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## Overview

**The CONTROLES? ("Are You In Control")  
Program itinerant exhibition is a universal and  
community oriented program aimed at  
preventing drug use and its associated risks.  
Directed toward young people, parents and  
social agents**

## Quality level

Quality level : 1

## Executive summary

The "CONTROLES?" ("Are you in control?") Program is a drug abuse prevention program of a universal and community character aimed at adolescents aged 12 to 15 years of age, teenagers 16 and over, families, professionals and adults in general. The objective is to provide information on drugs and to work on protective factors to prevent consumption, promote responsible attitudes in youth by developing social skills and to stimulate reflection on the parenting style of mothers and fathers so as to prevent drug use in their children. The program consists of: AN INTERACTIVE ITINERANT exhibition structured around: - General information about 3 drugs (tobacco, alcohol and cannabis) placed on some prominent central pieces and there is an information panel that covers drugs in general and their effect on the brain and people's behaviour. - Specific information for each audience, located in separate areas, on panels highlighted with the same colour: Orange, for the group of adolescents from 12 to 15 years-old, Green, for teenagers 16 years of age and over, Blue, for parents and professionals. INTERACTIVE GAMES, the 10 iPads used are distributed among the group by the professional in charge of the activity. All screens contain all the exhibition material and it is accessed through an interface where the age and the resource can be chosen. This allows for reducing the size of large groups. The interactive activities give a lot of information while being both attractive and dynamic. FIXED TOUCHSCREEN, in the exhibition with the interactive game for parents and professionals. COMPLEMENTARY ACTIVITIES OF THE "CONTROLES" ("ARE YOU IN CONTROL?") PROGRAM: Guided visits, students can go on guided

visits by class group (GCSE, A-Levels training courses ...) Two professionals, experts in drug abuse, explain them and stimulate a process of reflection and dialogue. Each visit lasts an hour and a half per class group. Additional activities in the classroom for the adolescents and older teenagers so that those who visited the exhibition and took part in activities in small groups can finish completing the information and the supplying the reflections generated during the visit to the exhibition. Training activities for parents. Drug abuse prevention specialists provide information on the types of drugs and their effects as well as educational guidelines on improving family communication, establishing a clear position in front of the drug use and acquiring tools to help enhance the functions of the family, both in terms of support and of vigilance. Training activities for professionals. Through a training session designed for different groups, professionals in the fields of education, health, social services, leisure, law enforcement, etc. .... can visit the exhibition that invites critical and constructive reflection on the tools that can aid in the prevention of drug addiction within their respective spheres of work.

**SUPPORT MATERIALS FROM THE "CONTROLES?" ("ARE YOU IN CONTROL?") PROGRAM:** Diptychs, Posters, Information Guide for families. It offers educational guidelines for preventing drug use in children. Educational guides for teachers (educational guide Secondary School, educational guide for GCSE, educational guide for A-Level). It offers a set of activities that can be carried out in various educational spaces, mainly in the classroom, as a continuation of the guided visits of the "CONTROLES?" ("Are You In Control?") Exhibition. Each cycle has specific activities for which the content is prepared and structured for each age group. Website of the program [www.controles.diba.cat](http://www.controles.diba.cat)

|                          |   |
|--------------------------|---|
| Type of intervention     | prevention  |
| Sub-area                 | universal   |
| Setting                  | family,school,community (including i.e.user scene)  |
| Type of approach         | family/first childhood,training for professionals,community involvement (bottom up)                                 |
| Target group (universal) | children/young people   |
| Age group                | mainly 12-18 years-olds   |
| Target group (specific)  | children/young people   |
| Annual coverage          | 13539   |
| Substances addressed     | tobacco,cannabis,opiates,alcohol,ecstasy,cocaine and derivatives,amphetamines, methamphetamines, inhalants/solvents |
| Evaluation type          | process evaluation (how far are the operational objectives achieved)  |
| Country                  | Spain   |

Start date 04/2012

End date 06/2015

## Overall objective

Prevent drug use and delay the age of starting. It is essential to understand that prevention is cost-effective. Research shows that for every dollar spent on prevention, up to \$10 is saved in the treatment of alcohol abuse or other substances (Robertson et al., 2003). Other studies (e.g., Miller and Hendrie, 2009) have shown that there is an \$18 savings throughout the life of the student for every dollar invested in effective school programs.

