



Internacional
Congress
Freemind 2022
15th to 18th June, 2022 - Expo Dom Pedro - Campinas

Activities Report 2022

Protecting our youth from drugs
is our biggest commitment to the future.



FREEMIND
espírito de unidade

Brought to you by:

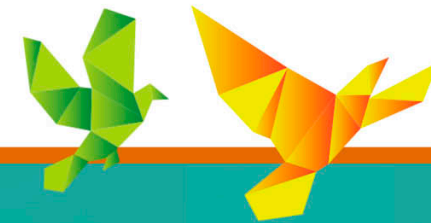


WE FREEMIND AND ISSUP BRAZIL

Our mission is to help people help more people.

For this we need to create a large Workforce with Volunteers and Professionals specialized in Prevention, based on Scientific Evidence.

In **10 years** of activities we have helped **more than 10,000** people help **more than 2,000,000** people with drug problems in Brazil. Be part of this work so that many more people have a better future and children and young people can be protected from the current risks for good education in the future.



Our trajectory



2012
March

Start of it all: meeting with a homeless person.



2012
September

Meeting with Father Haroldo, Augusto Cury and creators of Freemind.



2013
January

Holding of the 1st International Freemind Congress.



2013
August

Realization of the first turns of prevention in Atibaia-SP.



2014
April

Holding of the 2nd International Freemind Congress



2014
October

Carrying out new turns of prevention in Atibaia-SP and Mococa-SP



2015
September

Holding of the 3rd International Freemind Congress



2015
December

Invitation to participate in the global ISSUP Council



2016
December

Holding of the 4th International Freemind Congress and the 2nd ISSUP Workshop



2017
December

We were chosen to host the ISSUP national chapter in 2018



2018
August

Realization of the 1st stage of the UPC courses for Brazilian multipliers



2018
September

Realization of the 5th International Freemind Congress and 2nd stage of the UPC courses



2019
December

Realization of the 6th International Freemind Congress



2020
February

Participation in the UN Congress in Vienna



2020
May

Pandemic world. Start of online activities with various courses



2021
March

We reached the mark of more than 1500 publications on our social networks and ISSUP



2021
December

First class formed online in prevention training in schools



2022
January

Start of the prevention pilot project in the city of Campinas-SP



2022
May

Participation in the ISSUP global event in Abu-Dhabi- UAE



2022
June

Holding of the 7th International Freemind Congress

Our numbers



10.000
Congressmen



452
Cities



27
States



167
Countries



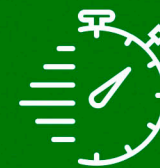
250
National
Speakers



53
International
Speakers



144
Exhibitors



450
hours of
international
training in
prevention



35
hours of
online courses



140
hours of
conferences



125
hours of
themed
panels



38
hours of
recreational
activities in
prevention



2
retreats with
homeless
people

Our Gratitude

SPONSORS - Those who make a dream come true



CLÍNICA JEQUITIBÁ
ALCOOLISMO E DEPENDÊNCIA QUÍMICA



INSTITUTO
VERDESCOLA

Our Gratitude

International Partners Those if were always "together"



Cooperación para o Desenvolvimento da Ásia e Pacífico



Federación Latinoamericana de Comunidades Terapéuticas



INTERNATIONAL SOCIETY OF SUBSTANCE USE PROFESSIONALS



Organização dos Estados Americanos



União Africana



Institute for research and development



USA - Agência de Leis Internacionais para Narcóticos



Our Gratitude

National Partners - Those who have always been by our side



SENAPRED

Secretaria Nacional de Cuidados e Prevenção às Drogas

Our Gratitude

Supporters - Those who always believed



Apoiadores.png



MINISTÉRIO DA CIDADANIA



Objective

In order to propose a reflection on the harmful use of psychoactive substances and behavioral addictions, **Prevention** is undoubtedly one of the most important topics when it comes to drug addiction.

And it is not difficult to understand why: investing in stocks of this nature, besides being less costly, also avoids future physical, material and social damage.

The challenges

A lot has changed from the pandemic that hasn't even finished yet. It's changed in good habits and bad habits! Sensitive problems such as digital addiction, family conflicts, uncontrolled consumption of alcohol and other drugs, depression and even suicide have all gained another dimension in recent semesters. Even organizing a Congress of the size of the Freemind Congresses was a huge challenge, given the many uncertainties that the moment put us. It was two years of great expectation, waiting for the right time and place.

