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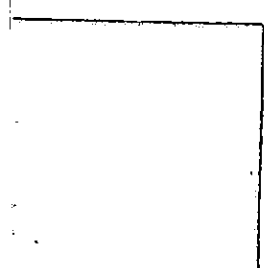
DEMONSTRATION PROJECT "SEMEL"

**A Community-Based Program for the
Prevention of Drug Use
in the Regional Council Maale Yosef**

Demonstration Projects

No. 48

Jerusalem, Israel, December 1992



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DEMONSTRATION PROJECT "SEMEL"

A Community-Based Program for the Prevention of Drug Use
in the Regional Council Maale Yosef

Selected Excerpts from

Final Report

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Haviva Bar
Jaber Asaqla

Jerusalem, December 1992

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Forward

Over the past few years there has developed a growing concern in Israel about the detrimental effect of drugs on the younger generation. Unfortunately, in Israel, as the rest of the world, knowledge is not expanding at a parallel rate to the incidence of abuse.

Therefore, the National Insurance Institute responded positively to the request of the Regional Council of Maale Yosef to develop a comprehensive regional prevention (in addition to care) program on drugs for youth, adults and parents.

The project was authorized as a demonstration project within the framework of the section for children and families headed by Mrs. Rina Barkai.

The project was implemented for a trial period of one year starting from May 1991. I would like to mention the contribution of Mr. Amnon Michael, coordinator of the drug project in the regional council of Maale Yosef who initiated and laid down the foundations of the project; and the dedication of Mrs. Tova Maoz who continued to administer the project throughout the trial period with the help of the steering committee that included the following members:

Mr. Yaakov Yaakov (dec.), chairman of the regional council
Mr. Yair Holzer, Publicity Center of Haifa and region, responsible for drug abuse

Mrs. Penina Nadiv, Mental Health councillor, Health Office, Acco
Mr. Ofer Bishari, coordinator of the Authority of the War Against Drugs in Haifa and the Northern Region

Mr. Yitzchak Bar-Sheshet, director of the Education Department and chairman of the Education and Prevention committee in the regional council

Mr. Amnon Michael, coordinator of Project Semel

Mrs. Tova Maoz, coordinator of Project Semel

Mrs. Jeanette Turgeman, community worker

Mrs. Carmella Zuarch, community activist

Mr. Michael (Mike) Ingber, Coordinator of Demonstration Projects, National Insurance Institute

This research report is an important contribution to the advancement of our understanding of the widespread components and implications of a community drug prevention program.

I would like to thank Mrs. Haviva Bar and Mr. Jaber Asaqla who evaluated this project under the professional guidance of Mrs. Naomi Paynton, director of the Department of Demonstration Projects in the National Insurance Institute.

Lastly, thanks to the parents, youth and the residents of the various settlements in Maale Yosef who participated in the project and shared their experiences with us. My hope is that others will benefit from the knowledge gained in Maale Yosef. I hope that we contributed to a healthier life without drugs.

I trust that this report will assist others fighting the ongoing battle against drugs.

Shlomo Cohen
Deputy Director General for Research and Planning

Part I
Preface

1. Background

From the dawn of history man has used psychoactive substances. In the past many tribes and nations have used leaves, grasses and plants to change and enhance consciousness and moods while aware of their beneficial and detrimental influences.

The use of drugs and alcohol among adolescents in Israel is not an exclusive phenomenon of the 1980's. However, at both the individual and the public level, there has developed in recent years a heightened awareness to the dangers of drug use.

As the drug problem and awareness of drug abuse intensifies so does attention given to prevention. All those concerned agree that the best way to deal with this phenomenon is through prevention. Many past prevention projects were not accompanied by documented research (there are a few exceptions) thus, for lack of empirical findings, there are many doubts and inconsistencies as to the essence and quality of beneficial prevention. For example, it is unknown whether prevention programs achieve their goals. Nevertheless, there is agreement on the following assumptions:

- The dominant reasons compelling adolescents to use drugs: curiosity, imitation of a family member or acquaintance; peer pressure ("its fun", "everybody's doing it"); and characteristics that may prompt usage such as low frustration level or inability to cope with problems. Of late, genetics is also being considered as a risk factor in drug addiction and alcoholism.

- Because of the world-wide low percentage of drug rehabilitation, the inevitable damage to the addict and a lack of class distinction among young drug users we have to emphasize both preliminary and secondary prevention. The

purpose here is to develop means of prevention that will (1) prevent non users from becoming abusers of drugs (2) help incidental and experimental users avoid becoming drug users (3) strengthen those opposed to drug abuse (4) supply accurate and reliable information in the hope that people considering the use of drugs will be able to make better informed decisions, and (5) acquaint the population at large with the diverse factors contributing to drug use.

- Furthermore, providing more detailed information is in itself complex. It is frequently assumed that adolescents possessing more information will develop negative attitudes to both drugs and alcohol (Weiss, 1984). This assumption exists although supported by little research. In some cases more in-depth information led to undesired results. Attitudes became more permissive (Goodstadt, 1980) and the probability of actual drug usage rose (Barnea et al., 1987).

The essence of the proposed program is to combine knowledge within a wider framework. The program provides information on the effects of drugs on an individual's functioning, while at the same time stressing the personal responsibility to choose one's lifestyle in the face of the dilemma - to use or not to use drugs.

Drug education is an integral part of psychological education towards the development of individual identity. Within the framework of a support group the program aims to help adolescents search for their identity and direction in life.

- Primary prevention must be carried out before abuse sets in.
- To assure the programs effectiveness parents must be involved. Parents, as friends (who are automatically included in school prevention programs), have a strong influence (Napier et al. 1983; Kandel, 1980). In this area (use of cigarettes, alcohol and drugs) parental example is more influential than parental perspective. Some researchers hypothesize that peer attitudes

have short lived effectiveness whereas parental attitudes are longer lasting (Brook, Lukoff et al. 1989; Kandel, 1980).

