings. The booklet was already distributed during the award ceremony and it will later be distributed at the national and international level.



Pictures 7: Winning posters

2.4 International Conference on Mental health and Addiction in Prisons

More than 100 participants from 15 different countries attended the conference which took place in Bucharest from 27-28 February 2013. Experts, decision-makers and frontline workers expressed the pressing need for immediate and far-reaching actions to ensure effective drug treatment in prisons. One of the highlights of the conference was the declaration by Archil Talakvadze, the Deputy Minister on Corrections and Legal Assistance of Georgia, who called for drug policy changes in his country. In his opinion, Georgia's zero-tolerance approach towards the possession of small quantities of illicit drugs for personal use should be reconsidered, drug treatment improved and the number of persons imprisoned reduced. During the conference, well-known doctors and psychologists stressed the need to tackle substance abuse and HIV infections in European prisons. The Moldovan model showed that needle and syringe exchange programmes as well as opiate substitution treatment are key ways to help curb addiction and HIV infections in Eastern European's lower income countries. A spectacular side-event of the conference was a pantomime play performed by inmates depicting their struggle with drug addiction. After the play the inmates displayed drug preventions posters that they had produced in the framework of the Pompidou Group project "Drugs in Prison". Accompanied by mass-media the participants visited the Therapeutic Community in Jilava prison in Bucharest on the second day of the conference. The number of participants and mass media was so significant that 4 buses were needed. The prison staff was confronted with one of the biggest group of visitors that they ever had. The high number of journalist coming to the conference and the prison visit was a result of the interest and awareness created by the Conference.



Pictures 8: International Conference, pantomime play and prison visit

Results

The conference provided an overview of different national prison situations and created discussions on challenges and problems which could be tackled through the exchange of experiences and best practices. Apart from creating a discussion between experts and representatives of prison administrations from different countries the conference aimed at raising awareness about the problem of drug additions and the need to develop effective and evidence-based treatment services for drug dependent prisoners. This goal was reached through the high number of journalist coming to the conference and the prison visit. Over 30 articles and TV news items were published and broadcasted in local and international news media. A picture of the visit even crossed the Atlantic and was published in the Los Angeles Times. After the Conference, a high number of Facebook postings by the participants of the conference reflected the pride and wish to share the success of the project.

In addition to reaching the goal of exchanging experiences and raising awareness, the following specific results were achieved:

- An official request was issued by the Moldovan Department of Penitentiary Institutions for closer collaboration with the Romanian Anti-Drug Agency. Moldova wants to follow the Romanian example and create Therapeutic communities in their prison.
- Georgia declared its readiness to closely collaborate with Eastern and Western European partners.
- International experts exchanged the latest research and formed a working group in order to summarise the results of the confernece. Their contributions were published by the Pompidou Group in a publication titled “Mental Health and Addition in Prisons”.
- National and international press reported about the importance of drug treatment in prisons, thus raising awareness about health in prisons among the general public and decision-makers.

3. Serbia

3.1 Background

According to official records of the Serbian Ministry of Justice’s Prison Administration, around 1/3 of the whole prison population are drug users. The Prison Administration estimates that 60% of these prisoners had used heroin before detention. 40% were injecting drug users.

Figure 5

year	Number of inmates entering prison	Number of drug users	%
2012	8132	2472	30.39
2011	7925	2811	35.47
2010	7660	2528	33.00
2009	9023	3286	36.42

Figure 5 shows the number and percentage of inmates entering Serbian prisons from 2009 to 2012

According to the CPT in 2007, it is recommended “that the Serbian authorities develop a comprehensive strategy for the provision of assistance to prisoners with drug-related problems.” In light of these remarks, the Serbian government made steps towards improving drug services in prisons. Since 2009 voluntary and confidential counselling sessions on risk behaviours have been available and prisoners have been using these services. Methadone substitution therapy in penal institutions is available to those who were on methadone treatment before admission to any correctional institutions. In addition, drug-free units were opened at Nis and at the Special Prison Hospital in Belgrade. According to local experts, psychosocial support for drug users as well as aftercare programmes are lacking in Serbian prisons. Presently, most psychological treatment services are practiced nearly exclusively in the Central Special Prison Hospital in Belgrade due to a lack of training and an insufficient number of therapists. The new strategy of the Serbian Prison Administration for the period 2013-2020 is currently being developed and aims at improving the treatment of drug users in prisons. Harm reduction interventions such as needle exchange programmes and more psychosocial support are part of the strategy.

