

FÉ NA PREVENÇÃO

# Training of religious leaders in Screening and Brief Intervention through a distance learning course



Maria Lucia O. Souza-Formigoni, Denise De Micheli, Eroy A. Silva, Yone Moura, Ana Paula Leal Carneiro, Monica Parente Ramos, Fernando A.B. Colugnati

e

Paulina C. A .V. Duarte

(Secretaria Nacional de Políticas sobre Drogas - SENAD)

**Brief interventions on alcohol**  
**Advances in research and practice**

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## Introduction

- Due to the stigmatization of Alcohol and Other Drugs (AOD) users, people with AOD related problems, as well as their parents and relatives, frequently look for support in laic institutions before attending health services.
- In Brazil, AOD users and their relatives generally ask for advice and orientation on how to deal with AOD-related problems from :
  - religious leaders
  - people engaged in non-medical approaches such as NGO (Non Governmental Organizations ) that provide social support or
  - self-help group members (AA, and NA)

Considering the need and importance of:

- spreading reliable information on Alcohol and Other Drugs (AOD)
- training these leaders
  - to screen AOD use
  - to carry out Brief Intervention
  - to refer problem users to specialized services

the Brazilian National Secretary on Drug Policy (SENAD) in partnership with the Drug Dependence Unit (UDED) from Departments of Psychobiology and Informatics in Health from the Universidade Federal de São Paulo (UNIFESP) developed a Distance Learning Course known as **“Fé na Prevenção”** (Faith in Prevention).

## Objectives

- To show the course structure
- To show the evaluation of the adherence to the course
- To describe the main characteristics of the participants and their evaluation of the course usefulness (satisfaction and applicability).

## Methods – Distance Learning (DL) Course

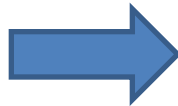
60 – 90 h (proposed time)  
during a 3 month period

### Didactic material composed by:



- 1 book
- 1 CD-ROM (theoretical content)
- 3 booklets for
  - Young people,
  - Couple
  - Parents

- 1 DVD with 4 videos  
(illustrative of cases of SBIRT)



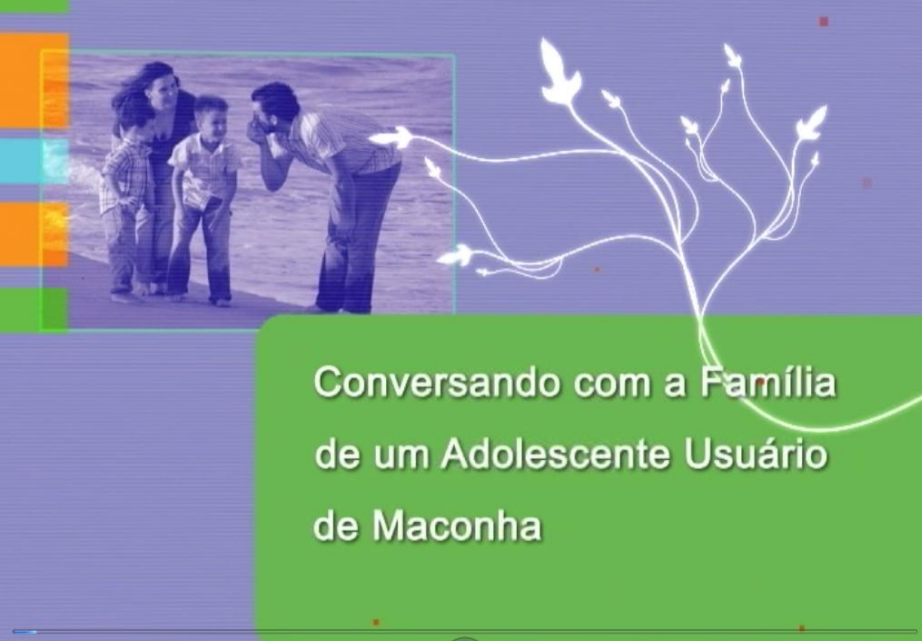


Conversando sobre  
álcool com jovem  
usuário



# Booklet and Video for young people





# Booklet and Video for parents





Conversando com esposa  
de usuário de álcool  
e cocaína

# Booklet and Video for couples





## Methods – Distance Learning (DL) Course

### Internet site

Texts

Videos of 3 teleconferences with the participation of professionals (authors of the materials )

Discussion forums

Home | Guia do Estudante | Módulos | Comunicação | Links

MÓDULO 1 | O uso de álcool e outras drogas no Brasil: epidemiologia, política e legislação

**Objetivos**

Após o estudo deste módulo os alunos deverão ser capazes de: ENTRAR  
|| avaliação módulo 1 ||

- definir epidemiologia
- identificar as drogas lícitas e ilícitas mais usadas no Brasil, compreendendo os fatores relacionados ao uso
- refletir sobre como os efeitos das drogas se encaixam nas necessidades e nas dificuldades dos diferentes grupos de pessoas que as consomem
- conhecer as políticas públicas brasileiras e a legislação sobre álcool e outras drogas

 Aula 1 | Quem usa drogas no Brasil?  
Aula 2 | A política e a legislação brasileira sobre drogas

encaminhamento


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MÓDULO 4 | Como intervir em casos de abuso ou dependência de álcool e outras drogas: modalidades de tratamento e encaminhamento

**Objetivos de ensino**

Após o estudo deste módulo, os alunos deverão ser capazes de: ENTRAR  
|| avaliação módulo 4 ||