Parents often relate to problems through repression and denial; therefore, they must be taught to communicate with their children differently.

- Drug use snowballs: alone, one cannot stop using drugs. The age at which drug prevention education begins is of great significance. The assumption is that meaningful social and personal development protects one from drug abuse. Full social and personal development requires better self-awareness through value clarification, self awareness, efficient decision making and problem solving, improvement of interpersonal relationships through practice and communication with peers and others, fuller self expression, etc. Strengthening the ability to attain self realization and fulfillment by means of existing social frameworks, the ability to cope with frustration, focusing on a new rehabilitative lifestyle and the presentation of varied realistic and practical alternatives to drug usage are also required. Preliminary prevention stresses: search for the individual identity of the adolescent; his communication with his surroundings (i.e. family, friends); search for freedom and an intensified awareness and knowledge of the dangers and consequences of drug use.

The purpose of this study is to examine changes that occur after the introduction of a prevention program for youth stressing the above mentioned goals. A further objective is to examine changes that occur in the wake of a program focussing also on parenting techniques with adolescents. The workshop for parents emphasized information and awareness and aimed to strengthen their ability to help their children cope in the struggle against drug and alcohol abuse. Because of the small scale on which the project was carried out, this report project will limit itself to trends, aims and practical conclusions concerning a number of topics of interest to those who set up,

ran and financed the program.

2. General Characteristics of the Settlements in the Regional Council of Maale Yosef

The regional council of Maale Yosef covers an area of 240,000 dunam in the Western Galilee. It lies 600 metres above sea level, includes 22 communities of which 15 are settlements and 7 are outposts) home to some 6,000 people. Most of the settlements were established in the early 50's by immigrants from Iran, Iraq, Kurdistan, and North Africa. In the 70's and 80's the outposts were founded. Employment is based on farming: egg farms, deciduous and avocado orchards. The settlements are spread out along the Lebanese border which gives rise to certain difficulties: on the one hand security problems holding back economic development and on the other hand easy access to smuggled drugs.

The settlements are homogeneous and lend themselves to clans and rifts in the community which influence the smooth functioning of the settlement. There are two main styles of group orientation: the Asia one which is outward looking and the mainly North African group which is inward oriented.

Approximately 600 girls and boys who have completed their army service feel alienated from the community. It is estimated that 35 of these are hard drug users while tens of others are occasional users and/or users of 'light' drugs.

Day care centers and kindergartens exist in the settlements. There are three regional elementary schools, one junior high school and one high school in the Western Galilee region.

The project was administered in four settlements of the regional council. The following were the criteria for choosing the settlements for this study:

- 1) An assumption that there was supportive organizational infrastructure that would assist in enlisting participants and running the project.
- 2) An assumption that alcohol and/or drug abuse and the

exposure to hard rock are problematic issues for youth and young adults.

The following is an short description of the four settlements involved in the project.

Moshav Avdon: A settlement of laborers, founded in 1952, affiliated with the Settlement Movement. Named after the Biblical Avdon, a Levite city in the province of Menashe. Avdon is a homogenous community of Persian immigrants.

Moshav Netuah: A settlement of laborers, founded in 1966 during "Operation Horse", is affiliated with the Settlement Movement. The name symbolizes Zion, planted with fruit trees. The inhabitants of this ethnically mixed community come from the surrounding settlements where their parents live.

Moshav Meunah: Meunah, founded in 1949 by immigrants from North Africa and Romania also belongs to the Settlement Movement. The settlement was named after a Biblical phrase in Deuteronomy 33:27 "A dwelling place for the eternal God". One of the regional elementary schools is in the settlement. Community life is well established.

Moshav Goren: Established in 1950, this labor intensive community takes its name from the Book of Micah (4:12) "gathered as the sheaves to the threshing floor". The industrial area of the region is located in this community. Goren is the largest of the regional settlements where immigrants from both Iran and Morocco live harmoniously.

3. The Uniqueness of Project Semel

Project Semel is a community project and herein lies its uniqueness. The project is carried out in a regional council whose settlements are spread along the Lebanese border. Difficulties arise for both parents and youth because of the nature of the population and employment, the distance from the center of the country as well as distance from entertainment centers. There is also a large generation gap causing parents to

be unaware of their childrens' undesirable behavior; for example, drinking alcohol and then driving to Shlomi and Naharia, distant entertainment spots.

Volunteers from the community and paid workers received training in community work and in the area of alcohol and drug use. This special enlistment of community and paid workers ensures a comprehensive, systematic and in-depth project. The joint participation of parents and youth is designed to promote drug prevention and achieve project objectives.

3.1 May 1989 - April 1991

The project "Drugs Outside the Community" (henceforth Semel) received recognition of the regional council and the National Insurance Institute. The program received priority rating in the regional council which initiated this unique project and made special funding available. More specifically, a preparatory plan with defined goals was consolidated and immediate action taken in several settlements during the 1992 school year.

Prior to this, preparations were made in the settlements and local manpower was trained. Meetings were held with the settlement councils, the secretariats, resident nurses (they coordinated information about the drug users), and local cultural committees. Youth and community workers were trained expressly for this purpose.

Project plans and implementation procedures were explained during these meetings. Necessary support for implementation was enlisted; local needs were identified; effort was invested (house calls made and personal invitations sent out to the youth and their parents) to enlist the whole community's involvement in drug prevention and to encourage both adolescents and their parents to participate in prevention workshops held in their settlements.

During the years 1989-1990 the youth and community workers were trained by an organizational consultant. Courses were given in understanding the community and its needs, defining

requirements, coping with conflicts and workshop implementation.

At the end of the course 10 field workers were chosen for Project Semel: they were given advanced courses on drug prevention and alcoholism by the local supervisor and by specialists throughout the country. There were visits to an alcohol rehabilitation center in Ramat Gan and a drug rehabilitation center in Jaffa.

