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**Project title:**

ALLCOOL - Raising awareness and action-research on Heavy  
Episodic Drinking among low income youth and young adults in  
Southern Europe

**Project beneficiaries:** Agência Piaget para o Desenvolvimento, Spora Sinergies  
SCCL, Azienda Unita Sanitaria Locale di Bologna

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## **3rd Project Meeting Report**

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## Short background:

### The project:

ALLCOOL is a project where a consortium of research and collaborating stakeholders in 3 South European countries (Portugal, Spain and Italy) aim to tackle the growing trend of Heavy Episodic Drinking (HED) in the region. More research is needed to analyse the relationship between HED and lower socio-economic youth and young adults (15-30 years old).

This is particularly relevant in Southern European countries going through a socioeconomic crisis, with increasing unemployment rates especially among recently graduated students and decreasing family income.

By promoting healthy lifestyles, filling research gaps and implementing innovative and replicable local interventions focusing on prevention of heavy episodic drinking among youth this project will: 1) promote good health among EU youth population; 2) in the long-term, contribute to the sustainability of the health systems and healthy work forces.

This document is a summary of the main issues and decisions taken by the coordination of the project during the 3rd project meeting conducted in Porto, Portugal in May 17<sup>th</sup> and 18<sup>th</sup> of 2017. The attendees were Helena Carvalho, Albano Ribeiro and Cátia Correia from APDES, Marcel Balasch, Mireia Faucha, (SPORA), Raimondo Pavarin (AUSL) and Ernesto Fonseca (external evaluator).

During the 3rd project meeting the partners discussed the processes related to each work packages, in order to solve emerging problems, clarify doubts and also to organize the future work. Below, there is a brief synthesis of the meeting.

### Day 1, 17<sup>th</sup> of May

The meeting started with Helena giving a brief overview of the agenda and the topics that would be discussed during the day.

#### 1. Coordination

The first issue discussed was the periodic report, which has to be uploaded in the system until June 29<sup>th</sup>. The periodic report includes the financial periodic report and the periodic technical report.

##### - Financial periodic report:

Cátia Correia, as financial manager started by asking if there were any doubts concerning the financial issues and the financial report. Cátia asked the partners to send all the documents solicited for the report until May 26<sup>th</sup>. Documents will be validated by APDES financial department until 2nd of June, and then you should upload into CHAFEA web page until 9th June.

Particular doubts of the partners concerning the documents required for download for this intermediate report were also clarified. All documents concerning the financial report should be uploaded into the system until June 15<sup>th</sup>.

### **. Periodic technical report.**

Helena presented the periodic technical report required documents (see power point presentation attached), which includes the update information of summary for publication and the technical periodic report – Part B.

For the technical periodic report Helena asked the partners to send their contributions for the report until **June 15<sup>th</sup>**. Contributions of each partner are indicated in the power point presentation attached. This is a final deadline for sending information.

After that, Helena will be responsible for integrating all the information in the report. The last version will be sent to partners and discussed in a skype meeting schedule to 23<sup>rd</sup> of June at 13h00 in Italy and Spain, 12h00 in Portugal. This date could be changed to 26<sup>th</sup> if needed.

It was also agreed that there will be a skype meeting with all partners on the 3<sup>rd</sup> of July at 11h00 in Italy and Spain, 10h00 in Portugal before vacation period to make an analysis of the 1<sup>st</sup> year of the project and analysis of the pilot intervention implementation.

It was also agreed that there are no changes in future deliverables and, in this sense, Helena will send the amendment to the grant agreement for the commission explaining the changes that have already occurred.

Helena has also asked to partners that in future deliverables to send the last version of the documents to save time. Corrections to document templates or English should be avoided. Helena has also asked partners to make an effort to send the documents for upload respecting the timetables deadline to avoid future delays.

## **2. Dissemination WP**

Helena started to stress the improvements on the use of the Facebook for disseminating projects activities and outputs. Spora partners also agreed with the improvements made. Marcel gave some inputs for improving Twitter as dissemination tool, as for example the use of “@” on Twitter, in order to “tag” and select different strategic organisations with the goal of sharing the project. He also suggested writing only relevant and appealing information on Twitter in order to catch the attention of Twitter users.

AUSL will be in charge of sending a press release about the main results concerning research final report in English to each partner. The press release will be then translated to Portuguese, Italian and Catalan.

We have also discussed about additional deliverables produced in the scope of the project that will contribute for dissemination, namely in the academic field:

- 2 research papers already accepted for publishing concerning research data and 3 papers submitted (AUSL)
- 1 communication concerning the project presentation on Club Health Conference
- 1 communication on National conference in Lisbon about alcohol and binge drinking
- 1 communication to Lisbon Addictions Conference.

It was discussed that whenever the project is presented whether in national or international events this should be considered activities with added value to the project and in this sense should be communicated to the coordinator of the project, the external evaluator and to the Raimondo for dissemination purposes (facebook, website and twitter). Information to be

sent includes a brief description (date and local, name of the event, participants) and photographs from the event.