The city of Campinas was once again the city chosen to host the 7th Freemind International Congress, in June/2022, between the 15th and 18th at the Expo Dom Pedro Convention Center.

Freemind Congress: Made for you. Perfect for your family!

More than useful information and recent statistical data, we exchange **successful experiences, knowing new ideas, interesting alternatives** and **practical solutions based on scientific evidence.**

We were able to review national and international speakers who are a reference in their area of activity, as well as bring many new speakers in this year 2022.

Numbers of the 7th Freemind Congress

With the theme "Protecting our young people from drugs is our greatest commitment to the future!", the **7th Freemind International Congress 2022** had:

More than 50 hours of training, lectures and training

Face-to-face audience of **1,500 people**

4,500 Hits to live stream on YouTube

22 states

210 Brazilian cities

10 countries*

More than 40 exhibitors

* Participants: United States, Germany, Nigeria, Mexico, Slovenia, Africa, Argentina, Philippines, Chile and Austria.

Spirit of Unity

The Freemind Congress is made by the union of all forces that seek to make Prevention a reality in our country and in the world.

Without this Spirit of Unity, it would not have been to reach such expressive numbers as:

7 International Congresses in 10 years

More than 9,000 congressmen

240 national speakers

50 international speakers

144 exhibitors



See how the
7th Freemind International
Congress 2022

Prevention Auditorium

06/15/2022 - OFFICIAL OPENING



06/15/2022 - OFFICIAL OPENING



06/15/2022 - Lecture Dr. Augusto Cury - Self-control in a stressed society



06/16/2022 - Panel: Responsibility of politicians in relation to the abuse of alcohol and other drugs



06/16/2022 - Panel: Crack Use and Homeless Population: an Evidence-Based Care Model



06/16/2022 - Panel: Spirituality and Prevention - Special projects for a life with meaning!



06/16/2022 - Panel: Spirituality and prevention Presentation House of the Minor



06/16/2022 - Panel: Suicide and Depression: Possible Paths to Prevention



06/16/2022 - International Online Lecture - Dr. Zili Sloboda Building Prevention Work through Science

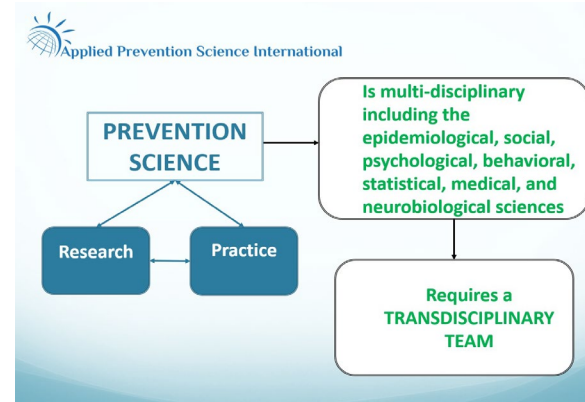
Applied Prevention Science International

Building the Prevention Workforce through Prevention Science

Congresso International Freemind 2022

Zili Sloboda, Sc.D., President
Applied Prevention Science International, Inc.

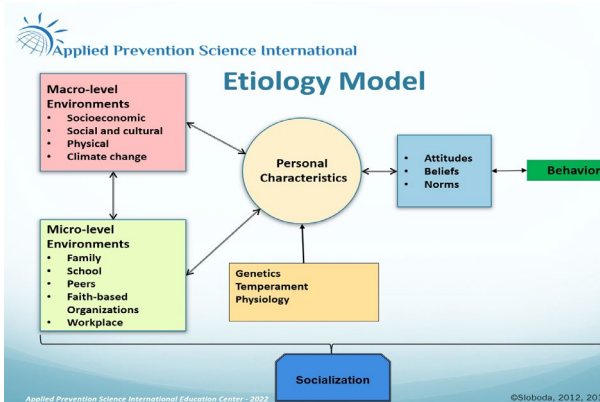
Applied Prevention Science International Education Center - 2022



Applied Prevention Science International

Substance Use Prevention—A Start ^(1/5)