Field workers met once a month to enrich their knowledge of drugs in the community by viewing movie clips followed by group discussion.

Field workers (volunteers) and youth workers were recruited to work on the prevention program and contribute to its technical implementation.

A steering committee was established including representatives from: Social Affairs and Education Departments, the settlements, the National Insurance Institute, the Drug Prevention Authority, the Public Relations Center and the Health Department.

3.2 April 1991 - August 1992

There is no doubt that the planning stage was well thought out, complex and difficult: even more so the implementation stage. Difficulties encountered during implementation of the program include:

Timing of group inception: Some groups started at the end of autumn and the beginning of a very arduous winter in the area thus preventing regular meetings.

Security Situation: There was a constant direct threat of Katusha rocket attacks in the area. Mobility was problematic especially after a child was killed in one of these attacks.

Council Status: The death of the council head necessitated new elections which were cause for much tension in the council.

Project Implementation: The supervisor was pressured because of many diverse tasks that became her responsibility. At the beginning two group leaders were assigned to the project: one leader dropped out leaving the full workload to the other. The

youth and community workers had difficulty enlisting and organizing participants in the various settlements. Difficulty was encountered finding suitable locales for meetings and activities. The youth and community workers were an unstable group at the beginning of the program. Cooperation and synchronization between the school and regional council was difficult. These difficulties promoted disorderly activity (accumulation of errors, postponements etc.) in some of the communities causing the dissolution of groups.

4. Goals and Aims of the Research

Two main aims of the recommended research are:

1. Description of the Process

- a. To describe the ongoing project structure in terms of performance and organization.
- b. To evaluate the implementation of the planned program and to draw relevant and practical conclusions.

2. Evaluation of Output

To examine the contribution of the prevention program to the target population (youth and parents). In more detail, to analyze the attainment of the goals:

By direct measures:

- a. Raising awareness of the inherent dangers of drug and alcohol use
- b. Forming anti-drug use attitudes
- c. Minimizing future drug abuse by project participants

By indirect measures:

- a. Responses and coping mechanisms for various situations
- b. Creating an infrastructure for the expansion of the project to other settlements in the future on the basis of this project in the regional council of Maale Yosef.

5. The Research Population

Adolescents

This stage of the research includes 374 youth from several settlements in the regional council of Maale Yosef and from the regional school of Western Galilee.

Most adolescents were interviewed twice; once before and once after the project intervention.

Data, in the form of a closed questionnaire, was gathered by the research staff during the period from April 1991 through August 1992. All questions were validated in previous similar research conducted by the institute.

Table 1 A
Adolescent Sample Groups (in absolute numbers)

	N Participants	
	Before	After
	Prevention Program	
Youth who participated in workshops that were held in Avdon, Goren, Netuah, Meunah	47	25
Youth who participated in short term intervention programs in school	241	202
Youth in control group - Took no part in either of the activities	86	68

* The discrepancy between the number of youth interviewed before and after participation in the prevention programs is mainly a result of absenteeism on the day the questionnaires were completed. It is noteworthy that the second questionnaire was filled out close to the end of the school year, when absenteeism is high. Therefore, complete data could only be gathered in some settlements.

Table 2 A
Parent Groups who Participated in Project
(in absolute numbers)

	N Participants	
	Before	After
	Prevention Program	
Moshav Avdon	8	10
Moshav Goren	4	10
Moshav Natua	7	*

* Difficulties (mentioned above) provoked discontinuation of the program in this community.

6. Research Limitations

In addition to standard limitations of validity and reliability especially when the study is based on self-report as in this case, and in addition to the many difficulties of

measuring changes after implementation of any prevention program, there are further limitations to this research. Firstly, the research is limited to youths from only four settlements. Therefore the participants represent only themselves and reflect the prevention program as implemented in their community alone. Thus the findings are preliminary and represent specific small groups only.

It is noteworthy to mention that since the subject matter is so sensitive and we did all in our power to receive sincere and honest answers, it was impossible to compare individual results before and after the prevention program was administered (questionnaires were anonymous). Therefore only group comparisons and changes were evaluated.

Similarly, we will specify some other difficulties and limitations that had direct implications on this study.

It is important to reiterate the conditions at the time of this study. The program was administered in the autumn of 1991 and the winter of 1992, a very difficult and long winter. In addition Katusha rockets were being directed at the area making any type of activity taxing.

Timing of the research: The researchers entered the schools at the end of the 1991 and 1992 school years, when many non-formal activities take place outside the school premises thus generating absenteeism. Timing was not optimal.

The organizational format and the study: The communities studied were the same as those where the program was administered during data collection, therefore, they are in no way a representative sampling of adolescents from the region.

Scale of implementation of the prevention program: One supervisor administered the program in all four communities. Nevertheless, there was variation in participant composition, frequency of meetings and the attendance rate of the adolescents.

Number of participants: The small number of participants, both youth and parents, not only precludes generalization of findings but also greatly limits analysis. Therefore only

analyses suited to small groups were used. Moreover, the number of participants in the intervention workshops was so small that it is impossible to see any specific trends in these findings. The discrepancy between the participants (i.e., from the planned to the actual) stems from the excessive estimation made. It was hoped that the program would be administered to many groups while in actuality few groups participated, and then only two populations were researched instead of three as planned. We would like to mention that the reason for not implementing the program more widely among adolescents is not organizational but qualitative and deals with problems of sincerity, quality and fear of exposure due to the sensitivity of the subject matter (see Part III: Conclusions).

