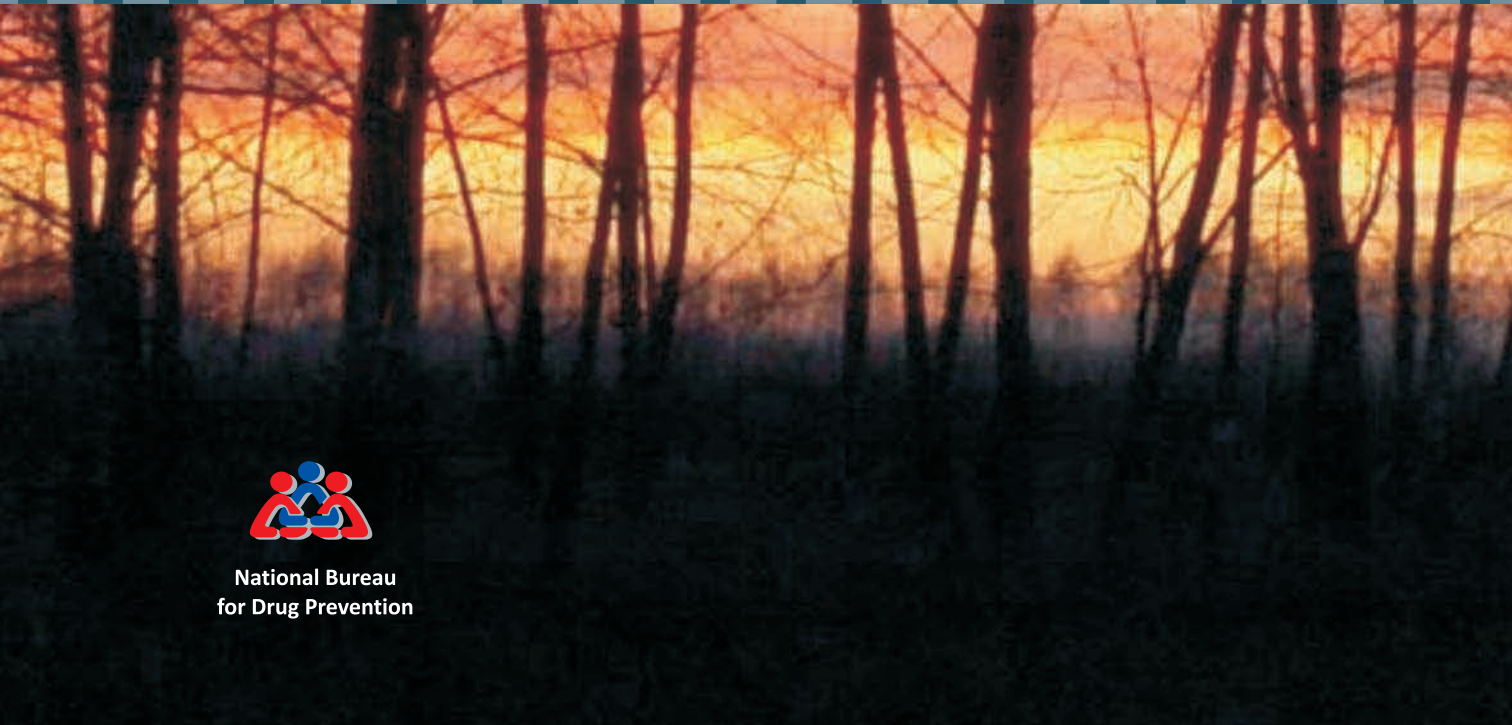
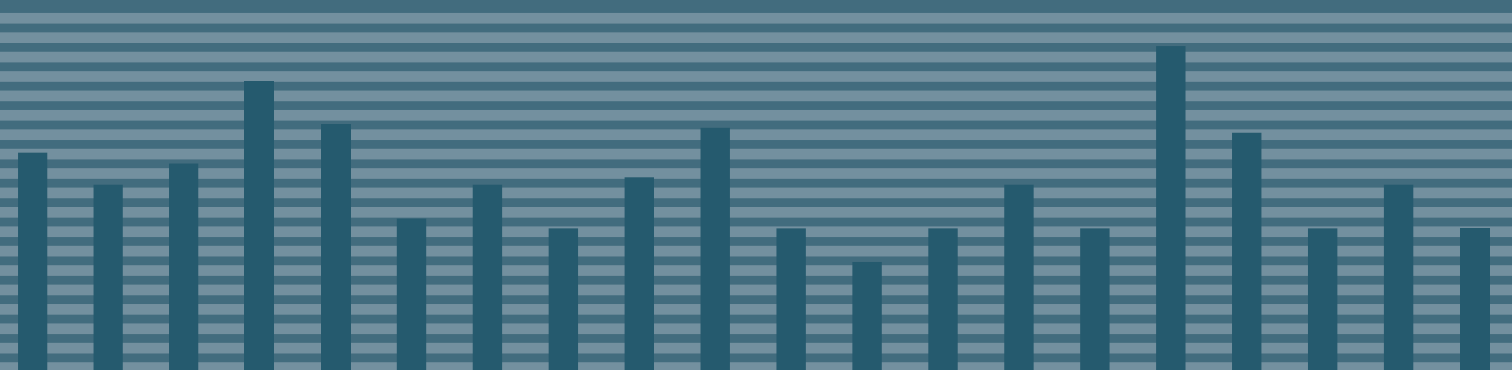


National Drug Report 2019 ^{Poland}



National Bureau
for Drug Prevention

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for Drug Prevention

Warsaw 2019

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Designed by Pracownia Graficzna Dąbrowa
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Introduction

Dear Readers,

We are pleased to present you the second edition of “Drug Report Poland 2019”, which contains basic consolidated data and information on drugs and drug addiction in Poland. The report also outlines measures taken to reduce drug supply and demand. In order to widen the dissemination of information on drugs and drug addiction in Poland, the report is also published in the English language. We attempted to provide as much information as possible in the graphical representation. The report was prepared chiefly by the National Bureau for Drug Prevention (KBPN). However, the prevention component was contributed by the Ministry of National Education while the contents related to drug supply and demand reduction as well as drug market and precursors were largely based on the 2018 Report on the implementation of the drug enforcement strategy of the Ministry of Interior and Administration. This year’s report has been supplemented with the results of the latest nationwide general population surveys conducted on representative samples of adults (aged 15-64) and school youth (aged 18). The former survey was completed at the turn of 2018 and 2019 in collaboration with Kantar Poland while the latter was performed jointly with the CBOS Foundation at the end of 2018. Both surveys trace drug use prevalence trends over a span of more than a dozen years and they constitute a solid element of the information system on drugs and drug addiction. Monitoring drugs and drug addiction and undertaking research into this field is not only about collecting data but also integrating these two processes with producing response to addictions which is objective, free of stereotypes and prejudice, as well as based on scientific evidence and best practice.

In order to maximise the report’s objective appraisal of the measures taken, we aimed to present the data for Poland against other European countries, mainly EU Member States. Most of the report data are the result of long-time cooperation between the National Bureau for Drug Prevention and the Lisbon-based European Monitoring Centre for Drugs and Drug Addiction, as well as Reitox National Focal Points across the European Union. Towards the end of the report we recommend noting the links to the sources of the National Bureau for Drug Prevention. They cover both research results and websites that offer numerous publications on such topics as prevention, public education and other measures in the field of drug demand reduction. These online materials supplement the report’s content. So if you are interested in improving your knowledge on the topics discussed in the report such as recommended drug prevention programmes please visit the KBPN website.

International cooperation in the field of counteracting drug addiction is a key component of drug policy and presents vital area for the Bureau’s operations. One of our goals is drawing on experiences and expertise of other countries and international organizations in order to develop and implement our national, regional or local strategies and programmes. Apart from reading this report we encourage you to become familiar with the latest publications by the KBPN, links to

which are appended hereto. Under the funds made available under the National Health Programme (NPZ) we published the Polish translation of the UK NEPTUNE guidance on the clinical management of acute and chronic harms of club drugs and new psychoactive substances. Moreover, the Medical University of Warsaw, following the KBPN's research call under the NPZ funds, launched a publication entitled "Conduct procedures towards users of new psychoactive substances (NPS) – Guidance for medical personnel". We recommend familiarizing yourselves with other publications on new psychoactive substances (so-called designer drugs) which might be helpful in implementing drug prevention and education.

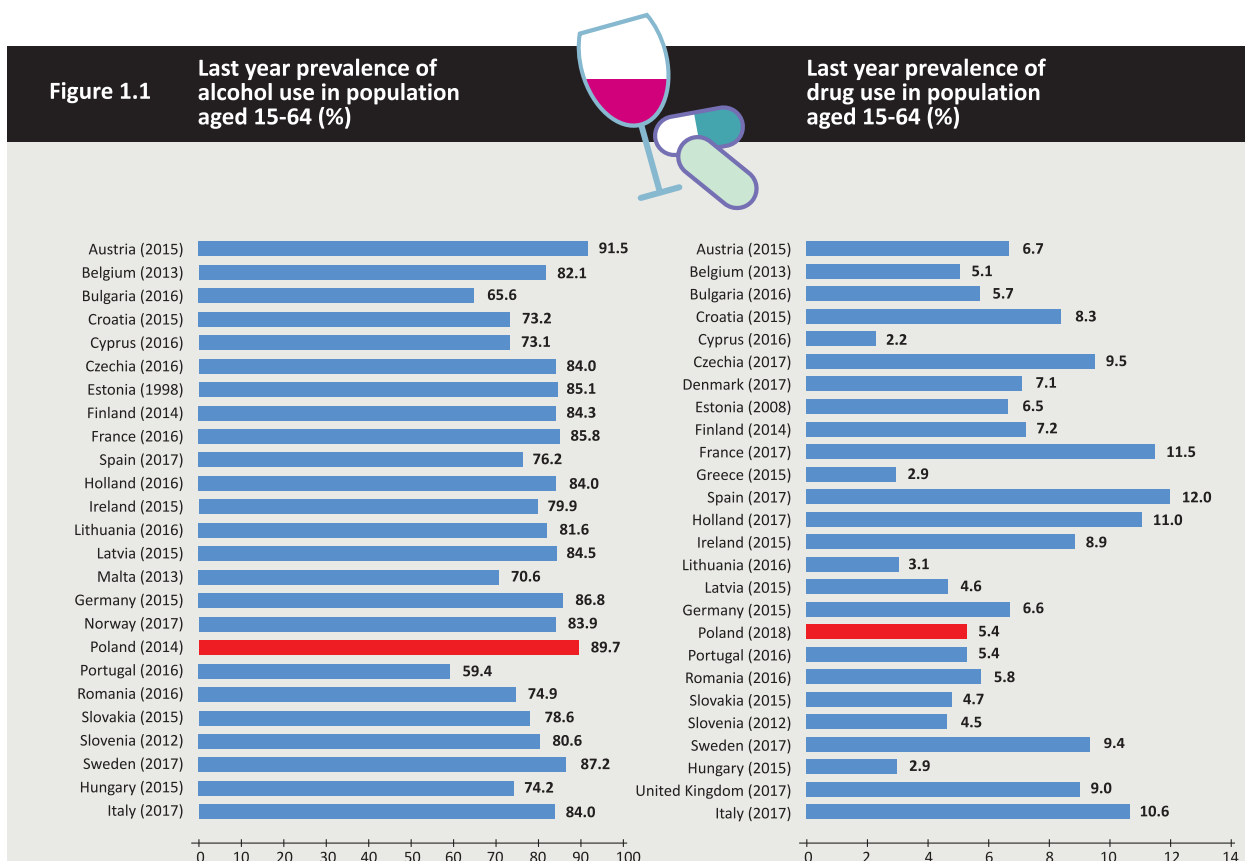
We hope that this report will contribute to the dissemination of objective knowledge on drugs and drug addiction in Poland and will consequently smooth the way for rational drug policy measures focused on the needs of individuals and society across to be taken by public administration at all levels, non-governmental organizations and civic society at large.

dr Piotr Jabłoński

Director of National Bureau for Drug Prevention

1. Drug use prevalence in the general population and selected groups

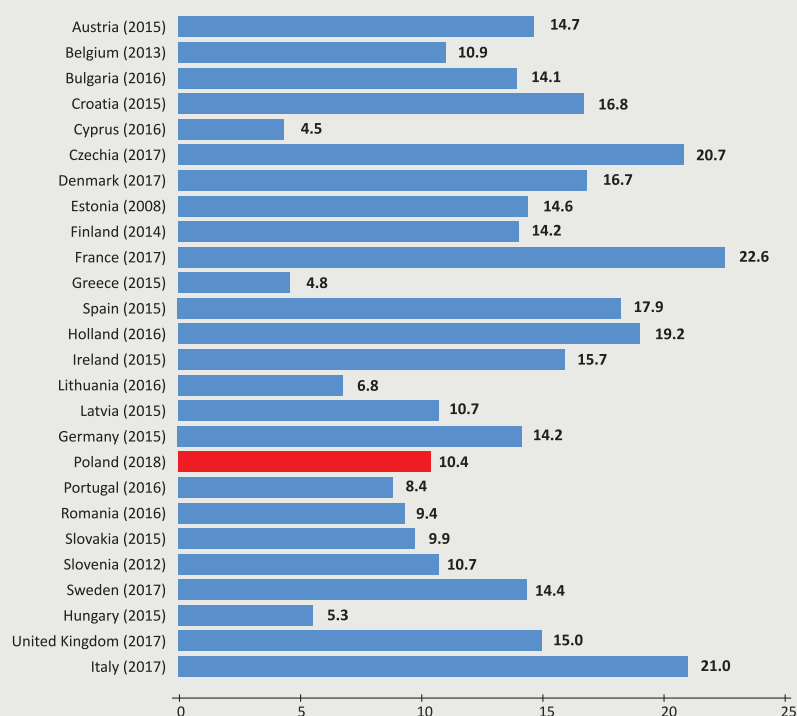
One of the primary sources of information on the scale of substance use is the nationwide general population survey, which is conducted on a representative sample. The results of the general population survey presented in Figure 1.1. confirm that drug use is far less prevalent than alcohol consumption. According to the latest survey from Poland, last year drug use prevalence is 16 times lower than alcohol use prevalence. The alcohol prevalence rate was 89.7% (2014 survey) while in the case of drug use the rate stood at 5.4% (data for respondents aged 15-64). According to the latest data reported by the Polish Reitox Focal Point to the EMCDDA alcohol use prevalence in Poland is one of the highest in Europe. Poland was ranked second following Austria (91.5% in 2015) among the EU Member States. The similar prevalence rates for alcohol use was observed in Sweden (87,2 in 2017). The lowest rates for alcohol consumption in the last 12 months were recorded in Portugal (59.4% in 2016) and Bulgaria (65.6% in 2016). In 16 countries, prevalence rates for illegal substances were higher than in Poland. The highest rates were noted in Spain (12.0% in 2017), France (11.5% in 2017), Holland (11.0% in 2017) and Italy (10.6% in 2017). These are the countries, where according to the current data, drug use prevalence rates are two times higher than in Poland. The lowest rate for drug use prevalence was observed in Cyprus (2.2% in 2016). Figure 1.1 includes all the above-mentioned rates.



Source: EMCDDA Statistical Bulletin, 2019.

The age group often addressed in drug response actions are individuals aged 15-34 i.e. young adults. In this group last year drug use prevalence is higher than in the entire population. In the countries with the highest rates such as France (22.6% in 2017), Italy (21.0% - 2017) and Czechia (20.7% - 2017) it is every fifth individual. In Poland, the last year prevalence rate among 15-34-year-olds stood at 10.4%. However, Poland still belongs to the group of countries with the lowest rates. For more information go to Figure 1.2.

