UNIVERSITÀ
DEGLI STUDI DI MILANO-BICOCCA

COURSE SYLLABUS

Laboratorio 4 - Prevenire le dipendenze

2627-3-E3901N060

Learning objectives

The Laboratory is structured, starting from a "frontal" introductory session (in which the main literature references and the most important programming documents of interest will be presented), through the engagement and active involvement of the participants (exchange of knowledge and experiences, comparison), with the aim of:

- Providing tools of knowledge useful for analysing the present and evolving scenario of drug use/addiction phenomenon at international, national and regional level (with particular reference to the social-health Reform ex l.r. 22/21 implementation guidelines addressing health promotion, behavioral risk factors prevention, supply and demand governance, social inclusion policies and programs.)
- Targeting the areas for prevention interventions (at universal, selective , indicated and environmental level) that can actively engage Social Workers profile, starting from training and stage period
- Experience site visits and occasions for action-research at the local level planning

CONTENTS

- What's the problem? What does preventing addictions mean in 2025—in a context characterized by global uncertainty and major technological transformations?
- Data on present situation and evolving scenario of drug use phenomenon
- Risk and protective factors
- Health Promotion, behavioral risk factors prevention, chronical diseases prevention
- Universal, Selected, Indicated prevention
- Social inclusion policies and programs within Lombardy territory
- Risk identification and early intervention
- Local Planning in health promotion and prevention
- Resources mobilization at local level
- Lombardy Drug Addiction Action Plan
- Drug and behavioral addiction within the new organisational and legislative scenario (L.R. 22/21 social-health Reform implementation, Regional Prevention Plan 2020 - 2025; work in progress for new National Action Plan Addiction; updated Assistance Essential Levels - Harm Reduction)

- Other contents suggested by participants

DURATION

The workshop has a duration of 24 hours

DUBLIN INDICATOR

Knowledge and understanding
? Know the dimensions of the "addiction" phenomenon and preventive policies in the health, socio-health and social fields
? Understand the social and environmental changes that determine the evolution of abuse phenomena at an international and national level

Applying knowledge and understanding
? Recognize the trends underlying the transformations of the concept of health and the functioning of health, socio-health and social services in the area of "addictions"
? Develop skills to evaluate addiction prevention policies with specific attention to the implications arising from health inequalities

Making judgements
The course develops the ability to critically interpret data and social phenomena related to health and disease, with particular attention to health and healthcare inequalities, the processes of medicalization and social construction of disease and the emerging challenges for population health.

Communication skills
Students will be able to effectively communicate the main sociological concepts relating to health and health systems, with particular reference to the area of Prevention of behavioral risk factors and Health Promotion, adapting the language to different interlocutors and professional contexts, also from a multidisciplinary perspective.

Learning skills
The course stimulates the ability to update oneself independently with respect to the evolution of sociological knowledge on health (with particular reference to the "addictions" area and changes in health, socio-health and social systems, encouraging continuous reflection on the training and professional experience.

Contents

Substance use and other behavioral addictions are a phenomenon in continuous evolution and change. The rapid mutations of the epidemiological and socio-cultural scenario force people working in the social field to identify approaches, contexts, settings and tools able to face the present and medium-long term challenges, mixing prevention interventions targeted to individuals and communities together with strategic activities aimed to promote health into life and social group contexts.

“Prevention is better than cure” can be a meaningless statement if “prevention practice” is not intentionally oriented to achieve specific, realistic, feasible and sustainable goals. In consideration of problematic gambling, alcohol and drugs, planning and designing prevention is a sophisticated technical act that requires specific and appropriate skills, attitudes and tools. Moreover, prevention programs, activities and interventions, in order to be effective, must be part of a strategic and promotional vision that recognizes and gives value to the characteristics and resources of the identified contexts and target population, using an ecological and systemic approach to tackle the modern society complex needs.

