

European Drug Prevention Prize 2014 Application Form

Pompidou Group Secretariat "Prevention Prize"
E-mail: Pompidou.PreventionPrize@coe.int

INSTRUCTIONS

Please complete this application in full and return it as text attachment to the above **e-mail** address.

The applications must reach the Secretariat NO LATER THAN **30 March 2014**.

Applications submitted by post or fax cannot be considered.

The application must be in English or French, the official working languages of the Pompidou Group.

Only fill in this form if the project is currently running or has recently finished.

The Pompidou Group's European Drug Prevention Prize is not a grant. It is an award for work done.

For further information, please e-mail: Pompidou.PreventionPrize@coe.int

A. PROJECT DETAILS

| | | |
|---|---|-----------------------------|
| A.1. Name/Title of the Project: | CHECKIN – Free mind to fly | |
| A.2. If the Project is part of an organisation, please give the organisation's name: | APDES – Agência Piaget para o Desenvolvimento | |
| A.3. Country or countries of activities: | Portugal | |
| A.4. Number of young people (aged under 25) participating in the project: | 17 | |
| A.5. Number of adults (aged 25 or over) participating in the project: | 31 | |
| A.6. Project start date | 13 th March of 2006 | |
| A.7. Is your project on-going? (tick one box) | <input checked="" type="checkbox"/> Yes | <input type="checkbox"/> No |
| A.8. Project end date (if any)? | | |

B. CONTACT DETAILS OF THE PROJECT

| | | | |
|--|---|------------------------|---------------------|
| B.1. Full Name of applicant: | CHECK!N | | |
| B.2. Address: | Alameda Jean Piaget nº 100, Apartado 1523, Arcozelo – Vila Nova de Gaia | | |
| Postal Code: | 4411-801 | B.3. Telephone: | + 351 227 531 106/7 |
| City: | Porto | B.4. E-mail: | check-in@apdes.pt |
| Country: | PORTUGAL | | |
| B.5. If your project has a Website or a Webpage related to it, please provide the link. | | | |
| https://sites.google.com/site/checkinfreemind/ | | | |
| B.6. If your project uses social networking sites, please provide the link(s):. | | | |
| https://www.facebook.com/checkin.freemind | | | |
| B.7. Name and surname of another contact person (<i>this should be a person who also knows the Project and is able to speak about it in English or French</i>): | | | |
| Helena Valente | | | |
| B.8. Contact details if different to the above: | | | |
| Telephone: | + | | |
| Mobile: | + | | |
| E-mail: | helena.valente@apdes.pt | | |

C. PROJECT DESCRIPTION

Keep strictly to the word limits in this section of the application form. You have the opportunity to provide more details in a later part of the application form (see C.10.).

C.1. Is the Project solely concerned with drug prevention, or does it have broader aims/goals and objectives/intended outcome. (*Tick one box*)

☒ Solely concerned with drug prevention

☐ Some aims other than drug prevention

C.2. Please summarise the goals and objectives or intended outcomes of the Project as they relate to drug prevention. (*Maximum 100 words / 575 characters*)

CHECK!N works with teenagers and young adults through specific interventions in parties, schools and other youth organizations, using peer education and outreach strategies as ways to promote changes in the knowledge, attitudes and behaviours of young people towards drug use.

CHECK!N has 4 main objectives:

- Increase information about drugs
- Reduce the risks associated with drug use and other risky behaviours related with party scenes (Violence, drink and driving)
- Promote the referral of users to health and social responses
- Promote community empowerment by involving nightlife professionals, peers, social workers, students, parents and other stakeholders in cooperative actions.

C.3. Provide a summary of the Project. Focus especially on the drug prevention aspects and on the participation of young people. This question is in three parts. Please answer all three parts. (*Maximum 1,000 words / 5750 characters*)

- a) Please describe the organisation of the Project: its structures, history, reasons for existence. (*100 words*)
- b) Please describe the Project's activities: what does it do with the client group(s), and what techniques does it use in its work? (*500 words*)
- c) Please describe the Project's accomplishments: what has it achieved? (*400 words*)

CHECK!N is integrated in an NGO called APDES (www.apdes.pt) that works with vulnerable communities in domains such as access to healthcare, employment and education, seeking to empower these populations and the reinforcement of social cohesion. In 2005 a group of young people volunteering in another APDES project realized that the number of parties, clubs and summer festivals was rapidly increasing in Portugal and that young people engaged in many drug related risk behaviours in these events, mainly due to lack of information and services tailored to their specific needs. A needs assessment took place to understand exactly what services to provide to these young partygoers and in March 2006 the project officially began its activities.