Figure 1.2. Last year prevalence of drug use among young adults aged 15-34 (%)



Source: EMCDDA Statistical Bulletin, 2019.

According to the latest general population survey of 2018 by the National Bureau for Drug Prevention and Kantar Polska, cannabis was still the most prevalent drug (16.4%). 7.8% of the respondents aged 15-34 reported using cannabis (2018). As for the entire population (15-64) higher rates were observed among men (16.4%) compared to 7.7% among women (Figure 1.3). The highest percentage of treatment entrants reported cannabis-related problems as the reason for entering drug treatment. Another substance due to which drug users sought drug treatment was amphetamine. It is far less prevalent in the general population. 1.4% of the survey respondents aged 15-34 reported using amphetamine in the last 12 months. Figure 1.4 shows the data on amphetamine.

Cocaine is not a widely prevalent illegal psychoactive substance in Poland. The general population survey results indicate that 0.5% of young adults had used cocaine and 2.1% had entered cocaine treatment (Figure 1.5).

Figure 1.3. Cannabis

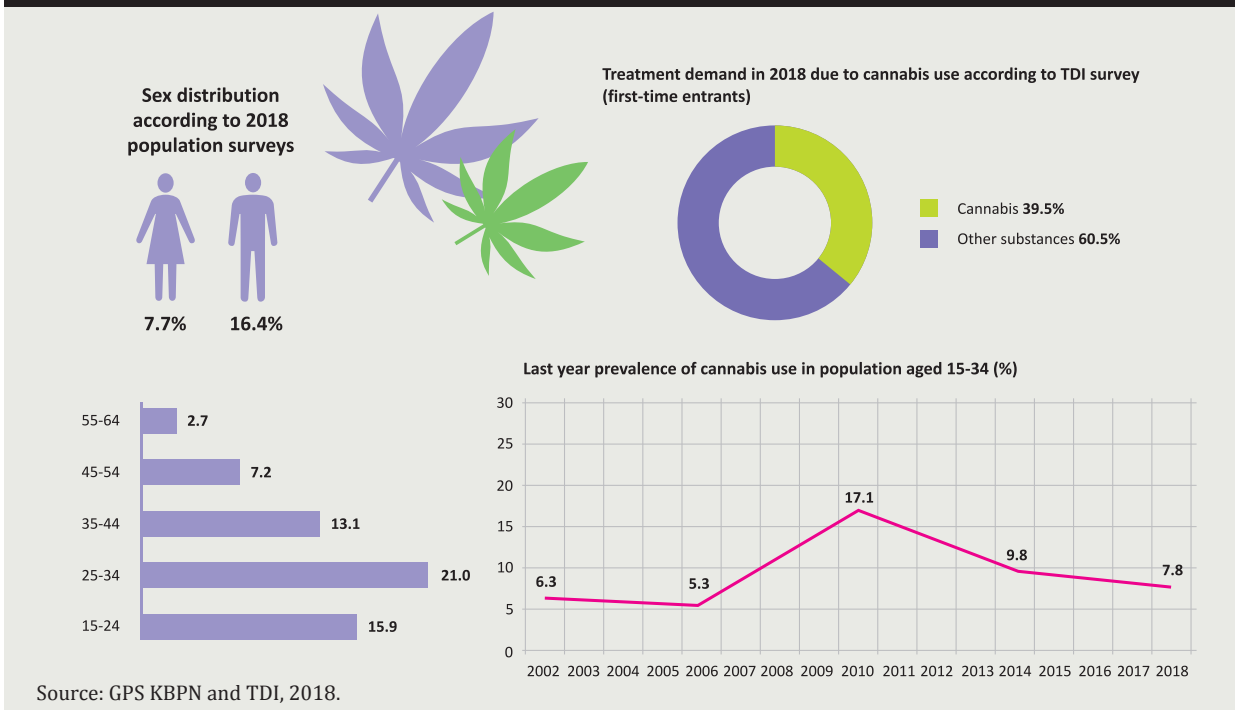


Figure 1.4. Amphetamine

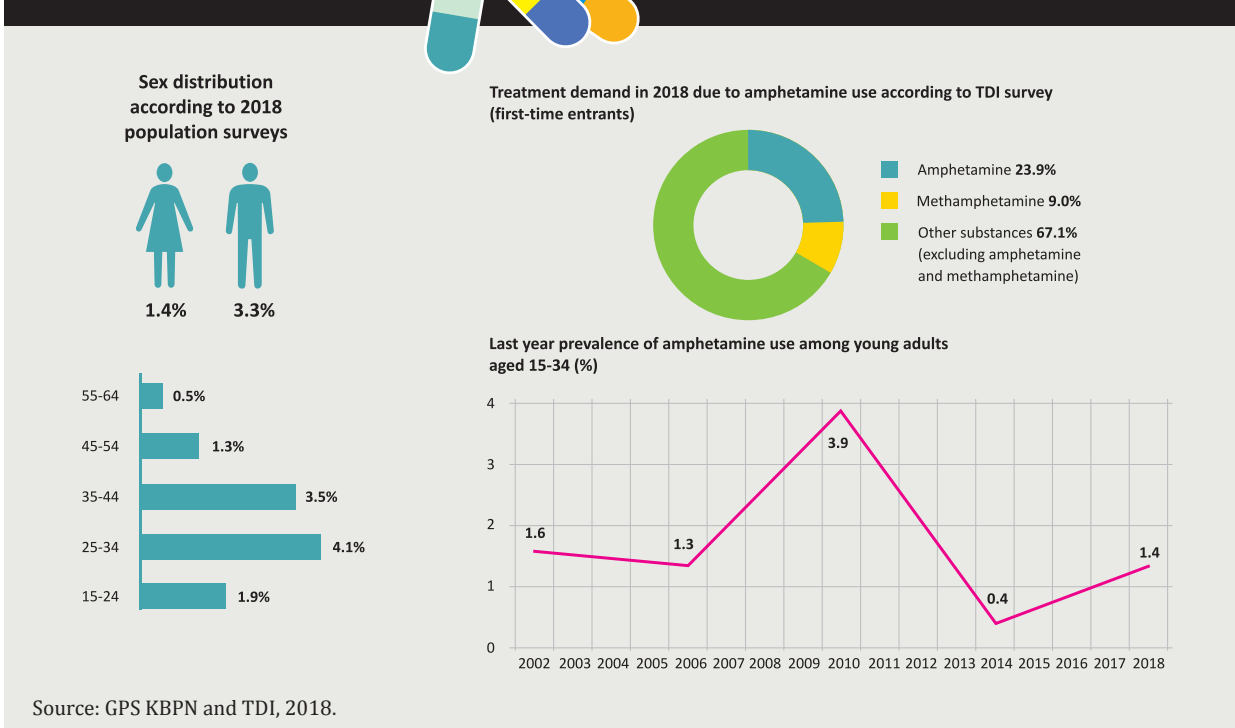
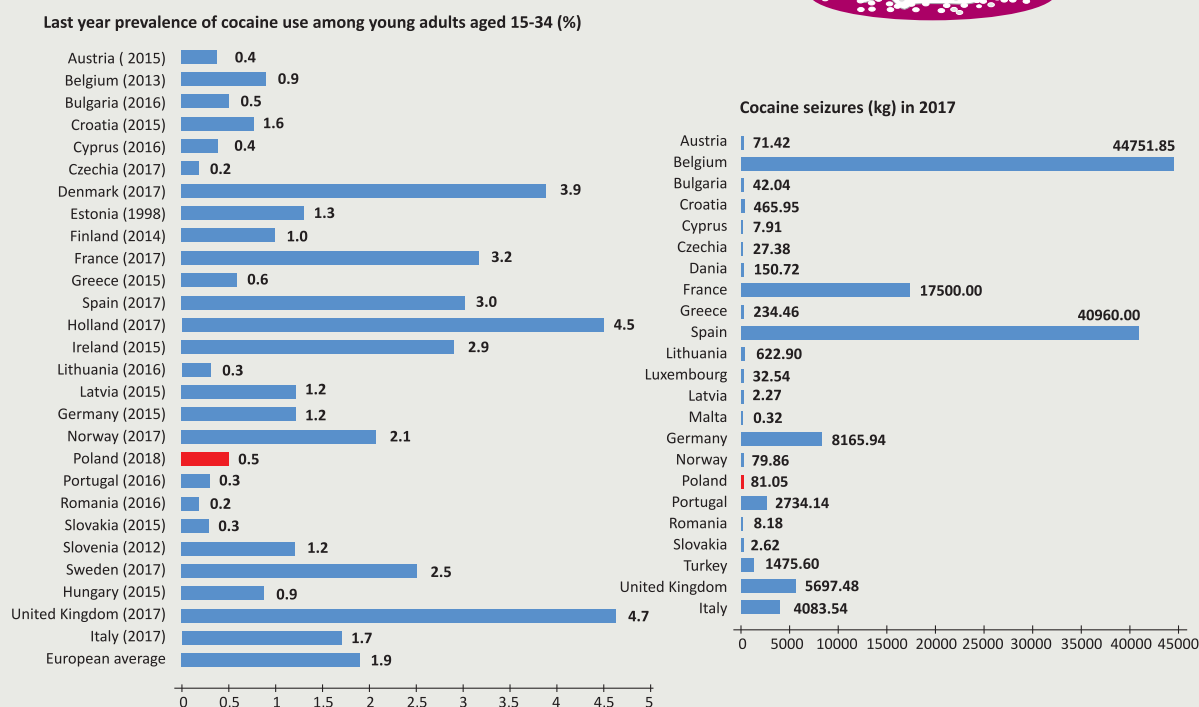


Figure 1.5. Cocaine



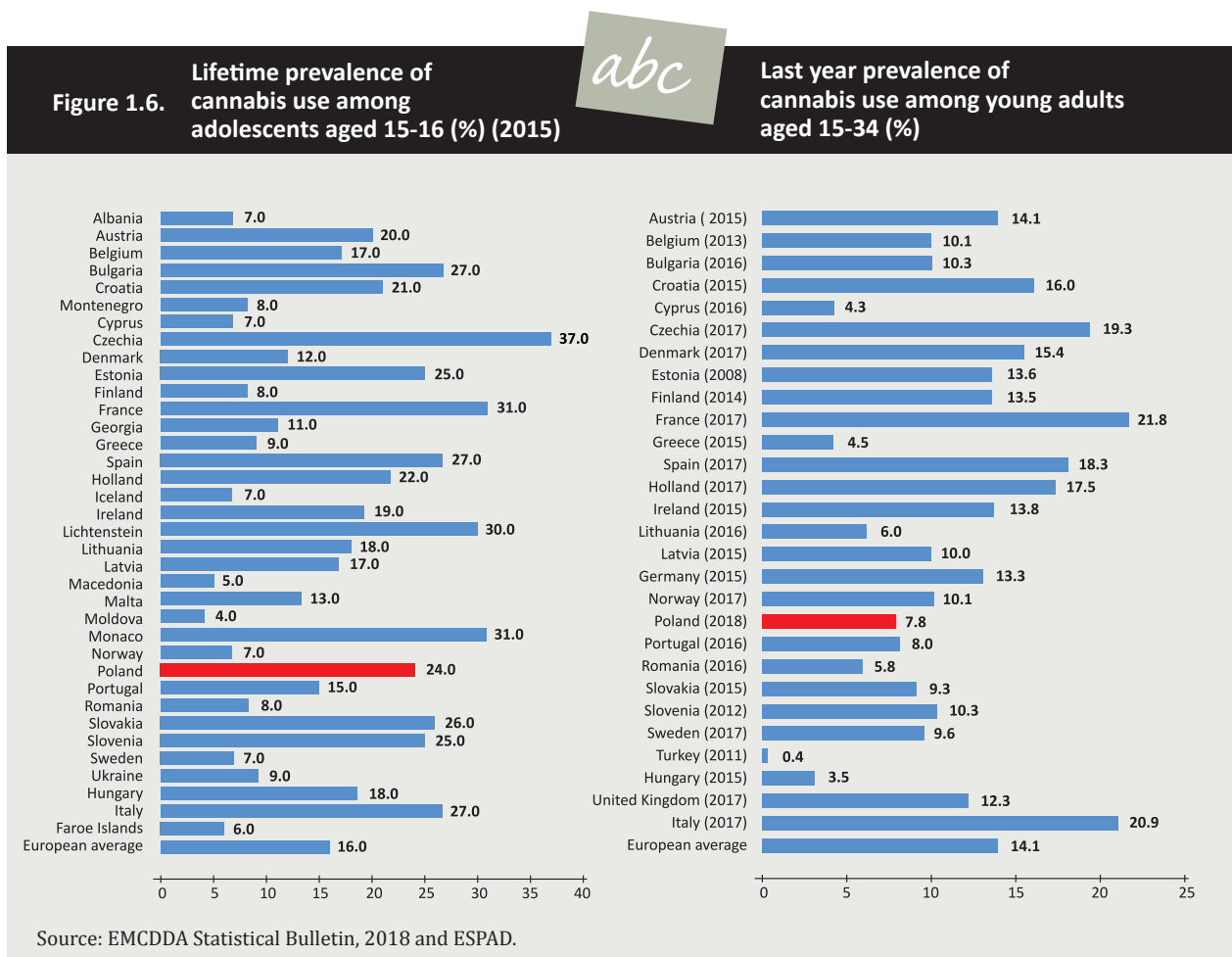
Source: EMCDDA Statistical Bulletin, 2019.

The results of the general population surveys show that compared to the rest of Europe drug use prevalence rates in Poland are not as high, including cannabis, which is the most prevalent drug in Poland. The highest rates were noted in the following countries: in Hungary (3.5%) and Cyprus (4.3%). (Figure 1.6).

A different picture emerges in the case of the prevalence of cannabis use among youth. According to ESPAD survey conducted in schools, the percentage of cannabis users in the Polish youth aged 15-16 (24%) stands above the European average of 16.0%. The countries with the highest cannabis use prevalence include Czechia (37%), Monaco (31%) and France (31%). The ESPAD survey of 2015 covered 37 countries. The lowest rates were observed in Macedonia (5%) and Moldova (4%) while in the EU Member States it was Sweden (7%) and Cyprus (7%). The cannabis use prevalence rates are presented in Figure 1.6. The results of ESPAD 2019 are going to be available in mid-2020. For this information please follow the website of the Polish Reitox Focal Point for more information to be posted soon.

Towards the end of 2018, CBOS Foundation and the National Bureau for Drug Prevention implemented a nationwide survey among school youth. The survey has been conducted by CBOS Foundation since 1990 while the National Bureau for Drug Prevention joined the project in 2003. In 2018, the survey included a nationwide sample of 80 full-time secondary schools (n=1609). Similarly to the ESPAD survey results, cannabis turned out to be the most prevalent drugs among

students. The lifetime prevalence rate stood at 38% in 2018, which is a fall of 4 percentage points compared to 2016. The results of the latest measurement demonstrated a slight decrease in experimental cannabis users. In 2018, when asked about using cannabis in the last 12 months, every fifth respondents reported using the drug (20%), in 2016 – 21%. The last month prevalence rate stood at 10% (9% in 2016).



A rise was observed in the category of hypnotics and sedatives used without doctor's prescription. Lifetime prevalence rate for hypnotics and sedatives used without doctor's prescription stood at 22% (19% in 2016). Almost every fifth respondent had used hypnotics and sedatives in the last 12 months (14%, in 2016 – 9%) while almost every eighteenth in the last 30 days (6%), in 2016 – 4%. Amphetamine followed cannabis in terms of prevalence. In 2008, 9% of students reported experimenting with this substances compared to 7% in the next three measurements. In the last 12 months prior to the 2008 survey, 4% had used amphetamines compared to 3% in the last three measurements. The last 30 days rates stood at 1% in 2008, 2% in 2010 and 2013 and 1% in 2016. Students were asked about the knowledge of places to buy drugs, purchase offers, sale of drugs at school and whether they considered it hard to get specific substances. In 1994 every fifth respondent (22%) knew where drugs could be bought while in 2003 it was almost a half (49%).

