Positive experience in drug prevention
using modern technologies

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The problem of improving the health of the younger generation has been and remains one of the priorities and is truly strategic for any state. Defense capacity, economic and intellectual potential of the country, health of subsequent generations are largely determined by the quantitative and qualitative characteristics of health that its youth possesses today. Among the young contingents, special attention should be paid to student youth and, in particular, to students, which is the main reserve of highly qualified personnel for various sectors of the national economy.

Young people are less inclined to view their own health as a capital that pays dividends; rather, on the contrary, they are ready to view their physiological substance as a source of thrills, pleasures and pleasures.

The last decade of the 20th century in Russia was marked by great political, social and economic tension. All this could not but affect the psychological state of society and the increase in the prevalence of drug addiction as an indicator characterizing the general stressful situation in the country was predetermined. Official statistics on drug addiction confirmed this assumption.

In 2009, the number of drug addicts under supervision in the narcological service increased 12 times (252.4 cases per 100 thousand of the population against 21.2 in 2001).

Registration of a drug addict and serving a sentence for drug trafficking are the final stages of the respective "careers". It all starts with risk groups, the first drug trials or attempts to make money on illegal drug transactions. These "primary" groups, as evidenced by statistics, sociological measurements and observations, are much broader, more voluminous than the "final", "top" groups, which gives us the right to use the example of a pyramid (Fig. 1).

Rice. one.Information and social model of the distribution of illegal drugs

This once again proves the importance of preventive measures in risk groups. A large and significant role in the upbringing of a healthy generation belongs to higher educational institutions, where the best part of our youth is concentrated. The specificity of many acquired professions is incompatible with the use of psychoactive substances and the factor of professional unsuitability is very relevant as an important economic component
the security of our country.

According to article 86 Federal Law "On Industrial Safety" of the most mining industry is one of traumatic industries. For resolving the issue

professional longevity of graduates, their professional suitability for work at especially dangerous mining facilities in 2001, on the basis of the Ural State Mining University, a department for the prevention of addictions was created. independent behavior among university students.

The purpose of hardware testing is the early detection of the facts of the use of psychoactive substances. Testing is carried out by a narcologist from the "Mini- using expert Expert-DT" diagnostic complex.

From 2001 to 2006, testing was carried out among students of Leninsky universities district on the basis of the interuniversity polyclinic of the City Clinical Hospital No. 6 during the period of the annual medical examination by students. Since 2006, only students of the mining university have been tested.

During the five-year period of the department's interuniversity activity (2001-2006), 39768 students of the 1st, 2nd and 3rd courses of four largest universities in Yekaterinburg (USMU, USUE, USU, USPU) were examined by the method of hardware testing. Of these, 3307 persons were identified with experience of using narcotic substances.

348 people aged 17 to 20 who regularly and periodically use drugs made up a group for "active" observation and were sent for consultation and treatment to narcologists. 7 students with clearly expressed motivation for further drug use and formed addiction (heroin) were expelled from universities for academic failure, because there is a direct relationship between learning ability and drug use.

293 students from the risk group, thanks to constant hardware control over drug use and psychological training, completely abandoned drug use.

During the period of the department's work (from 2001 to 2010), 51,768 students were tested.

When analyzing the testing data of 1–3 year students of the Ural State Mining University for the 2008–2009 academic year, the following results were obtained:

- in the first year, 9.31% of students were identified who had tried psychoactive substances (PAS);

- in the second year - 3.01%;
- in the third year - 2.81%.

The use of testing methods for identifying the fact of the use of surfactants in preventive work is undoubtedly effective. Therefore, we decided to offer our positive work experience for implementation in the preventive work of universities in the city of Yekaterinburg. The project "TEST-UNIVERSITY" was developed, which was announced for participation in the regional competition of works for the best organization of prevention of addictions in universities, held by the Ministry of Physical Culture, Sports and Tourism. The expert commission of the competition recognized the project as one of the best and allocated 80 thousand rubles for the implementation of the proposed methodology of preventive work.

To solve the set task, we have developed and defined the main components of the implementation mechanism:

1. Principles of the project:

- situational adequacy - compliance of preventive actions with the real situation on the spread of drug addiction in the Sverdlovsk region;
- individual adequacy - taking into account the characteristics of the student environment;
- legitimacy - preventive measures comply with the legislation of the Russian Federation and the norms of international law;
- complexity - the project is a complex of preventive measures implemented in the areas of activity: diagnostic, psychological and social, assumes consistency in interaction at the professional level of specialists from different areas;

- confidentiality of the information received.

2. Objectives:

- creation of an effective interuniversity infrastructure for the prevention of addicts

behavior;
- expansion of the preventive component of the activities of universities;
- introduction of the latest technologies for the early detection of psychoactive substance use;

- identification of persons with one-off samples and providing them with qualified assistance;
- removal of unfounded suspicions of drug use based on behavior change (secrecy, tension, aggressiveness).