Limitations resulting from the difference between intended and actual nature of the research: This research was based on a program proposal presented to the National Insurance Institute. The timetable was drastically altered due to delays in the authorization of the funding. In the initial project/research three populations were to be studied: adolescents, young adults and parents who were to represent community-wide intervention incorporating both community and service givers. The samples were to be taken from this population. Some of the people were to take part in the workshops, some of the youth in the short term prevention programs and some were not to take part in any of the programs (the latter group were to be the control group). Originally the research called for studies to be made in 16 settlements over a number of years. Workshops were to be carried out for the three different population groups (720 people) in three periods. Adolescents and young adults were to have met nine times and visit a treatment center; the parents were to have met five times. Actually there were 4 workshops for youth and three workshops for parents in four settlements only. There was a short term prevention program in the regional school over a two year period. Thus, not only was the target population who took part in the research limited but also the general population of

participants.

Only in Avdon and Goren did actual community intervention take place which included more than one population. As previously stated there were no groups of young adults anywhere.

Implications: We must stress that because of the limitations of this research and the small number of participants it is impossible to examine the findings as a whole, but each group must be considered separately.

Because of the small number of participants in each settlement, the communities cannot be compared. All comparisons are of the researched population. We have therefore used the POSAC method which specializes in the analysis of multi-variable studies of small groups. Moreover, group comparisons in percentages are only to give a general picture and must not be regarded specifically.

These limitations allow us to present trends and tendencies.

Any reference is solely to the program as implemented in the various settlements. It is impossible to include or compare to any other prevention program.

Here we will emphasize the difficulties in measuring changes in general, when comparing changes prior to project implementation and after project completion. The use of an identical questionnaire before and after the program does not ensure identical measuring techniques since there are changes in the environmental conditions, social atmosphere, communications, etc. Participants may consider the questionnaire differently at the two test periods therefore reflecting inaccuracies in the results.

When considering a change between the two test periods one must ask what is the meaning of a substantial change. Is it a quantitative change? in which direction? does absence of change have any meaning? is it a non-desirable change? when to evaluate change as meaningful? how to evaluate change close to implementation? how to evaluate the term of effect of change? are there periodic ups and downs of change?

In the light of the above considerations one can point to tendencies and directions that result from the research while taking into account its limitations at this stage.

Report Structure

A few rules guided us in reporting this study:

- (1) each type of intervention (communities, schools) among the youth was separately analyzed
- (2) evaluation of the prevention program according to direct and indirect measures
- (3) limited comparison between the intervention youth groups and the control group
- (4) primary analysis of intervention with parents
- (5) all tables and sometimes also detailed findings that interpret the tables can be found in the appendix at the end of the report in Hebrew
- (6) a comprehensive discussion of preliminary and partial indications of the findings stressing practical and important empirical conclusions deriving from the implementation of this project.

Part II

Comparison of Values of Three Groups of Youths

Participants of the Workshops in the Settlements; Participants in the Short Term Intervention Program in the Schools; and the Control Group of Students

In the previous two chapters we related to each intervention group separately as we compared the differences that occurred in their attitudes. In this chapter we will discuss which of the intervention methods achieved the desired goal. To accomplish this we will compare three groups of participants - adolescents who participated in the workshops in the four settlements of the regional council; students who participated in the short term intervention program held in the regional schools; and students from the regional school who joined none of the activities and who will be the control group. The attitudes of each group were checked twice, before and after each intervention; while the control group was checked a second time at the end of the school year. All comparisons are at the group level.

1. Attitudes towards the benefits and desirable components of a prevention program

At first, before implementation of the program the majority of the students, no matter what research group they belonged to, thought the prevention program would reduce drug use in their schools. But this positive perception remained only among the workshop participants. Those who attended the short term prevention program and the control group later became doubtful about the effectiveness of the prevention program. (The number of control group participants who expressed doubts doubled at the post test.)

The effectiveness of having a drug addict meet with the participants as a method of influencing youth not to use drugs lessened at the second testing, the degree of reduction is linked to the type and length of intervention: as the intervention is

longer and more meaningful, so the meeting with an addict is of less importance.

After intervention the workshop participants prefer meeting places with young adults as a framework that ensures the maximum influence on the youth. In contrast, the control group shows decreased interest in this framework at the post test period. This decline in preference is all the more striking in light of the fact that this group frequented these places more than the others at the pretest period.

2. Evaluation of the Prevention Program¹

2.1 Participation Choice and Recommendations

In the two intervention programs - workshops in the settlements and short term prevention program in the schools - participants chose to participate in the program and would have done so again even after taking part in the program. The choice of the workshop participants was most strongly expressed. In contrast, the control group showed a decline, theoretically, in participating in such a program.

There was a decline in recommendation of the program in all the researched groups at second testing. The workshop participants were the most anxious to advocate their program after participation in the workshops. The students attending the school program were the least likely to recommend their program.

2.2 Program Satisfaction

It was found that, in all aspects, workshop participants were more satisfied with the program than students in the short term prevention program.

2.3 Evaluation of Prevention Program Contribution

¹It must be noted that every intervention group refers to the specific program that group took part in and the control group refers to the prevention program in general.

At second testing, in all areas checked, the workshop participants, unlike other program participants, appraised the program as being beneficial. This finding is even more meaningful and striking in the light of pretest expectations - the workshop participants had the highest expectations from the program. We will indicate a number of areas where the post evaluation (the evaluation is of group averages) is higher than the expected. The program contributed to the participants personally in this (workshop) and other groups: to further their ability to deal with group pressure; to enhance their ability to reach decisions and solve problems.

In addition, disappointment rate in comparison with expectations was lowest for workshop participants. Even if desired changes did not take place, the high level of expectations before implementation was maintained.

At the same time, we must note those fields where despite prior high expectations the youths in the school program did not feel that they gained anything from the short term intervention (in these areas their evaluation is even lower than that of the control group at second testing). In their opinion the prevention program did not contribute to management of peer pressure, resistance to temptation and persuasion, willingness to help a friend in need, willingness to request help from a friend when needed (their expectations in the last two areas were especially high). It must be noted that the short term program was not designed to contribute in these areas.

But, also in areas relevant to a specific prevention program the students in the school program assessed that they received the least reinforcement in the following fields: awareness of the dangers of alcohol and drug use; consolidation of attitudes against drug abuse; broadening of attitudes for and against more awareness of the subject.