However, the percentage of students aware of places to buy drugs has been falling. In 2016, 31% of students knew of such places. Moreover, the percentage of students who knew people or places to buy drugs was the lowest since 1999. The results of the latest survey revealed an increase (49%) in the percentage of individuals unaware of places and people selling drugs. This rate is the highest since 1994.

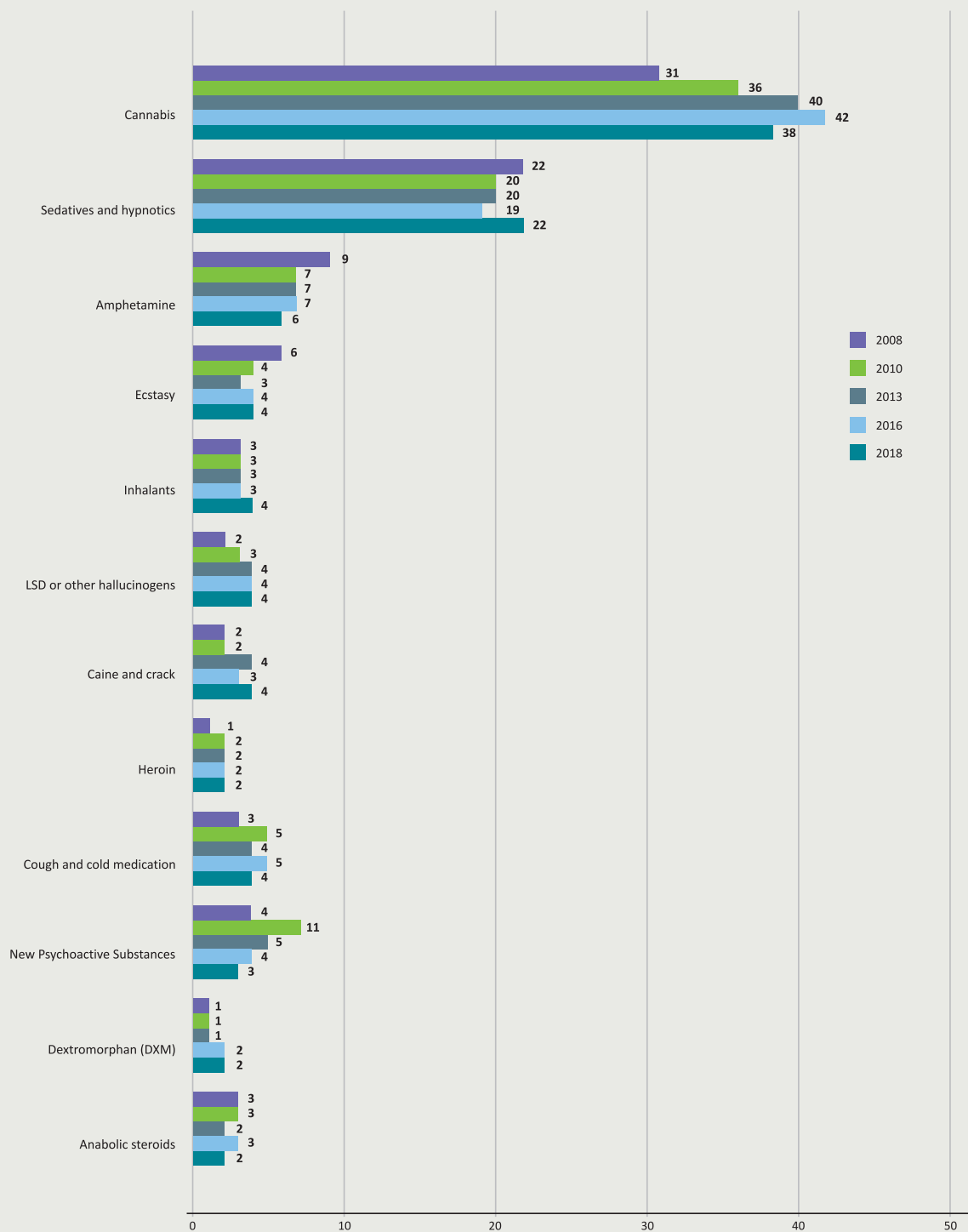
From 1994 a number of students being offered to buy drugs was steadily rising to reach the highest level in 2003 when almost a half (47%) had received such offers. From then on the drug sale offer rate started falling. There was almost a threefold drop in the number of students who had been offered to buy drugs, from 14% in 2003 to 5% in 2013. The latest measurement showed that the proportion of students who had been offered drugs to buy increased slightly to the level of 2008 when, equally to 2016, 36% of the students were offered to buy drugs. The results of the latest measurement of 2018 demonstrate that the rates are similar to those of 2016: 7% of the respondents were offered to buy drugs often while 18% several times. Since 1996 students have been asked about drug sale offers at school. Between that year and 2003 more or less every third students gave negative answers, so did every second in 2008 and over a half of the respondents in 2010 (55%). The latest measurements saw a steady rise in the number of students who failed to report drug sale offers in their schools. In 2016, this rate reached 60%. The results of the most recent measurement were the same as in 2016. In the case of new psychoactive substances (NPS) we have been observing a fall in prevalence rates. The proportion of the respondents who had experimented with such substances stands at 2.6%, which is below the rate of 2008. The last year prevalence rates stands at 1.5% while the last month one at 0.7%. These are the lowest rates since the launch of the survey in 2008 in terms of new psychoactive substances. If we take a look at the results of three measurements conducted in 2008, 2010 and 2013 we can see that lifetime prevalence rates for NPS use in 2008 stood at 3.5% while in 2010 it rose to 11%. In 2010 7% of the students (compared to 3% in 2008) reported using NPS in the last 12 months while 1% (1.5% in 2008) had done it in the last 30 days prior to the survey. The year 2010 was the period when over 1400 NPS high street stores were in operation. The 2013 results reveal a fall in the prevalence of NPS use. Lifetime prevalence rate in that year stood at 5% and was half as low compared to 2010. There was a threefold fall in the percentage of users in the last 12 months (from 7% to 2%) while the last 30 days rate remained at 1%.

2. Drug-related deaths

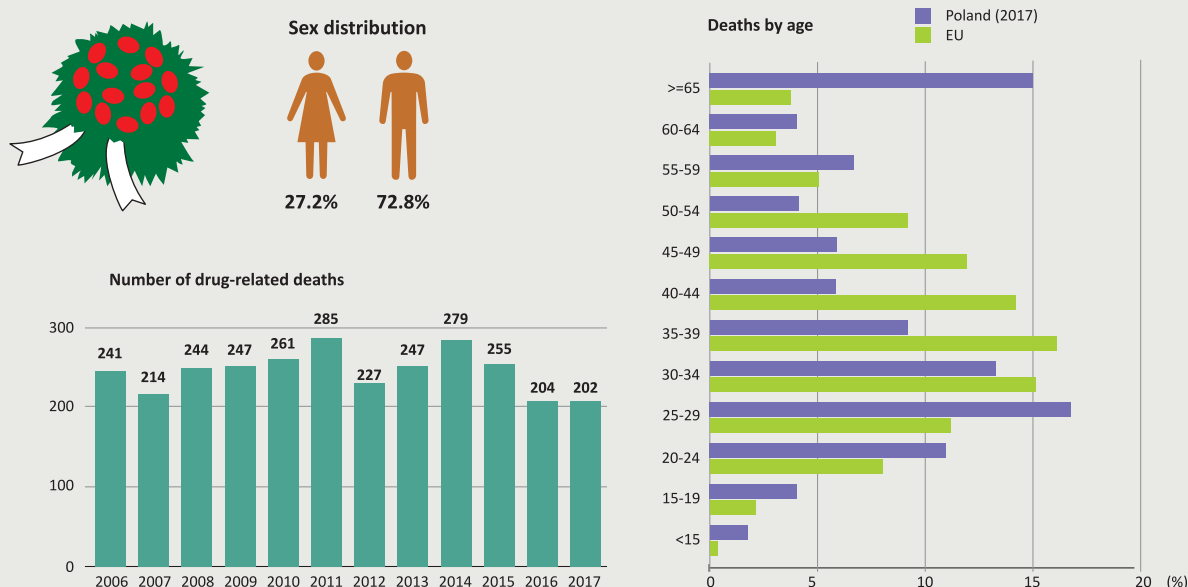
In Poland, we do not observe high overdose death rates. According to the latest data of Statistics Poland, 202 drug-related deaths (DRD) were recorded in Poland in 2017 while the number in 2016 was 204. The 2017 data show that the victims of fatal overdoses are predominantly men (73%).

To compare the DRD among the countries the EMCDDA data were used (Figure 2.1). The highest DRD rates were recorded in Estonia – 130 individuals per million inhabitants (110 individuals in absolute numbers in 2017) and Sweden (92 individuals per million inhabitants) (626 individuals in absolute numbers in 2017). The DRD data in Europe have been presented in Figure 2.2.

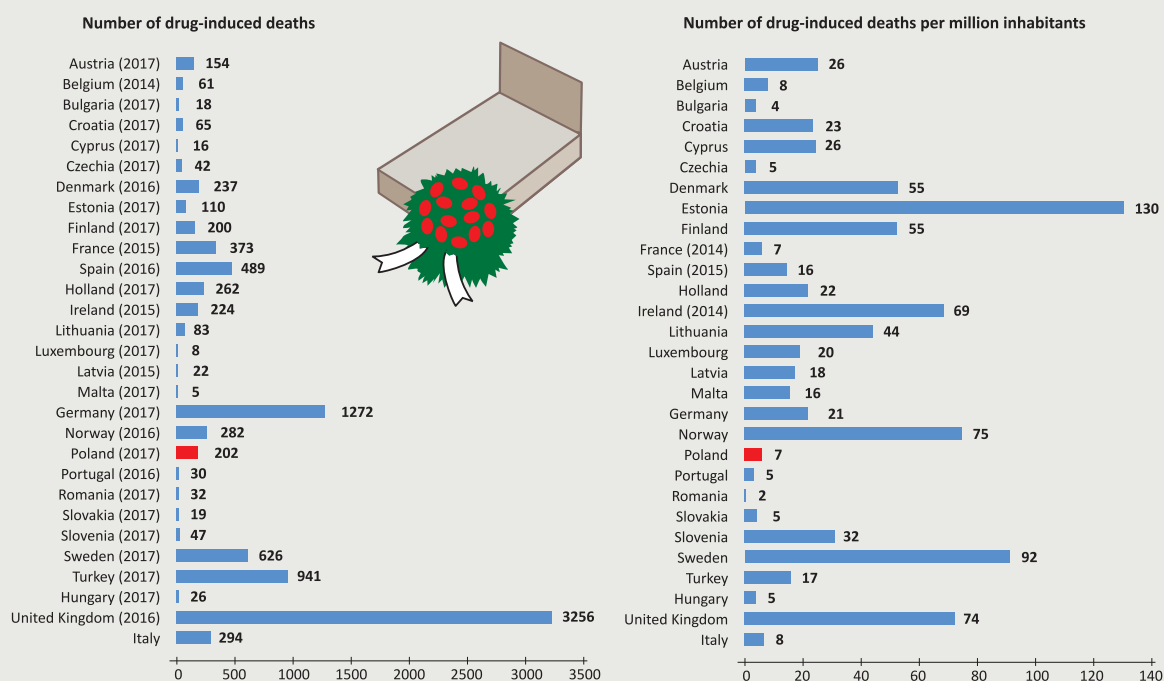
**Figure 1.7. Drug use prevalence in school youth i a lifetime in the years 2008-2018
– by CBOS Foundation and KBPN**



Source: KBPN and CBOS Foundation.

Figure 2.1. Drug-related deaths in population aged 15-64 (%)

Source: EMCDDA Statistical Bulletin, 2019.

Figure 2.2. Drug-related deaths

Source: EMCDDA Statistical Bulletin, 2019.

Statistics Poland data fail to identify the substance behind a drug-induced death. However, some institutions collect data on deaths including those induced by drugs or new psychoactive substances (NPS). The National Bureau for Drug Prevention received from the Department of Forensic Science of the University of Warsaw data covering the area of the Warsaw metropolis. In 2016, 47 deaths induced by illegal psychoactive substances were noted in that area. In more than 60% of the cases, one of the substances identified in the course of toxicological tests were opioids (30 cases). New psychoactive substances were detected in 15% of the deaths. Interestingly, out of 7 deaths induced by new psychoactive substances four were related to UR 47700 (synthetic opioid), three to synthetic cathinones and one to synthetic cannabinoids. In 2016, 38 men (average age 35) and 9 women (average age 37) died following the consumption of psychoactive substances.

According to cohort studies commissioned to the Institute of Psychiatry and Neurology by the National Bureau for Drug Prevention, the standardized mortality rate stands at 3.4 (4.6 for men and 2.1 for women). This rate increases for women in the age group 30-34 (18.5). The aforementioned research shows that the likelihood of death is 3.4 times higher among drug users compared to the general population.

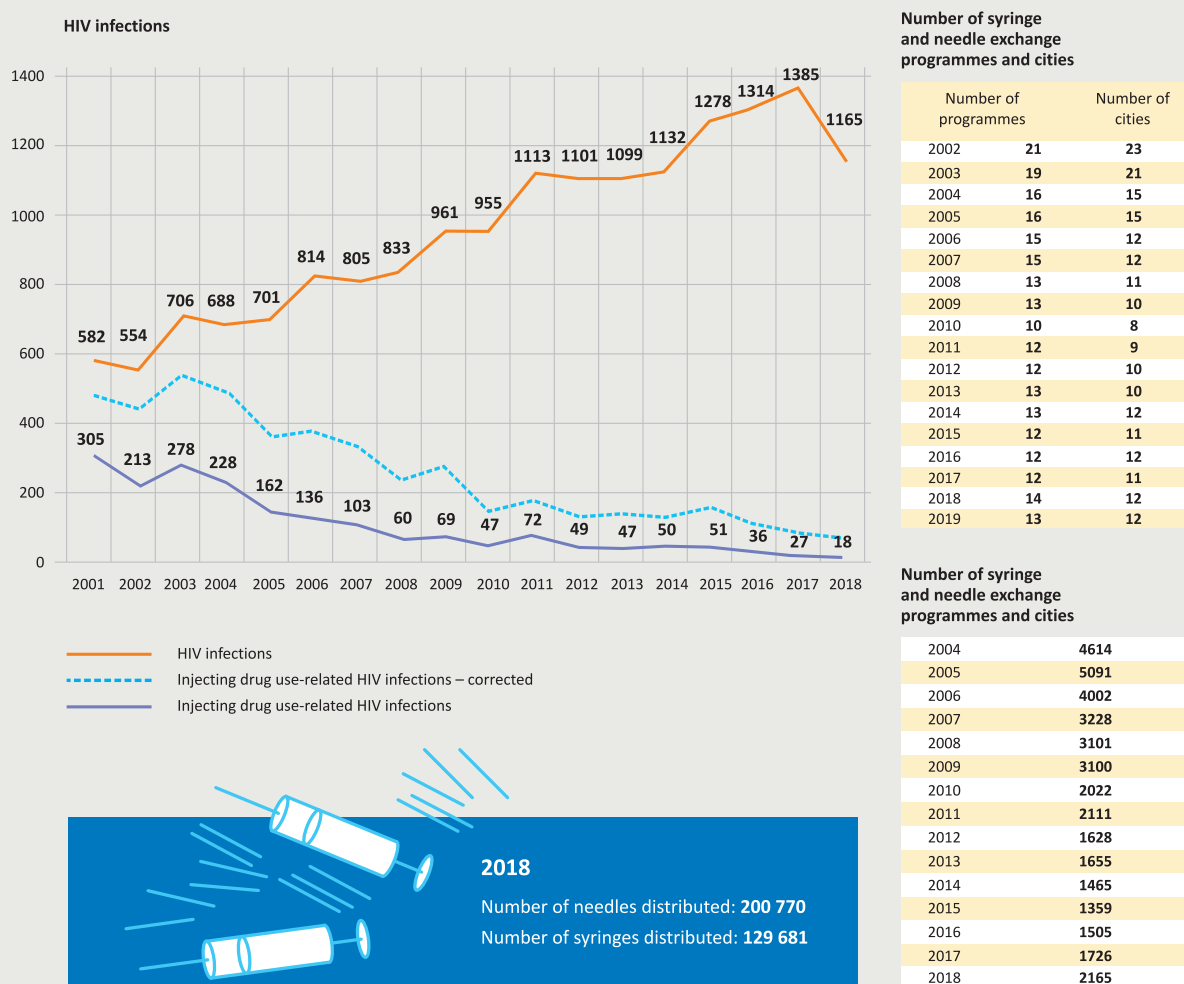
3. HIV infections among injecting drug users

One of the most serious health problems related to drugs are infectious diseases. The nationwide data reported to Sanitary and Epidemiological Stations regarding HIV infections and HIV cases, including those attributed to drug use, are released by the National Institute of Public Health – State Institute of Hygiene. In 2017, 1 165 HIV infections were identified including 18 among injecting drug users. Since 2008, despite insignificant statistical differences for the respective years, the numbers of new drug-related HIV infections have been falling. In 2018, 23 new AIDS cases were identified, including 2 among injecting drug users. The National Institute of Public Health – State Institute of Hygiene (NIZP-PZH) upon commission of the National Bureau for Drug Prevention conducted a survey among injecting drug users in 2017. The survey revealed that HIV antibodies had been found in 18.5% of the respondents injecting drugs and HCV antibodies in 57.6% of the respondents.

