

# Prevention is possible

Workshop based on the Icelandic Prevention Model



**DATES:** 6TH – 8TH of March 2019

**VENUE:** Conference Room 2, Natura Hotel Reykjavik Icelandair

**Optional study Visit:** 9TH of March 2019

**ADDRESS:** Nautholsvegur, 101 Reykjavik, Iceland

**HOST:** Jon Sigfusson, Operational director of ICSRA

During these three days from 6th of March to the 8th of March, participants will get an in-depth knowledge about the Icelandic Evidence-Based Prevention Model from the specialists of ICSRA. At the workshop, participants will also get a chance to meet and have discussions with the people who work in the field of prevention in Iceland. These include the Youth Association, National sports association, the Directorate of health, National parent's associations and more. Related optional study visit included.

After the Workshop participants should have adequate information on the feasibility and next steps for implementation of the model in their communities.

# AGENDA

## MARCH 6th - DAY 1

08:00 - 09:00	Registration		<b>Moderator for the Workshop is Bryndis Bjork Asgeirsdottir</b>
09:00 - 09:15	Welcome	Jon Sigfusson	Operational Director of ICSRA
09:15 - 09:30	Dagur B. Eggertsson Mayor of Reykjavik	Dagur B. Eggertsson	Mayor of Reykjavik
09:30 - 10:00	Introduction to Planet Youth	Inga Dora Sigfusdottir	Research Director (ICSRA) - Professor of the following three Universities: Columbia University New York, Karolinska institute Stockholm and Reykjavik University.
10:00 - 11:00	Primary prevention as a building block	Alfgeir Logi Kristjansson	Senior scientist at ICSRA, Associate Professor at West Virginia University
11:00 - 11:05	Stand up and stretch break		
11:05 - 11:35	Primary prevention continued	Alfgeir Logi Kristjansson	Senior scientist at ICSRA, Associate Professor at West Virginia University
11:35 - 12:00	Discussions		
12:00 - 13:00	Lunch buffet at Satt restaurant		
13:00 - 14:30	Step-by-step implementation process	Alfgeir	Senior scientist at ICSRA, Associate Professor at West Virginia University
14:30 - 14:50	Coffe break outside hall		
14:50 - 15:20	The Tarragona experience	Patricia Ros Garcia	Regional Representative - Spain and Latin-America
15:20 - 16:20	Planet Youth and Chilean public policy	Mariano Montenegro	International expert and advisor
16:20 - 17:00	Discussions		

## MARCH 7th - DAY 2

08:30 - 09:00	Reconvene		
09:00 - 09:40	The Swedish Experience and Community readiness	Håkan Leifman	Regional Director Nordic Countries (ICSRA)
09:40 - 10:40	The Role of Municipalities in Prevention	Gisli Arni Eggertsson	Municipality Prevention Specialist (ICSRA)
10:40 - 10:45	Stand up and stretch break		
10:45 - 11:00	The Prevention Policy of Reykjavik	Gisli Arni Eggertsson	Municipality Prevention Specialist (ICSRA)
11:00 - 11:30	Chile - first year experience	Carlos F. Ibañez Piña	University of Chile's coordination team for Planet Youth piloting in Chile
11:30 - 12:00	Discussions		
12:00 - 13:00	Lunch buffet at Satt restaurant		
13:00 - 14:00	The Role of Sports Clubs and Sports Trainers Education	Margret Lilja Gudmundsdottir	Data specialist and lecturer (ICSRA)
14:00 - 14:45	Extended use of Planet Youth data	Emanuel Adrian Sarbu	Regional Representative Central-Europe (ICSRA), Assistant Professor at University of Bucharest
14:45 - 15:00	Coffee break outside hall		
15:00 - 15:30	What makes the Planet Youth approach different?	Michael J. Mann	Community Intervention Specialist (ICSRA)
15:30-16:00	For those interested in implementing Planet Youth	Páll Melsted Rikhardsson	Service Development Manager (ICSRA)
16:00 - 16:30	Discussions		

## MARCH 8th - DAY 3

08:30 - 09:00	Reconvene		
09:00 - 09:45	Trainers training, consecutive school and the use of leisure card	Ragnhildur Skuladottir	National Sports Association
09:45 - 10:30	Successful Organization of Youth Work	Audur Thorsteinsdottir	National Youth Organization - Sports for all
10:30 - 10:50	Coffee break outside hall		
10:50 - 11:50	The Prevention day	Sigrídur Kristín Hrafnkelsdóttir	Directorate of Health
11:50 - 13:00	Lunch buffet at Satt restaurant		
13:00 - 13:30	Childrens participation in leisure activities	Gunnar Orn Arnarson	Youth activities at Valur Sports Club
13:30 - 14:15	Parents role and cooperative prevention work	Hrefna Sigurjónsdóttir	National Parents Association - Home and School
14:15 - 14:45	Informed parents and school Children	Sigrídur Arndís Johnnesdóttir	Project Manager - Reykjavik office of welfare
14:45 - 15:00	Coffee break outside hall		
15:00 - 15:45	Success and development in prevention	Rafn Magnusson	Ministry of Health
15:45 - 16:15	Children and happiness	Þóra Jónsdóttir	Barnaheill - Save the Children
16:15 - 16:30	Wrap up and closing	Jon Sigfusson	

## Saturday 9th of March – Day 4

Optional study visit for participants.