Similarly, more workshop participants benefited in several areas than students who participated in the school

intervention program. Nevertheless, we must mention that in both groups social relations - willingness to help other group participants and willingness to request help from other school students - was found to be one of the basic axes explaining benefits of the program.

Both types of intervention contributed to a clarification of attitudes both for and against drugs and to a consolidation of negative attitudes regarding drug use. At the same time, the intervention contributed to a lesser degree to the ability to communicate and share and the willingness to request aid.

3. Existing and Desired Coping Styles

3.1 Attitudes to Coping Styles

No substantial difference was found between researched groups or research periods as to personal preference needs as compared to peer preference in time of dispute or regarding family preference as compared to personal preference.

As a rule, workshop participants are much less extreme in their attitudes after the intervention program. Workshop participants have a heightened realization, especially at post testing, of the importance of a framework and restrictions for youth, and of the drawbacks of risk taking in order to encounter unusual experiences.

3.2 Loneliness and need for friends

There was less report of frequent loneliness at post testing. Yet, only among workshop participants was there a feeling of absence of loneliness. Nevertheless, this group remarked that they do not particularly want very close friends. It is possible that workshop grouping in itself provoked the reduction of loneliness and furnished a sufficient sense of belonging.

At post testing all groups reported less of a sense of confidence in attitudes conflicting with those of friends who

tease them in a pub. There was more discomfort in confronting peer pressure and maybe the more acceptable way (in comparison to pretesting), according to workshop participants, is abstaining from drinking and at the same time displaying no reaction whatsoever to the baiting friends. Both intervention groups at post testing tend to oppose showing their aversion to drug use by breaking off relations with a friend who uses drugs.

Workshop participants (at post testing) were twice as likely to ask for help from teachers or counsellors for their drug/alcohol using friend who wanted his habit kept secret. Participants in the short term intervention program also tended to use school facilities more for help (not just outside facilities). That is, in both intervention groups there was an increase in the image of the school and its personnel as a place where adolescents can turn to for help in time of need.

3.3 Needs of the Adolescents

The control group, especially at post testing, gave high priority to student needs. Significant and clear differences can be seen in: internal personal needs such as self fulfillment and personality development; and in selfish needs such as doing as pleases one at that moment and unwinding from tension.

Workshop participants gave greater importance to one need at post testing: to be part of the gang. This finding correlates with other findings that pointed to the increased importance (to the workshop participants) of being one of the crowd.

3.4 Types of Entertainment

All groups are inclined to report less about entertainment of any sort outside the house. Workshop participants in particular and participants in the control group showed a

tendency to report meeting friends in private homes at post testing.

Only among workshop participants, at post testing, was their satisfaction with the entertainment opportunities in the area comparable with pretesting where all groups were of the same opinion on this subject. Both intervention groups reported that they dance more than others at parties and drink less beer.

Still, at post testing, in comparison to pretesting, all groups reported an increase of hashish smoking and drug use. This phenomenon may be connected to an increased feeling of security, thus not necessitating hiding and avoiding facts which may have been the case at pretesting.

4. Motives for drug use and alcohol consumption

At post testing workshop participants showed changes in two directions: (1) seeing the use of drugs as an expression of difficulty and desire to run away from troubles and (2) to be accepted by the gang - not to be an exception (the number of students thinking this was the motive for drug use doubled). Students in the school program thought these motives of less importance after intervention and the control group showed no change in their most frequent motive for drug use; escape from troubles and worries.

The personal motive for alcohol consumption and the most quoted by all three groups at the pretest stage is to enjoy oneself, get a good feeling and enhance one's mood. This perception decreased for workshop participants only after intervention.

The reason given by both intervention groups for refraining from drug abuse is fear of loss of control. Workshop participants doubled (1/4 of the participants reported this) their reasoning for refraining - an ability to enjoy oneself without drugs. In this group and in the control group this is

the most mentioned reason for abstaining from the use of drugs.

All groups mention the same motives for smoking hashish; on the one hand curiosity and on the other the desire to be 'in'. These most frequently given motives remained the same before and after the program. The less significant motives also remain unchanged: lower grades, easy accessibility to the drug, and rebellion against parents and establishment. However, the control group and workshop participants are more aware of the availability of the drug at the time of post testing and this motive is given more frequently at that time.

Workshop participants were conspicuous by reporting two more reasons for hashish use after the implementation of the program: (1) not to feel lonely and (2) rebellion against parents and establishment.

Although the groups who participated in intervention programs did not reprioritize motivations, the control group was more aware of problematic motives at post testing. More students reported escaping reality and involvement with crime as motives for smoking hashish.

5. General attitudes towards drug and alcohol use

Students undergoing the short term intervention program and the control group in particular report more lenient attitudes towards addictive substances such as hashish, alcohol, sedatives or pep pills. At this time the attitude of workshop participants is striking in their stance against alcohol and pill use.

Workshop participants were convinced that drugs and alcohol improved one's mood. At both test periods they believed, more than any other group, that alcohol use disturbs life in general but is still, nevertheless, socially acceptable.

Only 12% of this group in comparison to 24% of the participants in the short term prevention program and 33% in the control group evaluated drinking as deterrent to being socially accepted.

This finding in conjunction with other findings reinforces the important role of social acceptance. Workshop participants believed it permissible to use varied and even dangerous methods in order to achieve social acceptance.

6. Images of a drug using youth

A meaningful and desirable change transpired in the image of drug using youth only among the workshop participants. Only they, in comparison to the other groups, perceived this youth to be superficial with a leaning towards crime and even rebellion.

