

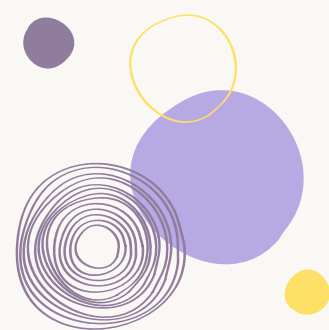
Scenario

“Nice and Safe”



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Topic: How uniformed services behave, where to seek help and how to recognize dangerous substances

the

- Participants will learn about the standard procedure for reporting incidents related to psychoactive substances and how the police and municipal guard intervene.
- Participants will learn about available sources of professional help, including intervention centers, clinics, and support groups, and how to access available resources.
- Participants will learn about the most common psychoactive substances, their effects and symptoms, and how to react in the event of contact with people under their influence.

Materials and methods

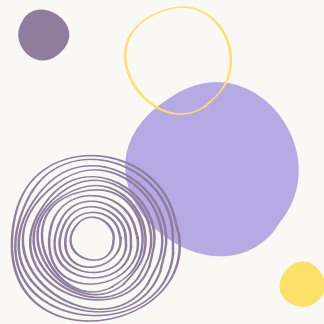
- a lecture by the workshop leader
- discussion of participants with the workshop leader
- discussion of participants in groups

Exercises

- Exercise 1. Analysis of legal cases
- Exercise 2. Analysis of police intervention cases
- Exercise 3. Elements that a conversation with a person struggling with addiction should include
- Exercise 4. Responding to Threat



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Part 1.

Introduction (30 minutes)

1. Introduction to the topic (30 minutes)

- *Why it is important to understand procedures, aids and psychoactive substances*

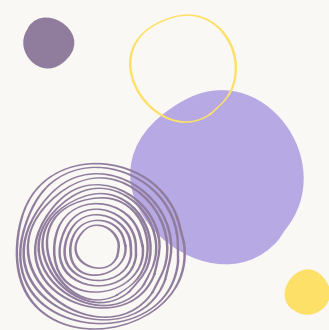
Theoretical part (15 minutes)

1.1. The importance of awareness

- Knowledge Base: Introduction to the topic by referring to the basic principles of rescue, such as recognizing the symptoms of poisoning or overdose. Emphasis that knowledge of these procedures not only increases the chances of effective intervention, but can also prevent the escalation of the problem.
- Preparation for action: Making participants aware that awareness of threats and knowledge of rescue procedures prepares them to act quickly in crisis situations. It is worth emphasizing that lack of awareness can lead to unnecessary delays that can be life-threatening for the person in need of help.



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Part 1.

Introduction (30 minutes)

1. Introduction to the topic (30 minutes)

- *Why it is important to understand procedures, aids and psychoactive substances*

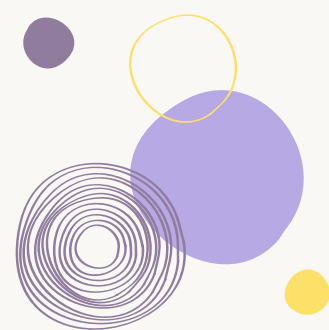
Theoretical part (15 minutes)

1.2. Benefits of Education

- Reducing addiction: Emphasizing that education about psychoactive substances, conducted in a reliable and evidence-based manner, can effectively reduce the number of people reaching for drugs. Knowledge of the risks and long-term effects discourages experimentation and also increases awareness of the symptoms of addiction, which can lead to earlier help-seeking.
- Improving mental health: Discussing that education can also help understand the impact of psychoactive substances on mental health, which is key to preventing people struggling with mental health problems from self-medicating.



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Part 1.