### **3. Research WP (discussion of main local results, recommendations and presentation/dissemination of results)**

Comparative data was discussed. Marcel started by presenting the relative importance of gender and age in explaining differences in HED than social position. This is more evident in quantitative data. For example risks and protective behaviours differences are better explained by gender differences than socioeconomic ones. All partners discussed this result and it was decided to include also this information when designing the pilot interventions, namely in what concerns each local specificity. We have discussed research results that stress the importance of socioeconomic determinants on alcohol abuse after experimentation and alcohol use in adolescences. In this sense socioeconomic position is a long-term determinant or vulnerability for alcohol abuse during lifetime. Being, in this sense, a major indicator of risk in the future. Pilot interventions should address the planned vulnerabilities (low social income youngsters) and gender/age differences.

### **4. Consultative Forums (CF)**

Consultative forums are considered by all the partners as excellent tools for implementing interventions that respond to the specific needs of the target groups. Partners presented several examples that showed the importance of this meeting for producing synergies between projects that are already working on the field.

Spora and AULS have already conducted 4 CFs. APDES will conducted the forth one in 26th of May. We have been analysing the main aims, the activities and evaluation tools of the next CFs. The timeline of the Pilot intervention and Consultative Forum was analysed (see presentation attached). Since the next CF is scheduled to August, we agree to conduct in July or September, according to the state of the WP pilot intervention, since the next CF will be on pilot intervention activities.

All partners have send the information regarding CF to Ernesto for the Evaluation Intermediate Report. APDES will send to Ernesto the minute and the evaluation concerning the last CF immediately after the last CF (26<sup>th</sup> of May) for adding in the evaluation report. Future CF will be in July/September since in August is very difficult to gather partners from different institutions.

### **5. Evaluation WP**

In what concerns the evaluation WP, it was stressed the need to upload into CHAFEA system the last version of the Evaluation Plan revised (accorded to be uploaded until 15<sup>th</sup> of April). Helena will upload as soon as she gets it.

Ernesto will also send the evaluation intermediate report until 31 May for uploading into the system. Besides the information already send to Ernesto from all partners, additional requested should be responded as quick as possible for helping Ernesto to conclude the document. Considering the additional activities already conducted, namely papers and presentations, partners should also send this information to the evaluator for including it in the intermediate report.

Day 2, 18th of May

### **Planning and evaluation – Pilot interventions**

- The Short Skills building session included a brief presentation of the pilot intervention WP, main objectives, tools, evaluation procedures and timetable.
  - There were some doubts concerning the activities timetable included in the WP. Pilot intervention and training for professionals are 2 different activities of this WP and have also different targets and deadlines. The intervention guide was discussed namely concerning additional evaluation tools for assessing the innovation and efficacy of the interventions. The difference between real behavioural change and representation of change was discussed. Research designs were discussed, namely the pros and cons of including a quasi-experimental design to the pilot intervention (with pre and post assessment and control groups). Evaluation considered in the grant agreement concerned only focus groups with the target groups and in depth interview with the intervention local coordinator. Additional measures are considered added value to the project, but partners are not obligated to use them.
  - The short skills building session include debating implementation issues adjusted to the main aims of the project and to the resources and to take advantage as much as possible of the networks developed in Consultative Forums.
  - Different Pilot Intervention were discussed, namely school based interventions with schools considered as more vulnerable and disadvantage; Outreach and harm reduction intervention nearby bars that sell low quality alcoholic drinks, interventions with communitarian services/organizations that work in the field with low social income youngsters.
  - Ernesto also made contributions regarding evaluation, being available for discussing further evaluations tools according to each pilot intervention.
- Helena will be responsible to send the minute, the PM presentation and periodic technical report template.

### **Future challenges for the project, 4th PM agenda**

Anticipating the high amount of work regarding the last 6 months of the project in September/October a skype meeting will be dedicated to discuss future deliverables and templates.

### **Dates to have in mind:**

- 26<sup>th</sup> May – send documents solicited by the financial department (all partners)
  - 31<sup>st</sup> May 2017 - Evaluation Intermediate Report upload (Wp evaluation and APDES)
  - 31<sup>st</sup> may 2017- Research Final Report upload (WP research and APDES)
  - 2<sup>nd</sup> June 2017- Financial Documents will be validated by APDES
  - 9th June 2017 – Financial documents upload into CHAFEA web page until 9th June. (All partners)
  - 29<sup>th</sup> June 2017 - Deadline periodic report (All partners)
- Skype meeting 23 or 26 June at 13h00 in Italy and Cataluña, 12h00 in Portugal,  
- Skype meeting 3 July 10 pm (Portugal) 11 pm Cataluña and Italy  
- Skype meeting in September/October (not scheduled yet)