4. Problem drug use

Population surveys, e.g. among youth, show the prevalence of experimental and current drug use. It is problematic to capture in population surveys the number of people who use drugs e.g. heroin on a daily basis. That is why additional analyses are conducted in order to estimate the scale of problem drug use e.g. by means of registers listing drug treatment entrants. Similarly to results of population surveys, the estimates of problem drug users indicate that compared to the other EU countries problem drug use prevalence rates in Poland are not high. It is worth looking what this situation looks like against other countries reporting data to the EMCDDA. It is useful to compare the situation in the respective countries based on the rate per 1000 inhabitants. Figure 4.1 lists the data for the population aged 15-64 in absolute numbers (10 EU Member States).

Figure 3.1. HIV infections and harm reduction

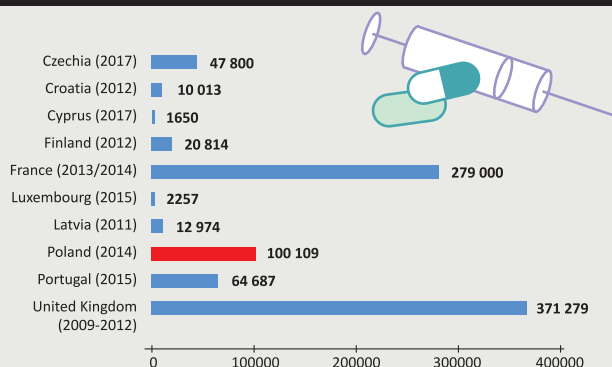
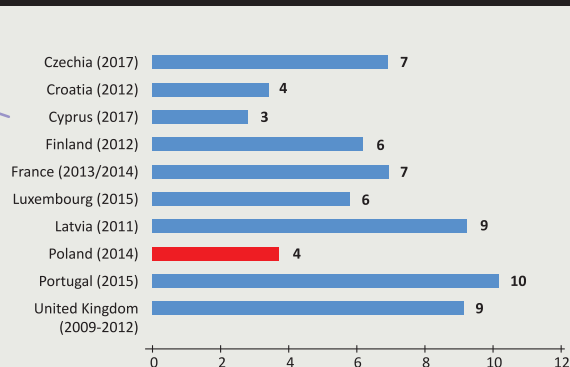


Source: NIZP-PZH.

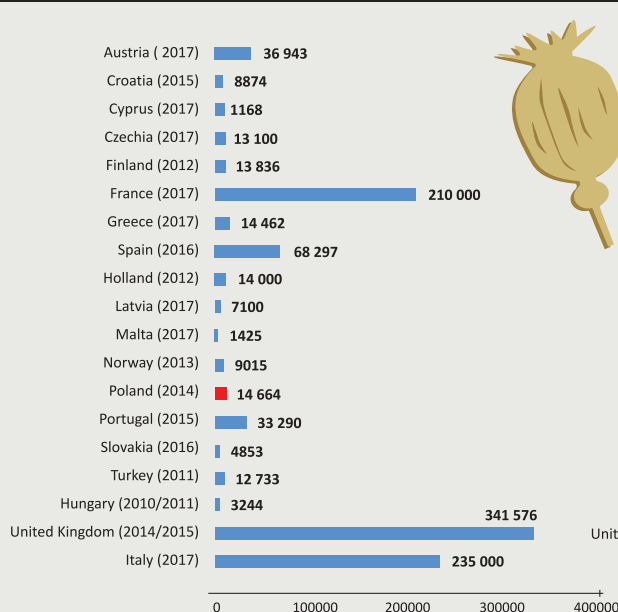
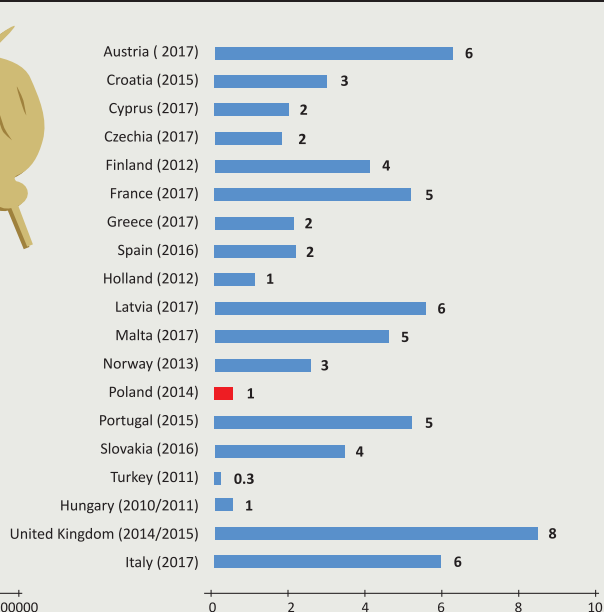
Source: CINN KBPN

Among the countries which had made estimates of drug users only two had rates lower than Poland: Cyprus (2.8 per 1000 inhabitants in 2017) and Croatia (3.5 per 1000 inhabitants in 2012). In Poland, this rate stood at 3.7 (2014) and it was much lower compared to the countries of the highest rates in Europe: Portugal (10.1 in 2015) and Latvia (9.4 in 2011). High rates were also observed in the United Kingdom (9 per 1000 population in years 2009–2012) (Figure 4.1).

It is worth noting that estimate for Poland covers problem cannabis use while in Czechia it includes opioid and stimulant users only. The estimate of problem opioid users in Poland reveals that the scale of opioids-related problems is one of the lowest in Europe. In our country the number of problem opioid users is estimated at 15 thousand, which translates in the rate of 0.55 user per 1000 inhabitants. The highest rate was recorded in the United Kingdom (8 per 1000 inhabitants – 2014/2015 data) and Austria – 6 per 1000 inhabitants (Figure 4.2).

Figure 4.1. Estimated number of problem drug users**Problem drug users per 1000 inhabitants in population aged 15-64**

Source: EMCDDA Statistical Bulletin, 2019.

Figure 4.2. Number of problem opioid users aged 15-64**Problem opioid users per 1000 inhabitants aged 15-64**

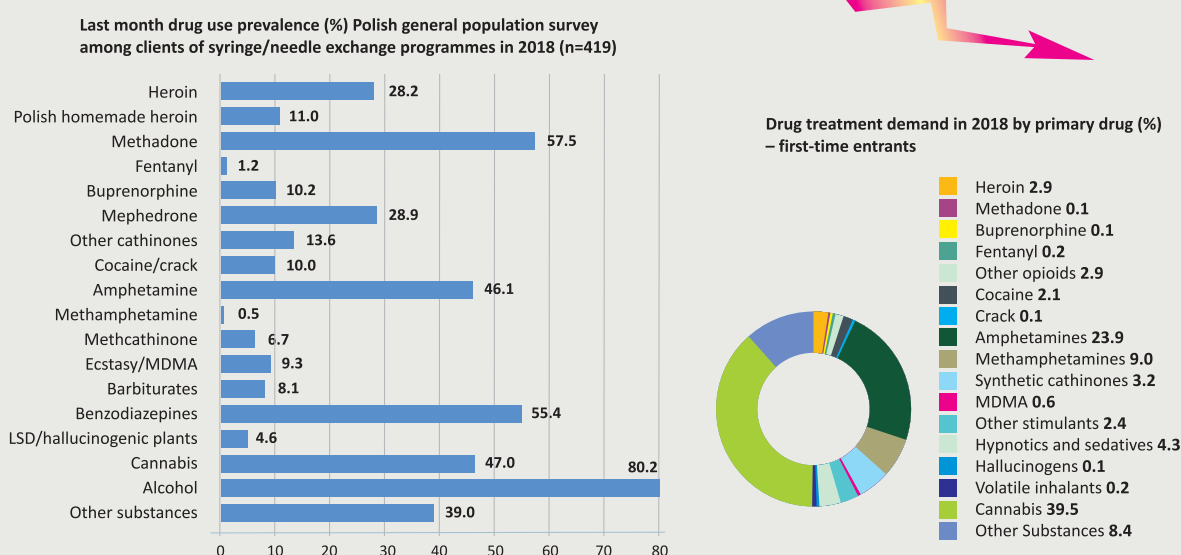
Source: EMCDDA Statistical Bulletin, 2019.

5. Patterns of drug use based on data from drug treatment and syringe/needle exchange programmes

In the last 10 years the drug scene has changed, which is shown e.g. in data from drug treatment and harm reduction programmes targeted on injecting drug users. At the beginning of previous century the most prevalent drugs among injecting drug users were heroin and amphetamine. At present, according to the 2016 data from syringe/needle exchange programmes, heroin is used by every

fourth respondent (28%) while the Polish homemade heroin by every tenth (11%) (the rate refers to the last month prevalence). In 2008, the percentage of Polish homemade heroin users stood at 50% while the heroin rate was 44%. The syringe/needle exchange data clearly demonstrate changes on the Polish drug scene. The arrival of new psychoactive substances (NPS) caused that today approx. 40% of the respondents (2018 data) have used NPS in the last 30 days. According to the nationwide survey conducted in Poland at the end of 2018 among clients of syringe/needle exchange programmes, amphetamine is still used (46%). It is worth noting that a large percentage of drug users often use alcohol (80%), benzodiazepines (55%) and methadone (57%), which are all legal. The drug scene is not as homogenous as it used to be, when heroin was the predominant drug. At present the prevalence of substance use in the respective cities varies. According to the data from Krakow-based harm reduction programmes, heroin does not appear on the market and drug users are opting for new psychoactive substances. However, heroin is still popular among injecting drug users in Warsaw. European treatment demand indicator (TDI) data for 2018 on first-time entrants allow for capturing another trend change among drug users. In Poland, the most frequent groups of first-time drug treatment patients were cannabis users (40%) followed by amphetamine users (24%). It is also worth noting that 9% of the first-timers reported methamphetamine as primary drug. Consequently, the rising popularity of methamphetamine in recent years can be observed. This phenomenon is new to the Polish drug scene. While in the case of syringe/exchange programme, which benefit mainly users under 40, heroin use is still widely prevalent, the treatment demand data show only 3% of entrants in 2018 due to heroin use (Figure 5.1)

Figure 5.1. Drug use prevalence: data from drug treatment units and syringe/needle exchange programme



Source: CINN KBPN.

Source: TDI KBPN.

6. Prevalence of new psychoactive substance use

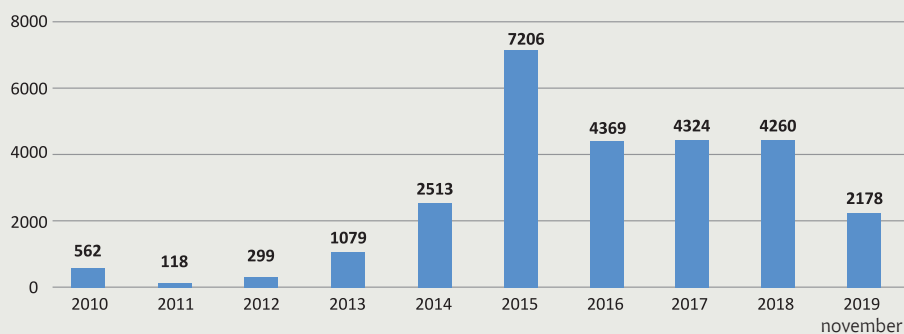
Since 2008, over a dozen surveys have conducted in Poland have covered the aspect of new psychoactive substances (NPS). The surveys have been mainly implemented or financed by the National Bureau for Drug Prevention (KBPN). The latest NPS survey was conducted at the turn of November and December 2018 by CBOS Foundation and KBPN. The survey included final grade students of secondary schools, who were predominantly 18 years of age (N=1609). As regards NPS, we note a downward trend. The proportion of experimental users (2.6%) fell below the level of 2008. 1.5% of the respondents had used NPS in the last 12 months and 0.7% in the last 30 days. These are the lowest rates since the launch of the NPS research i.e. 2008. According to the 2008 survey, lifetime prevalence rates for NPS stood at 3.5% while in 2010 the rate rose to 11%. The last year prevalence rates stood at 7% in 2010 (3% in 2008) whereas the last month rate was 1% (1.5% in 2008). In 2010, over 1400 NPS stores were in operation. The 2013 survey results demonstrate a fall in the prevalence of NPS use. Lifetime rate for that period (5%) was half lower for 2010 while three times as fewer respondents reported using NPS in the last year (fall from 7% to 2%). The last month rate stood at 1%.

Another study which focuses on the prevalence of NPS use not only in Poland but across Europe is the 2014 survey entitled “Young People and Drugs” (Flash Eurobarometer, 401). It was commissioned for the second time by the European Commission and implemented by TNS Political and Social. The survey interviews were held with respondents aged 15-24. It is worth noting that according to Eurobarometer the proportion of lifetime NPS users in Poland turned out the same in 2014 and 2011 i.e. 9%. The European average for all the respondents rose by 3 percentage points to 8% in 2014. Several countries recorded a considerable rise in the prevalence of NPS use: Ireland by 6 percentage points (22% in 2014), similarly Slovenia by 6 percentage points (13% in 2014), France by 7 percentage points (12%) and similarly Slovakia by 7 percentage points (10%) whereas Spain by 8 percentage points (13%). Even though in the years 2011-2014 the European average for NPS prevalence increased, the trend in Poland held steady (TNS Political & Social, 2014). In the whole population, the scale of NPS prevalence remains low. According to the surveys of KBPN and CBOS Foundation, few respondents reported using NPS in a lifetime (2.2%). The last year rate was 0.5% while the last month – 0.2% (2014 data). The 2018 treatment demand data collected by the KBPN show that 3% of drug treatment entrants reported synthetic cathinones as primary drug. The data collected by Warsaw Poisonings Control Centre (OKZ) confirm the rates of (suspected) poisonings induced by new psychoactive substances. Following the record high of 7206 poisonings in 2015, the number of NPS-induced poisonings fell to 4 369 in 2016. A similar figure was recorded in 2017 (4324) and 2018 (4260). The data for the period between January and November 2019 show a fall in the number of NPS-induced poisonings to 2178.

