

## Fact sheet

### (City of Poznan; Poland)

<b>Intervention theme:</b>	Alcohol addiction prevention
<b>User group:</b>	Adolescents (13-19 years)
<b>Used methods:</b>	Motivating Interviewing method for the early single intervention and the functional method/focus group for group workshops
<b>Used e-Tools:</b>	application <b>Your Choice</b> , supporting the therapists and other specialists working within the area of the young people's alcohol

### Further information on the City of Poznań pilot 2:

The partner PHA from Poland is the City of Poznan. The BaltCityPrevention project end user group are children and teenagers from 13 to 19 years-old. The planning of the pilots was based on the intervention model developed within the project and the corresponding toolboxes in the area of alcohol addiction among adolescents. The pilot was divided into 3 different workshop cycles; participated students of the secondary school; realised by the leader/expert, considering the participatory approach and using the functional method; on the basis of the previously prepared scenarios - modified while being led; with the required pre- and post- evaluation using the ordered evaluation forms or working only with the e-tool Your choice.

In addition to the workshop cycles, early single interventions with 3 students were carried out.

City of Poznań created the new on-line questionnaire, assessing the way and the level of the alcohol use in case of adolescents and defining their profile, as a new self-diagnostic e-tool.

This application Your Choice supports young people (13-19) in building self-consciousness in the area of using alcohol; deepens their reflections on the causes of reaching for alcohol and the negative effects of doing it; indicates that different ways to meet the needs, which are the reason/s for reaching for alcohol are possible; helps in determining the level of one's own life skills and the need for their further development.

Moreover, it facilitates sharing one's own experience with peers and/or specialist. It is used for self-diagnosis (by giving answers to the question asked), the questions (their order and form) are to be used not only for self-diagnosis but also induce a teenager to reflect on yourself and your attitude towards alcohol. After answering the questions, the e-tool formulates feedback for its user, deepening the user's reflection and helps them to define the area for work / change, which is the basis for further consultation with a specialist or conversation in a peer group (e.g. at workshops group).

### **Results from the City of Poznań pilot 2:**

- Successfully conducted 3 kinds of group workshops (71 participants) and 3 early single interventions successfully (1 participant per each) with the support of the psychologists and pedagogists (experts/leader).
- Application Your Choice – innovative e-solution designed with the as a result of the successfully and fruitful cooperation PHA with SME (Wielkopolska ICT Cluster) with the participatory approach.

### **Tips/lesson learned:**

- An undoubted challenge, which is also a success of this project, is creating the mechanisms conducive to the maximum participation of all participants in the intervention in its planning, creation and implementation.
- The most valuable ideas are the ones regarding the participation of the end users (beneficiaries) young people - in the realisation of all the stages of work over the intervention (solutions): explore, design, operationalise, evaluation.