Introduction (30 minutes)

1. Introduction to the topic (30 minutes)

- *The importance of education on psychoactive substances*

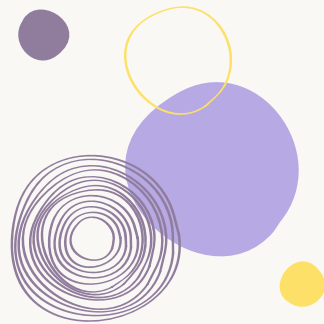
Theoretical part

1.3. Combating myths and stereotypes

- Checking whether common statements are facts or myths: Explain that many popular beliefs about drugs are based on myths and misinformation. For example, stereotypes about who is at risk for addiction, or the belief that some substances are “safe” in small amounts, can lead to risky behavior. Education can help correct such false claims, which in turn reduces the risk of misconduct.



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Part 2.

Police Procedures (1 hour 45 minutes)

1. Introduction to the topic (15 minutes)
 - A brief introduction to the role of the police in managing psychoactive substances
2. Legal provisions regarding psychoactive substances (40 minutes)
 - Overview of legal provisions
 - Legal Case Analysis
3. Stop and Search Procedures (35 minutes)
4. Procedures for stopping persons and searching persons and vehicles
 - Intervention case studies
5. Discussion (15 minutes)
 - Participants can ask questions about police procedures



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Part 2.

Police Procedures (1 hour 45 minutes)

1. *Introduction to the topic (15 minutes)*

- *A brief introduction to the role of the police in managing psychoactive substances*

Theoretical part

- **Discuss the role of the police:** Explain that the police play a key role in enforcing the laws on psychoactive substances. They are involved in prevention, control, prosecution of crimes and cooperation with other institutions to minimize social harm.
- **Role in the Community:** Highlighting how police work with local communities, community and educational organizations to educate and prevent, as well as respond to substance use crises.



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Part 2.

Police Procedures (1 hour 45 minutes)

2. Legal provisions regarding substances psychoactive (40 minutes)

- *Overview of legal provisions*

Theoretical part (10 minutes)

- **Basic Legal Definitions:** An overview of what psychoactive substances are from a legal perspective, and the categories of these substances (narcotics, medicines, controlled substances).
- **Scope of legal liability:** Explain the legal consequences of possessing, using, and dealing in psychoactive substances. It is worth pointing out the differences in the laws regarding drugs, alcohol, prescription drugs, and prohibited substances.
- **Legal Overview:** An overview of the current laws regarding psychoactive substances, including which substances are legal, which are controlled, and which are completely banned.



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Part 2.

Police Procedures (1 hour 45 minutes)

2. Legal provisions regarding substances psychoactive (40 minutes)

- *Legal Case Analysis*



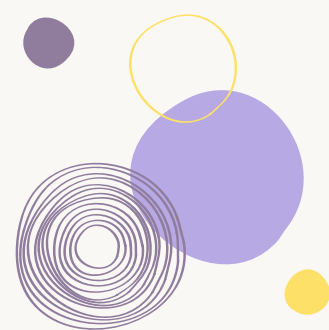
Practical part (30 minutes)

Exercise 1. Analysis of legal cases

- Exercise description: Participants are divided into groups and each group receives a description of a hypothetical case related to psychoactive substances (e.g. a person arrested for drug possession, a case of suspected substance trafficking, an intervention in a nightclub).
- Task: Each group is tasked with analysing the case, identifying what laws have been breached, and developing a police strategy for the situation.
- Discussion of results: Groups present their analyses and discuss different approaches to solving the problem.



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Part 2.

Police Procedures (1 hour 45 minutes)

2. Legal provisions regarding substances psychoactive (40 minutes)

- *Legal Case Analysis*



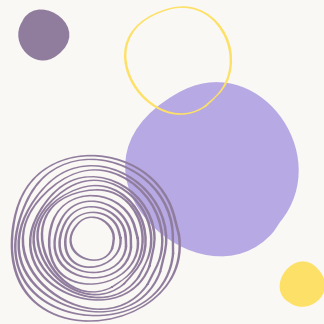
Examples for Exercise 1: Legal Case Studies

Case 1. A person was arrested for possession of marijuana.

- Case report: Police stop a young man on the street after receiving a report of suspicious behavior. During a search, they find a small amount of marijuana on him. The man claims it is for his own use.
- Task for the group: Identify whether possession of this amount of marijuana is an offence under local law. Assess what action should be taken by the police, taking into account the laws on possession of small amounts of drugs and possible alternative measures such as referral for treatment or warning.