7. Evaluating the drug use habit

At the pretest workshop participants were the most critical in their outlook on drug use. This group made the most progress between the two testing periods; they became aware of reality without exaggerating or taking the problem to extremes. After taking part in the program, workshop participants became more realistic; they realized that drug use had become a major social problem in Israel; they realized that a minority of high school students (9%) occasionally use drugs (46% of them vs. 22% among school program students and 24% of the control group who made this realistic evaluation); at post testing they thought that drug use is less frequent than they did at pretesting in comparison to other groups. At post testing the short term prevention program participants and control group thought that drug use was a much more serious phenomenon than they did at first (39% of the workshop participants thought that drug use could be defined as once a month vs. 61% of those in the school program and 56% in the control group who thought that.) The workshop participants were less extreme in their belief that whoever uses drugs as a student will continue to do so in the future. It seems, therefore, that workshop participants not only became more realistic, less extreme and less shocked by the phenomenon and extent of drug use but also convinced of the possibility of change unlike the control group which at post

testing was convinced of the impossibility of changing this phenomenon.

Both intervention groups valued knowledge of the drug issue higher than did the control group and they themselves at pretesting. Their evaluation of experiencing drugs is similar for both test periods. However, there is more openness in all groups at post testing to report the existence of this social phenomenon.

8. Exposure to drug and alcohol use

8.1 Interest in the Topic

Workshop participants are more interested than the other groups in the drug issue and this interest stands out at post testing (75% of them vs. 59% and 57% of the two other groups at post testing). In both intervention groups, but very prominently among workshop participants, after intervention, there was a growth in discussing the drug issue with friends. Nevertheless, the range of deliberation of this group at post testing reached the level that was reported by the control group already at the first testing. The control group reported no change in level of discussion between the two test periods.

Both intervention groups have more confidence in their knowledge after participating in the prevention program. However, school program participants, even more than the control group, felt ignorant about the various drugs and their effects.

8.2 Exposing friends

There is an interesting occurrence among workshop participants, exclusively. After participation in the workshops more participants reported that only a few of their friends drink alcohol and smoke cigarettes. This difference is conspicuous, especially in comparison to the control group where both drinking and smoking is reported to be most prevalent. But all groups report, at post testing, that more

of their acquaintances use hashish and hard drugs. This may be attributed to the willingness to report use and not a growth in real use; i.e. the extent of exposure.

Only students who participated in the short term prevention program increased their reporting that that they would not change their relationship with a drug using friend and even fewer reported that their relationship would become more negative. The other groups showed no change.

As previously stated, workshop participants were more willing than others to make use of teachers and counsellors in order to request aid for a drug using friend (twice as many as school program participants - 45% vs. 20% and four times as many as the control group - 12% - would turn to a professional adult for help).

8.3 Problematic exposure to drugs and alcohol

At post testing, in all groups, there was more of an inclination to report acquaintance with a problem drinker and also acquaintance with more of such drinkers (at least 4) - twice the number than at pretesting.

These findings were not at all found in relation to drug users but workshop participants were more willing to report that they did know high school students who used drugs. Three times as many of them reported that the users they knew were high school students. Here also we may surmise that the change was in their willingness to discuss the issue and not the growth of the problem itself.

We can similarly understand the increase in reporting especially by the school program participants) of hashish parties and attendance at these parties. At post testing participants of all groups were more willing to report that they participate in such parties.

Only workshop participants became less confident in their knowledge of sources of hashish and the lack of knowledge is noticeably increased. The other two groups reported more

assurance as to where to find drugs and reported that they were less ignorant about this issue.

8.4 Personal use of alcohol and drugs

The school program participants and control group reported an increase of personal drug use between the two test periods unlike the workshop group where there was no change reported. Moreover, at post testing, these groups (school program and control group) were more willing to report on: use of pills and hard drugs, use of drugs in the last two weeks, use of drugs with those older than themselves, desire to include others, even friends.

At post testing the wish to experience drugs, increased in all groups. There is an eight fold growth in the control group (from 2% to 16%), a six fold growth in the workshop participants (from 2% to 13%) and the growth doubled in the school program students (from 8% to 15%). Nevertheless the enthusiasm to try out drugs is the lowest among the workshop participants, not one of whom reported a strong desire to experience drugs in contrast to 10% of the control group at post testing.

A similar trend was reported with regard to alcohol use; workshop participants reported less drinking, as did school program participants, while the control group reported an increase in alcohol use during the last year. At least 2/3 of them, at post testing, reported use of alcohol in the last year. They, more than any of the other two groups, drink large quantities of beer and drink significantly more of it on weekdays.

9. Preferred reactions of the school to student drug use

The intervention groups in general and workshop participants in particular objected, at post testing, to school expulsion or police intervention. They would prefer treating the drug using students, individually or in groups, inside or outside the school

premises. All groups agreed that it was undesirable to ignore the problem.

10. Belonging to the community and region

Workshop participants felt more a part of the community and the region than the other groups already at pretesting and certainly after taking part in the workshops: their affiliation increased more than the other groups.

This was the only group to report at post test an increased feeling that they would remain living in their community. They were almost twice as confident of this as the contrast groups. The control group felt least certain of staying in the area.

Only workshop participants indicated increased certainty that living in their settlements and in Maale Yosef was better than elsewhere. Other groups showed a decrease in this tendency; they thought it was worse living in Maale Yosef than in other communities and regions.

Part III
Discussion of Findings
Operational Conclusions

The research findings of the prevention program "Drugs - away from the community" are numerous and complex, and are worthy of in depth study, although they are partial and incomplete. The findings must be carefully studied before wide scale implementation.

Before discussing the findings, it is worth noting the limitations of the research with respect to timing, varying sample sizes in each of the studied locations, and the unrepresentative nature of groups studied.

Findings relate to drugs and focus on a limited number of subjects. Findings are neither limited to the adolescents of this particular regional council located near the border, nor to this particular study restricted to a limited number of participants and meetings.

Research results are supported by findings from other studies previously conducted by the investigator (within the framework of the Guttman Institute) on adolescents from various settlements in the heart of the country with manifold group characteristics and different prevention programs. In those programs it was shown that 15% - 25% of the youth expressed themselves to be more willing to try drugs after the prevention program.