1. Systematic body of theory
 - ✓ Society for Prevention Research—Standards of Knowledge
 - ✓ European Drug Prevention Quality Standards
 - ✓ International Standards on Drug Use Prevention—United Nations Office of Drugs and Crime-World Health Organization
 - ✓ APSI-Universal Prevention Curriculum (2014-2018) and the Foundations of Prevention Science and Practice (2020-2021)



Applied Prevention Science International

Behavioral Interventions - Prevention Professionals ^(1/2)

- May either **train** socialization agents, such as parents and teachers from the micro-level environments to help them:
 - Improve their socialization skills (parenting, classroom management)

Applied Prevention Science International Education Center - 2022

Applied Prevention Science International

International Standards on Drug Use Prevention

UNODC

International Standards on Drug Use Prevention

International Standards on Drug Use Prevention
Second updated edition

©UNODC 2013 Applied Prevention Science International Education Center - 2022

06/16/2022 - International Online Lecture - Dr. Amy Ronshausen - Prevention: Marijuana and the change of scenery

Prevention in a Changing Marijuana Landscape

Amy Ronshausen, Executive Director
Drug Free America Foundation, Inc.




Colorado Dispensaries

- Medical Marijuana Dispensaries = 497
- Recreational Marijuana = 369
- Starbucks Coffee = 405
- McDonalds = 227




CBD

"Consumers are participating in one of the largest uncontrolled clinical trials in history, and no one really knows what it is they're taking," says Pal Pacher, an investigator at the National Institutes of Health and president of the International Cannabinoid Research Society. "It's scary."



Source: Pop Culture Says CBD Cures Everything—Here's What Scientists Say. By David H. Freedman On 08/20/19 at 5:00 AM EDT

Marijuana and Psychosis

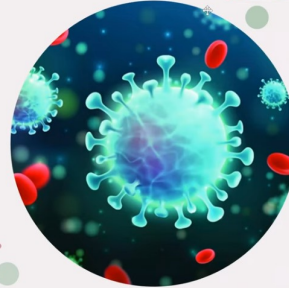
Ongoing study - youth who used marijuana just 5 times or more had a 6.5-fold higher risk for developing psychosis.

Another study found 3-fold higher risk among daily users compared to non-users. Among users of high potency marijuana (10% or more of THC) the risk for psychotic disorders was 5 times higher.

Sources: Mulsman A, "Merrill S, Norrish D, Murray GK, Maiti P, Jääskeläinen E, Miettinen J. Adolescent cannabis use, baseline prodromal symptoms and the risk of psychosis. Br J Psychiatry. 2018 Apr;214(4):217-225. doi: 10.1191/bp.2017.161100. Epub 2017 Oct 10. PMID: 29062669. 2019 Mar;47(4):438. doi: 10.1016/j.eurpsy.2018.08.008. Epub 2019 Mar 19. PMID: 30926669

Challenges – COVID

- Since COVID-19-related social distancing began, the frequency of adolescent alcohol and marijuana use has increased
- Predictors include greater peer reputation concerns, self-reported popularity, and depressive symptoms.
- How were they using:
 - engaging in solitary substance use (49.3%)
 - using substances with peers via technology (31.6%)
 - face to face (23.6%).



Source: Dunne TM, Ellis W, Li DM. What Does Adolescent Substance Use Look Like During the COVID-19 Pandemic? Learning Changes in Frequency, Social Contexts, and Psychiatric-Related Predictors. J Adolesc Health. 2020;67(3):354-361. doi: 10.1016/j.jadhealth.2020.08.008

06/16/2022 - International Online Lecture - Dr. Clemente Abella (Junjun) - Recognizing pain related to dependence, codependence and attachment styles

Recognizing the relational pain of addiction, codependency and attachment styles

JUNJUN ABELLA MAC RGC ICRC ICAP III



Where would you be today if you were not in treatment?

"I might be in a hospital again or in jail or dead."

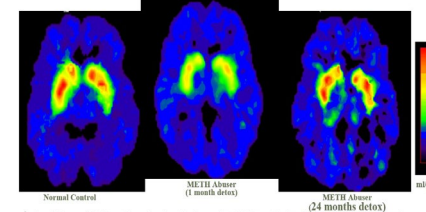
"Unhappily Married / Unmarried"

"Poor & Broke"

"Maybe I would be dead. If not dead, in jail. I don't have any other choice. Either I go to treatment or be killed or be in jail."