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Part 2.

Police Procedures (1 hour 45 minutes)

2. Legal provisions regarding substances psychoactive (40 minutes)

- *Legal Case Analysis*

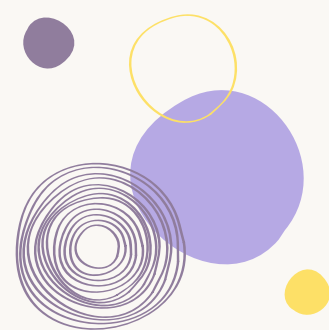


Case 2. A case of suspected substance trafficking at school

- Case description: School management notifies the police about a suspicion that one of the students is selling pills containing an unknown psychoactive substance to other students. The police conduct an investigation, which leads to the arrest of the student with a large amount of cash and pills.
- Task for the group: Analyze what regulations were violated in the case of the sale of psychoactive substances on school grounds. Determine what steps should be taken to secure evidence, interview the student, and how to proceed in the context of juvenile criminal law.



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Part 2.

Police Procedures (1 hour 45 minutes)

2. Legal provisions regarding substances psychoactive (40 minutes)

- *Legal Case Analysis*



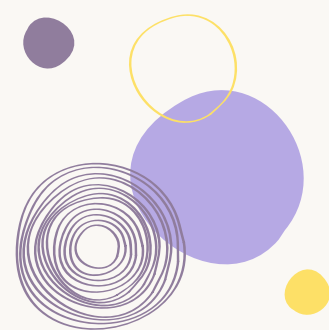
Case 3. A case of overdose in a public space

- Case description: In a public park, police find an unconscious person with an injection needle in his arm. Next to him lie empty packages of substances that may be drugs. Passers-by report the situation to the emergency number, and a police patrol and an ambulance arrive.
- Task for the group: Identify what laws have potentially been broken and what legal and medical procedures should be undertaken by the police in a situation where an overdose is suspected. Discuss how to deal with the injured person, what the police's responsibilities are in securing the scene, and what steps should be taken in terms of the investigation.



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Part 2.

Police Procedures (1 hour 45 minutes)

2. Legal provisions regarding substances psychoactive (40 minutes)

- *Legal Case Analysis*

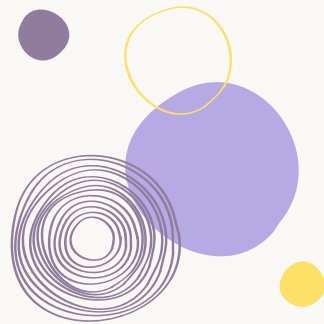


Case 4. Suspicion of production of psychoactive substances in an apartment

- Case description: Police receive reports from neighbors of suspicious chemical odors coming from an apartment in a block of flats. Investigation leads to the discovery of a small home laboratory where synthetic drugs are being produced.
- Task for the group: Identify violations of legal regulations regarding the production and storage of psychoactive substances. Discuss the police action plan, including securing the scene, detaining suspects, collecting evidence, and cooperating with the appropriate services (e.g. police chemists, sanitary services).



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Part 2.

Police Procedures (1 hour 45 minutes)

3. Stop and Search Procedures (35 minutes)

- *Procedures for stopping persons and searching persons and vehicles*

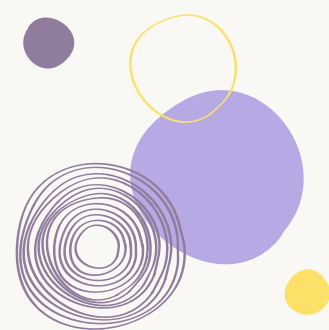
Theoretical part (15 minutes)

- **When can an arrest be made?:** Discussion of situations in which officers have the right to arrest a person, e.g. based on reasonable suspicion of committing a crime, a breach of public order, or as a preventive measure.
- **Legal basis for detention:** Explains the key legal provisions that govern detention, such as the rights of a person detained, the obligation to provide information about the reasons for detention, and the length of time a person can be detained without charge.
- **Legal basis for a search:** Explains when and on what legal basis officers can conduct a search of a person. Discusses the differences between a strip search and a search in a public place.