3.2 Treatment Services and Risk Assessment of Drug Users in Prisons

Based on the request by the Serbian Prison Administration the Pompidou Group developed a two day training programme for 50 prison doctors and educators working in prisons together with the Criminal Law Co-operation Unit of the Directorate General of Human Rights and Rule of Law of the Council of Europe. The workshop took place in Belgrade, Serbia, on 17 and 18 December 2012. The audience on the first day of the training, which was a workshop for prison doctors, included: 24 participants coming from 8 institutions in Serbia (Special prison hospital Belgrade; County prison Novi Sad; Women’s prison Pozarevac; Zabela prison Pozarevac; Juvenile correctional facility Krusevac; Prison from Valjevo; Prison from Nis; and Centre for Training of Prison Staff in Nis). 11 of the attendants were physicians; the remaining individuals were psychologists and other health care workers and trainers. In addition the medical head of the penitentiary system was present throughout the day.

The second day comprised a workshop for educators working in prison, and was attended by 23 participants from 21 institutions (Centre for Training of Prison Staff Nis, Special Prison Hospital Belgrade, Juvenile Correctional Facility Krusevac, prisons from Belgrade, Prokuplje, Sabac, Sombor, Pancevo, Kraljevo, Sremska Mitrovica, Krusevac, Novi Sad, Novi Pazar, Pozarevac, Padinsky Skela, Subotica, Uzice, Pozarevac, Cacak, Valjevo, Nis), who were mainly educators, psychologists and social workers.

Results

Evaluation by the participants:

According to an evaluation questionnaire given to the participants at the end of each day of the workshop, the participants appreciated the content and methodology of the training as well as the overall organisation. In particular, they liked the fact that medical staff and

treatment staff were combined in one group, which facilitated the discussion of the most important topics. Most participants would have appreciated more time for the discussions. When asked what they would like to change in the future in the Serbian prison system, many participants stated that they deemed it necessary to create adequate training programs for services which are not solely focused on medical treatment.

Evaluation by the trainers:

According to the trainers, the active participation and animated discussions of the participants, as well as their remarkable concentration until the end of both workshop days indicated that the workshop kept the interest and met the expectations of the participants. The contributions of the participants regarding the most precarious problems in the care of drug dependent offenders in Serbian prisons as seen by the health care professionals are:

- Due to the steadily rising number of prisoners in Serbia, the resulting overcrowding and lack of space in combination with a reduction of treatment personnel has caused several services for drug users to be eliminated or suspended.
- The desire was strongly expressed for targeted training and professional supervision. Currently, a large part of training is self-education, often paid out of pocket, learning by doing and improvisation. Consensus on treatment programs and approval by the authorities must be achieved before targeted training can be started.
- There was common agreement on the need for harm reduction measures for drug dependent offenders to prevent the spread of communicable diseases due to risky behaviour, such as free and anonymous availability of condoms in prison, opiate substitution programs and needle/syringe exchange programs.
- With regards to aftercare for drug dependent offenders after their release from prison, it was stated that there is a lack of communication, cooperation and support by the relevant ministries and thus no infrastructure addressing this issue. Currently, efforts for aftercare of released drug users and patients with mental diseases largely relies on the personal engagement of therapists to establish individual communication and cooperation with community services such as NGOs or local hospital treatment services.

4. Ukraine

4.1 Background

The percentage of drug dependent inmates in Ukrainian prisons is estimated to be very high. Strict drug laws and sentences of three or more years of detention for the possession of small amounts of illegal drugs contribute to the high number of drug offenders in the prison system. According to the official 2012 statistics from the State Penitentiary Service of Ukraine, about 18% of the prison population in Ukraine was composed of people convicted for drug crimes (21,300 out of 118,909). More than 55% of all drug crimes were crimes of possession for personal use. The cumulative effect of overcrowding, poor regime activities

and inadequate access to sanitary facilities and medical services creates safety and security problems both for staff and inmates in custodial settings in Ukraine. There are a significant number of claims that have been submitted to the European Court of Human Rights (ECHR) from Ukrainian citizens related to the violation of the ECHR Article 3 on prohibition of torture, and "inhuman or degrading treatment or punishment" in prisons. The case of Melnik vs. Ukraine describes the complexity of the problems in the Ukrainian prison system with regards to drugs, high levels of tuberculosis, overcrowding, inadequate access to and availability of medical services, lack of staff training and regime programmes.