Partial Recovery of Brain Dopamine Transporters in Methamphetamine (METH) User After Protracted Abstinence

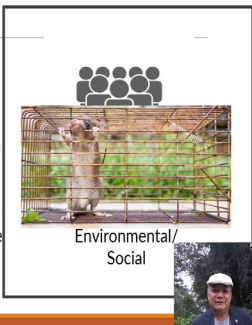
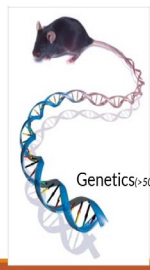


1. Slice brain images of the brain around cortex (the yellow-red area) in a normal control subject, a methamphetamine user 1 month after detoxification, and a methamphetamine user 24 months after detoxification.
 2. Difference in dopamine transporters between the first two brain images (Normal control and 1 month post-detoxification; red areas higher amounts, green and blue areas lower amounts). Focus on the difference in dopamine transporters.
 3. Difference in dopamine transporters between the second and third brain images (1 month post-detoxification and 24 months post-detoxification).
 4. Observed dopamine transporter binding in methamphetamine users recovers after months of abstinence. That is, the first and third brain images show that the second control brain and the 24 months post-detoxification brain are alike in dopamine transporters in comparison to the 1 month post-detoxification brain. This recovery in dopamine activity is eventually the brain healing from the damage done by methamphetamine.
 (Source: Volkow, N.D., et al., Journal of Neuroscience, 2003, Vol. 23, pp. 9414-9418)

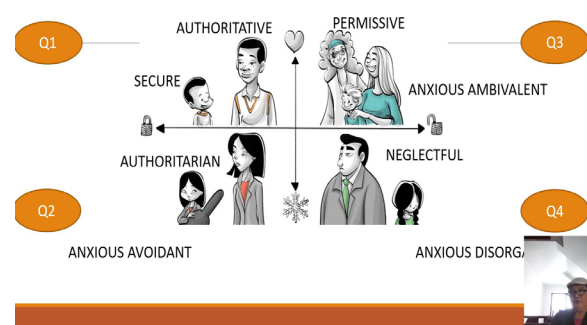


What caused the problem?

The mice experiment:



PARENTING & ATTACHMENT STYLES



...And the environment I choose -



Is to be with the *someone*
 I *want* to be with
 rather than *someone*
 I *need* to be with,
 in a place and time of *my choice*
 -Junjun Abella

06/16/2022 - International Lecture - Dr. Roberto Canay

Evidence-based occupational prevention



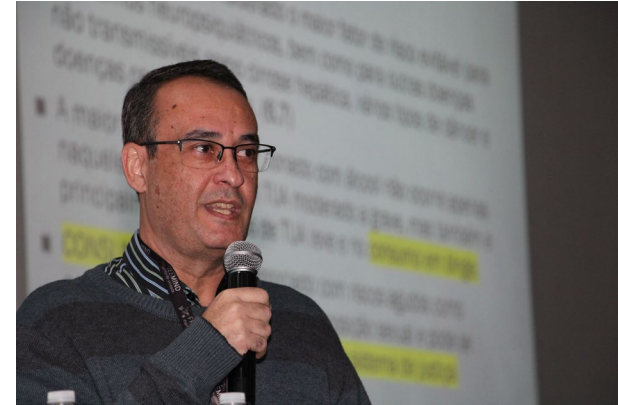
06/17/2022 - Panel: Electronic Cigarette - Wolf in sheep's clothing. Myths and Truths about Electronic Smoking Devices



