Alcohol and drug prevention in the nightlife setting – experiences from Stockholm

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STAD (Stockholm prevents alcohol and drug problems)

- Research and development unit within Stockholm County Council, CPF (Centre for Psychiatric Research and Evaluation) and KI
- Founded in 1995
- General mission is to identify, develop, and evaluate promising methods for prevention of alcohol- and drug-related problems.
- Most prevention interventions utilize a community-based strategy, theoretically based on an environmental approach to prevention.
Background

- Public health concerns
- Licensed premises increase
- Extended opening hours
- Availability increase
- Prices decrease
- Liberal attitude
- Increase in drug-related problems
Number of Licensed Premises in Stockholm

![Chart showing the number of licensed premises in Stockholm from 1977 to 2009.]
Background

- Public health concerns
- Licensed premises increase
- Extended opening hours
- Availability increase
- Prices decrease
- Liberal attitude
- Increase in drug-related problems
Prevention strategies

- Community mobilization
- Training in Responsible Beverage Service
- Stricter enforcement
Results

- A statistically significant improvement in refusal rate of alcohol service over time.
- Intoxicated patrons at licensed premises, from 5% at baseline in 1996 to 65% in 2011.
- Alcohol service to underage patrons, from 55% at baseline in 1996 to 92% in 2007.
Results

- 29% reduction in police-reported violence in the project area.
- A cost-effectiveness analysis showed that for every 1 euro spent 39 euros were saved.
The “Clubs against Drugs” program

Krogar Mot Knark
Prevention strategies

- Community mobilization
- Training
- Policy work
- Increased enforcement
- Environmental changes
- Media and PR work
Drug-trained Doormen per Year

- Year 2003: 88
- Year 2004: 169
- Year 2005: 235
- Year 2006: 311
- Year 2007: 421
- Year 2008: 460
- Year 2009: 518
- Year 2010: 557
- Year 2011: 575

Number of trained doormen
Prevention strategies

- Community mobilization
- Training
- Policy work
- Increased enforcement
- Environmental changes
- Media and PR work
Results

- Significantly lower rates of self-reported drug use among staff and significantly lower rates of observed drug use among guests. More conservative attitudes towards drugs.
- Last year drug use (all) ↓ from 27% to 19%
- Last year drug use (18-24 year olds) ↓ 41% to 29%
Rates of reported drug use last year by age, 2001 compared to 2008
Results

- At the second follow-up in 2008 the doormen intervened in 65.5% of the attempts, a significant improvement compared to 27.0% at the first follow-up in 2004 and to 7.5% in the baseline study in 2003.
Conclusion

- STADs community-based interventions at licensed premises seem to have reduced alcohol and club drug related problems in the nightlife setting.
- The most likely explanation is a combination of intervention components such as community mobilization, training, and increased enforcement.
- Promising potential for club drug prevention, it takes time to develop and implement community-based interventions.