

HaLT – Hart am Limit

Name: Heidi Kuttler

E-mail address: heidi.kuttler@blv-suchthilfe.de

Country: Germany

Please describe what you understand or mean by ‘binge drinking’ 5 or more alcoholic ‘standard drinks’ on a single occasion and quickly sequence

Good practice or programme three

What is the name of the programme/project/practice (PPP)? HaLT

What is the level of the PPP (country, regional, municipal)? first regional, then country

Why have you chosen to describe this PPP? The HaLT-project is a good example of a multisectional intervention on a regional level, implying the cooperation of people of different professions, many of them not in the field of treatment or education. HaLT implements environmental and behavioural measures. HaLT offers for the first time the systematic early intervention for teenagers with heavy alcohol intoxication in hospitals.

Who funded the PPP? 60% the German Ministry of Health, 30% the Federal State of Baden-Württemberg, 10% Villa Schöpflin, Schöpflin-donation

Who implemented the PPP? first Villa Schoepflin, later 10 institutions all over Germany, financed like the above.

What year did the PPP start? 2003

What are the main aims and objectives of the PPP? To establish a close cooperation with the children’s hospital in order to reach teenagers with alcohol intoxication and work with them and their parents (behavioral prevention). To reduce binge drinking at festivals by applying systematically the German law of youth protection, by adults being positive role models, by generally raising the awareness for teenagers with risky alcohol consumption and by fostering a responsible consumption of alcohol in general. A further aim was to learn more about the motifs and background of heavy alcohol consumption (questionnaire used in hospitals).

How was the PPP developed? (did it start as a pilot PPP in one part of the country, or was it implemented countrywide; was it transferred from another country) The pilot-project was initiated by the Villa Schoepflin due to a significantly rising number of children being hospitalised with heavy alcohol intoxication in the clinic of Lörrach. The concept was developed together with doctors from the children’s hospital, the police, various festival committees, schools and municipal employees. After 18 months the concept was adapted by 10 other institutions in Germany. A roll out on a national level, financed by the Ministry of Health, starts in January 2007.

Who is the target group of the PPP? (age group, gender group etc) Teenagers in hospital and their families; festival organizers, municipality employees (giving festival permits), owners of discotheques, retail shops, schools.

What are the main elements or components of the PPP (change in law, education campaign etc) Individual counselling and group activities for teenagers after heavy alcohol intoxication; family counselling; thoroughly planning of festivals, the organisers together with prevention experts and the police, round tables in communities to establish local prevention measures, training for salespersons in discotheques and retail shops, training of teachers and social workers, information for parents, posters and leaflets.

Has the PPP been evaluated? Summative Evaluation: Evaluation of the establishment of functioning cooperation structures and local networks, achievement of the described objectives (e.g. reaching systematically children in hospital); evaluation of questionnaire in hospital (social background, age, sexe, use of legal and illegal drugs ...); Process evaluation: acceptance of the programm by cooperating institutions, flexibility of prevention experts to respond to the needs of cooperating partners

What are the main results of the PPP? In the course of more than 3 years, the number of teenagers who have to be hospitalised due to alcohol intoxication at big festivals or carnival parties has been significantly reduced, also physical injury and wilful damage to property. According to the police, festival organizers and municipal authorities, the HaLT-project has led to an improved awareness of sales regulations (law for the protection of young people) and the ban of alcopos (alcoholic, sweet mixed drinks).

What would you say were the pre-conditions for success for this PPP? The willingness of all relevant persons and institutions for networking; the support by local politicians; the fast positive results at well planned big festivals, the sufficient financial support by the German Ministry of Health, the interest for the project by the media.

What would you say are the main lessons to be learnt from this PPP? Sensible cooperation creates excellent synergy effects! In order to achieve longterm results, a multidimensional approach is necessary. The methods and measures have to be adapted constantly to new conditions and the needs of the cooperating partners. The role of prevention experts is to give support to all those who want to contribute to alcohol prevention in their special field (municipality, police, schools, festival organizers etc.), which often means to create new, sometimes unorthodox measures, unusual in the professional field of psychology and pedagogic.

Please list a website or contact organization or person to find out more information about the PPP Heidi Kuttler (heidi.kuttler@blv-suchthilfe.de); Villa Schöpflin - Zentrum für Suchtprävention (Badischer Landesverband für Prävention und Rehabilitation), www.blv-suchthilfe.de/villa-schoepflin

Please give full reference details of any published papers and reports on the PPP

BMG: *Hart am Limit – HaLT. Forschungsbericht (2007).*

http://www.bmg.bund.de/cln_041/nn_604240/DE/Themenschwerpunkte/Drogen-und-Sucht/Alkohol/HaLT-Ergebnisse-pdf,templateId=raw,property=publicationFile.pdf/HaLT-Ergebnisse-pdf.pdf

BMG: *Hart am Limit – HaLT. (sämtliche Berichte):*

http://www.bmg.bund.de/cln_041/nn_604240/DE/Themenschwerpunkte/Drogen-und-Sucht/Alkohol/HaLT.html

Kuttler, H: Hart am Limit – HaLT - Ein Alkoholpräventionsprojekt für Kinder und Jugendliche, in: Alkoholkonsum von Kindern und Jugendlichen, Eine Handreichung für die Lehrerinnen und Lehrer für Informationen zur Suchtprävention Baden-Württemberg, Informationsdienst zur Suchtprävention Ausgabe Nr. 19. Stuttgart 2006

Kuttler, H., Hart am Limit – HaLT: Ein Alkoholpräventionsprojekt für Kinder und Jugendliche, Suchtmedizin in Forschung und Praxis, Suchtmed Heft 8. Landsberg 2006

Kuttler, H./ Lang, S: Hart am Limit – HaLT. Ein Projekt der Sekundärprävention für Kinder und Jugendliche mit Alkoholvergiftung im Krankenhaus, „No Risk – No Fun“ Risikokompetenz im Jugendalter, Dokumentationsband, 31. Jahrestagung. Münster 2005