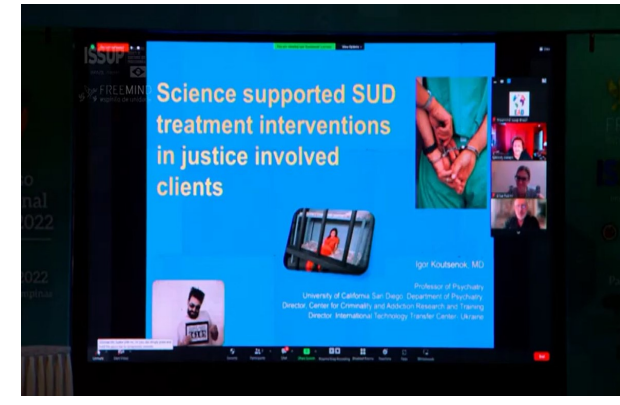
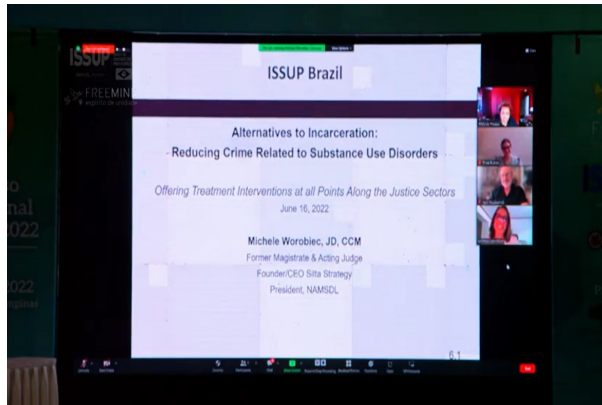
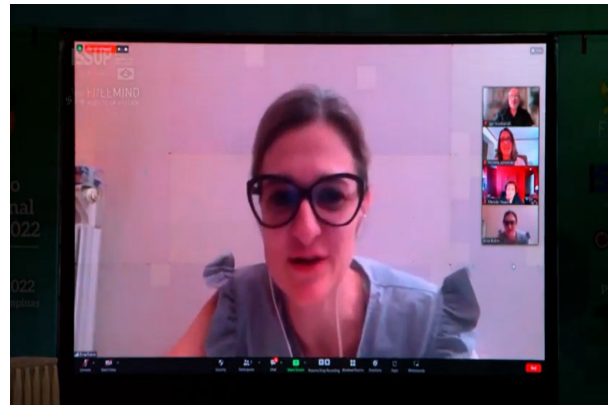
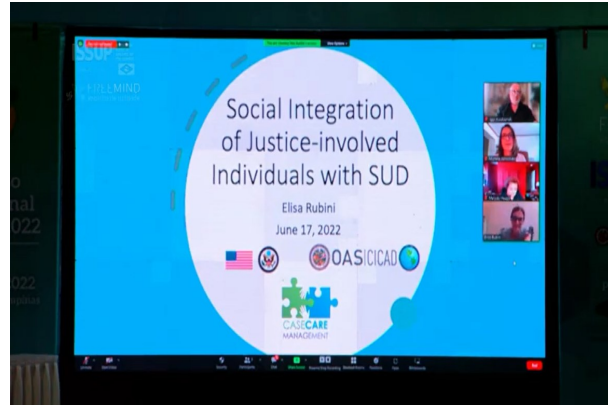
06/17/2022 - Panel: Development Psychiatry and its contribution to the Prevention of Alcohol and Other Drugs



06/17/2022 - Panel: Impacts of Alcohol and Other Drugs Abuse on the Justice System, Indicated Prevention and Therapeutic Justice



06/17/2022 - International Panel Online: The Justice System - An Opportunity for Treatment Interventions



06/17/2022 - Panel: How SINAP works - National Drug Prevention System



06/17/2022 - Lecture - From Theory to Practice: the Trajectory of Preventive Actions of the Federal Police



06/17/2022 - International Lecture - Jimena Kalawski - Challenges of Substance Use Prevention in the Americas



06/18/2022 - Panel: School and the Church are the second families in Prevention



06/18/2022 - Panel: Internet, betting and video games - online gambling and media convergence



06/18/2022 - Panel: Campinas - Meet the Pilot Project for Prevention Based on Scientific Evidence



06/18/2022 - International Lecture - Livia Edegger and Barbara Correa - GLOBAL ISSUP and the Field of Prevention



06/18/2022 - International Lecture - Dr. Abel Basutu - Promoting the Prevention of Drug Use to Take Advantage of Africa's Demographic Dividend



06/18/2022 - International Lecture - Dr. William Crano

The essential role of caring for parents and monitoring



06/18/2022 - International Lecture - Matej Košir - Community Mobilisation: the key to evidence-based sustainable prevention at the local level





See how was the
7th Freemind International
Congress 2022

1st National Forum of
Therapeutic Communities

Confenact Auditorium - 06/16/2022

1st National Forum of Therapeutic Communities

Accomplishment: CONFENACT, in partnership with CONFENACT affiliated federations and FREEMIND/ISSUP Brazil

Dates: June 16-17, 2022

With a capacity of **600 people**, the CONFENACT Auditorium was full in the two days of the event.

