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# Cooperation between NGOs and law enforcement to respond to drug use in Estonia

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# Sanctions for drug related offences – “almost” decriminalization in 2002 and “restart” in 2015

## Use of drugs classified as misdemeanor act in 2002:

- Consumption of drugs or possession of small quantities of narcotic drugs or psychotropic substances is punishable **by a fine or detention.**

In 2015 legal acts were ammended to facilitate referral of *person with addiction problem or multiple problems related to drug use* to social program.

Term “social program” was defined to include national interventions for people who use drugs.



# Public health response to drug problem

## Support and harm reduction

- Needle and syringe exchange programs (including mobile outreach units, pharmacy)
- Social and mental health support, psychosocial services
- **Overdose prevention (including take-home naloxone)**

## Treatment and counselling

- Opioid substitution treatment
- Inpatient short-term detoxification
- Inpatient long-term treatment
- Outpatient psychosocial and peer counseling
- Brief intervention for cannabis users
- **Diversion to support services by law enforcement**



# VALIK – brief intervention for people who use cannabinoids

Бывает, считаешь ЧАСЫ?

Можешь ПРОДЕРЖАТЬСЯ

ДЕНЬ-ДРУГОЙ?

Тебе УДАЁТСЯ ОБОЙТИСЬ

без неё какое-то время?

**ПЫТАЕШЬСЯ,** но НЕ ПОЛУЧАЕТСЯ?

Приходят мысли: «Пора бы уже

**ЗАВЯЗАТЬ С КОНОПЛЁЙ...»**

Задумываешься о том,

К КОМУ ОБРАТИТЬСЯ

ЗА ПОМОЩЬЮ?

СМЕЛО ОБРАЩАЙСЯ ЗА ПОМОЩЬЮ К КОНСУЛЬТАНТАМ ПРОГРАММЫ «ВЫБОР»!

**БУДЕМ ИСКАТЬ РЕШЕНИЕ ВМЕСТЕ!**

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Дополнительная информация: [peaasi.ee](http://peaasi.ee) и [narko.ee](http://narko.ee),  
тел. 516 3356 Пн-Пт 9-17, [kanep@peaasi.ee](mailto:kanep@peaasi.ee)

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- Program enables to refer people who use cannabinoids who have committed a drug-related offence to a brief intervention.
- Program aims to increase awareness of the risks associated with cannabinoid use, initiate a change in cannabinoid use behavior, including encouraging the reduction and/or cessation of cannabinoid use.
- 1-6 therapy sessions, also as online service.
- The target group of the program are persons aged 17 or older who use drugs.
- Program facilitates referral by:
  - Police
  - Prosecutor's office
  - Health and social service providers

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# SÜTIK – supporting and empowering people who use drugs

## SÜTIK

Опорные лица для людей,  
употребляющих наркотики

Если у тебя возникают трудности из-за употребления наркотиков, и ты не можешь найти выхода, то опорные лица программы SÜTIK могут тебе помочь.

### Опорные лица SÜTIK предлагают:

- ▶ Эмоциональную поддержку
- ▶ Помощь при общении с нужными учреждениями
- ▶ Помощь при планировании лечения и удержании от срыва

В SÜTIKе можно участвовать с 18 лет, и это бесплатно. Общаться с опорными лицами можно на русском и эстонском языках.

### ✉ Свяжись с нами!

- ▶ **В Таллинне и Харьюмаа**  
по тел. 5884 4225; sutik.tallinn@narko.ee
- ▶ **В Раквере и Ляэне-Вирумаа**  
по тел. 5684 9887; sutik.rakvere@narko.ee
- ▶ **В Йыхви, Кохтла-Ярве и округе**  
по тел. 5770 3773; sutik.johvi@narko.ee
- ▶ **В Нарве, Силламяэ и округе**  
по тел. 5860 0372; sutik.narva@narko.ee

- Program enables to refer people who use drugs who have committed a drug-related offence to a support person.
- Program provides peer counselling, support and voluntary referrals to health and social services as needed in order to improve client's coping skills, health outcomes, opportunities for finding and retaining employment, and the overall quality of life.
- The target group of the program are persons aged 18 or older who use drugs.
- Program facilitates referral by:
  - Police officers (including patrol)
  - Court
  - Prosecutor's office
  - Prison (including open prison)
  - Probation officers
  - Health and social service providers

# What the programs have shown

## **POSITIVE RESULTS ARE CHANGING ATTITUDES**

Requests from law enforcement and justice system to expand program to divert more people to support services instead of coercive sanctions.

## **PEOPLE WHO USE DRUGS ARE GIVING IT A CHANCE**

Not being punished or being pressured to stop using drugs reduces risk behaviour and increases uptake of services.

## **GROWING TRUST IN PEER CONSULTANTS**

Peers are acknowledged as partners by police and justice system in general.



**THANK YOU!**

