



## **Centres for the Prevention of Addictions and the Promotion of Psychosocial Health**

### **Scientific Identity**

The Centres for the Prevention of Addictions and the Promotion of Psychosocial Health operate since 1995. They are civic non-profit Organisations that operate in collaboration with the Local Governments and the Organisation Against Drugs (OKANA). They are approved by law (N.4139/2013) for implementing Addiction Preventive Programmes. They are funded from the Ministry of Health (50%) and the Ministry of Internal Affairs (50%) but each one of them has its own Board of Directors. Today there is a National network of 75 Centres that covers almost all the Prefectures of the country. The services provided are free of charge for everyone regardless their race, language, religion, sexual orientation, ability etc.

The interventions are designed and implemented within a context that takes into consideration the general conditions of the society together with the local and personal particularities and their social, economic, cultural and value systems. Addictive behaviours are without a doubt connected with the social life one is developing at school, in the neighborhood they live in, their quality of life and most importantly in the quality of formed relationships with the "important others".

Preventive Interventions are part of a broader perception for the upgrading of the natural and socio-economic environment, with the aim of ensuring a harmonious relationship between the individual and their living conditions and environment by forming healthy attitudes and behaviours (WHO, 1998). The Philosophy of Prevention includes measures and strategies that aim at smoothing out risk factors, and focus on continuously strengthening those factors that have a positive impact on human health.

By promoting psychosocial health, the Prevention Centres aim at developing those personal and social skills that will work as a "shield" against harmful behaviours and will promote personal and psychosocial growth of the self (Bergeret, 1999).



# 1<sup>ο</sup> ΠΑΝΕΛΛΗΝΙΟ ΔΙΕΠΙΣΤΗΜΟΝΙΚΟ ΣΥΝΕΔΡΙΟ

ΚΕΝΤΡΑ ΠΡΟΛΗΨΗΣ ΤΩΝ ΕΞΑΡΤΗΣΕΩΝ & ΠΡΟΑΓΩΓΗΣ ΤΗΣ ΨΥΧΟΚΟΙΝΩΝΙΚΗΣ ΥΓΕΙΑΣ

The range of services provided may vary as each community may have different needs. The main fields of action are:

- Informing of the Local Community
- Supporting Parents in their Parental Role
- Raising awareness and educating teachers on the meaning and need of prevention
- Working in groups of children and adolescents
- Raising awareness and educating special populations
- Counseling
- Networking