7. Psychoactive substances in road traffic

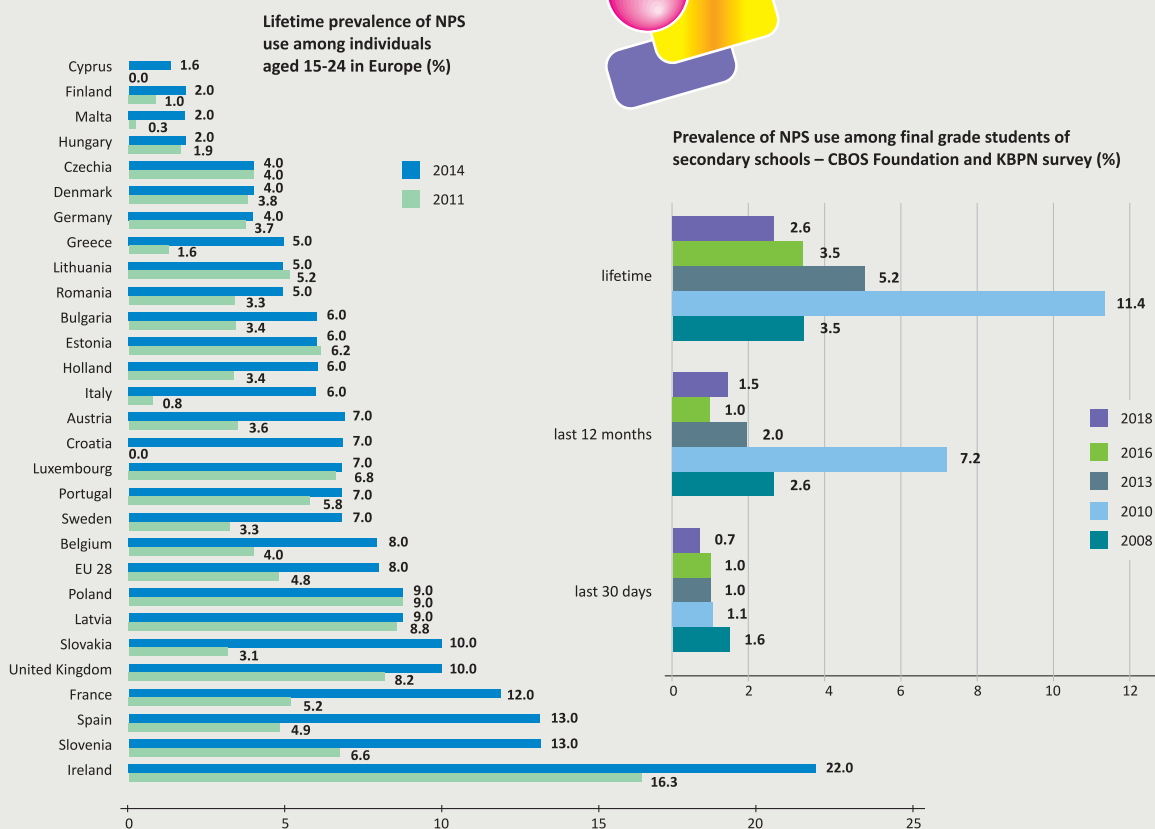
At the turn of September and October 2018, Kantar Millward Brown S.A. and the Polish Reitox Focal Point conducted a survey on psychoactive substances in road traffic (N=1006). The respondents were asked whether they knew anybody who drove under the influence of psychoactive substances. 8% of adult Poles reported that they knew somebody who in the last 12 months had driven a car or another mechanical vehicle under the influence of alcohol.

Figure 6.1. Likely medical interventions induced by new psychoactive substances in the years 2010-2019



Source: Poisonings Control Centre, Warsaw; General Sanitary Inspectorate.

Figure 6.2. Prevalence of New Psychoactive Substances (NPS)



Source: Flash Eurobarometer 2014, Youth Survey 2018.

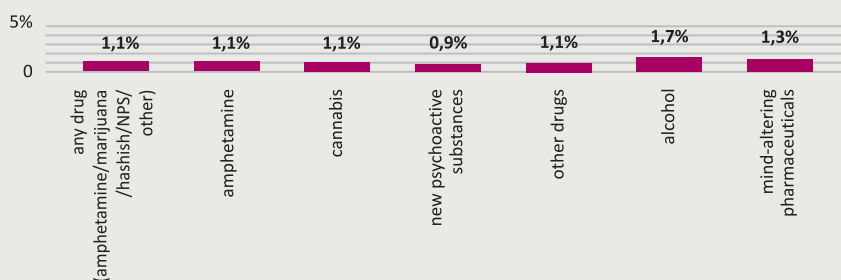
Source: CBOS Foundation and CINN KBPN survey.

In the case of other substances 2% of adult Poles reported that they knew somebody who had driven mechanical vehicles under the influence of cannabis, 1% under the influence of amphetamine and 1% under the influence of new psychoactive substances. 2% of the respondents knew individuals who had driven a mechanical vehicle under the influence of mind-altering pharmaceuticals.

The survey also focused on the question whether the respondents were willing to be passengers in cars driven by a driver under the influence of psychoactive substances. The respondents were asked whether they had been in a car or another vehicle which had been driven by an individual under the influence of psychoactive substances. 2.2% of adult Poles reported that in the last 12 months they had been in a situation which involved a drunk driver. Fewer adult Poles (1.5%) reported having been in a situation when the driver was under the influence of drugs (0.7% cannabis, 0.6% amphetamine, 0.5% new psychoactive substances). 0.7% of the respondents reported they had been in a car driven by an individual under the influence of mind-altering pharmaceuticals.

One of the major areas researched in the course of the survey was the respondents' personal experience related to drunk and drug driving. The respondents were asked if they had driven a car under the influence of psychoactive substances. 1.7% of adult Poles who had driven a mechanical vehicle in the last 30 days prior to survey reported doing it under the influence of alcohol. A lower percentage of the respondents (1.1%) who had driven a mechanical vehicle in the last 30 days prior to survey reported doing it under the influence of a drug.

Figure 7.1. Driving a car or another mechanical vehicle under the influence of mind-altering substances in the last 12 months (2018)



Źródło: Kantar Millward Brown S.A. oraz CINN KBPN.

8. Drug market and precursors

Poland is still mentioned among the Netherlands or Belgium as one of the leading manufacturers of such substances in Europe. In 2018, there were detected 33 labs and 6 of the listed clandestine laboratories were dismantled beyond the Republic of Poland following the information passed on by the Central Bureau of Investigation of the Police Headquarters (CBŚP) to the international partners. Amphetamine still remains the most prevalent illicit drug in the Polish clandestine labs. It was amphetamine that was manufactured in the 13 labs that were dismantled. The most popular precursor used for producing amphetamine was BMK. Obtaining BMK is a very profitable criminal activity. Under the Act on counteracting drug addiction, BMK production is only a petty offence punishable with a fine, which greatly encourages criminals to engage in this activity. In 2018,

Table 8.1. Drug seizures in Europe (Police and Border Guard)

Substances	2016	2017	2018
Hashish (kg)	32.9	1237.2	8313.2
Marijuana (kg)	2569.4	3620.1	4259.8
Heroin (kg)	9.0	2.5	8.8
Cocaine (kg)	448.8	81.1	277.4
Amphetamine (kg)	943.3	582.4	1322.9
Methamphetamine (kg)	17.9	25.6	30.9
Ecstasy (tablets)	149 921	112 614	218 442
LSD (blotters)	166	866	3544

Source: CINN KBPN.

Table 8.2. Prices of drugs on the black market in 2018

Substance	Measurement unit	Average retails prices (PLN)	Average wholesale price (PLN)
Heroin (white)	gram	250	146
Marijuana	gram	20	20
Hashish	gram	22	20
Hashish oil	ml	–	–
Amphetamine	gram	40	30
Methamphetamine	gram	100	100
Ecstasy	tablet	20	12
Cocaine	gram	250	160

Source: Data reported to UNODC under ARQ.

1580 litres of BMK were seized, which is an exponential increase of 3330% compared to 2017 when 48 litres were seized. Before 2014, BMK was mass produced from an uncontrolled substance called APAAN (alpha-phenylacetonitrile).

Listing APAAN as a controlled substance in 2014 allowed the drug enforcement services to effectively monitor the trade in this substance and led to the virtual elimination of the substance from the illegal market.

In 2015 and the following years, criminal groups produced amphetamine from the substances structurally similar to APAAN, however, with a different chemical formula, which was intended to give them impunity. To this end, the criminal groups imported from Asian markets a precursor cal-

led APAA (3-oxo-2-phenyl-butanamide, alpha-phenylacetoacetamide) or APANIC. These substances replaced APAAN as through easy chemical reactions it was possible to produce BMK from them and consequently amphetamine.

Another way of obtaining BMK found in clandestine laboratories was generating nitrostyrene following the chemical reaction of benzaldehyde and nitroethane.

Information collected in the course of operational activities and legal proceedings shows that a steady portion of Polish origin precursors for obtaining synthetic drugs find their way to the countries of Western Europe, mainly Holland and Belgium. The number of clandestine labs dismantled in these countries in recent years has been outnumbering those dismantled in Poland while their size, technological standing and scale of production remain considerably higher compared to the ones detected in Poland.

For over a decade there is a noticeable fall in the BMK trafficking from Russia, Belarus and Ukraine. It is undoubtedly linked to the collapsed of the chemical industry in those countries, liquidation of BMK labs and tightening of the borders.

Synthetic drug laboratories are still located in remote and camouflaged places, which is intended to make them undetectable.

Another way of camouflaging the criminal activity is manufacturing amphetamine in stages (usually three). Each completed in a different location. This is intended to diversify the risk of detecting the clandestine plant by neighbours, random people or by the Police. Only the last two stages of the drug manufacture, the ones that are related to criminal charges (i.e. the moment the flasks contain legally controlled substance), are completed in highly protected places. New methods of synthetic drug manufacture or adapting the existing methods to new technical solutions (e.g. mobile amphetamine or methamphetamine labs) are being implemented not only for economic reasons but also in order to increase the safety of individuals directly involved in the production or the safety of the very labs (equipment, precursors, real property). Recently one of such methods has been the diversification of amphetamine manufacture stages. Each stage is located and completed in a different place.

Another drug manufactured in Polish laboratories in 2018 was methamphetamine. 4 methamphetamine labs were detected in Poland and 1 in Czechia (based on the information passed by the Central Bureau of Investigation and collaboration with the Czech partners).

As previously anticipated there was an increase in the manufacture of this psychotropic substance. One of the reasons for it might have been the introduction of more severe penalties for manufacturing methamphetamine in Czechia (deprivation of liberty of up to 18 years) and subsequent transfer of the manufacturing facilities into Poland. The dismantled labs were located in the areas close to the south-western borders of Poland. Apart from Poles, the nationals of Czechia, Slovakia, Vietnam, Bulgaria and Romania were involved in the process.

9. Drug supply reduction

In Poland, 1133 officers were responsible for combating drug-related crime under criminal departments, sections, teams and one-man positions (as of 31 December 2018). In 2018, 59 929 crimes against the Act of counteracting drug addiction were registered. The highest number of the crimes (63%) were concerned with Article 62 i.e. possession of drugs followed by trade in drugs (Article 59, 19%).

Table 9.1 Number of identified crimes under the Act on counteracting drug addiction

Identified crimes	2013	2014	2015	2016	2017	2018
Art. 53 – manufacture	272	286	242	295	356	273
Art. 54 – possession, purchase of manufacturing equipment	251	216	231	222	278	266
Art. 55 – smuggling	904	898	801	738	783	609
Art. 56 – introduction to trade	3 372	3 357	2 071	1 984	2 021	1990
Art. 57 – preparation for smuggling	55	71	40	24	40	39
Art. 58 – supplying	12 208	8 698	6 625	6 849	6 632	5695
Art. 59 – trade	13 739	11 560	9 793	10 487	12 811	11555
Art. 60 – failure to report trade	2	1	1	1	1	1
Art. 61 – precursors	25	39	31	40	42	35
Art. 62 – possession	39 088	35 490	32 976	37 349	39 388	37610
Art. 63 – cultivation	2 116	2 083	1 931	2 245	2 200	1836
Art. 64 – appropriation	36	25	34	163	23	20
Art. 68 – advertising	5	1	2	3	0	0
Total	72 073	62 725	54 778	60 400	64 575	59 929

Source: Police Headquarters.

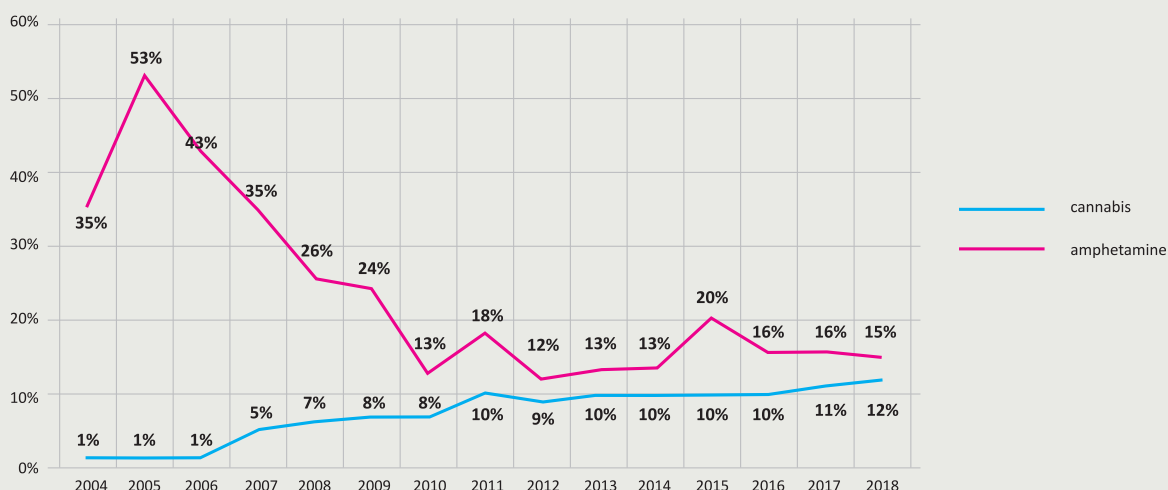
Table 9.2 Number of suspects under the Act on counteracting drug addiction

Suspects	2013	2014	2015	2016	2017	2018
Art. 53 – manufacture	190	165	176	190	241	163
Art. 54 – possession, purchase of manufacturing equipment	45	37	53	43	41	49
Art. 55 – smuggling	474	507	489	465	490	389
Art. 56 – introduction to trade	1 133	1 195	995	1 022	854	880
Art. 57 – preparation for smuggling	24	18	27	7	12	8
Art. 58 – supplying	1 715	1 509	991	925	839	768
Art. 59 – trade	2 073	1 865	1 446	1 235	1 368	1 145
Art. 60 – failure to report trade	1	0	1	0	2	0
Art. 61 – precursors	11	10	11	8	15	15
Art. 62 – possession	21 493	22 008	21 630	24 341	25 181	24 224
Art. 63 – cultivation	1 175	1 132	1 066	1 175	1 069	846
Art. 64 – appropriation	20	14	22	23	9	10
Art. 68 – advertising	0	0	2	0	0	0
Razem	28 354	28 460	26 909	29 434	30 121	28 497

Source: Police Headquarters.