Within the contextual raising of legislative frameworks for the substance use regulation, some good opportunities

show up to experiment prevention approaches informed by evidence-based knowledge and ethical principles in respect of drug users rights. A growing consensus on that drug use onset is a socially defined event, experimented by individuals within specific structured social contexts, is associated to the importance of preventing problematic drug use rather than preventing drug use in general. This becomes a useful framework for the development of effective drug prevention approaches, based on all stakeholders' rights, new strategies of meaning, social mediation and balance between existing multicultural points of view and values.

In order to tackle such a complex and continuously changing issue, it is crucial to define innovative ways of intervention and collaboration, integration and coordination of all different stakeholders (not exclusively, as traditionally occurred, the School Education system or Social Services for vulnerable adults, but Civil Society at each different level, industry system, all sectors of the Public Administration– with particular attention al local and regional level – Media and politics.)

Even more so in the context of the present political-institutional change and social-health care system reorganization at national and regional level, Social services and practitioners in this field (included the ones in training) are asked to "reset" themselves and identify new opportunities of action and intervention, within a scenario of constant economic crisis that sharpens the classic needs while highlighting new dimensions and characteristics. It is thus essential that (also) future Social Workers approach the issue with a long term view on their own role and operate: technical practice, rigorous planning, capability of action and interaction at a territorial level, in fact, constitute the key factors of a work too often, especially in the drug addiction field, left to spontaneous, improvised (and ineffective) approaches.

Detailed program

- What is the problem? What does drug prevention mean at present?
- Data on present situation and evolving scenario of drug use phenomenon
- Risk and protective factors
- Health Promotion, behavioral risk factors prevention, chronical diseases prevention
- Universal, Selected, Indicated prevention
- Social inclusion policies and programs within Lombardy territory
- Risk identification and early intervention
- Local Planning in health promotion and prevention
- Resources mobilization at local level
- Lombardy Drug Addiction Action Plan
- Drug and behavioral addiction within the new organisational and legislative scenario (L.R. 22/21 social-health Reform implementation, Regional Prevention Plan 2020 - 2025 e 2026 - 2031; National Action Plan Addiction and and Three-year plan 2025 - 2026 - 2027 to combat Addiction/DGA of the Lombardy Region ; updated Assistance Essential Levels - Harm Reduction)

Other contents suggested by participants

Prerequisites

The workshop is open to Third-year Students.

Teaching methods

The workshop will focus and deepen these aspects through lectures and workgroups in plenary, opportunities for research and experimentation at individual level or in small groups to be held in the classroom and on the field (following participants' interests, attitudes, skills). It will also propose site visits and meetings with opinion leaders and policy-makers, to enhance theoretical knowledge with concrete and field applications.

Particular attention will be given to examine in depth national and regional legislation on drugs, the most effective approaches and methods of planning and designing interventions, the analysis of innovative international/national projects. Recommendations from scientific literature to increase the quality in prevention at local level planning will be explored.

8 lessons of 3 hours in person
25% of lesson hours with didactic teaching (frontal lessons with use of slides, audio and video) in presence
75% of lesson hours with interactive teaching (exercises, group and individual work) in person

Assessment methods

Learning will be verified through assessment

- the degree of involvement and active participation in the classroom (evaluation criteria: active presence, quality of interventions in the classroom, appropriateness of language, clarity of presentation)

- the quality of the written contributions produced individually and/or in groups (evaluation criteria: understanding of the concepts and fundamental contents of the laboratory, the ability to make connections and connections between the topics, the ability to rework the topics addressed in an original way