### GEOTHERMAL ENERGY FOR A HEALTHIER LIFESTYLE

The tour starts at Reykjavik Natura hotel. We gather around 9 o'clock and hop on a bus which will drive us around for approximately four hours.

#### **Nautholsvik**

We will make the first stop on the geothermal man-made beach Nautholsvik, close by Natura. It was opened in 2001 and was an ambitious but very successful project, involving the construction of a lagoon with large seawalls, where cold sea and hot geothermal water fuse together resulting in higher temperatures.

#### **Visit to a sports club**

Geothermal water is used to heat various sports facilities around the city and keep them snow free. We will drive from Nautholsvik to one of the sports clubs in Reykjavik and get acquainted with the facility, the setup and everyday management.

90% of Iceland's homes use hot water to heat up their houses, pavements, and car parks but the hot water is also the key to our outdoor swimming pools which are run the year-round all over the country.

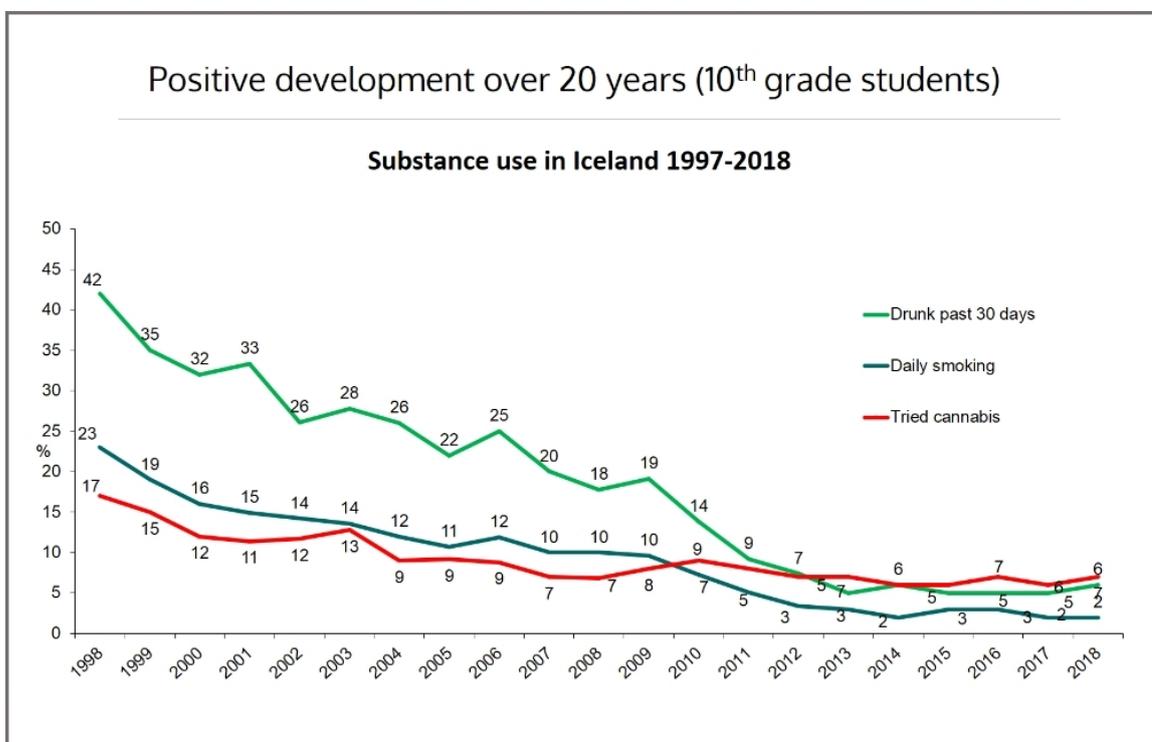
### Visit to Hellisheidarvirkjun

To explore where all this heat comes from we will head out for around 20-30 minutes' drive outside of Reykjavik to the east to visit Hellisheidi power plant, the third largest geothermal power station in the world. It allows us to examine Iceland's geothermal energy utilization in a clear and illuminating fashion.

### The tour ends at Perlan

From Hellisheidi power plant we will head back to town and end the tour in Perlan museum. In Perlan we will finally cool down from all the heat and roam about a 100 meters long man-made Ice Cave which is the first of its kind in the world. It is built with over 350 tons of snow from the Blue Mountains. As we will wander through the Ice Cave, we will experience a glacial environment in a safe and informative way

## The Icelandic Prevention Model - 2018



From highest to lowest in substance use from 1997 to 2018 – 15/16 year old students in Iceland using the Icelandic model.