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Part 2.

Police Procedures (1 hour 45 minutes)

3. Stop and Search Procedures (35 minutes)

- *Procedures for stopping persons and searching persons and vehicles*



Practical part (20 minutes)

Exercise 2. Analysis of police intervention cases

Analyze the presented case and state what the procedure for arrest by police officers should look like and what rights a detained person has.

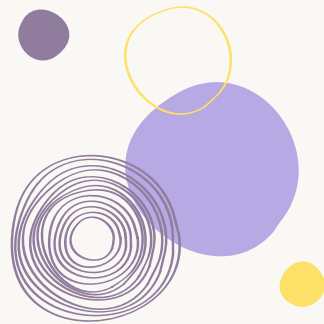
Case 1: Arrest for public order offence

The police are called to a city park where a group of young people are disrupting public order by behaving loudly and aggressively towards passers-by. The officers arrive and decide to detain one of the participants, who refuses to provide his details and becomes increasingly aggressive.



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Part 2.

Police Procedures (1 hour 45 minutes)

3. Stop and Search Procedures (35 minutes)

- *Procedures for stopping persons and searching persons and vehicles*

 Example 2: Arrest on suspicion of committing a crime

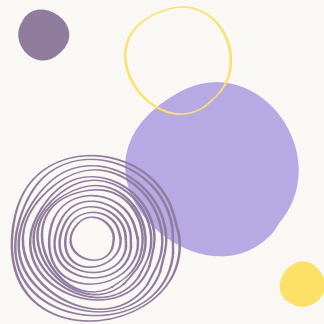
- Case description: Police receive a report of a shoplifting incident. Officers arrive and detain a person who matches the description of the perpetrator provided by witnesses. The person claims to be innocent and was not in the store at the time of the theft.

Example 3: Preventive detention during a demonstration

- Case description: During a large demonstration in the city center, police stop a person who, according to officers, looks suspicious and may have dangerous items on him. The person detained claims to be participating in the demonstration peacefully and does not have any illegal items.



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Part 2.

Police Procedures (1 hour 45 minutes)

4. Discussion (15 minutes)

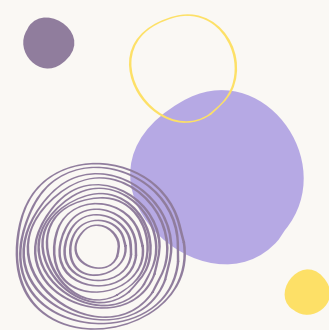
- *Participants can ask questions about police procedures*

Participants can ask questions about police procedures to better understand how these procedures are applied in practice and what legal and ethical implications they have.

These discussions can help participants better understand the complexities of police procedures and their impact on individual rights and public safety.



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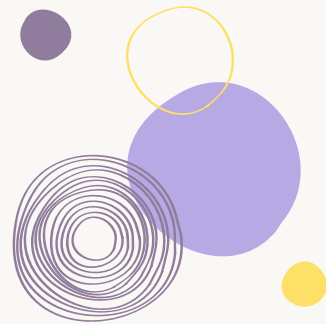
Part 3.

Professional help (1 hour 55 minutes)

1. Introduction to the topic (30 minutes)
 - The importance of access to expert help
2. Organizations and institutions offering support (25 minutes)
 - Overview of organizations that help people affected by addiction to psychoactive substances
 - Types of therapies available for people with addictions
3. Conducting conversations with addicts (55 minutes)
 - Ways to talk to addicts
4. Discussion (10 minutes)
5. Answering participant's questions



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Part 3.