According to representatives of the State Penitentiary Service, the most pressing challenges in the Ukrainian penitentiary system are: social education of detainees, development of individual rehabilitation programmes and treatment of drug dependence in prison. 18% of all convicts in Ukraine are sentenced for drug-related crimes, a number that has been steadily growing. There are penal institutions with up to 60% of inmates convicted for drug-related offenses or being drug users.

According to Pompidou Group experts, the Ukrainian approach to the care and treatment of inmates with drug related problems showed a number of inconsistencies. Despite the HIV epidemic, mostly fuelled by intravenous drug use, which swept through Ukraine's prison system in the past decade, harm reduction programmes such as syringe exchange and opiate substitution treatment have not yet been introduced in prisons. Also, drug dependence treatment is very limited in prisons and in pre-trial detention. According to the UN Special Rapporteur on Torture, "[t]here is no doubt that the withdrawal syndrome can cause severe pain and suffering if medical assistance is not provided accordingly, and that the condition of withdrawal in prisoners creates a strong potential for mistreatment".

In 2012, the collaboration between the Pompidou Group, UNODC and the Ukrainian Drug Control Service supported the development of the National Drug Strategy of Ukraine (2012-2020). The new strategy reflects on the recommendations by the UNODC and the Pompidou Group on advancing a comprehensive approach to the worsening problem of drug use and HIV in Ukraine with respect to human-rights. The new Strategy was launched on 21-23 April 2012 in Kyiv at the "High-Level Conference on Comprehensive and Integrated Approach to Prevention & Treatment of Drug Dependence", which has been organised by the State Drug Control Service of Ukraine, in partnership with the United Nations Office on Drugs and Crime (UNODC), the Pompidou Group and other governmental and international agencies.

Another step towards a more humane approach in tackling drug problems in Ukrainian prisons was the adoption, on 14 March 2012, of the United Nations Economic and Social Council (ECOSOC) Resolution "Promoting programmes aimed at the treatment, rehabilitation and reintegration of drug-dependent persons released from prison settings" by the Ukrainian government. Also, in order to meet these international obligations, the State Drug Control Service of Ukraine approached the Pompidou Group and requested support in developing a programme on the rehabilitation of "former drug using detainees".

Together with the Ukrainian Drug State Service and the Ukrainian State Penitentiary Service, the Pompidou Group developed the project "Treatment and Rehabilitation of Drug Using

Inmates in Ukraine”. The main objective of the project is improving prison health in the area of psycho-social support of drug using inmates. The project will further develop strategies of social re-integration of former drug-using inmates in order to reduce recidivism and relapses. The promotion of through-care will sustain rehabilitation efforts and guarantee continued care for people entering and leaving the prison.

4.2 Drug Use and Rehabilitation in Prisons

More than 40 prison directors, medical doctors and psychologists attended the workshop “Drug Use and Rehabilitation in Prisons” which was successfully held from 19 to 21 September 2012 in Odessa, Ukraine. The activity was co-organised as an event of the Council of Europe project “Support for Prison Reform in Ukraine” and the Pompidou Group. The topic “Drug Use and Rehabilitation” was proposed by the National State Penitentiary Service of Ukraine (SPS) and the Ukrainian Drug Control Service.



Pictures 9: Workshop in Odessa

The workshop provided an interactive platform for all participants to exchange their views on the improvement of treatment and rehabilitation services for former drug-using detainees. Two international experts presented good practices in the field of drug treatment and developed strategies for the effective implementation of rehabilitation services together with the participants. Following the workshop, the experts and organisers visited the regional SPS Headquarter and prison #1 in Odessa. The results of the workshop and meetings will be used to further strengthen the collaboration with the aim of supporting the Ukrainian prison reform in line with European standards.

Results

During the workshop, the participants freely expressed their needs and opinion and felt that:

- Certain legal changes are required in qualifying drug addiction as a disease rather than as an offense;
- The professional independence of health care workers in the penitentiary system needs to be strengthened;
- The level of training for health care workers as well as for non-medical staff regarding drug related problems and care for drug dependent prisoners needs to be improved;
- Intensified training and possible new ways of recruitment of health care staff are required in order to adequately staff health care teams in prisons.

