

Experiences with mental health promotion and  
substance abuse prevention in Public health Institute  
of Varazdin County

Mateja Grizelj, MD, psychiatry resident

SPAHCO KICK-OFF MEETING  
24-25th October 2016 – Ceutí

- WHAT IS A „PUBLIC HEATH INSTITUTE”

# ANDRIJA ŠTAMPAR



10/24/2016

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abuse prevention in Public health Institute of Varazdin County -  
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# CROATIA

21 COUNTY

Varazdin county

Varazdin

Mental health and drug abuse  
prevention





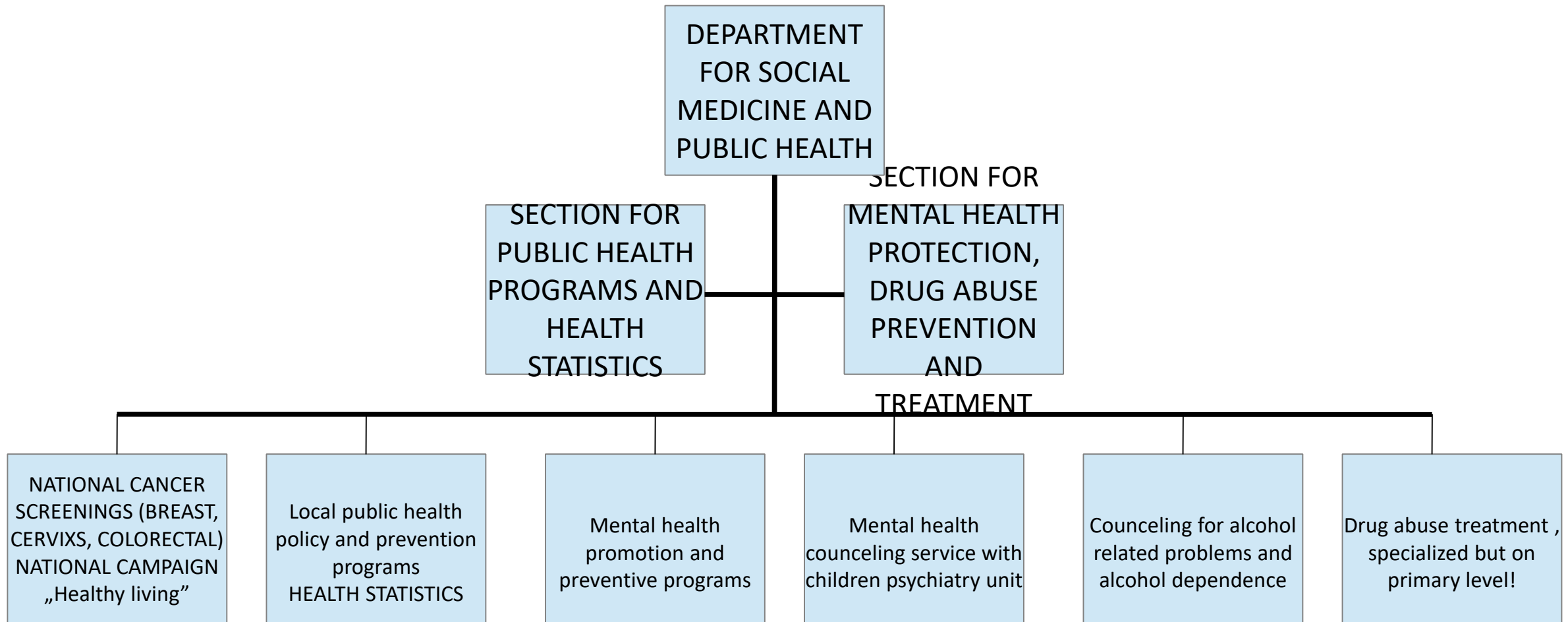
# PUBLIC HEALTH INSTITUTE OF VARAZDIN COUNTY / ZAVOD ZA JAVNO ZDRAVSTVO VARAŽDINSKE ŽUPANIJE



# SCOPE OF WORK AND AREAS OF EXPERTISE

- Department for School and Adolescent medicine
- Department for Social medicine and Public Health - Section for Mental health protection and drug abuse prevention
- Epidemiology Department
- Department for Microbiology and Parasitology
- Department for Environmental health
- Department for Desinsection, Desinfection and Deratization

# Organization and scope of work – Mental health units





# Center for drug abuse prevention - From initiative to highly accessible PUBLIC HEALTH SERVICE

- 1991 – 1995 substance abuse and drug trafficking
- 1997 initiative to form highly accessible and specialized centers for drug abuse prevention and treatment on a local regional /County level
- 2005 incorporation into health system (Public Health Institutes)

# Center for drug abuse prevention - From initiative to highly accessible PUBLIC HEALTH SERVICE

- By 2010. there is a significant drop in newly diagnosed opiate addicts
- 2011. expansion to mental health protection services and focus on early detection and prevention of mental health problems in school children
- Focus on non – substantial addictions and risky behaviour

# New strategy for mental health protection and youth – forming of mental health teams

- Since 2010
- MD, Psychiatry specialist
- Child and adolescent psychiatrist
- Psychologist
- Social worker
- Med technician

# Croatian decentralized model of distribution of oral replacement therapy

- Highly effective model !
- Prevention of stigma
- Accessibility of treatment

# Results

- Reduction on 3-5 new opiate cases yearly
- Reduction of deaths related to drug abuse
  
- Screening for mental health problems in several elementary schools
- 300 new cases



# ACTIVITIES AND EXPERIENCES OF OUR ORGANIZATION IN THE AREAS RELEVANT TO THE PROJECT

- PRAM program - PARENTAL SUPERVISION IN PREVENTING RISKY YOUTH BEHAVIOUR
- PUBLIC HEALTH CAMPAIGN „WALKING TO HEALTH“
- LOCAL PARTNERSHIP FOR HEALTH – PRESENTATION OF BEST PRACTICES IN HEALTH PROMOTION

# ACTIVITIES AND EXPERIENCES OF OUR ORGANIZATION IN THE AREAS RELEVANT TO THE PROJECT

- „LITTLE AND HEALTHY“ – INNOVATIVE HEALTH EDUCATION FOR PRE-SCHOOL CHILDREN VIA STORY TELLING AND MASQUOTE - guide /manual for parents to health-educate their preschools.
- „HEALTHY FOR AN „A“
- „ANALYSIS OF ADJUSTMENT OF SCHOOL MENUS WITH NUTRITION GUIDELINES FOR SCHOOL CHILDREN“
- „HEALTH PROFILE OF VARAZDIN COUNTY“

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