Planners of prevention programs for youth should take into consideration this finding as well as others directly relating to drugs.

Despite the different socio-demographic background of the youths and the different ways the program was applied (timing and duration; number of meetings, group leaders' personalities, composition of participants, emphases, content, application, etc.) several conclusions can be drawn after implementation of the program that are common to all youth participating in the prevention program (workshop and school program participants) as

compared to the control group.

- * The youth were willing to participate in a similar program even after having gone through this experience. Those with high expectations and needs from the program expressed disappointment, less satisfaction and were less inclined to recommend the program.
- * The prevention program contributed to the areas of friendship and help which are important and difficult topics for youth. It became apparent that the program contributed in those areas more than the youth or their parents anticipated.
- * The prevention program helped the participating youth in understanding the connection between the use of drugs and loss of control.
- * After the program there was an improvement in the image of the counsellor, educator and that of the school in general, as sources of help when needed. The same applies for parents. This is important in regions where school is more accessible than other social services.
- * Program participants are more supportive of strong reactions on the part of the school. At the same time, there is more support for other forms of treatment. The same applies to parents.
- * After participation there is more openness to exposure, which probably is the result of greater trust and a feeling of security; perhaps due to a newly perceived legitimacy of the topic and its problematic aspects (e.g. acquaintance with drug and alcohol users, participation in hashish parties). Willingness to try drugs also rose as a result of the program. The research cannot determine with certainty whether this expresses greater openness or perhaps a certain increase in use.
- * Youth, expecting to gain greater openness and communication ability through the program were disappointed.
- * The program did not induce participants to sever friendship with a drug-using friend. The youth did not find a necessary

connection between someone's undesirable behavior and severing contacts with him.

The closer the adherence of the applied program to its recommended guidelines, the more meaningful was its contribution to its participants, especially in the following areas:

- Participants were more satisfied from the prevention program in general and specifically from its different components.
- They showed a greater willingness to participate and recommend the program to potential participants.
- They value more highly the program's contribution to investigated areas:
 - Participants are aware of the contribution of the program in providing them with the ability to cope with group pressure. The program benefited them personally more than expected and participants felt more capable of lending a helping hand to their friends and expressing their views on drugs.
 - The program benefited the groups in many other areas.
 - Youth benefited from the program even when unaware of the fact.
 - The program also helped in coping with adolescent problems and with decision-making and problem-solving skills.
 - The program definitely and distinctly contributed to clarification of values for or against drugs and to the consolidation of negative attitudes towards drug use.
 - A lesser influence of the program was observed in reference to openness and communication with others and the willingness to ask for help from a friend.
 - Similarly, no reinforcement of abstention from drug or alcohol use was noted.
 - Only a systematic and extended program has a chance to contribute to life skills and ways of dealing with issues over and above drugs.

The adolescents experienced high expectations from the program in the above areas but were disappointed by the

results.

- Youth participating in the program are less tempted to meet with a drug user.
- Their interest in drugs focuses more on talking and discussion.
- Among friends not only is knowledge of the drug issue valued but also experience.
- They better understand the tragedy of the use of alcohol and pills. They do not consider drinking as being uplifting but rather as a depressant.
- They do not consider the new experience worth the risk. They are inclined to recognize the importance of frameworks and limitations.
- They see a connection between drug use and avoiding problems. They see the possibility of pleasure without drugs and this motivates non-use of drugs.
- They have more negative images of drug users and characterize them as shallow minded, with a leaning towards crime and rebellion.
- They report less (than other adolescents) use of drugs and alcohol in the questionnaire delivered after the program.
- After the program they are more realistic regarding the severity of the problem. So are the parent groups.

Participation of youth in small groups in this program had significant implications for the social aspects of their life. Obviously this has a positive side but it must also be scrutinized for possible implications requiring adaptation. Peer pressure is so forceful that it may lead to undesirable and even dangerous behavior. It is obvious that this small working group became very important to them. The difference between the two questionnaires is striking especially in comparison to the other students who did not work in a group setting.

- They feel less lonely.
- They do not feel the need for other close friends.
- It is important to them to be 'one of the gang'. It is

less important for them to be introspective or to influence friends. They will not stand up against friends who ridicule a non-drinker.

- Acceptance is so important that they are willing to drink alcohol. In their opinion, someone who drinks is more accepted.
- In their opinion adolescents smoke to be accepted and not to be exceptional. They perceive smoking hashish as a desire not to feel lonely.
- They think that delivering information to others is most beneficial in places where they usually meet.
- The type of entertainment they now enjoy is in small intimate groups. They tend to meet in private homes or go out to dance and are more satisfied with the entertainment provided in their region.
- A very important implication, exclusive to this group, is the increased sense of belonging to the community and the region. They are more confident that they will stay in the area. There is also a general feeling that their settlements and area are better than others.

The problematic aspect of the desire to belong to a group at any cost must be related to. In drug prevention programs attention must be given to the rise in cliques, social belonging and involvement, while at the same time treating the negative influences of peer pressure. A united group can evolve into a group with leadership and influence in many areas. In Avdon and Goren more youth group leaders appeared from such a group; there was more involvement in holidays and events; and increased willingness to continue group activities regardless of any connection to the group leader or subject matter.

Running a parallel program for adults is unique to this program and in accordance with professional literature. Findings validate the theory that administering a program for parents is important and effective where change is needed.

- Among participant parents there were more women, high school graduates, mothers of small families, in their thirties, and traditionally religious.

Attitudes of the parents after participation in the program:

- They were less extreme and definite in reacting firmly and severely.
- After participation parents were more balanced in evaluating the potential contribution of the program. They now had a realistic picture of all problems involved. They also recognized that it is not easy to effect change in the area of drugs.
- After the program there was more 'cautious' reporting of 'harmful' activities such as smoking, drinking and pill popping.
- They better understood and acknowledged both their own and their children's needs and the group as a source of help. They felt themselves and the system both able to cope with and change things.