Professional help (1 hour 55 minutes)

1. Introduction to the topic (30 minutes)

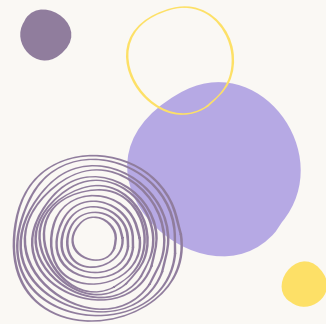
- *The importance of access to expert help*

Theoretical part (30 minutes)

- Impact on the recovery process: Explaining how access to professional help, such as therapy and rehabilitation programs, can greatly increase the chances of successfully recovering from addiction.
- Role in prevention: Discussing how early intervention and access to support can help prevent addiction from developing and reduce the risk of relapse.
- Social and individual support: How support from professionals and support groups affects the motivation and mental health of people with addictions.



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Part 3.

Professional help (1 hour 55 minutes)

2. Organizations and institutions offering support (40 minutes)

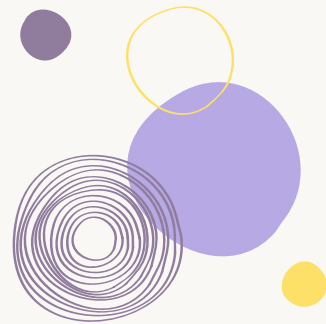
- *Overview of organizations that help people affected by addiction to psychoactive substances*

Theoretical part (20 minutes)

- Public and private centres: Discussion of which institutions and organisations (e.g. National Health Fund, foundations, associations) offer help to addicts.
- Support Groups: Introducing support and community groups such as Alcoholics Anonymous (AA) and Narcotics Anonymous (NA)



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Part 3.

Professional help (1 hour 55 minutes)

2. Organizations and institutions offering support (40 minutes)

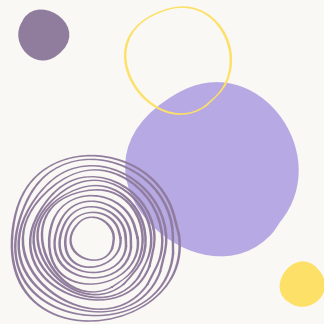
- *Types of therapies available for people with addictions*

Theoretical part (20 minutes)

- Individual and group therapy: Discussion of the advantages and applications of individual and group therapy in the treatment of addictions.
- Family therapy and motivational therapy: How family therapy supports people with addictions and how motivational therapy increases engagement in the recovery process.
- Collaborating with families: How rehabilitation programs engage family and loved ones in the recovery process.



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Part 3.

Professional help (1 hour 55 minutes)

3. Conversations with addicts (55 minutes)

- *Ways to talk to addicts*

Theoretical part (15 minutes)

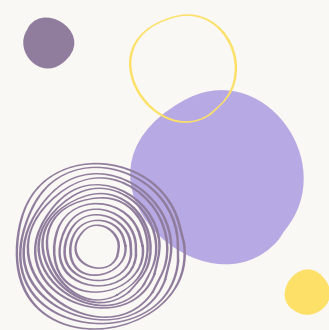
Discussing how to conduct conversations:

- Active listening:
 - Techniques: How to use paraphrasing, asking open-ended questions, and reflecting emotions to show understanding and interest.
- Empathy and support:
 - Techniques: How to show empathy, avoid judgment, and build positive relationships.
 - Examples: "I understand this is difficult for you, but I am here to help."
- Motivating and engaging:
 - Techniques: How to use motivational techniques such as promoting independence and setting realistic goals.
 - Examples: "What do you think about trying a small step towards change?"



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Part 3.

Professional help (1 hour 55 minutes)

3. Conversations with addicts (55 minutes)

- *Ways to talk to addicts*



Practical part (40 minutes)

Exercise 3. Elements that a conversation with a person struggling with addiction should include

- Division into groups: Participants are divided into groups, where each group will work on writing down the elements of what a conversation with an addict should include and discussing when you can start to insist on a conversation.
- Simulations and role-playing:

Scenario 1: Talking to a person who is resistant to help and does not want to admit they have a problem.

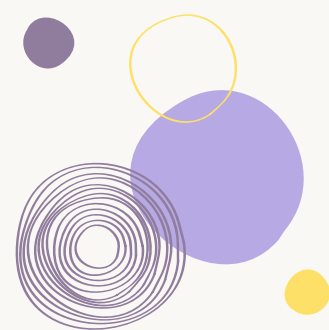
Scenario 2: Talking to a person who is ready for change but is afraid of the difficulties associated with the rehabilitation process.