According to the experts attending the workshop, there are a number of fields which need special attention and improvement:

- The addiction to and use of psychoactive drugs (“narcomania”) is generally regarded as the sole field of responsibility of “narcologists”, physicians trained to apply the compulsory detoxification treatment ordered by the Court for offenders addicted to alcohol or drugs. More groups of professionals working in prisons should be involved and should provide treatment based on individual needs.
- There are 59 “narcological cabinets” allocated to prisons and prison hospitals in Ukraine and each prison disposes of the service of a narcologist. Currently, treatment of the acute withdrawal syndrome of opiate addicts in Ukrainian detention centres is performed without the support of opioid medication, a treatment concept that does not comply with western standards.
- Given the high number of addicted prisoners, addiction and its mental and physical consequences should be better taken into account by the entire medical staff and not only by the narcologist. Likewise, the non-medical staffs need proper training on addiction and psychoactive drugs.
- Compulsory treatment and strictly abstinence-oriented treatment concepts of addiction are in many European countries replaced in favour of treatment concepts focusing on motivated cooperation with the addicted patient and on the harm reduction of addicted behaviour. These modern treatment concepts are increasingly implemented in the care of drug addicts in the Ukrainian communities and should be given more consideration by the National State Penitentiary Service of Ukraine (SPS) in order to follow the principle of equivalence of care as laid down in the Council of Europe recommendations and CPT standards.
- Harm reduction strategies in drug users play an important preventive role against the spread of HIV, hepatitis and TB epidemics, but, in order to gain public acceptance, they need to be thoroughly understood.
- In pre-trial detention centres, mental health care is a big and unresolved issue. The massive overcrowding and scarcity of space, unpredictability of the duration and outcome of the Court procedures as well as a shortage of medical staff, especially of

psychiatrists, pose big challenges to inmates and the prison staff. Acute exacerbations of mental problems are often treated with isolation of the patient. Transfers to a psychiatric hospital outside the pre-trial detention facilities are not possible without the permission of the court, a procedure that can take up to several months. In order to improve this situation, an envisaged amendment of the law would allow pre-trial detainees suffering from acute mental illness to be treated in psychiatric facilities of the police.

- Mental health of prisoners is regarded as the sole responsibility of psychiatrists and psychologists. The SPS does not yet seem to be familiar with the concept of health promotion, i.e. the responsibility of all individuals within the prison community to contribute to health and mental health in prison.



Pictures 10: Health care worker in prison

As a follow up to the workshop, the experts recommended the following steps:

- The implementation of a pilot project in one prison focusing on new ways of prison management as well as on intensified engagement for health care in prison and aftercare of prisoners with special regard to drug related problems.
- The SPS could be supported by international experts in developing a manual or guidelines for health care professionals working in prisons in order to define their professional role and to strengthen their professional independence. The gained experience from a pilot project as mentioned above could make a major contribution to such a document

- Training of Trainers (ToT), in health care in prison, both for health care professionals as well as for non-medical prison staff should be supported. However, the selection of trainers must be done in a professional way in terms both of commitment as well as training skills.
- A study visit of Ukrainian prison managers and health care professionals to the Netherlands in November 2012 should be used to continue the discussion on ways of preparation of prisoners for release with special regard to drug dependent prisoners.

4.3 Training of psychologists in female juvenile prison

Since November 2012, the Pompidou Group has supported the training of psychologists working at the Melitopol correctional institutions for female juvenile delinquents in Ukraine. Most of the inmates grew up in orphanages or come from families with serious social and health problems. The girls started smoking, drinking and using psychoactive substances very early, namely during adolescence or even before. Domestic violence has had a detrimental impact on the lives of these girls. Programmes, approaches and methods aiming at preventing drug and alcohol abuse as well as psychological, social and physical harm – including improvement of sexual health and the prevention of HIV/AIDS - will help these teenagers in the re-socialisation process and will support their reintegration into the society after their release from the institution. The goal of the project is to prevent recidivism and to help girls to return to a law-abiding lifestyle. The training-of-trainers (ToT) project was organised by the Foundation Friends of Prylucky, a non-profit organisation consisting of specialists working for the Dutch Justice Ministry as well as experts working for NGO's specialised on juveniles. The experts work voluntary in this project. The project has been partly financed by the Dutch Embassy of the Kingdom of the Netherlands in Ukraine supported by a Ukrainian expert of the Pompidou Group.