## Abstract

Preventing risky behaviour and drug addiction is one of the strategic lines of the Diputació de Barcelona (Barcelona Provincial Council). The "CONTROLES?" ("Are You In Control?") Program is an educational instrument within the set of prevention resources provided to municipalities in the Barcelona area. This initiative is tailored to the current circumstances of consumption with an emphasis on adolescents, older teens and their families. The "CONTROLES?" ("Are You In Control?") Program part of competencies model based on the acquisition of skills and resources for individuals as much as groups and communities to successfully tackle situations related to the use/abuse of drugs. The "CONTROLES?" ("Are You In Control?") Program revolves around an itinerant exhibition that is offered over a period of between 1 and 5 weeks to those municipalities in the Barcelona area that have secondary schools (depending on the population of the municipality). The "CONTROLES?" ("Are You In Control?") Exhibition is intended to be used, not as an isolated activity, but part of an overall action that requires the involvement of schools, family and community social agents. Therefore, the actions are carried out around the exhibition: 1. Guided visits of the exhibition for the different groups. 2. Proposal of complementary activities to give continuity to The "CONTROLES?" ("Are You In Control?") Program 2.1. Classroom workshops to develop and go deeper into the contents of the exhibition. 2.2. Training session for teachers to develop concepts related to drug prevention throughout the course. 2.3. Working session for parents The program is also accompanied by educational materials: • Orientation Guide for Families • Activity Guide for teachers. GCSE • Activity Guide for teachers. A-Levels • Activity Guide for GCSE teachers • Website: [www.controles.diba.cat](http://www.controles.diba.cat) The "CONTROLES?" ("Are You In Control?") Program incorporates interaction and the new technologies to communicate about the risks of drugs and how to prevent their consumption. Many sources of international evidence have concluded that interactive methods are the most effective way to facilitate learning and the development of skills and competencies. The "CONTROLES?" ("Are You In Control?") Program uses ICT (Information and Communications Technology) to arrive at the personal and group involvement of the recipients through a proposal that handles the content with audio-visual elements with: • 10 iPads that the monitor distributes among the group. All screens contain all the exhibition material

and it is accessed through an interface where the age and the resource can be chosen. This allows for reducing the size large groups. • 1 Fixed touchscreen directed at parents in which questions and situations are raised to assess their parenting style. • Web page aimed at teenagers, families and professionals. It contains specific and general information about drugs (different for each group), links of interest, materials, the exhibition itinerary, a program news aggregator. Additionally, online queries can be made and are answered within a maximum 48 hours by the team of the entity that promotes the exhibition. • A QR code that makes for viewing the Web on mobile phones and devices. The innovative nature of the program, for its comprehensive approach and implementation, must be highlighted as it affects and works simultaneously on 3 fundamental levels upon putting forward any preventive action: the family, teenagers and social partners. The training of parents and professionals who have direct contact with younger people and teenagers situates them to becoming preventive agents and protection factors in terms of drug use.

## **Context and theory**

### **Initial situation**

The three basic substances dealt with in the "CONTROLES?" ("Are You In Control") Program are tobacco, alcohol and cannabis as they are the three substances most consumed among adolescents according to data from 2013-2014 ESTUDES (Spanish Survey on Drugs Use in Secondary School Students). Consistent with this survey, only tobacco and alcohol are covered in the 1st and 2nd year of secondary school as it has been shown that the age that the use of these substances starts is 13.6 and 13.9 years, respectively. For those 16 and over, information about cocaine and synthetic drugs is included as the study shows that the age to start the consumption of these substances is higher (15.5 and 15.8, respectively). Adolescence is also a key phase in the construction of a psychosocial identity and the development lifestyles. Getting into drugs cannot be isolated from the set of life experiences of adolescence in the process of exploring reality and discovering their own capabilities. Some people get into drugs out of curiosity. Others seek a way to try to enhance their lives and facilitate their social relationships through drugs. At other times it will be a way to reaffirm a sense of group belonging. At times and for some people, it will be the result of the inherent discomfort with being a teenager or the existential dissatisfaction of a person subject to uncertainty at the time of defining their own life project. The prevention program, "CONTROLES? ("Are You In Control?")", addresses the set of situations in which the drug use is encountered. At present, these situations occur especially in the group environment where teens are looking for fun and entertainment. Drugs may be attractive to some teenagers who start to demonstrate their autonomy, considering it to be normal behaviour among people of their age or by having developed positive expectations relative to consumption and for the importance and influence the group acquires at this age. From within "CONTROLES?" ("Are You In Control?"), the teenager is taught to manage these situations without getting into using drugs.