The project develops several actions in different contexts:

- I. Peer education: CHECK!N is a peer based project where young people work for other young people. The project has developed a peer education program that consists of: an individual interview with the potential peer educator, followed by 20 hours of initial training. After the training the peers can go to the field to do some observation with the team before doing actual intervention. Every month there is a peer/volunteer meeting and extra training sessions are organized depending on the needs of the peer educators. Since 2006 we have trained and integrated 58 volunteers in 3 different cities (Lisbon, Porto and Viseu) and we have developed a "Peer Worker in Party Settings" Manual to support the training.
- II. Infostand in parties (clubs and big festivals) where the project peer educators provide counselling and information about drugs and sexuality as well as other services like: condoms, lubricants, alcohol tests, earplugs and other sterilized material. The infostand also has a resting area for partygoers and several members of the team are trained to support drug users with health related crisis situations. In big festivals CHECK!N also offers a Drug Checking service using a thin layer chromatography technique. The team also refers people to specialized services in the community. CHECK!N does about 150 field interventions per year. Since its beginning CHECK!N has contacted with over 76441 young partygoers, has given 55.053 flyers, 154302 condoms, 15000 sterilized snorting kits, 5000 alcohol tests, 1012 drug checking analyses.
- III. Online intervention: CHECK!N has a website, a facebook and a newsletter that is launched every 3 months. This type of intervention is particularly important for users who wish to maintain their privacy and anonymity, and therefore show strong resistance to the more conventional services or even to visiting the infostand. We also have an INFOLINE and anyone can access us by email and/or telephone. The online platforms create a permanent channel of communication with the target population; also the internet is a new space for socialization, so the constant observation of this territory allows the team to detect new trends at various levels.
- IV. Training: Since the beginning of the project, the importance of working with different stakeholders to maximize our results was clear. So within the project activities several training activities are developed not only with partygoers but also with high school and university students, health professionals, social workers, teachers, parents. Since 2010 special training sessions for club owners and staff were developed to promote a more holistic approach towards the promotion of health and safety in party settings. Since the beginning of the project CHECK!N has been in over 1000 awareness raising actions and trainings in the community, reaching more than 3434 people.
- V. Networking: CHECK!N has always invested on sharing and disseminating knowledge and good practices. Since its creation in 2006 it has been part of Democracy, Cities & Drugs a project co-funded by the European commission: Health and Consumers protection directorate C- Public Health and Risk

assessment (<http://www.democitydrug.org/>), it was also a Steering Committee member of the NEWIP-Nightlife empowerment and Well-being implementation project (<http://www.safernightlife.org/>) also funded by the European Union, in the framework of the Health Programme. APDES is also a member of the Correlation Network (<http://www.correlation-net.org/>), EUROHRN (<http://www.eurohrn.eu/>), ACCESS (<http://www.accessproject.eu/>) and is a network Partner of the International Drug Policy Consortium (<http://idpc.net/>).

VI. In terms of most relevant results:

CHECK!N has surveyed about 200 partygoers that have been in contact with the Project in order to understand users level of satisfaction with the Project and also their behavioral change related with the project's intervention. According to the survey most of CHECK!N users would recommend to their the project (Viseu 71%, Lisbon 93%) also most of the respondents rated all the Project's services as "very good" or "good" (Porto 88%, Viseu 75%, Lisbon 95%).

