



**UPC
ADAPT**

UNIVERSAL PREVENTION CURRICULUM IN EUROPE

The European Universal Prevention Curriculum (EUPC) will be pilot-implemented in 9 EU Member States (Belgium, Czech Republic, Croatia, Estonia, Germany, Italy, Poland, Slovenia and Spain).

The UPC was developed through the US-based organization APSI (Applied Prevention Science International) with renowned prevention researchers in the US.

The UPC-Adapt project brings together science and practice by disseminating a standardized research based curriculum to prevention professionals with respect for cultural diversity and prevention work in daily practice. The project joins forces of the academic, civil society and policymaker's worlds by multi-discipline training events. It opens the lid of a box with complex but fundamental debates on learning outcomes, quality standards and staff competence for the working area of prevention

THE EUPC INCLUDES:

- ✓ introduction to prevention science,
- ✓ epidemiology of substance use,
- ✓ monitoring and evaluation,
- ✓ environment-based interventions, and
- ✓ prevention in the areas of family, school, media and community.

While prevention science has advanced over the past 30 years in terms of the conceptualisation and accumulation of evidence of effective interventions and policies, prevention in real-life practice lags behind in most EU Member States.

The project partners bring together findings from a mapping and analysis study of prevention training in Europe with expert opinions as a resource for adaptation of the UPC. With local translations and smaller country-specific adaptations 11 institutes in 9 EU Member States establish a pilot-training for mixed groups of stakeholders involving academics and researchers, public authorities as well as NGOs, prevention practitioners and coordinators, and policymakers. The training is designed in three distinct modules based on again a thorough study phase including focus groups and online surveys.

The project aims to support prevention providers to use proven and evidence-based prevention strategies with strong scientific foundations.

Evidence suggests that the success of prevention interventions depends not only on whether effective interventions are available, but also to a greater extent on the people who implement them and their level of training.

The EUPC will be delivered in a **short module** (e.g. one week and a follow up session), an **extended academic module** (e.g. a series of courses in one semester at a Faculty), and an **online module with an e-learning basis**. The structure of trainers will be built up as a cascade **train the trainer (TOT)** model, where trained trainers can, in quality-controlled conditions, further disseminate the EUPC. The European adaptation and summary is an initiation to the full UPC to be further developed as an academic long-term course.

Co-funded by
the European Union



This project has been funded with support from the European Commission. This publication communication reflects the views only of the author, and the European Commission cannot be held responsible for any use which may be made of the information contained therein.



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