In the years 2015-2017, one can observe a rise in the number of registered crimes from 54 778 to 64 575; however, the highest number of registered crimes against the Act on counteracting drug addiction was found in 2013 – 72 073. The latest data from 2018 (59 929) have fallen below the level of 2016. Let us take a look at the suspects of crimes against the Act on counteracting drug addiction. In 2018, a fall was observed in the number of such individuals down to 28 497 (30 121 in 2017). The highest proportion was made up by suspects under Article 62 (85%) followed by Article 59 suspects (4%) i.e. trade in drugs. Figure 9.1 shows the results of the lab analyses of the Central Forensic Laboratory of the Police regarding the purity of amphetamine and THC concentration in cannabis. Since 2005 the average purity of amphetamine has fallen from 53% to 15% while THC concentration in cannabis has risen from 1% to 12%.

Figure 9.1. Purity of cannabis and amphetamine in the years 2004-2018



Source: Central Forensic Laboratory of the Police.

10. Drug trafficking

Amphetamine is a drug produced in Poland. Some of it is consumed domestically, however, considerable amounts are exported to Scandinavia, Germany, UK and Ireland and less frequently to Spain, Italy and France.

Amphetamine is usually trafficked through the road transport. Crime syndicates take advantage of Poland being part of the Schengen area within load can cover the distance from Lisbon (Portugal) to as far as Tallinn (Estonia) without ever being stopped for inspection.

In 2018, similarly to 2017, the target countries for the trafficking operations are the Scandinavian countries. Polish amphetamine in Scandinavia is popular and sought after due to its high purity. The basic reason for choosing this destination are of economic nature. Polish crime syndicates choose Sweden, Denmark and Norway as the drug prices on those markets are higher compared to

the rest EU Member States. Synthetic drugs are smuggled into Scandinavia by land through Germany and Denmark or on ferries from the Polish ports of Swinoujscie and Gdansk.

Ecstasy finds its way to Poland mainly from the Netherlands and Belgium – the main manufacturing countries of this drug in Europe and in the world. Ecstasy tablets are frequently land smuggled by couriers.

Another phenomenon observed for several years by the officers of the Central Bureau of Investigation of the Police Headquarters is the trafficking into Poland of the substance called GBL (γ -Butyrolactone). The situation was similar in 2018. The substance is a liquid and it serves for GHB manufacture (γ -hydroxybutyric acid) i.e. a date rape drug – a psychotropic substance. The effects of GBL are felt after 15 minutes and might last for as long as 3 hours. Low GBL doses generate euphoria and agitation. When overdosed the drug induces nausea, drowsiness, coma, respiratory and circulatory depression.

By taking advantage of the existing legal status of GBL, criminals sold it in wholesale quantities. The country of origin was mainly China and the drug was distributed online. The product was offered as car rim cleaner. It was also distributed across Europe and United States and generated huge profits.

As a consequence of the introduction of the Act of 24 April 2015 on amending the act of counteracting drug addiction and selected other acts (Journal of Laws “Dz.U.” of 2015 item 875), which was necessitated by adapting the domestic regulations to the provisions of the 1971 Convention on psychoactive substances of the UN Commission of Narcotic Drugs, GHB (γ -hydroxybutyric acid) was transferred from group IV-P to group II-P in Schedule 2 to the aforementioned act. The regulations related to GBL were subsequently interpreted differently. According to the statement placed under the table listing group II-P substances, this group also includes “esters and ethers of psychotropic substance if the existence of such is possible unless they are mentioned in another group”. That is why GBL as intermolecular GHB ester was considered a group II-P psychotropic substance. The working name of this substances is “nitro”. It has been used in drug business since 1999.

This situation provided a tool for the enforcement agencies to effectively combat illegal trade in GBL. In 2018, the operations and investigative squad established in 2017 by the decision of the head of the Central Bureau of Investigation (CBSP) to perform activities such as liquidating the GBL trafficking channel into Poland continued its operations. Consequently, a GBL distribution company run by a Pole in Slovakia was detected. In no time, several controlled GBL shipments were performed and their recipient were detained. The squad continued its operations in 2018. It was ascertained that the crime syndicate responsible for introducing GBL to trade was transferred by the suspects into Lithuania. Police officers of the Rzeszow CBSP district in the course of performing their duties for the operation “Sawitar” detected in 2018 328 courier shipments from Lithuania that contained 1061 litres of GBL at estimated drug market value of PLN 300 000.

11. Convictions under the Act on counteracting drug addiction

One of the indicators used for monitoring drugs and drug addiction are the data on the number of convictions under the Act on counteracting drug addiction. According to the 2018 data of the

Ministry of Justice, 6.5% of convictions in Poland were related to the Act on counteracting drug addiction (18 103 sentences). Out of 6 558 individuals convicted of drug-related crimes, 3 536 received suspended sentences. It is worth noting that the latest data for 2018 revealed a decrease in the number of deprivation of liberty sentences despite the fact that the overall number of convicts under the Act on counteracting drug addiction increased. Table 11.1 shows data for the last 20 years.

Table 11.1. Final court sentences

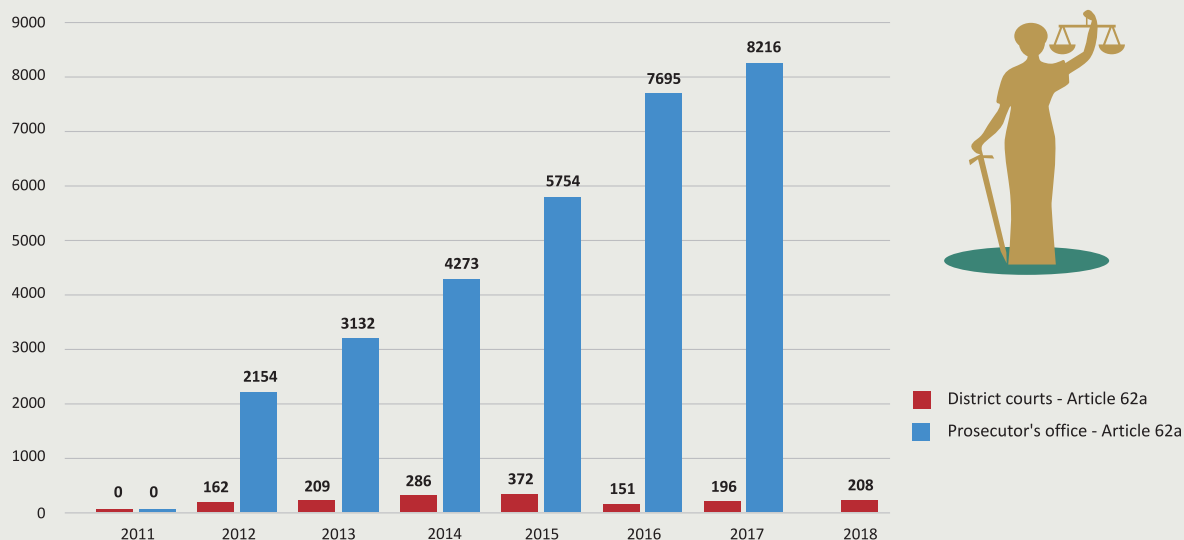
	Final court sentences		Court sentences to deprivation of liberty under Act on counteracting drug addiction		
	All sentences	Sentences under Act on counteracting drug addiction	All sentences	Non-suspended	Suspended
1999	207 607	2 264	1 865	420	1 445
2000	222 815	2 878	2 428	572	1 856
2001	315 013	4 300	3 802	1 024	2 778
2002	365 326	6 407	5 417	1 282	4 133
2003	415 533	9 815	7 785	1 489	6 296
2004	512 969	16 608	12 417	2 308	10 109
2005	503 909	20 164	14 249	2 085	12 164
2006	462 937	20 381	15 383	2 355	13 028
2007	426 377	20 801	15 475	2 118	13 357
2008	421 051	20 631	15 165	2 390	12 775
2009	415 272	20 024	14 739	2 188	12 551
2010	432 891	20 601	14 837	2 278	12 559
2011	423 464	21 049	14 437	2 163	12 274
2012	408 107	19 226	13 131	2 019	11 112
2013	353 208	18 189	12 321	1 837	10 484
2014	295 353	17 464	11 155	1 738	9 417
2015	260 034	16 402	10 122	1 819	8 303
2016	289 512	19 446	8 095	2 457	5 639
2017	241 436	17 603	6 630	2 668	3 962
2018	275 768	18 103	6 558	3 022	3 536

Source: Ministry of Justice.

12. Alternatives to criminal punishment

In 2011, new legal solutions were introduced in order to depart from criminal sanctions. After several years of applying Article 62a it must be noted that the scope of practical application of this provision by the public prosecution is widespread. In the first year of the functioning of this solution public prosecutors discontinued a total of 2 154 proceedings. The latest data for 2017 reveal above 8 000 such cases (Figure 12.1). Proceedings discontinued by courts were far fewer. In 2018, courts discontinued 208 proceedings under Article 62a.

Figure 12.1. Data on discontinued legal proceedings under the Act on counteracting drug addiction. District courts. Discontinued proceedings under Article 62a – prosecutor's office



Article 62a If the object of the act referred to in Article 62.1 or 3 is a small quantity of narcotic drugs or psychotropic substances intended for personal use, the proceedings might be discontinued also before the issuance of the decision to institute an inquiry or an investigation, as long as punishing the offender is pointless due to the circumstances of the offence as well as the degree of social harm.

Source: Ministry of Justice.

13. Drug treatment system

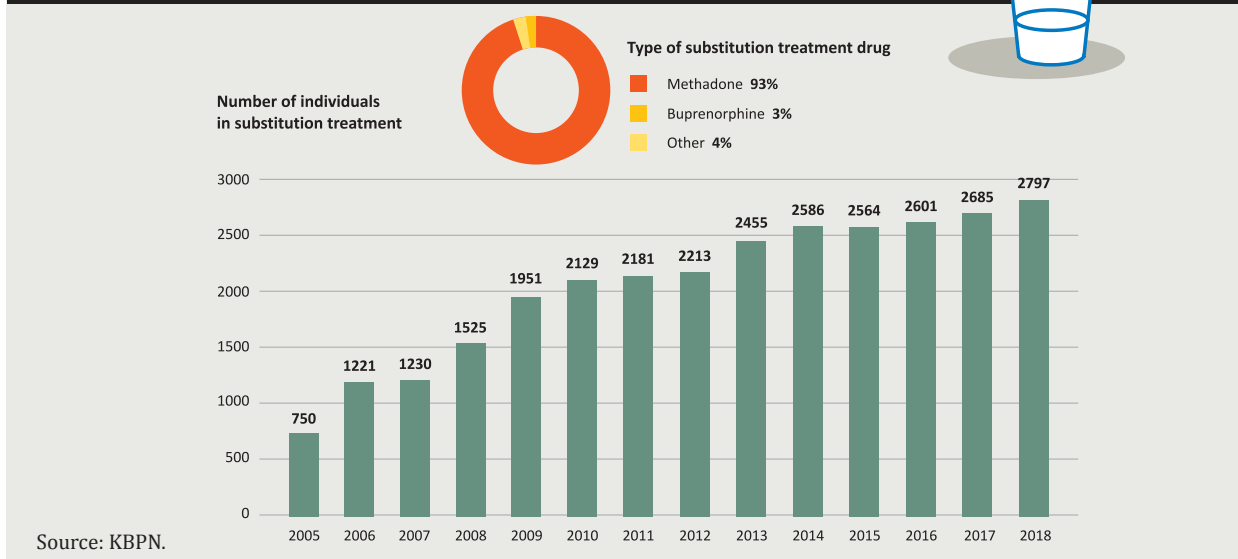
According to Article 26.5 of the Act of 29 July 2005 on counteracting drug addiction, services of drug treatment, rehabilitation and reintegration are provided for a drug-dependent individual free of charge regardless of their place of residence in the country. Healthcare services for drug-dependent individuals are provided through a network of inpatient and outpatient clinics which hold the status of public or non-public healthcare centres. The basic link of the first intervention and psychological assistance are outpatient clinics, mainly Addiction Prevention and Treatment Counselling Centres. Inpatient clinics are located outside urban areas. They run treatment and rehabilitation programmes based on the therapeutic community model.

In Poland, according to the latest data of the National Bureau for Drug Prevention published in the 8th edition of the information brochure entitled “Drug addiction – where to seek help?”, there are 76 inpatient and 212 outpatient drug clinics. Moreover, drug treatment and rehabilitation services are provided at detoxification wards, day-care centres for drug treatment, hospital drug treatment wards, harm reduction programmes, therapeutic wards within prisons and social reintegration programmes. Some centres also provide services for patients with dual diagnosis. In 2018, 2 797 patients were provided with opioid substitution treatment. In 2019, 25 OST programmes were run by healthcare centres and prison services in Poland. Opioid substitution treatment covers approx. 18% of problem opioid users.

Figure 13.1. Drug Treatment in Poland



Figure 13.2. Substitution Treatment in Poland



14. Prevention, education and information

In Poland, prevention is implemented on the basis of the Act of Law on counteracting drug addiction and the National Health Programme 2016-2020 (NPZ). An increased emphasis on the improvement of quality of prevention programmes is an important element of the NPZ. In Poland, drug prevention activities are performed by multiple providers, mainly governmental administration (relevant ministries and subordinate agencies), local and regional governments and non-governmental organizations.

The Ministry of National Education (MEN) and the Centre for Education Development (ORE)¹ support schools and educational units in implementing educational activities including drug prevention. The Ministry of National Education is responsible for legislation, assessment and supervision of educational activities in schools, pedagogical preparation of teachers and support for parents in home-based prevention.

Main goals in the scope of drug addiction include:

- reducing prevalence of substance use in children and youth,
- improving parent competencies for home-based prevention and involving parents in school-based prevention under education and prevention strategies,
- improving teacher competencies in relation to making informed decisions as regards evidence-based drug prevention programmes or recommended prevention programmes (*evidence-based practice*),
- implementing independent drug prevention activities by a school or an educational unit as recommended by the risk and protective factor assessment subject to internal evaluation,
- regularly improving quality of school and educational unit-based prevention in collaboration with local and regional administration in the scope of solving drug-related problems in the local community.

In 2015, the Minister of National Education issued Regulation on the scope and manner of providing educational, awareness and preventive activities in order to counteract drug addiction. The Regulation was amended in 2018. The document defines a solution based on educational, awareness and preventive activities at school are preceded by an assessment of a broadly understood situation of the school or unit in terms of drug-related threats. Identifying the right protective and risk factors is a key element. It allows for adequate adaptation of the aforementioned activities to the needs of a specific target population. The aim of the amendment, besides harmonising legal provisions, was also to draw special attention to threats related to the use of substitute drugs and new psychoactive substances. The amended regulation places emphasis on the need of collaboration between schools and the Police as well as provincial and county sanitary inspectors due to their experience in implementing prevention of substitute drug use. Drug prevention activities are part of educational strategies of schools and educational units. Based on the general education curriculum, each education stage lists tasks of education and prevention for the school which are then incorporated into syllabi to be followed by teachers during lessons. The aspects of promoting healthy lifestyle and counteracting drug addiction are incorporated into syllabi of multiple subjects e.g. physical education, science, biology, chemistry, education for family life, ethics. These aspects have also been incorporated into health education implemented at all stages of educations.