Scenario 3: Talking to an addict who is experiencing a relapse and feeling depressed.



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Part 3.

Professional help (1 hour 55 minutes)

4. Discussion (10 minutes)

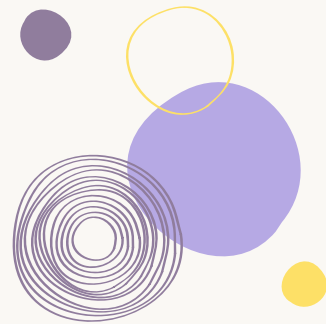
- *Answering participants' questions*

The discussion should provide an opportunity to exchange knowledge and experiences, as well as provide participants with practical tools and resources for further development in conducting conversations with addicted people.



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Part 4.

Most Common Psychoactive Substances (1 hour 30 minutes)

1. Introduction to the topic (10 minutes)
 - Discussing the purpose and importance of understanding psychoactive substances
2. Presentation – Characteristics of the substance (50 minutes)
 - Marijuana, amphetamines, cocaine, heroin, ecstasy, LSD, new psychoactive substances
 - Health and social consequences
3. Group Exercise – Recognizing Substances (30 minutes)
 - Case study



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Part 4.

Most Common Psychoactive Substances (1 hour 30 minutes)

1. Introduction to the topic (10 minutes)

- *Discussing the purpose and importance of understanding psychoactive substances*

Theoretical part (10 minutes)

- The importance of knowing about psychoactive substances:
 - Recognizing the risks: Explaining why knowledge of psychoactive substances is crucial in the context of prevention, intervention and support for people with addictions.
 - Education and Intervention: How substance knowledge can help in effective intervention, diagnosis and treatment of people with addiction problems.



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Part 4.

Most Common Psychoactive Substances (1 hour 30 minutes)

2. Presentation – Characteristics of the substance (50 minutes)

- *Marijuana, amphetamines, cocaine, heroin, ecstasy, LSD, new psychoactive substances*

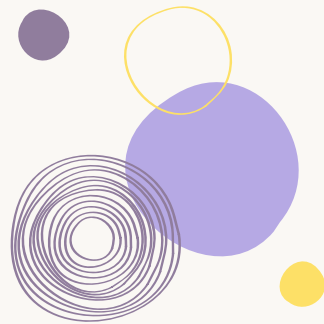
Theoretical part (50 minutes)

- Discussion of the most common psychoactive substances, their properties, health and social effects, and symptoms of addiction.
- Examples:
 1. Marijuana:
 - Characterization: Description of the substance, its origin, and form of administration (e.g. smoking, eating).
 - Health Effects: Short-term and long-term health effects, including respiratory, mental and cognitive effects.
 - Behavioral changes: Symptoms of use, such as altered mood state, difficulty concentrating.



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2. Amphetamines:

- Characteristics: Types and form of administration (tablets, powder).
- Health Effects: Physical (e.g. increased blood pressure) and mental (e.g. hyperactivity, paranoia) effects.
- Behavioral changes: Signs of use such as excess energy, changes in appetite and sleep.

3. Cocaine:

- Characteristics: Form of cocaine (crystal, powder) and method of use (snorting, injecting).
- Health Effects: Short-term effects (euphoria, increased alertness) and long-term effects (heart problems, nasal damage).
- Behavioral changes: Symptoms of use such as aggression, impulsivity.

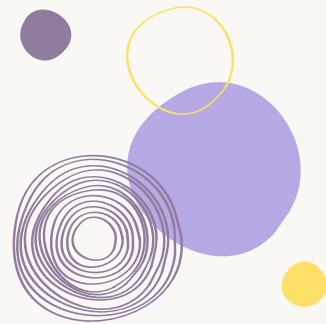
4. Heroine:

- Characteristics: Description of the form of heroin and methods of administration (injection, smoking).
- Health effects: Short-term effects (euphoria, drowsiness) and long-term effects (addiction, respiratory problems).
- Behavioral changes: Symptoms of use such as apathy, social isolation.



