



The Art of Healing

A new era in substance use prevention,
harm reduction, treatment and recovery support

24-28 June 2024
Thessaloniki, Greece



Developing and implementing a Drug Reduce University Diploma for health practitioners in Uruguay: challenges and future directions



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BACKGROUND



Drug context

- New Drug Scenario: Global and Uruguay Contexts
- Alcohol and Marijuana: Highest Consumption in LATAM alongside Chile
- Coca Paste (Smoked Cocaine): A Growing Problem in Vulnerable Contexts of LATAM
- Legislative Changes
- Current Public Policy Priority: Mental Health, with a Focus on Drug Issues

Technicians/ Professional

- Professionals and technicians from various fields working in rehabilitation treatment, education, community services, prisons, healthcare, etc.
- Lack of Specific Training among Health Personnel
 - Within undergraduate healthcare programs, there is insufficient training.
 - Few opportunities for specialization for professionals and technicians (master's degrees, postgraduate studies, diplomas).
 - Short-term courses are heterogeneous and not evidence-based.

- Provide foundational knowledge and practical skills.
- Focus on evidence-based prevention, intervention, and treatment.
- Ensure accessibility.
- Address the complexity and multicausality of the problem.
- Promote community involvement

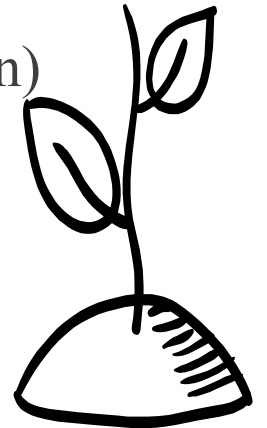
PURPOSE OF THE DIPLOMA

SUBSTANCE USE RELATED PROBLEMS:
UNDERSTANDING AND EVIDENCE-BASED
APPROACHES

PROBLEMAS RELACIONADOS A LOS USOS DE
SUSTANCIAS: COMPRENSIÓN Y ABORDAJES
BASADOS EN EVIDENCIA

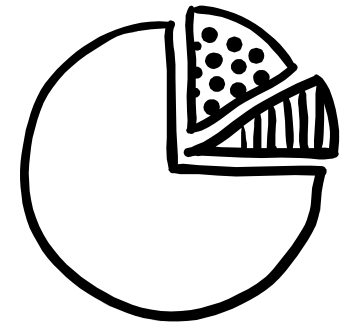
PROGRAM DEVELOPMENT

- Assess local training needs
- Collaborate with rehabilitation centers and drug policy experts
- Review existing academic programs, both local and international
- Consult with international agencies (ICUDDR, CICAD-OAS, PAHO, Colombo Plan)
- Engage with the National Drug Board (Uruguay)
- Connect with drug professionals and researchers in Uruguay.



EVIDENCE-BASED APPROACH

- Follow guidelines from UTC and UPC (Colombo Plan).
- Incorporate knowledge developed by our research teams.
- Adapt global perspectives to the local context.
- Encourage students to register in ISSUP open access courses of the Colombo Plan



CURRICULUM CONTENT AND METHODOLOGY

Eight Modules

- Basic concepts and terminology
- Pharmacology
- Legal frameworks and public policies
- Neuropsychology
- Comorbidity
- Family dynamics and adolescent drug use
- Prevention
- Treatment perspectives

8 months

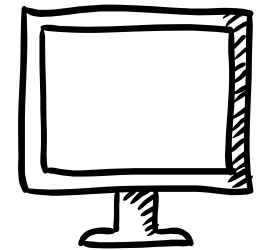
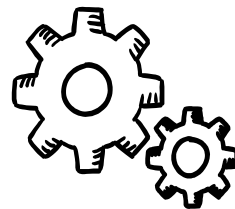
130 teaching hours

Visit to treatment center

Project-based learning (PBL)
methodology

Synchronous online classes

3 in-person sessions



PROGRAM EVALUATION AND FEEDBACK

Adaptation of ITTEM model assessing Mental Health Training Programs

(Integrating Training Transfer and Effectiveness Model, Nielsen & Shepherd, 2002)