He addressed issues such as:

- Sustainability and Fundraising
- Social reintegration in CT and post-reception
- Articulation in states and municipalities in the formulation of public policies aligned with the new national drug policy
- The voluntary reception program and how to proceed in the face of the demands of involuntary hospitalizations
- Spirituality vs. regulation of public power
- The treatment of codependence in family members through the strengthening of bonds and support groups
- Administrative and financial management of TDs
- Drug policy proposals for presidential candidates and state governments

Confenact Auditorium - 06/16/2022



Confenact Auditorium - 06/17/2022



Parallel Events - Auditoriums Amoreira I, II and III - Saturday - 06/18/2022

On Saturday, **June 18**, in the Auditoriums Amoreira I, II and III were held **parallel events** of **2 hours** each, organized by **partners** of Freemind / ISSUP Brazil. Each auditorium had a capacity of **200 people**.

Amoreiras I:

- **Mini course** "Learn how to implement a risk prevention program associated with the misuse of psychoactive substances and tobacco in companies" – Organized by **PrevOne Diagnosis and Prevention**
- **Panel** "How and why programs to prevent the use of alcohol and drugs directed to specific populations import?" – Organized by **ABEAD - Brazilian Association of Studies of Alcohol and Other Drugs**
- **Panel** "Challenges in how and where to seek help in choosing treatment - personal experiences and professional tips in this difficult and delicate choice" – Organized by **Hiram Ravache and Rocha Brasil Institute**

Amoreiras II:

- **Conversation wheel** "Groups of Love-Demanding: Gateway to a new life!" - Organized by **FEAE - Federation of Love-Demanding**
- Lecture "The importance of The Councils and State Conferences for the Development and Legitimacy of Social Public Policies on Drugs" - Organized by **CONESD - State Council of Public Policies on Drugs of Paraná**

Amoreiras III:

- **Panel** "The actions of community coalitions in Brazil and the protagonism of adolescents and young people in drug prevention" – Organized by **CADCA – Community Anti-Drug Coalitions of America**
- Lecture "Narcotics Anonymous: A Resource in Your Community" - Organized by **Narcotics Anonymous - NA**
- Lecture "Children of alcohol addicts - How to help them?" - Organized by **AI-Anon Family Groups in Brazil**

Side Events – 06/18/2022

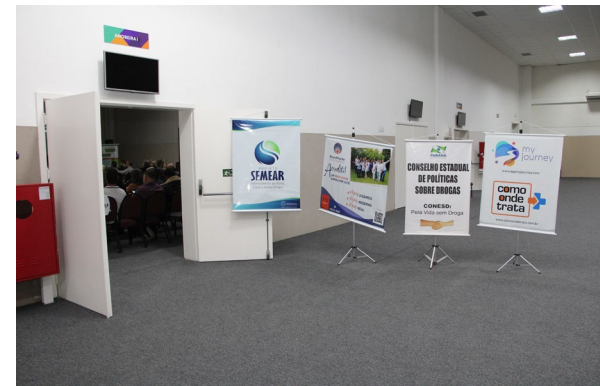
Mini Course - PrevOne



Panel - ABEAD



Panel - Hiram Ravache



Side Events - 06/18/2022

Conversation Wheel - FEAE



Panel - CADCA



CONESD and AI-Anon Lectures



International Workshop on Prevention of Drug Use in Schools 2022

At the Rubber Auditorium, from 13 to 15 June 2022, the

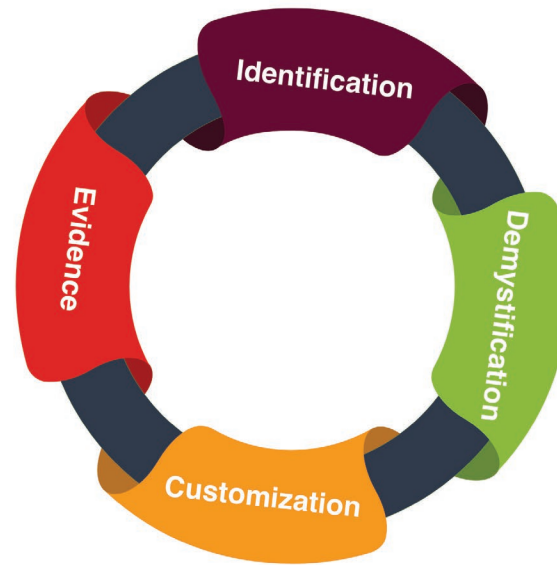
International Workshop on Prevention of Drug Use in Schools 2022 - Basic and Advanced Modules.