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5. Ecstasy (MDMA):

- Characteristics: Form of ecstasy and method of administration (tablets, capsules).
- Health effects: Short-term effects (euphoria, increased empathy) and long-term effects (memory problems, mood changes).
- Behavioral changes: Symptoms of use, such as excessive outgoingness, changes in social behavior.

5. LSD:

- Characteristics: Form of LSD and method of administration (papers, tablets).
- Health effects: Visual and emotional effects (hallucinations, altered perception of reality), potential risks (panic attacks).
- Behavioral changes: Symptoms of use, such as altered perception of time and space.

6. New psychoactive substances (NPS):

- Characteristics: General description of NPS, examples and difficulties in identification.
- Health Effects: Wide range of effects, often difficult to predict.



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Part 4.

Most Common Psychoactive Substances (1 hour 30 minutes)

2. Presentation – Characteristics of the substance (50 minutes)

- *Health and social consequences*

Theoretical part (50 minutes)

- Discussion of the most common psychoactive substances, their properties, health and social effects, and symptoms of addiction.
- Examples:

Marijuana:

Characterization: Description of the substance, its origin, and form of administration (e.g. smoking, eating).

Health Effects: Short-term and long-term health effects, including respiratory, mental and cognitive effects.

Behavioral changes: Symptoms of use, such as altered mood state, difficulty concentrating.



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Part 4.

Most Common Psychoactive Substances (1 hour 30 minutes)

2. Group exercise – Recognition substances (30 minutes)

- *Case study*



Practical part (30 minutes)

Exercise 4. Responding to Threat

- Case studies:

Scenario 1: Person taking marijuana – symptoms such as altered mood, problems with short-term memory.

Scenario 2: Person using cocaine – symptoms such as hyperactivity, altered emotional state, signs of cocaine use.

Scenario 3: Heroin user – symptoms such as drowsiness, decreased appetite, signs of injecting.

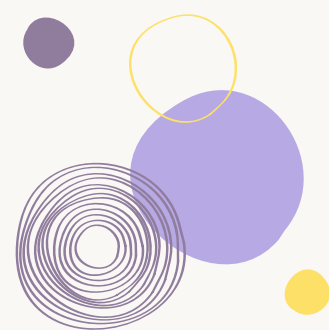
- Task for groups:

Substance Identification: Each group analyzes a case, identifying possible substances based on described symptoms and behavioral changes.



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Part 4.

Most Common Psychoactive Substances (1 hour 30 minutes)

2. Group exercise – Recognition substances (30 minutes)

- *Case study*



Practical part (30 minutes)

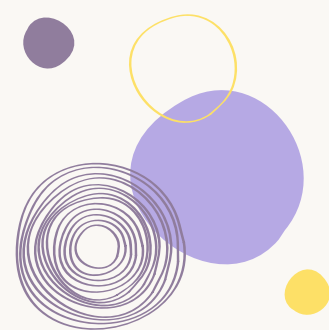
Exercise 4. Responding to threat

- Developing an intervention strategy: What steps should be taken depending on the substance identified, including potential interventions and support needs.
- Discussion of results: Presentation of analyses and intervention strategies by groups, discussion on the correctness of the diagnoses and the effectiveness of the proposed actions.



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Part 5.

Summary (30 minutes)

1. Key takeaways (15 minutes)

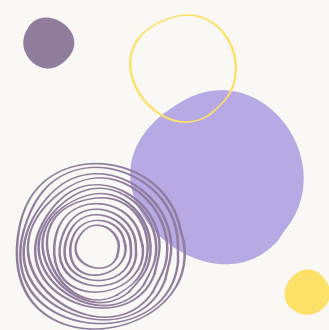
- Summary of the most important points of the workshop

2. Appeal for social cooperation (15 minutes)

- Encouragement to actively work to improve the situation related to psychoactive substances



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Part 5.