A large number of users also states that they've changed their behaviour after reaching the project (46% Viseu; 60% Lisbon). They refer to specif behaviours like : reducing the doses, preventing overdoses, not sharing consumption materials, search for more information on drugs. Because numbers are not everything we've done interviews and focus group with some of the project's clients, the results also corroborate the quantitative data, here are some examples of the information collected :

« To have the correct information, to know someone imparcial that you can count on ... not the police, or government people, someone that will not judge you. Even those who often think they already know everything need this info... there's new drugs showing up all the time..and the mixes... I think this project really rocks. » (Lisbon Focus Group, 2010)

« Since I work as a peer, i've changed but my friends have changed as well » (Lisbon Focus Group, 2011)

« You guys, little by little do some changes, with the use of the snorting kits for example, it's clear... a lot of people stopped sharing... » (Party Organizer, 2012)

C.4. Please summarise **how** adults (if any) participate in the Project, their roles and responsibilities.
(Maximum 500 words / 2875 characters)

All of the adults involved in the project at this moment have began their collaboration with CHECK!N as peers/volunteers under 25 years old, including the project's coordinator.

The tasks and responsibilities within the project are divided on the basis of personal profile and experience. Age is not an exclusion criteria for any activity or role.

At this moment, adults in the project are involved in coordination and management, training, supervision of field interventions, drug checking, research and production of informative and harm reduction materials and evaluation activities.

C.5. Please summarise *how* young people actively participate in the Project.
(Maximum 500 words / 2875 characters)

The participation of young people happens in all the stages of the project, beginning with needs assessment: the peer educators being young partygoers themselves work as key informants for the project, detecting new drug use trends among their peers. Like it was stated previously, young people are trained to work as peer educators for other young people and they actively participate in the training of new volunteers. They are engaged in all field intervention activities of the project and participate in the design of new materials and services. Youngsters also work as educators in their informal networks disseminating the project information. They are also involved in the online activities and many use their personal facebook pages to disseminate the projects actions. Peers work as field researchers and evaluators for the project helping with the monitorization and impact evaluation activities (intervention forms, surveys, interviews, focus group, field diary)

Every year CHECK!N organizes a focus group to evaluate the peer educators involvement in the project and understand their levels of satisfaction with their participation.

C.6. Are young people involved in:

| Item & Definition | Yes or No | If YES, describe how (compulsory) |
|---|---|---|
| <i>Strategy</i> <i>Young people are involved in helping to create plans and strategies</i> | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No | Young people work as key informants for the project, being responsible for most of the projects need assessment activities, therefore they are the ones who detect trends and suggest new areas of intervention. They are actively encouraged to give ideas and organize activities. Every member of the project, older or younger as the same right to express their views on the project |
| <i>Structures</i> <i>Young people are involved in decision-making processes</i> | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No | CHECK!N tries to base its decision making processes in a participatory democracy, where everyone can participate and vote and we try to achieve a consensus. |
| <i>Systems</i> <i>Systems are in place to ensure and enshrine young people's involvement</i> | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No | Every month we have a volunteers meeting where we discuss the project's pass interventions and also any future activities. In these meetings everyone is encouraged to talk. The same happens in the trainings throughout the year. In fact the trainings are planned based on the needs felt by the young people working in CHECK!N. The peer work evaluation form and the annual focus group are also designed to facilitate young people's involvement and participation |
| <i>Staffing</i> <i>Paid staff and adult volunteers (if any) work alongside young people and respect their contribution</i> | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No | At this moment there is only two people who are paid staff for the project and both began working with CHECK!N when they were less than 25. The adults and the youngsters work alongside in the project. The adults try to share their experience and help young people develop their skills. |
| <i>Development of skills and knowledge</i> <i>The contribution that young people's experience</i> | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No | Like stated before young people's contribution is fundamental for all project |