Textbooks and Reading Materials

- Allamani A. Beccaria F., Celata C., Cipriani F., Einstein S, Pepe P., Prina P., Rolando S., Voller F., Una riflessione sull'efficacia delle politiche preventive per il controllo dei consumi di bevande alcoliche, in Mission Mission 49 - Newsletter "Clinica dell'Alcolismo" n. 25, Franco Angeli, Milano (2018)
- Beccaria F., Alcol e giovani. Riflettere prima dell'uso, Giunti Editore, Torino (2013)
- Celata C., Margarone E., Ravera A., Gelmi G., "Promuovere la salute … della prevenzione e della promozione della salute: teorie, ragionamenti, azioni … in rete … in aula e sul campo", " in "Trent'anni di Carta di Ottawa – Atti del meeting Nazionale SIPS, Genova 17-18 novembre 2016", Ardis S., Bicchi C., Carraro T., Aonia edizioni (2016)
- EUDA - European Union Drgs Agency, European drug prevention quality standards, Lisbona (2011) [https://www.euda.europa.eu/publications/manuals/prevention-standards_en
- EUDA - European Union Drgs Agency UE Drugs Report 2024 – https://www.euda.europa.eu/publications/european-drug-report/2024_en)
- EUDA - European Union Drgs Agency, European Prevention Curriculum (EUPC): a handbook for decision-makers, opinion-makers and policy-makers in science-based prevention of substance use (https://www.euda.europa.eu/publications/manuals/european-prevention-curriculum_en)
- De Brujin A., Tanghe J., de Leeuw R., Engels R., Anderson P., Beccaria F., Bujalski M., Celata C., Gosselt J., Schreckenberg D., Slodownik L., Wothge J., van Dalen W., "European longitudinal study on the relationship between adolescents' alcohol marketing exposure and alcohol use", in Addiction, 111, 1774-1783 doi:10.111/add.13455 (2016)
- Esposito M., Geografia economica del gioco d'azzardo in Italia, Liuc Papers, Pubblicazione periodica dell'Università Carlo Cattaneo – LIUC, Numero 277, novembre 2014

- Federconsumatori (2025) Libro Nero dell'Azzardo online 2025 - https://www.federconsumatori.it/wp-content/uploads/2024/05/ln2_revfinale_24maggio2024.pdf
- Leone L., Celata C., Per una Prevenzione efficace. Evidenze di efficacia, strategie di intervento e reti locali nell'area delle dipendenze Editore il Sole 24 Ore, Milano, (2007)
- Grosso L., Pensare oggi le dipendenze e i consumi, in Animazione Sociale, agosto-settembre 2011
- Grosso L., Prevenire senza mai abbandonare, in Animazione Sociale, novembre 2012
- Regione Regione Lombardia – DG Welfare – Rapporto Indagine Health Behaviour in School-aged Children (HBSC) 2014: comportamenti di salute, contesti di vita e livelli di benessere degli studenti lombardi, Lombardia 2009-2010: stili di vita e salute degli studenti di 11, 13 e 15 anni. Rapporto 2014 – www.promozionesalute.regione.lombardia.it
- EMCDDA. A Handbook for decision-makers, opinion-makers and policy-makers in science-based prevention of substance use (2019) , scaricabile al link http://www.emcdda.europa.eu/publications/manuals/european-prevention-curriculum_en
- Velasco V., Griffin K. W., Antichi M., Celata C., "A large-scale iniziative to disseminate an evidence-based drug abuse prevention program in Italy: Lessons learned for practitioners and researchers", Evaluation and Program planning 52 (2015) 27-38
- Velasco V., Griffin K. W., Botvin J. G., Celata C., Preventing adolescent substance abuse use trough an Evidence based program: effects of the italian adaptation of Life Skills Training, Prevention Science, Prev Sci DOI 10.1007/s11121-017-0776-2 (2017)
- National Prevention Plan (PNP) 2026-2031 - PNP 2026-2031, adopted with the State-Regions Agreement of 21 May 2026 (Rep. acts no. 69/CSR).

Other references and materials will be indicated during the workshop

Sustainable Development Goals

GOOD HEALTH AND WELL-BEING | REDUCED INEQUALITIES | SUSTAINABLE CITIES AND COMMUNITIES | PARTNERSHIPS FOR THE GOALS