## **Basic assumptions/theory**

The "CONTROLES?" ("Are You In Control?") Program is based on a combination of theoretical models: Bandura's Social Learning and Social Cognitive Learning Theory, The Perkins and Berkowitz Social Norms Theory, the risk-reduction model and the Kumpf and Turner Social Ecology Model. It is also part of the competency model, which is based on the belief that children and adolescents are empowered to grow and develop and influence their environment, in the belief in their capacity for learning and skills development as a strategy to prevent drug problems. A strengthening of competencies provides appreciable probabilities of successfully facing the challenges and decisions that young people are confronted with. On the one hand, Bandura's Social Learning and Social Cognitive Theories are applied in the "CONTROLES?" ("Are You In Control?") Program through training in social and life skills. Those skills are acquired through modelling, guided practice or interactive methods that include assertiveness training, coping with peer pressure and decision making so as to address substance use at key moments during adolescence. Thus, every section for teenagers between 12 and 15 years works on decision making and the 5 basic determinants of human behaviour. On the other hand, The Perkins Berkowitz Social Norms Theory is applied in all areas where The "CONTROLES?" ("Are You In Control?") Program works (adolescents, older teens, families and professionals) in order to correct erroneous normative beliefs. This is done by helping people juxtapose their own consumption and attitudes with that of others and with reality. This theory is based on there being descriptive and inductive normative beliefs that influence people's behaviour. Some examples of false beliefs that are worked with in the program are: a lot of people smoke tobacco, to party one has to drink, if you don't toast with Champaign then you'll have bad luck, all young people consume at some time in their lives, cannabis is natural and medicinal, etc. The risk-reduction model is applied in the part oriented towards teenagers 16 years of age and over. This model is applied by providing information and knowledge about the risks associated with drug use, fomenting the skills to wean oneself of drugs, reducing the exposure to risk, changing consumption tendencies or promoting safe driving, among others. With families, the Kumpf and Turner Social Ecological Model is applied. It postulates that establishing positive emotional links with the family and the school favours choosing friends who have prosocial attitudes and behaviours, which in turn tends to condition positive choices relative to substance use.

## **Objectives and indicators**

### **Process evaluation**

### **Operational objectives**

- Implement the program with the maximum number of teenagers, young professionals and families in the municipality. - Do the maximum number of

guided visits, complementary activities and training sessions in each municipality. - Provide teachers and professionals with online resources and guides for teachers. - Ensure That 80% of users rate the visits with a score equal to or greater than 8.5.

## **Process indicators**

Number of visitors to the exhibition: Number of adolescents and older teenagers who went on the guided visits Number of adolescents and older teenagers that participated in complementary activities Number of parents who go through the training sessions Number of professionals who go through the training sessions Number of guided visits with adolescents and older teens: Number of complementary activities Number of training sessions with families: Number of training sessions for professionals:

Number of hits on the website and downloads of guides for teachers.

Opinion and satisfaction questionnaires

## **Instruments used**

### **Type of quantitative instrument**

### **Type of qualitative instrument**

- The feedback and contributions of the municipalities are collected from the minutes of the meeting. - The results from the evaluation surveys are systematically collected at the end of the session by the professionals and are compiled in the report on each municipality. - The feedback from students, families and professionals are collected at the end of a qualitative questionnaire and compiled in the report on each municipality.

### **Type of evaluation carried out**

## **Action**

The "CONTROLES?" ("Are You In Control?") Program revolves around an itinerant exhibition that is offered over a period of between 1 and 5 weeks to those municipalities in the Barcelona area that have secondary schools (depending on the population of the municipality). The "CONTROLES?" ("Are You In Control?") Exhibition is intended to be used, not as an isolated activity, but part of an overall action that requires the involvement of schools, family and community social agents. Hence, there are specific protocols for each sector of the population that takes the visit or undergoes training. Therefore, the actions are carried out around the exhibition: 1. Guided visits of the exhibition for the different groups. Adolescents (12 to 15 years-old) and teenagers (16 years-old and over) 2. Based on the guide for teachers, classroom workshops to develop and go deeper into the contents of the

exhibition. 3. Training session for parents 4. Training session for professionals.  
4.1. Teachers in primary and secondary schools 4.2. Healthcare and social  
services professionals 4.3 Recreation monitors 4.4. Law enforcement Agencies  
4.5. Political representatives The program is also accompanied by educational  
materials: • Orientation Guide for Families • Activity Guide for teachers. GCSE  
• Activity Guide for teachers. A-Levels • Activity Guide for GCSE teachers •  
Website: [www.controles.diba.cat](http://www.controles.diba.cat)

# Results

## Process evaluation

### Results

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## References

References: European Drug Report. Trends and developments. 2015. European  
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<http://www.pdsweb.org/> Guide for the Development of a Local Drugs Use  
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Web References SPOTT. <http://www.diba.cat/es/web/benestar/spott/spott>  
Diputació de Barcelona (Barcelona Provincial Council). [http://www.diba.cat/es/](http://www.diba.cat/es/PDS)  
PDS –Promoció i Desenvolupament Social (Social Promotion and  
Development)- [www.pdsweb.org](http://www.pdsweb.org)