3. Tasks:
- to prevent the beginning of the use of psychoactive substances by persons who have not previously used them;
- to prevent the development of the disease in persons who periodically use psychoactive substances;
- create an alternative to drug use;
- to form internal and external immunity to bad habits; to increase anti-drug literacy among students.

4. Target group:
full-time students of state universities of the Leninsky district of Yekaterinburg, assigned to the service by specialists of the interuniversity polyclinic of the City Clinical Hospital No. 6.

Mechanisms for project implementation have been developed:
- methodical;
- informational and motivational;
- training;
- research;
- reporting;

and forms:
- group;
- individual.

In case of revealing the fact of the use of surfactants, an algorithm of actions and a plan of rehabilitation measures have been developed.

The project implementation plan was agreed with the participants.

Such scrupulousness in the methodological development helped us to successfully implement our plans. 8486 students took part in the project. These are students of the Ural State Mining University (USMU), the Ural State Economic University (USUE), the Ural State Pedagogical University (Ural State Pedagogical University), the Ural Academy of Public Administration, the Ural State University (Ural State University)

A total of 1604 people were tested.
Found 118 (7.35%) facts of the use of psychoactive substances.

The results of hardware testing are shown in table. one.

Table 1

University	Quantity tested	M	T	TO
USMU	1170	fourteen (D15 = 5, D30 = 3, D15-30 = 6)	40 (D15 = 10, D30 = 18, D15-30 = 12)	39 (D15 = 15, D30 = 9, D15-30 = 15)
USUE	241	0	12 (D15 = 3, D30 = 6, D15-30 = 3)	10 (D15 = 3, D30 = 5, D15-30 = 2)
Ural State Pedagogical University	63	0	0	0
UrAGS	58	0	0	0
USU	72	0	0	3 (D15 = 1, D30 = 0, D15-30 = 2)
TOTAL	1604	fourteen	52	52
		0.87%	3.24%	3.24%

Note

M - marijuana used in cigarettes. T - pills? containing papaverine, codeine and used without a doctor's prescription. K - cannabinoids used in hookah mixes. D - potency of narcotic substances (approximate terms of use): D15 - 3 months, D30 - 6 months.

All students with the revealed fact of the use of psychoactive substances were taken under the supervision of a medical psychologist and a narcologist. In the course of the project implementation, individual consultations of a narcologist and a medical psychologist were held for 118 students with the established fact of the use of psychoactive substances and control visits were appointed for re-testing. Students were offered to visit the addiction prevention office of the USMU once a week, where, in addition to testing, rehabilitation measures were carried out according to an individual program.

During repeated visits, 606 tests were carried out among students with the established fact of drug use. The potency of the fixed narcotic substances remained unchanged, i.e. D15-30, which confirms the absence of anesthesia during the observation period. It is hard to disagree that hardware testing is a powerful deterrent to substance use.

During the implementation of the project, the following tools were used:

- sociological research;
- individual conversations;
- consultation of a medical psychologist;
- hardware testing.

Already, we can say that the project turned out to be successful and promising, weak links in the chain of preventive measures have been identified - the absence of a medical psychologist on the staff of the department.

Since the priority direction of our project was testing by the ART method, I would like to dwell on the advantages of this technique. The proposed testing method has the ability to establish not only the fact of the use of psychoactive substances, belonging to a group, but also to determine the type of drug, to establish the frequency of receptions and the time of the last intake. When the fact of admission is established, the ART method allows for diagnostic control to confirm the refusal to accept the surfactant or to confirm the ongoing admission.

Undoubtedly, testing is a universal tool for components

preventive work, since the result and its implementation are at the same time:

- prevention of drug use by young people;
- early identification of persons with one-off samples, providing them with qualified preventive and curative care; targeted, and therefore more efficient use of material resources in the implementation of preventive programs;
- direct identification of relapsing, drug addicted citizens and the formation of these persons motivation to be included in the treatment and rehabilitation process.

WHY DO YOU NEED HARDWARE TESTING?

1. It will help you not to miss the period of "getting on a needle" or "trying" drugs.

2. Can be the beginning of a serious conversation between a doctor and a young person about the consequences drug use and who benefits from forming such habits in him.

3. Will give a chance to prevent the development of drug addiction at an early stage drug use.

4. Is an effective tool for monitoring the drug situation (in this case in the student environment).

5. It will help to remove unfounded suspicions in case of inappropriate behavior.

In accordance with the situation when the government of the Russian Federation set the task of improving the drug prevention system and introducing a system for early detection of the fact of the use of psychoactive substances, the use of hardware testing methods and the dissemination of our experience to a wider audience will undoubtedly give a positive result in the implementation of preventive programs and effective use material and intellectual resources.