Their support of a wide range of reaction to drug use grew. Apart from the 'stick' reaction of school expulsion and police intervention they also support the 'carrot' reaction of group therapy in and out of school. Parents need the group setting to reinforce their belief in the therapy approach.

- After the program there was more knowledge and acknowledgement of the phenomenon. There was also less worry and more confidence in the ability to cope with drug/alcohol use.
- Parents had more needs than were dealt with in the planned five meetings. Therefore, five additional meetings were held and there was still interest in continuing the group work. The project coordinator found that parent involvement had many ramifications:
 - strengthening the parent child bond
 - a willingness to expose and share problems, not sweep them under the carpet
 - both parents and adolescents saw their problems as being

normal and shared with others

- more possibility to reach better coping skills and understanding.

Applicable Conclusions rising from program implementation, some of them verifying empirical findings:

1. Implementing such a broad based program necessitates a high standard of organization and management. When local or less professional manpower is used management and organizational staff is overtaxed because of the need for accompaniment, professional guidance and surveillance on an ongoing basis. Similarly, this type of program needs a developed organizational team-based infrastructure.
 - This program is difficult to implement using a small number of people, especially when settlements are widely spread thus necessitating small, simultaneous groups.
 - One must rely on appointed staff (even if volunteers) and professionals and less on community workers. Investment needed in community workers in order to attain desired results is too great. Moreover, occasionally they feel so confident that they consider themselves 'specialists' which does not benefit the program and sometimes makes the work of the group leaders more difficult. Similarly, there is no use made of their feeling of obligation and therefore they sometimes feel frustrated.
2. In the settlements as well as in the region and regional school there is a great need for the implementation of a primary drug prevention program and a secondary program for alcohol abuse (because of the extent of its use). But there are difficulties in running such a program in small settlements: people are so familiar with one another that they are reluctant to expose problems; there exist complex relationships; the lack of funds and personnel for such a complex program. All these are necessary to: get

people to participate in groups; to ensure continuity and perseverance of participation; time required to run a group (to reach each settlement, to prepare participants, to make house calls, to encourage participation etc.) all this, over and above time required for conducting the group meetings. Lastly, one must remember that we are speaking of a great investment in a limited and usually small number of participants.

3. Unexpectedly relationships among families in the community improved, although this was not an anticipated consequence.
4. Drug issue is very sensitive. It is not feasible to coordinate parent groups if the group title or heading is directly connected with drugs. Parents will refuse to participate in such a group because of the stigma related to drugs. Suggested wording for such a group would be "Support group for parents of adolescents" or "Learning to cope with your adolescent child".
5. In this context, mention must be made of the young adult program. Hopefully, after learning from our experience, other programs will be able to succeed where we did not in coordinating such a program.

A pilot test was made of the program to check needs and to adapt the program to requirements. This test was conducted for adolescents in two settlements and young adults in a settlement where there was obvious need for such a program. Although the first two meetings of the young adult group were successful, at the third meeting communication problems surfaced between program implementors and the coordinator of the Authority of the War Against Drugs, who came to the meeting. It is possible that these young adults did not know of the connection with this authority thus making them wary of the program. Fear became so prevalent that activities were terminated. The young adults felt betrayed and could not overcome this feeling. News of the incident spread throughout the area and it became impossible to start other young adult

groups.

Several conclusions may be drawn from this incident: (1) Program workers must be unaffiliated with any establishment connected to the drug issue. (2) It is impossible to deal with preliminary and secondary drug prevention simultaneously and with one team of workers. This research cannot shed light on secondary prevention since that part of the program was never implemented.

6. Intervention for adolescents and parents should start at the early stage of adolescence while centering on the topic of alcohol use and blending in sex education.

7. Payment for meeting attendance should be considered.

In the planning stages it was decided that meetings would be free to encourage participation and discourage dropouts. But, as the group develops a prestigious reputation, as happened in Maale Yosef, and as demand for such groups increases, it is possible to consider partial, even if minimal, payment.

8. In conclusion, prevention programs can be expected to be successful if the following criteria are met:

- * Responsible preparation of infrastructure where mutual agreement has been reached with the community and participants

- * Groups must consist of at least 8 participants (both parent and adolescent groups) who pledge to attend meetings regularly.

Preferably these groups should meet concurrently so that there may be mutual support and influence.

- * A suitable meeting place (size, heat, air conditioning, cleanliness etc.) is needed.

- * At least 10 consecutive weekly meetings are needed. It is important to correctly time commencement of the program.

It is to be expected that the number of meetings will not meet the prior or forthcoming requirements of the group. Therefore one should consider possibilities for continuation.

One should consider in advance the existing possibilities for extending the program.

- * The group leader must be professional and experienced. It is recommended to extend the team of group leaders.
- * It is important to have a local coordinator for the project who must meet the following requirements:
 - have no formal connection with the drug issue
 - knowledgeable in the field of drugs
 - knowledgeable in the field of education
 - knowledgeable and experienced as a group leader
 - knowledgeable and familiar with the exclusive characteristics of the designated area and its population
 - renowned for discretion and credibility
 - unwilling to collaborate with the authorities as an "informer"
 - available to both adults and adolescents at all times to discuss personal problems
- * Every program must be specifically tailored to local needs
- * The program must be totally independent of all established drug authorities
- * Disagreements must be dealt with promptly in order to prevent build up of resentment.

There is no doubt that the conclusions drawn from the prevention program "Drugs outside the community" are important, even though insufficiently substantiated. The program has greatly contributed to the parents and youth in the regional council of Maale Yosef.

The program for adolescents and parents should be continued. It is advisable not to expose students to the short term program which is very limited when the needs of these students are so great.

The extent of alcohol use among students necessitates us to study the possibility of including prevention programs in the school curriculum, to be administered by outside personnel.