| | | |
|--|---|--|
| <i>can make to improve the service is acknowledged and utilised</i> | | activities since they work as key informants helping the project detect drug trends and other risk behaviours and detecting new areas where intervention needs to be done. Most of the project's activities are based on this input. |
| Management <i>Young people have a role in the management of the project and have the power to hold adult staff and volunteers to account</i> | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No | Most management and administrative work at this moment is done by the project's coordinator who is over 25. However, volunteers can access any administrative documentation they wish, and since decisions try to be democratic anyone can be hold accountable. |
| Delivery <i>Young people are involved in the delivery of services and activities</i> | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No | Young people are involved in all project implementation activities: field and online intervention, training, evaluation. |
| Assessment <i>Young people are involved in the monitoring and evaluation of project activities</i> | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No | Young people as peers of the project have to fill all the project intervention forms to monitor and evaluate our activities, they also work as evaluators in the field doing surveys and interviews to partygoers and their participation in the annual focus group is also very important. |
| 'Hard to Reach' <i>The Project involves so-called 'difficult-to-reach' young people</i> | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No | CHECK!N's target group are young drug users that usually don't access the more traditional health services. In Portugal most drug related services target heroin and cocaine users, and this young people that use new substances, mainly in party settings have a lack of specific services. CHECK!N using outreach methodologies tries to reach this population and does it mainly through our group of peers. |
| 'Service User Involvement' <i>The Project involves young people who are recipients of the service offered</i> | <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No | A vast majority of our volunteers met the project in a party or through the web. Most of our volunteers are partygoers and some are drug users, and being part of the project helped them to manage or stop their use. |

C.7. Does the Project address issues of social equality? If yes, how? (How does it aim to reach stigmatised groups, or ensure fair participation by groups traditionally excluded, such as young people with disabilities, minority ethnic groups, etc.) (Maximum 100 words / 575 characters)

CHECK!N works with young drug users, many in risk of social exclusion. We work in parties and schools but also with other youth institutions devoted to school dropouts and unemployed youth. In the schools we have also developed special sessions for girls to explore in a safe environment some drug related gender issues. We also have special activities for teachers, social workers and parents working at these institutions. CHECK!N also has a partnership with CDT- Drug use Dissuasion Committee. This partnership allows young drug offenders to do their community work hours with the project and actively participate in our activities.

C.8. Why do you believe that the Jury should select your Project as a recipient of the European Drug Prevention Prize? (*Maximum 100 words / 575 characters*)

CHECK!N has existed for 8 years and it is highly recognized by partygoers as a reliable source of information on drugs. The number of invitations from party organizers and youth institutions to work with us has grown throughout the years. Nowadays we work in partnership with some of largest Portuguese festivals (Boom Festival, Primavera Sound, etc). The number of young people that want to collaborate with CHECK!N is increasing. CHECK!N is a reference in terms of outreach intervention with young drug users in party settings and this prize would be recognition of the importance of our work with young people.

C.9. How would your Project use the Prize of 5.000 €? (*Maximum 150 words / 863 characters*)

CHECK!N has “lived” mostly of public funding and right now, due to the economic situation in Portugal, we have suffered a severe cut in the project’s budget. This prize would be used to continue with the project activities, namely improving and publishing our “Peer Worker in Party Settings” manual a very important tool to support our peer training sessions and also to build a more professional website. The website we have at the moment was created by one of our volunteers using the Google sites application, but it is very basic and not very attractive. The investment on our online platforms is main priority for us at the moment. We also need to improve our infostand in parties, make it more comfortable and attractive for young partygoers to visit. The prize money would be a critical input for the project at the moment.

C.10. List the items you are including to support your application (what you send must match this list) The additional material is more useful if there is an English or French summary of any textual material.

| | Item/content | Format | Language | Reason for inclusion |
|---|---------------------------------|--------|-----------------------------------|---|
| 1 | Video | | Portuguese with English subtitles | This video was fully created by 3 young peers that have been in the project for some time now and wanted to contribute to this application. It gives their perspective on what it implies to be a part of CHECK!N. The video was submitted by post. |
| 2 | Letter of Recommendation | | English | Maria Carvalho is a University Teacher and researcher working in the field of recreational drug use. In the course of her research she has had the opportunity of knowing the project’s work. This letter shows she highly values CHECK!N’s work |
| 3 | Project Presentation Powerpoint | | English | This Presentation will help the jury to better understand our work and to have a more visual idea of our services and activities. The presentation was submitted by post |

You can send them by post or e-mail but e-mail attachments must be less than five megabytes in size.

D.1. How did you hear about the European Drug Prevention Prize?

We have received information on the prize from two different sources. One was through the mailing list of former prize winner Energy Control and another was through the mailing list of SICAD – The Portuguese General Directorate for Intervention on Addictive Behaviours and Dependencies.