The aim of the Workshop is to help participants develop practical activities and interventions that can prevent the harmful use of licit and illicit drugs in schools, based on scientific evidence and the reality of the school and its region.

The course was taught by the coaches of the Research and Development Institute - UTRIP, Matej Košir and Sanela Talić and all participants received International Certification.

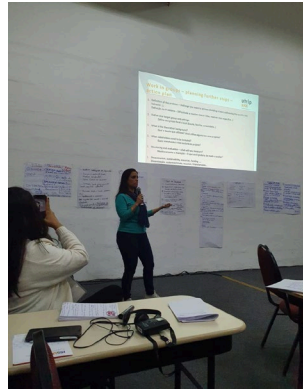
21 intense and productive hours of course and 62 participants, all servers of the **City Hall of Campinas** (participants of the Pilot Project of Prevention in schools of the Municipality of Campinas).

The Workshop is based on the following foundations:



Scientific Evidence	Customize	Identification and Perception	Demystify
Everything must be done based on scientific evidence and local realities, they must be documented and with indicators to evaluate the result of systematized actions.	Practical and easy actions to implement the prevention of the harmful use of licit and illicit drugs in a given school.	From the Psychosocial Environment, through the Science of Prevention.	Preconceptions about the abusive use of licit and illicit drugs in their subjective form, example: "Everyone uses it".

International Workshop on Prevention of Drug Use in Schools 2022



Media Prevention Course

At the Rubber Auditorium, on **June 16 and 17, 2022**, the

Media Prevention Course

The course was taught by **Dr. William Crano** of **The Health Psychology and Prevention Science Institute at Claremont Graduate University** and was conducted in partnership with the **OAS/CICAD**. All participants received an International Certificate signed by **Dr. Len Jessup** – president of Claremont Graduate University (CGU) – and **Amb. Adam Namm** – Executive Secretary of the Inter-American Drug Abuse Control Commission (CICAD).

2 days

6 hours

93 participants

10 states

30 cities

3 countries

Media Prevention Course

Participants were able **to develop** their knowledge and skills in the **use of media** to **prevent the use of illicit substances**. This short-term course provided a foundation **of evidence-based science**, theory and research prevention and practical applications for media use in the development of effective media-based substance use prevention presentations.

The program included:

- Introduction to the media and its use in substance use communication and persuasive prevention campaigns - what works and what doesn't - and why
- Practical application of theories of persuasion in the communication and prevention of substance use, and
- Improve the impact of media-based substance use prevention campaigns and media presentations using new message development models.

Media Prevention Course - 06/16 and 06/17



Playful Presentations - Ru'art Co.



Playful Presentations - House of the Minor



More than 40 Exhibitors



More than 40 Exhibitors



Just? No... There was so much more!

There was autograph, interviews and a lot of applause



And more...

There were those who wanted to record everything...



And more...

Had Military Police, Municipal Guard, Firefighters, First Responders, Municipal Mayor and National Secretary, among many other authorities and important people ...



And more....

He had Laughter, Emotional Crying, Shining Eyes of Admiration, and he also had prayer...



And more...

Had Tasty Snacks, Delicious Desserts, Massage to Relax, Dance and lots of interaction between participants and exhibitors...



Part of our team

And it all started with a very committed team!



What's next?

We hope you have enjoyed every minute of so much rewarding experience and so much shared knowledge.

Remembering that on the www.freemind.com.br site you have access **to all the presentations of the speakers** of the Main Auditorium and that you can also **watch all the lectures** by YouTube of The Freemind Mobilization:
<https://www.youtube.com/c/EspiritoFreemind>

Share so that more people can benefit from this rich content. Access our social networks and our blog. We always have interesting content for you.

Also **register on the ISSUP website** and be part of the **largest community of substance use professionals in the world**: <https://www.issup.net/membership/apply>.



Thank you all very much

WE ARE WAITING FOR YOU IN THE

**8th FREEMIND INTERNATIONAL
CONGRESS 2023**