Summary (30 minutes)

1. Key takeaways (15 minutes)

- *Summary of the most important points of the workshop*

During the summary part of the workshop it is worth discussing:

- The importance of knowing about psychoactive substances:

To demonstrate how knowledge about various psychoactive substances (e.g. marijuana, cocaine, heroin, new psychoactive substances) and their health and social effects is crucial for effective prevention and intervention.

Understanding the health and social effects of psychoactive substances allows for better decision-making regarding the prevention and treatment of addiction.

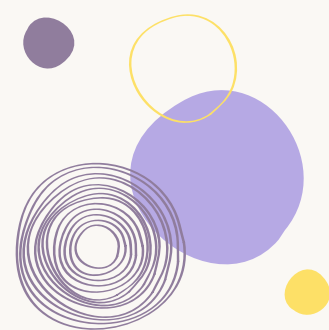
- Police procedures:

Emphasizing the importance of understanding the legal basis for detaining individuals and conducting searches to ensure compliance with the regulations and the safety of both officers and detainees.



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Part 5.

Summary (30 minutes)

1. Key takeaways (15 minutes)

- *Summary of the most important points of the workshop*

During the summary part of the workshop it is worth discussing:

- **Help and support:**

Discussion of the role of organizations supporting addicts and available rehabilitation and therapy programs.

Encouraging people to use local support centres that offer help to people affected by addiction problems.

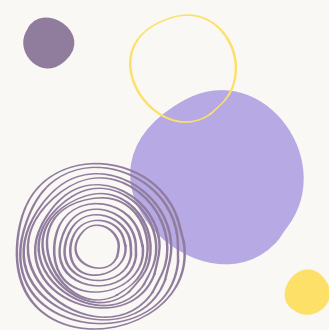
- **Communication techniques:**

Discussion of the principles of the method of conducting conversations with addicts, including building trust and motivating change, and appropriate support and intervention techniques.



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Part 5.

Summary (30 minutes)

2. Appeal for social cooperation (15 minutes)

- *Encouragement to actively work to improve the situation related to psychoactive substances*

During the summary part of the workshop, it is worth encouraging participants to actively work to improve the situation related to psychoactive substances by discussing:

- Active participation:

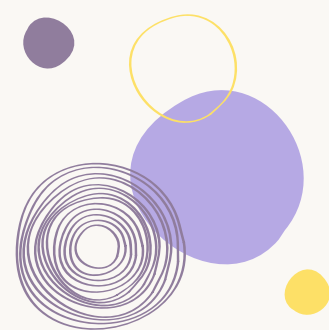
Local initiatives: Encouraging involvement in local initiatives aimed at preventing addiction and supporting people with addictions, such as organising educational events or information campaigns.

Supporting local organizations: Getting involved with organizations that help people with addictions, for example through volunteering or donating.



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Part 5.

Summary (30 minutes)

2. Appeal for social cooperation (15 minutes)

- *Encouragement to actively work to improve the situation related to psychoactive substances*

During the summary part of the workshop, it is worth encouraging participants to actively work to improve the situation related to psychoactive substances by discussing:

- Education and prevention:

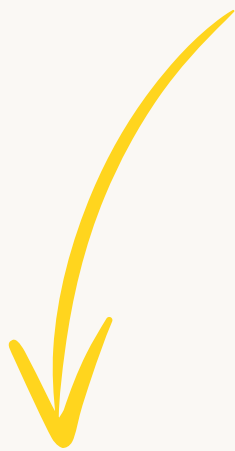
Promoting awareness: Supporting educational activities in the community, such as workshops, trainings or talks about addictions and their effects.

Preventive actions: Supporting actions aimed at preventing addictions, such as prevention programmes in schools or support places for people in difficult situations.



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Quiz

Police procedures in case of possession of psychoactive substances

Welcome to the quiz on police procedures in situations involving people suspected of possession or use of drugs. The purpose of this quiz is to test your knowledge of the actions that officers should take in such situations and to familiarize yourself with the key principles and procedures.

Be prepared for questions on both general principles and specific police procedures.

Good luck!

GO!