Monitor learning process and effectiveness of practical application in the workplace

Motivational variables and work context:

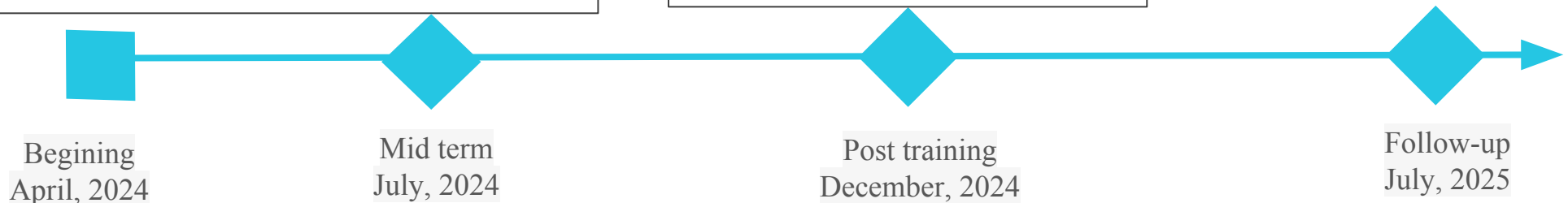
- Intrinsic value and self efficacy: Motivated Strategies for Learning Questionnaire, MSLQ (Pintrich & De Groot)
- Academic Satisfaction with Pedagogic Environment scale (Mendrano, 2010)

Academic satisfaction and self-efficacy

- Academic Satisfaction Scale (Sisto et al., 2008)

Students' experiences applying knowledge

Focus groups



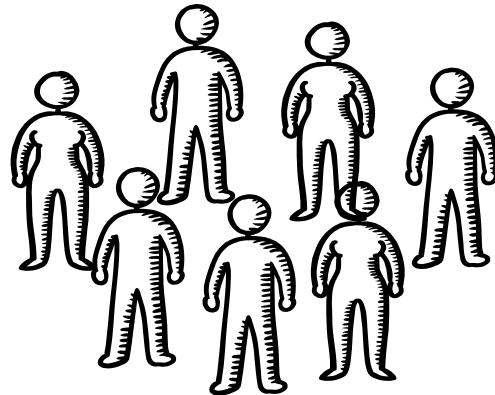
FIRST COHORT 2024

40 Students

Capital and Countryside

Academic Background:

- Psychologists
- Medical Doctors
- Social workers
- Undergraduate students
- Healthcare workers



Field of work

- Penitentiary
- Education
- Therapeutic communities
- Clinical Psychology
- Infancy
- Health
- Public and private institutions

EXPECTED OUTCOMES AND FUTURE DIRECTIONS

Impact of the Diploma

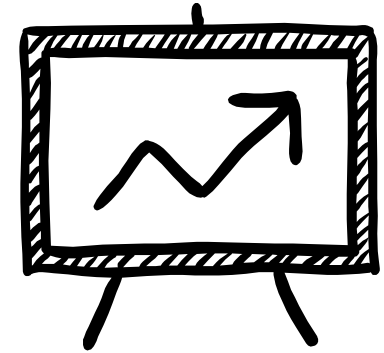
- Enhance the competence of health professionals.
- Facilitate the application of evidence-based approaches in local contexts

Continuously update and develop program content

- Evaluating and Feedback Mechanisms

Overcoming Plans

- Connect students with research projects.
- Establish a University Clinic Unit for Substance Use Screening, Assessment, and Referral.



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Catholic University of Uruguay

Departments: Psychology, Neuroscience and Learning

An aerial photograph of a coastal city, likely Montevideo, Uruguay. The image shows a wide beach, a pier extending into the blue ocean, and a dense urban area with many high-rise apartment buildings in the background under a clear sky.

Thank you!

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