

QUESTION OF THE WEEK, WEEK 20 (15–19.5.2024)

NUMBER OF RESPONDENTS: 454

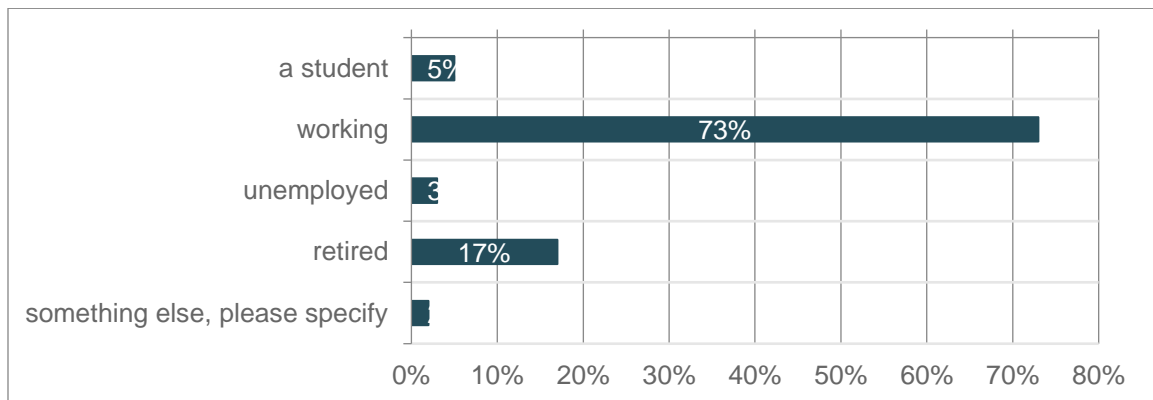
The margin of error is 5 % and thereby the answers are considered to reflect the opinions of the population in Jakobstad.

SUBSTANCE ABUSE

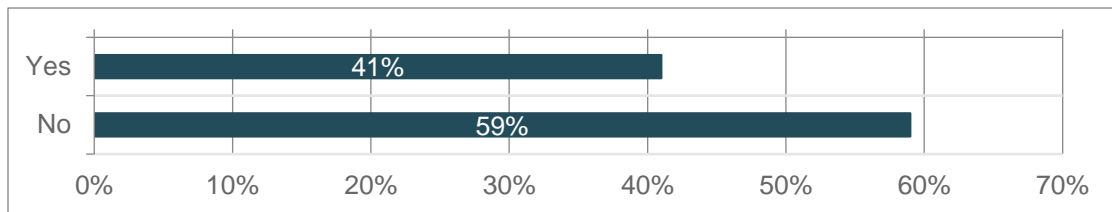
In the Question of the Week the residents were asked: *“The town of Jakobstad has a team for preventing substance-related problems. The substance abuse prevention work is seeking to prevent and reduce the harm caused by substances for the users, their loved ones, and the society overall. Substances in this context are tobacco products, alcohol, and drugs. The harm caused by gambling is also included in this.*

The team is working on a substance abuse prevention plan for the town of Jakobstad, in which the team would like to include the residents’ thoughts and experiences about the current situation. By answering these questions you are contributing to the work with the substance abuse prevention plan.

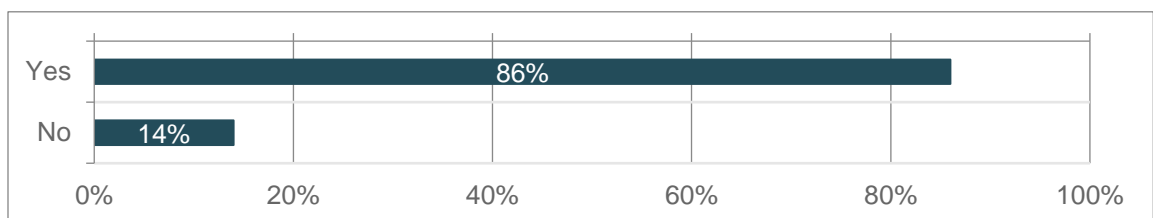
I am”



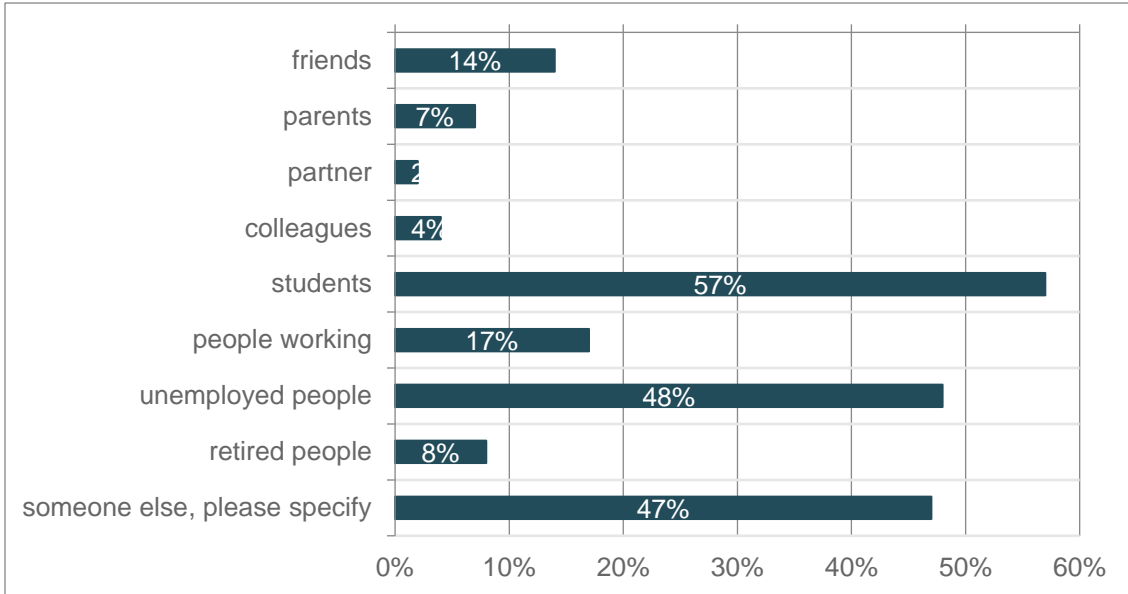
“Do you have minors in your household?”