- identificar as principais modalidades de tratamento e formas de redução de danos
- conhecer a história e a importância das comunidades terapêuticas
- compreender a importância das Redes Sociais na prevenção do uso de drogas

 Aula 8 | Modelos de tratamentos para pessoas com dependência de álcool e outras drogas  
Aula 9 | Tratamento de pessoas dependentes de substâncias em Comunidades Terapêuticas  
Aula 10 | A importância das redes sociais na recuperação e reinserção social de usuários e dependentes de álcool e outras drogas  
Aula 11 | Como as lideranças religiosas e lideranças de movimentos afins podem intervir em situações de uso e dependência de álcool e outras drogas

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MÓDULO 2 | Efeitos e consequências dos diferentes padrões de uso de álcool e outras drogas

**Objetivos de ensino**

Após o estudo deste módulo os alunos deverão ser capazes de: ENTRAR  
|| avaliação módulo 2 ||

- identificar as drogas depressoras, estimulantes e perturbadoras e seus efeitos sobre o ser humano
- conceituar dose-padrão e suas implicações legais e para a saúde
- reconhecer medidas de prevenção e encaminhamento para pessoas com problemas relacionados a uso de álcool e outras drogas

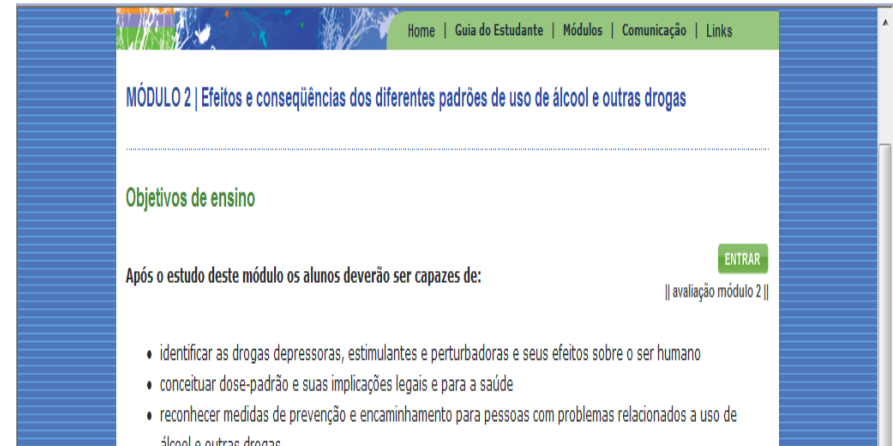
## Methods – Distance Learning (DL) Course

### Internet site

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Discussion forums



### Tutorial system

- 90 -100 tutors/ 5000 participants
- Call center (0800 free call number) 12h/day (Monday to Friday + 6 h on Saturdays)
- Messages exchange by Internet site of the course



## Participants

*In the first edition, when 5,000 places were offered, more than 7,500 people enrolled to participate, and 4,990 who presented the adequate target public profile were selected to start the course.*

### Social and demographic characteristics

- gender (approximately 50% each)

Most of them

- Were aged from 28 to 47 y.o.
- Had had 11-14 years of formal education
- Belonged to middle/ upper-middle class (60%)
- Worked at religious (21.7%), NGOs (16 %) or therapeutic communities (10%)
- Religion: 30% were catholic and 26% protestant.

## Evaluation

- **73%** (3642 people) completed the course
- **27%** dropped out
- Final evaluation (3 months after admission)
  - knowledge test: **98,6%** approved and **1,4 %** failed. (<70 % correct answers)
- The participants' satisfaction rates were high (very good/excellent) regarding
  - knowledge acquisition (83.1%)
  - tutors performance (71.6%)
  - call-center service effectiveness (70.6%)
  - quality of the didactic materials (80%).
- Most of the participants reported no previous experience on SBI and considered the information received useful for their routine activities.

## Self-evaluation of participants

*(answers to a standardized questionnaire  
applied at the end of the course)*

- During the course 48.5% of them used SBI.
- The majority of the participants considered they were well prepared or completely able
  - To screen people regarding alcohol use and problems (66%)
  - To screen people regarding other drugs use (61%)
  - To conduct motivational interviews (68%)
  - To help people in the development of strategies to reduce or stop AOD use (67%)
  - To adequately refer people to specialized services (74.5%).



## Intention to implement SBI in their workplaces

- More than **90%** intended to implement SBI
- Possible barriers to implementation mentioned:
  - time availability (22%)
  - low support from their communities (21.6%)
  - 33.7% no significant barriers would be found
- Almost all (99.8%) would recommend the course to other people.
- After the course, many other people looked for information and asked to be enrolled in the second edition of the course which will take place in the end of 2010.

## Independent evaluation

- An independent evaluation was done and confirmed the high level of satisfaction of the participants, mainly regarding :
  - the virtual environment (easy to navigate)
  - the diversity of resources offered
  - the comprehensive nature of the contents presented
- The participants also reported :
  - satisfaction with the forums as an opportunity to create networks and exchange knowledge
  - the good support from the tutors (on line and in the call-center).

## Conclusion

- The positive results obtained suggest good acceptability of this kind of initiative by religious, community and NGOs leaderships.
- A follow-up evaluation project will evaluate the effectiveness of the training and the level of utilization of SBI after the end of the course.
- This kind of approach may be useful to reach people who do not look for assistance in the formal health and social assistance systems.

## Acknowledgments

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**YOU for the  
Attention!**



*mlosformigoni@unifesp.br*