## Contact

|                             |   |
|-----------------------------|---|
| Responsible<br>organisation | DIPUTACIÓ DE BARCELONA (Barcelona Provincial Council).<br>ÀREA D'ATENCIÓ A LES PERSONES (CARE & WELFARE<br>SERVICE) SERVEI DE SUPORT A PROGRAMES SOCIALS<br>(SOCIAL PROGRAMS SUPPORT SERVICE) SPOTT. Centre de<br>Prevenció i Intervenció en drogodependències (Drug Abuse<br>Prevention and Intervention Center) |
|-----------------------------|---|

|                         |  |
|-------------------------|--|
| Name of organisation    | DIPUTACIÓ DE BARCELONA (Barcelona Provincial Council). ÀREA D'ATENCIÓ A LES PERSONES (CARE & WELFARE SERVICE) SERVEI DE SUPORT A PROGRAMES SOCIALS (SOCIAL PROGRAMS SUPPORT SERVICE) SPOTT. Centre de Prevenció i Intervenció en drogodependències (Drug Abuse Prevention and Intervention Center)   |
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| Postal code             | 08002  |
| City                    | Barcelona  |
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| Website                 | <a href="http://www.diba.cat/es/web/benestar/spott/spott">http://www.diba.cat/es/web/benestar/spott/spott</a>  |
| Email                   | serracis@diba.cat  |
| Partner organisation(s) | PDS - Promoció i Social Desenvolupament (Social Development and Promotion) Provença, 79. E-08029 Barcelona <a href="http://www.pdsweb.org">www.pdsweb.org</a> + 34 93 430 71 70 + 34 93 439 07 73 Antoni Duran Vinyeta <a href="mailto:pds@pdsweb.org">pds@pdsweb.org</a> Jaume Llariba <a href="mailto:Montull.jllariba@pdsweb.org">Montull.jllariba@pdsweb.org</a> |
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## Additional information

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|--------------------------|--|
| Number of staff involved | DIPUTACIÓ DE BARCELONA (Barcelona Provincial Council). CARE & WELFARE SERVICE, SOCIAL PROGRAMS SUPPORT SERVICE. Centre de Prevenció i Intervenció en drogodependències (Drug Abuse Prevention and Intervention Centre) - One (1) Professional that coordinates all actions between the companies contracted for the itinerant exhibition and the city technician where it is installed. Carries out the tracking, monitoring and final evaluation of the action. Status: Full-time. EXTERNAL COMPANIES • Associació PDS –Promoció i Desenvolupament Social (Social Promotion And Development)- -Three (3) Professionals expert in drug addiction that conducts the activities.- Status: Full-time. - One (1) Technical Architect that carries out space prospection where the exhibition will be located (electrical connections, access points, emergency exits ...). Status: Part-time. - Two (2) workers assigned to handle the conveyance, assembly and disassembly of the Exhibition. |
|--------------------------|--|



Status: Part-time. - One (1) Computer and Audio-Visuals Technician. Status: Part-time.

Diputació de Barcelona (Barcelona Provincial Council). Care & Welfare Service. Centre de Prevenció i Intervenció en drogodependències (Drug Abuse Prevention and Intervention Centre)–SPOTT- - A professional that coordinates all actions between the companies contracted for the itinerant exhibition and the city technician where it is installed. Carries out the tracking, monitoring and final evaluation of the action. Profession: Educator External companies Associació PDS –Promoció i

Status/profession of staff involved

Desenvolupament Social (Social Promotion And Development)- Three (3) professionals experts in drug addiction that conduct the activities. - Status: Psychologists, Masters in Drug Addiction. - One (1) Technical Architect that carries out space prospection where the exhibition will be located (electrical connections, access points, emergency exits ...). Profession: Architect - Two (2) workers who handle the conveyance, assembly and disassembly of the exhibition. - One (1) Computer and Audio-Visuals Technician. Profession: Computer Specialist

Type of evaluator

Internal evaluator

Name of external institution(s)

Full reference to evaluation report

CONTROLES?" ("Are You In Control?") Exhibition Report given to the City Council at the end of the roll-out in each city.

## Budget

Annual budget Over 100 000 to 500 000

Sources of funding Local authorities

Percentage from each source Local authorities=100%

## Additional remarks

The Web page [www.controles.diba.cat](http://www.controles.diba.cat) that accompanies the program is aimed at teenagers, families and professionals and contains: - specific and general information on drugs (different for each group) - links, also different for each group, - materials: the Guide for Families and The Guide for Teachers - exhibition itinerary, program news aggregator. Online queries can be made and are answered within a maximum of 48 hours by one of the professionals from the organization that carry out the activities of the exhibition.

<http://controles.diba.cat>