1 Centre for Education Development is a public nationwide teacher training institution manager by the Minister of National Education.

The Centre for Education Development has designed a rich offer of educational and awareness activities which include: guidebooks, awareness booklets, programmes, plans for lessons with students and parents as well as teacher training materials in this field. The materials and training programmes have been made available on the Centre's website: www.ore.edu.pl.

Preventive interventions include a wide range of complementary approaches. Community-based and universal prevention are targeted on the entire population while the selective prevention is aimed at vulnerable groups who might be more likely to experience substance-related problems. In turn, indicated prevention focuses on at-risk groups.

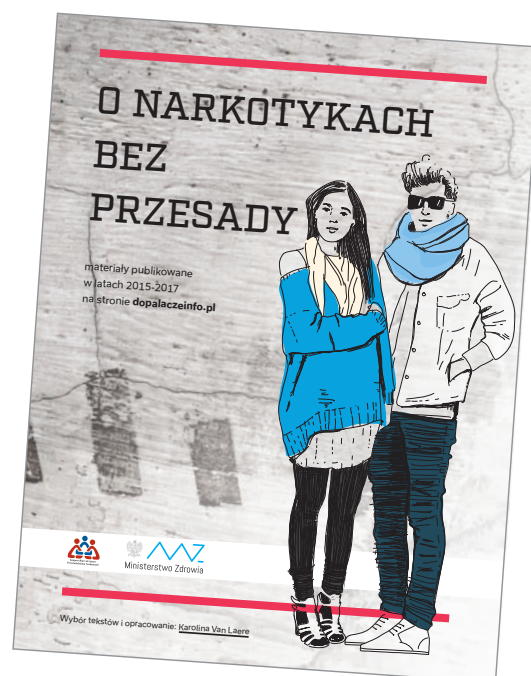
The National Bureau for Drug Prevention (KBPN) supported the nationwide dissemination of the Unplugged universal drug prevention programme targeted on students aged 12-14. The evaluation of this programme in Poland proved its positive impact on the reduction of cannabis and alcohol consumption by minimising positive beliefs and attitudes to addictive substance and improving knowledge and competence among parents.

In the course of awareness and education in 2018, a number of materials were produced and distributed. Several websites were also run. The materials were published on the KBPN website in the Publications section: <http://www.kbpn.gov.pl/portal?id=110639>. "Of drugs without overdosing" information booklet among others was published. It is targeted on young people and contains 26 articles which appeared between 2015 and 2017 on www.dopalaczeinfo.pl the KBPN-hosted website dedicated to new psychoactive substances.

In 2018, two leaflets called "Beware of new opioids!" and "Beware of fentanyl and its derivatives" were prepared. They provided information on the threats related to using fentanils and ways of minimizing risk and harm related to fentanyl-induced poisonings.

In the course of promoting "FreD goes net" drug prevention programme, www.programfred.pl website was run. A leaflet entitled "Go for it!" was released to further promote the programme.

In 2018, upon commission of the National Bureau for Drug Prevention, 47 selective drug prevention programmes were implemented. The programmes addressed children and youth, as well as young adults (aged under 25) who are exposed to risk factors (individually, in the family and community) related to engaging in risky behaviours.



They were the so-called “children of the street” – minors at risk of crime and depravity committing punishable acts, as well as children and adolescents at risk of social exclusion, addiction, individuals experimenting with drugs or using drugs occasionally.

The early intervention “FreD goes net” programme was implemented in over 30 cities across Poland. The programme was intended to reduce risk factors related to the family and peer environment, improve emotional and social functioning, developing adequate normative beliefs concerning drugs, tackling drug-related crises, promoting healthy lifestyles. At present, over 200 people from over 100 prevention, treatment and Psychological and Pedagogical Counselling Centres are

being trained to implement the programme. The “FreD goes net” providers are listed on the website of the National Bureau for Drug Prevention at <http://programfred.pl/pelna-lista-realizatorow>. In 2018, 36 indicated drug prevention programmes were implemented with the funds of the National Bureau for Drug Prevention. The programmes were implemented mainly in major cities. They were intended to achieve and maintain abstinence from drugs, preventing substance addiction from developing, reducing frequency of use or changing substance use patterns, shaping adequate normative beliefs on drugs, promoting healthy lifestyles, overcoming drug-related crises.

In 2018, measures were taken to promote the recommendation system for drug prevention programmes and to disseminate information on the drug prevention standards and the respective recommended programmes. At present, the database of the recommended programmes, available at www.programyrekomendowane.pl, lists 23 drug prevention and health promotion programmes.

In 2018, the National Bureau for Drug Prevention financed 35 programmes targeted on families of drug users. The measures included education and awareness classes for families on mechanisms of addiction and co-addiction, family counselling,

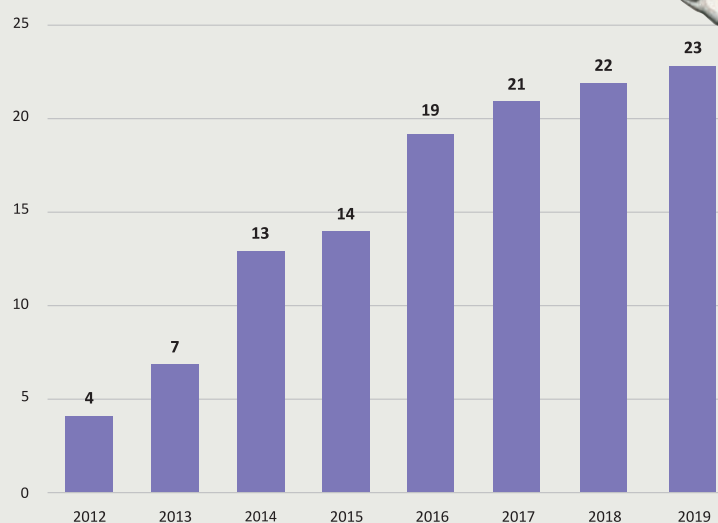
critical interventions, support groups for families, parenting skill workshops, assistance/legal counselling. In the course of assisting drug-affected families, evidence-based programmes listed in the database of recommended drug prevention programmes such as “Family Strengthening Programme 10-14” and “Schools for Parents and Educators” received funding. As a consequence of the measures taken, parents improved their knowledge on addictions and co-addiction, problem-solving skills and parenting skills.

In 2018, the website of recommended drug prevention programmes www.programyrekomendowane.pl was continued. The service is intended for individuals who implement drug prevention among children and adolescents and for developers of drug prevention programmes.



Figure 14.1. Recommendation system for drug prevention and health promotion programmes

Number of recommended programmes (aggregate data)



Source: National Bureau for Drug Prevention.

The nationwide campaign „Bad trip – change the settings” (Krzywo weszło – zmień ustawienia) was launched by the Polish Drug Policy Network Foundation. This awareness campaign was targeted on young people aged 16-20 and their parents. The main recipients were people not using drugs in the risk group/ endangered by drug addiction as well as occasional and problem drug users. The campaign comprised a simple online game) <http://krzywoweszlo.pl>) and evidence base. The game is about putting together a defragmented character – making it the way it looked origi-

nally. The gameplay and choices made throughout are about “changing settings”. In a friendly fashion the gamer is shown the signposts they should follow in the real life. The respective fragments of the character regain normal functions as soon as they receive the right settings in 6 behaviour categories. The campaign lasted from November 2018 to December 2019. It was promoted on social networking sites, YouTube, by means of Google Ads and advertising services of WP and Interia (popular Polish portals) as well as on websites frequently visited by young people. This public task was implemented by the Polish Drug Policy Network Foundation under the National Health Programme. It was financed under a tender run by the National Bureau for Drug Prevention under the Gambling Problem Fund managed by the Ministry of Health.



15. Harm reduction

Harm reduction programmes have been run in Poland since 1992. In 2011, health and social harm reduction was incorporated into the Act of counteracting drug addiction as one of the elements of social policy in the field of counteracting drug addiction. In 2019, 13 harm reduction programmes were operational in 12 Polish cities. The programmes provided services of needle and syringe exchange for drug-dependent individuals. The interventions were implemented in the street, railway and bus stations, drug user meeting spots, drop-in centres and night shelters for drug-dependent individuals. Apart from injecting equipment exchange, the programmes offered condoms and personal hygiene products. Clients could also find treatment-related information, assistance and motivation for treatment. In 2018, Polish harm reduction programmes distributed 129 681 syringes and 200 770 needles among 2 165 clients.

16. Legal framework of drug control

Drug control in Poland is set out in the Act of 29 July 2005 on counteracting drug addiction, which was further amended several times. The latest amendment of July 2018 which came into force as of 21 August 2018 provided substantial changes in controlling new psychoactive substances (NPS). The new legal solutions enable criminalization of psychoactive substances by way of Regulation of the Minister of Health, which will considerably accelerate the NPS controlling process. Moreover, generic groups were introduced. It means that it will be possible to control the whole chemical groups of substances and not individual substances separately as it previously happened. Controlling an individual substance necessitated the amendment of the Act on counteracting drug addiction. Generic definitions proposed by the legislators seem to fully exploit possible modifications of new psychoactive substances under four groups: derivatives of 2-phenethylamines (group I-NPS); derivatives of cathinone (2-amino-1-phenylpropan-1-one) (group II-NPS); synthetic cannabinoids (cannabimimetic compounds) (group III-NPS); derivatives of fentanyl (group IV-NPS). The list of illegal psychoactive substances is scheduled to the Regulation of the Minister of Health of 17 August 2018 on the list of psychotropic substances, narcotic drugs and new psychoactive substances, which came into force on 21 August 2018. Apart from the aforementioned groups, the Regulation also lists 31 new psychoactive substances as well as all previously controlled substances, including over 160 substances and plants criminalized in 2008. The enactment of the regulation was necessary as the amendment of the Act on counteracting drug addiction excluded the lists of controlled substances from the Act. The new Act provides for the list of controlled NPS to be published in the form of the regulation of the Minister of Health. The new Act retained the Team for assessing the NPS-related risk to health or life. The Team recommends controlling NPS to the minister. The latest amendment to the drug law resulted in the establishment of a new generic group of benzodiazepines. The previous solution based on the individual substance law i.e. controlling substances separately proved to be too cumbersome in relation to the rapidly changing NPS market in Poland. For example, it is worth mentioning that the last criminalization of 114 new psychoactive substances took place in 2015 (i.e. three years ago) and the criminalized substances were replaced with others to be purchased online, at

brick and mortar stores or from dealers. Another fundamental change in the drug law referred to the drug strategy which was incorporated more widely into the National Health Programme. Since 2015 the Act on public health has been in force and so has the National Health Programme (NPZ) since 2016. The Programme's operational objective 2 relates to counteracting addictions. National Health Programme 2016-2020 covers addictions and responding to various psychoactive substances ranging from tobacco through alcohol and illegal substances. The adoption of the National Health Programme brought about major changes as drugs and drug addiction were placed in a broader context of public health. Previously drug control measures were set out in the National Programme for Counteracting Drug Addiction (last programmes covered the years 2011-2016). Today it is part of the National Health Programme. Similar changes occurred with reference to alcohol control measures, which are now featured in the National Health Programme as well. Issues of legal and illegal substances have been included in a single document. It is worth mentioning that the Public Health Council has been operational since 24 February 2016. The Council, as opinion-making and advisory body to the Minister of Health, supports intersectoral public health policy and provides platform for cooperation in this regard.

17. Drug response at local and regional level

One of the four key reforms introduced in Poland in 1999 i.e. local and regional administration reform was aimed at increasing competences of local and regional governments. Moreover, the National Programme for Counteracting Drug Addiction 1999-2001 for the first time set courses of action for local and regional administration units. Pursuant to the Act of 29 July 2005 on counteracting drug addiction, local governments started to use alcohol licence fee revenues to respond to drug addiction at local level. Local governments were also obliged to develop and implement local drugs strategies. Furthermore, since 2006 the National Programme has listed drug response tasks to be implemented by local governments.

In 2018, 1607 local governments (gminy) financed universal prevention programmes (69% of the governments which submitted drug reports in 2018). Educational activities regarding NPS and drug-threats targeted on children and adolescents enjoyed greater financing. Such activities were performed by 1761 local governments (76%). Data on drug response activities at local level performed in 2015-2018 are listed in Table 17.1.

In 2018, 210 local governments financed early intervention and selective prevention programmes targeted on at-risk groups whereas 109 local governments funded indicated prevention programmes. A total of 55 821 individuals benefited from indicated and selective prevention activities.

The National Bureau for Drug Prevention for a number of years has been promoting the implementation of recommended prevention programmes. Information on such programmes is available at www.programyrekomendowane.pl. Out of the programmes recommended by the National Bureau for Drug Prevention, Institute of Psychiatry and Neurology, Centre for Education Development and State Agency for Prevention of Alcohol-related Problems, local governments most frequently decided to finance Archipelag Skarbów (Archipelago of Treasures) (179 local governments) and Program domowych detektywów (Home Detectives) (179 local governments). Detailed data on recommended programmes financed by local governments in 2018 are listed in Table 17.3.

Table 17.1. Data on financing universal drug prevention programmes by local governments in the years 2015-2018 under local drug strategies

	2015	2016	2017	2018
Number of schools implementing universal drug prevention programmes	10 182	10 171	9 879	12 319
Number of education system units other than schools system units implementing universal drug prevention programmes	1 765	1 653	2 686	6 224
Number of individuals covered by universal drug prevention programmes	1 624 897	1 567 511	1 203 886	1 319 453

Source: KBPN reports on National Drugs Strategy implementation.

Table 17.2. Activities of local governments regarding locally financed selective and indicated drug prevention programmes in the years 2015–2018 under local drugs strategies

	2015	2016	2017	2018
Number of individuals covered by the activities	107 393	134 170	49 212	55 821

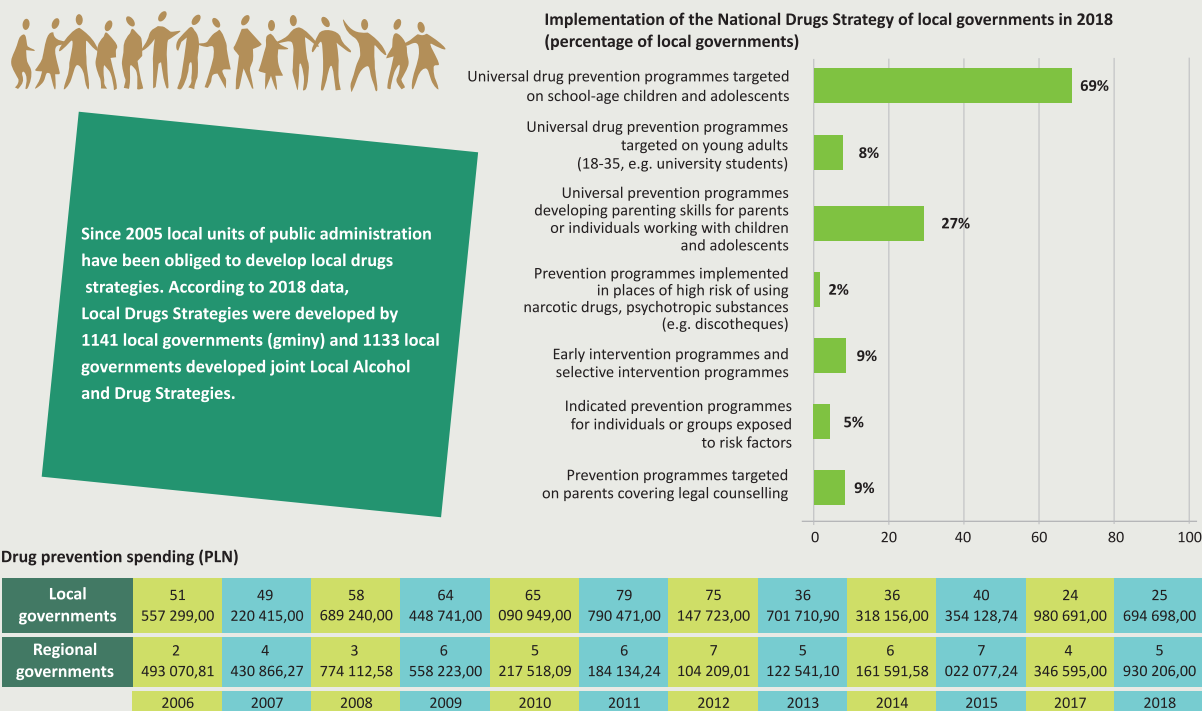
Source: KBPN reports on National Drugs Strategy implementation.