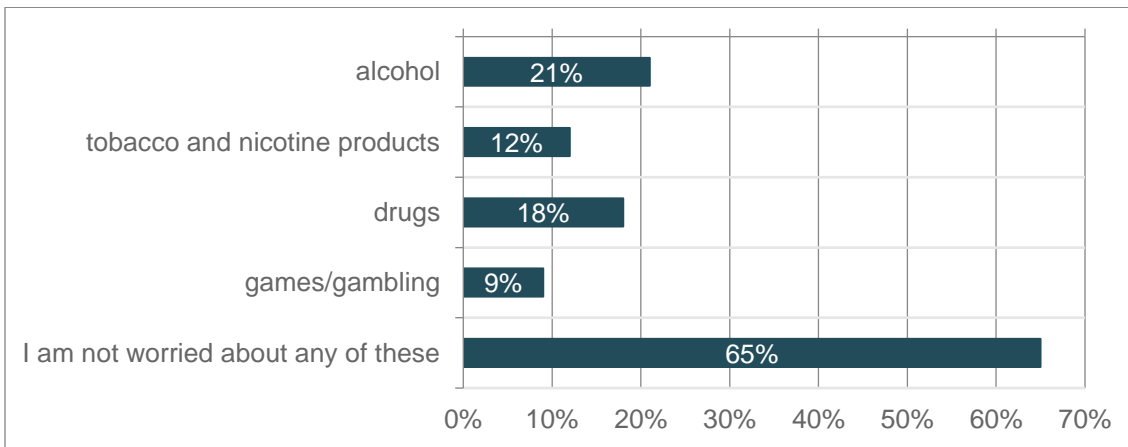
“Are you worried about the substance abuse in the Jakobstad region?”



If you answered Yes you received the additional question: *“Who/which group are you worried about (you can choose several)?”*



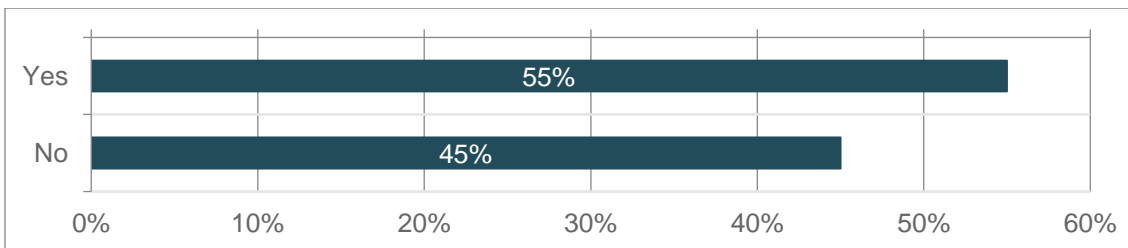
“Are you worried about your own or a loved ones’ use of following substances? (you can choose several)”



“Tell us more about what your worry is based on.”

See Next Step.

“Do you know where to get support for detoxification from substances?”



“What kind of support for detoxification do you think is needed more in the Jakobstad region?”

See Next Step.

“Do you have other ideas for what would be important to include in the substance abuse prevention plan for the town of Jakobstad?”

See Next Step.

NEXT STEP

The results of the Question of the Week show that especially the drug abuse among youth is worrying. Many are also lacking the knowledge of where to receive help with substance-related problems.

Jakobstad has a team for substance abuse prevention work. A regional substance abuse prevention plan will be made and the questions from this questionnaire are considered in that plan. The team consists of Fredric Portin (chairman), Päivi Rosnell, Tiina Höylä-Männistö, Sari Backlund, Maria Fagerholm, Anki Sundqvist, Nina Herrgård, and Anna Kotka-Bystedt. The team is meeting once a month.

On the town’s website you can find valuable links and a phone number to the Psychosocial services at the Wellbeing Services County of Ostrobothnia, which can support you who is worried about substance abuse <https://jakobstad.fi/kultur-och-fritid/rusmedelsforebyggande-arbete> (in Swedish and Finnish).

General information about substance abuse prevention work can be found on the website of Ehyt: <https://ehyt.fi/en/>

A test for young people worried about their own or others’ substance abuse is found here: <https://normaali.fi/> (in Swedish and Finnish)

A chat for parents and older people who are struggling with different things in their everyday life can be found here: <https://enjaksa.fi/> (in Finnish and Swedish).

More information:

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