Four workshops have been organized so far:

Workshop I: 9-10 November 2012
 Workshop II: 13-16 February 2013
 Workshop III: 30-31 March 2013
 Workshop IV: 30-31 May 2013

Results

Evaluation by the participants:

According to the psychologist participating in the workshop, the interactive training sessions helped them to improve their relationship with the young female delinquents. Building up trust between psychologists and the therapist is crucial when dealing with psychological problems related to child abuse, drug use and domestic violence.

Evaluation by the trainers:

According to the trainers, it will be necessary to intensify the trainings with a follow up project focusing on guidance and support for girls who have used alcohol and/or drugs before their detention in Melitopol as well as on the prevention of drug and alcohol (mis)use after release from Melitopol. The prevention of HIV/AIDS and other communicable diseases such as hepatitis B and C and tuberculosis is another area which needs further development.

V. Conclusions

According to desk reviews, participants' evaluations and expert opinions, the project has been highly relevant to the beneficiaries of this project. The Moldovan, Romanian, Serbian and Ukrainian counterparts appreciated that project activities were implemented in a flexible manner, which were adapted to local needs and changes in the policy environment. The project objectives were well-matched with the Council of Europe's broader objectives in improving human rights and public health. The training seminars, workshops and conferences and round tables were well reflected by mass media and clearly and regularly communicated to relevant stakeholders. The Pompidou Group is confident that the project made a difference in the prison health care environment in the project countries. Governmental and non-governmental partners showed much interest in the project activities and the subjects dealt with during the seminars.

However, Eastern and South-eastern Europe is faced with an enormous task in developing drug treatment systems that can effectively and sustainably tackle drug addiction in prisons. Preventing the transmission of HIV has been identified as a primary concern by most prison administrations and other organisations working with drug dependent prisoners.

VI. Recommendations

Challenges and recommendations for the different countries involved in the project are summarised at the end of each chapter. The following recommendations may apply for some countries more than for others. According to the experts participating in different project activities steps should be taken by the governments in order to ensure that:

- Multifaceted treatment options in prisons are developed including drug free approaches and pharmacologically assisted treatment in which more groups of professionals working in prisons should be involved and treatment should be provided based on individual needs;
- Addiction and its mental and physical consequences are taken into account by the entire medical staff in prisons; likewise, that the non-medical staff receives proper training on addiction and psychoactive substances;
- Harm reduction services such as needle and syringe exchange programmes which play an important preventive role against the spread of the HIV, hepatitis and TB epidemics gain public acceptance and are extended;

- Opiate substitution treatment and harm reduction services are financed by the governments in order to ensure the sustainability of these evidence-based practices;
- Drug strategies and other drug policies adopt an approach focused on human rights and public health;
- Answers are found to the problem of high staff turnover in prison settings in order to guarantee the continued quality of services provided to inmates;
- Any compulsory treatment and strictly abstinence-oriented treatment concepts of addiction are replaced in favour of treatment concepts focusing on motivated cooperation with the addicted patient and on harm reduction of addicted behaviour.

VII. The way ahead

With the financial support of the « Fonds de lutte contre certaines formes de criminalité » from Luxembourg, the Pompidou Group implemented two projects which effectively tackled health issues and inequalities in prison settings. The project “Treatment and Harm Reduction in Prisons” in Moldova (2010-2011) provided training and improved working relations between doctors and security guards in prisons. The project “Preventing Drug Trafficking and Abuse in Prisons” (2012-2013) raised awareness about drug users in prisons and improved the skills of therapists who provide counselling and drug prevention in prisons. In April 2013, Luxembourg agreed to continue the collaboration and contributed 250.000 Euros to the follow-up project “Supporting Drug Treatment Services in Prisons” (2013-2014). This project aims at developing strategies of drug treatment and social re-insertion of drug-using detainees in order to reduce relapse and recidivism. The promotion of through-care shall sustain drug treatment efforts and guarantee continued care for people entering and leaving the prison. The project comprises a strong element of cooperation between Moldova and Romania, and aims at extending best practices to Ukraine and the Balkan region.