Table 17.3. Data on local governments spending on universal recommended drug prevention programmes in 2018

	Number of local governments	Percentage	Number of schools and education system units involved in 2018	Number of beneficiaries 2018
“Archipelago of Treasures”, programme coordinated by Charles de Foucauld Homo Homini and Institute of Integrated Prevention Foundation	179	7,7	520	51 480
“Fantastic Opportunities”, programme coordinated by Institute of Psychiatry and Neurology	41	1,8	102	9 972
“Home Detectives”, programme coordinated by Institute of Psychiatry and Neurology	179	7,7	463	28 035
“EPSILON Education and Prevention Programme”, programme coordinated Epsilon Society	34	1,5	485	45 725
“Family Strengthening Programme 10-14”, programme coordinated by Maraton Foundation	26	1,1	11	1 016

"Zippy's Friends", programme coordinated by Positive Education Centre	105	6,5	476	15 587
"School for Parents and Educators", programme coordinated by Centre for Education Development	96	4,1	96	2 724
"Positive Knowledge Laboratory", programme coordinated by Monar Association	16	0,7	46	2 808
"Look different" for grades 1-3, programme coordinated by "Spójrz inaczej" Psychoprevention Society	159	6,9	484	25 320
"Look different" for grades 4-6, programme coordinated by "Spójrz inaczej" Psychoprevention Society	175	7,5	522	29 593
"Three Circles", programme coordinated by "Promo" Foundation of Educators and Parents	18	0,8	144	2 800
"Debate" Prevention Programme coordinated by Krzysztof Wojcieszek	170	7,3	537	33 795
"UNPLUGGED", programme coordinated by National Bureau for Drug Prevention and Centre for Education Development	104	4,5	2901	10 775
"FreD goes net", programme coordinated by National Bureau for Drug Prevention	63	2,7	446	2 603
"Youth Social Pathology Prevention Programme", programme coordinated by Praesterno Foundation	7	0,3	Not applicable	904
"School-based Prevention Intervention", programme coordinated by Institute of Psychiatry and Neurology and Centre for Education Development	59	2,5	193	7326
"Community-based Drug Prevention", programme coordinated by Nowa Kuźnia Society	8	0,3	Not applicable	263
"Support for psychosocial development of shy children", programme coordinated by Kazimierz Wielki University, Custodial Pedagogics and Social Prevention Department	8	0,3	10	169
"Support for psychosocial development of children estranged by peers due to antisocial behaviour", programme coordinated by Kazimierz Wielki University, Custodial Pedagogics and Social Prevention Department	5	0,2	4	51
"Behaviour Learning Programme", programme coordinated by Non-public Teacher training Centre SOPHIA	7	0,3	28	546
"Database of Best Practices in Prevention"	7	0,3	28	289
"ARS, how to care about love", Chief Sanitary Inspectorate	24	1	81	7 543

Source: Local government reports on the implementation of the National Drugs Strategy submitted to the National Bureau for Drug Prevention.

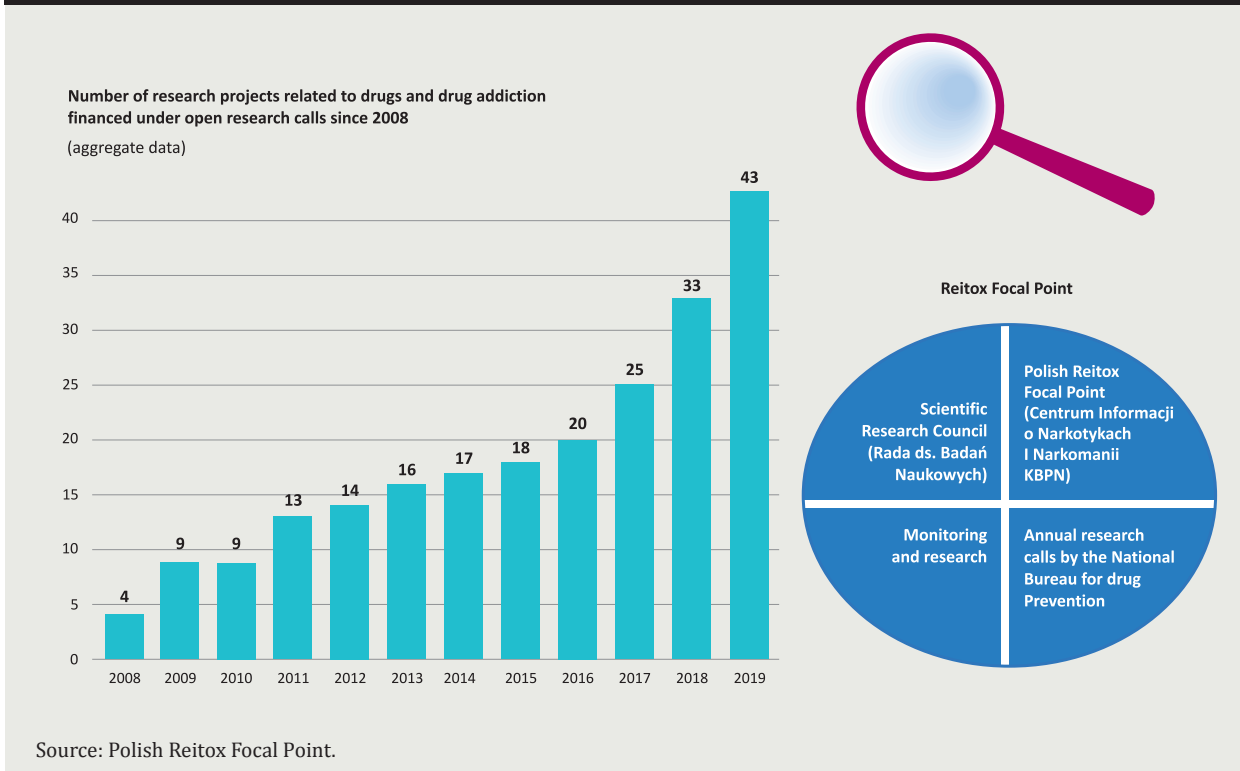
Figure 17.1. Implementation of the National Drugs Strategy by local and regional governments


Source: KBPN Reports 2006-2012, Ministry of Finance data 2013-2018.

18. Research and monitoring

Since 2001 the Polish Reitox Focal Point has been monitoring drugs and drug addiction as well as commissioning research into this field. The latest legal basis for such actions is Operational goal 2 entitled "Preventing and solving problems in relation to substance abuse, behavioural addictions and other risky behaviours" of the National Health Programme, which has been in place since 2016 pursuant to the Act of Law of 15 September 2015 on public health. Operational goal 2 features Task 2.5. which covers monitoring epidemiological situation of narcotic drugs, psychotropic substances, substitute drugs and NPS as well as public attitudes and institutional response including financing scientific research in drugs and drug addiction. The National Bureau for Drug Prevention remains the major commissioning and financing body responsible for implementing research into drugs and drug addiction although the State Committee for Scientific Research also provides funding for the drug-related research.

Research projects are implemented through grants awarded by the Ministry of Science and Higher Education and international organizations. The National Bureau for Drug Prevention supports research into drugs and drug addiction by annually announcing open calls for research projects. Scientific research into drugs and drug addiction is part of statutory activities

Figure 18.1. Activities of National Bureau for Drug Prevention in drug-related research and monitoring

of numerous institutions including the Institute of Psychiatry and Neurology or National Institute of Public Health – State Institute of Hygiene. Moreover, universities and research agencies implement such research projects. The results of the research are disseminated through scientific magazines, websites and by the Polish Reitox Focal Point (Centrum Informacji o Narkotykach i Narkomanii KBPN). This service publishes articles in periodicals and on the designated website.

Number of research projects implemented under calls for research is presented in Figure 18.1. Moreover, funds are annually provided for research projects under the monitoring of drugs and drug addiction e.g. surveys among school youth or the general population. In 2019, 13 research projects related to drugs or new psychoactive substances were launched including 10 projects under the National Health Programme call. The results are available on the website of the Polish Reitox Focal Point: <http://www.cinn.gov.pl/portal>.

The Council for Scientific Research of the National Bureau for Drug Prevention plays an important role in the field of drug-related research. The Council was established by the Director of the National Bureau for Drug Prevention in 2011. It is an advisory and opinion-making body. It comprises 7 members appointed for their expertise and experience in addiction-related research. The Council initiates research, identifies needs and priorities in the field of addictions. Under the tasks set out in the National Health Programme, the Council initiates and supports scientific research into drug supply and reduction.

19. Internet and drugs

The phenomenon of new psychoactive substances (NPS) has been since its rapid growth closely linked to the Internet. The analysis of the online sources shows that the Polish Internet offers a considerable number of NPS stores. One of the components of the I-TREND project was devoted to monitoring online stores. The analyses showed that in May 2014 there were 22 Polish-speaking online stores in operation distributing new psychoactive substances¹. NPS are sold not only online but also on the darknet. The darknet comprises all websites unavailable through traditional search engines unlike bank websites, log-in sites, and university resources, non-public databases of companies or social networking sites. Silk Road was the most popular drug distribution platform dismantled by FBI. The business model then ensures the anonymity of the transaction through the bitcoin cryptocurrency, seller ratings by buyers (as in the case of a number of legally operating auction sites) has been copied in numerous darknet stores offering goods and services. As the analyses show (uzup. źródła) the closure of Silk Road contributed to the arrival of many similar online markets offering psychoactive substances. The consequence of new legal changes introduced in Poland in August 2018 might be the transfer of the NPS market onto the darknet, where hidden auctions offer illegal substances on the same principles as the popular online auction Allegro website. According to the EMCDDA analysis the Internet houses approx. 100 illegal cryptomarkets of such type. However, recently the Police have succeeded in combating the cryptomarkets. In 2017, two largest cryptomarkets of Hansa and AlphaBay were dismantled.

20. Early Warning System on new psychoactive substances – analysis of data on NPS identified in Poland in 2018

The Early Warning System on new psychoactive substances (EWS) is one of the three-stage mechanism in the European Union to rapidly identify, assess and respond to threats related to new psychoactive substances (NPS)².

The aim of the EWS is to ensure fast information exchange between the European Monitoring Centre for Drugs and Drug Addiction (EMCDDA), National Early Warning Systems, EUROPOL, European Medicines Agency (EMA) and the European Commission. The national centres closely collaborate with the EMCDDA. They are responsible for collecting information on NPS identifications at forensic and toxicological laboratories, monitoring NPS and threats to public health. In Poland, this role is fulfilled by the National Bureau for Drug Prevention.

In the course of monitoring the NPS prevalence, analytical data on numbers and quantities of new psychoactive substances are annually reported to the National Bureau for Drug Prevention by EWS³ laboratories. The figures below are the results of the analysis of them.

¹ Martinez, M., Kmetanyova, D., Belackova, V. (2016), 'A method of exploring the number of online shops selling new psychoactive substances: initial I-trend project results', The internet and drug markets (European Monitoring Center for Drugs and Drug Addiction: Insight 21), Publication Office of European Union, Luxembourg

² Two documents provide legal grounds for the mechanism: 1) REGULATION (EC) No 1920/2006 OF THE EUROPEAN PARLIAMENT AND OF THE COUNCIL of 12 December 2006 on the European Monitoring Centre for Drugs and Drug Addiction (recast), and 2) REGULATION (EU) 2017/2101 OF THE EUROPEAN PARLIAMENT AND OF THE COUNCIL of 15 November 2017

³ The System comprises such institutions as Central Forensic Laboratory of the Police, Central Customs Service Laboratory, Central Border Guard Laboratory, Jan Sehn Forensic Research Institute in Krakow, National Medicines Institute, Chief Sanitary Inspectorate.

However, it must be noted that the data presented below have their limitations. They do not present the complete picture of NPS seizures in Poland. They refer to aggregate numbers and quantities of NPS that were passed to laboratories for analysis. The definition of a case is also ambiguous. Some laboratories have access to information on the entire quantity of NPS seized, others are only aware of the material passed for analysis. Despite these limitations, the data presented constitute the only consolidated package concerning NPS seizures available today. Moreover, they seem to render developments happening on the Polish market quite accurately.

Analyzing the number of substances identified at Polish laboratories one can clearly notice the dramatic changes in the NPS phenomenon in the years 2012-2016. The number of NPS identifications rose from approx. 1300 in 2012 to over 28 thousand in 2016. The number subsequently dropped significantly in 2017 and 2018 (see Figure 20.1). They are mainly synthetic cathinones⁴ and synthetic cannabinoids⁵. Whereas initially the numbers of identified synthetic cannabinoids and synthetic cathinones were similar, from 2015 synthetic cathinones started to systematically dominate the records. In 2018, they accounted for approx. 75% of all NPS identifications. Tracing the trend of samples containing synthetic cathinones and synthetic cannabinoids one must note that in both groups of substances following the dramatic increase in the years 2012-2016 there was a sharp drop. In 2014, synthetic cannabinoids were found in 2400 cases. In 2016, the number stood at over 7600 to subsequently fall in 2018 to the level of 2014. Similar development occurred in the case of synthetic cathinones where the number of identifications stood at 2100 in 2014 and two years later reached over 18 000 to subsequently drop to 9800 in 2018.

Interesting findings related to the changes on the NPS market are yielded by the analysis of the most prevalent substances in both groups. As the data show, between 2014 and 2018 the substances were completely transformed. In the case of cathinones, in 2014 and 2015, the market was dominated by 3-MMC, pentedrone and alpha-PVP. In 2016 alpha-PVP remained, however, 4-CMC and its close derivate 3-CMC became popular. In the years 2017-2018, the most prevalent substances were joined by HEX-EN and 4-CEC while alpha-PVP practically disappeared from the market. The trend for synthetic cannabinoids was very similar. In 2014, the market was dominated by UR-144, JWH-081 and RCS-4. Between 2015 and 2017, MDMB-CHMINACA and AB-CMINACA arrived while UR-144 was significantly less prevalent. In 2017 and 2018, 5F-MDMB-PINACA was increasingly popular. This substance proved to be the most prevalent synthetic cannabinoid in lab analyses in 2018.

Generally, the NPS market saw considerable changes each year. The market was completely transformed in 5 years. Substances popular in one year were replaced by new ones next year. Legal changes must have largely impacted on these market dynamics.

Apart from the synthetic cathinones and synthetic cannabinoids discussed above, there are also two groups of substances that should be considered in the NPS market analysis. They are new benzodiazepines⁶ and synthetic opioids⁷. Both these groups are far less prevalent, however, due to their effects, they might pose a major threat to public health. These substances generate a lot more severe effects with smaller doses compared to their original counterparts. While analyzing

⁴ Cathinone derivatives of stimulating and empathogenic properties.

⁵ Synthetic substances acting on cannabinoid receptors (similarly to THC found in cannabis).

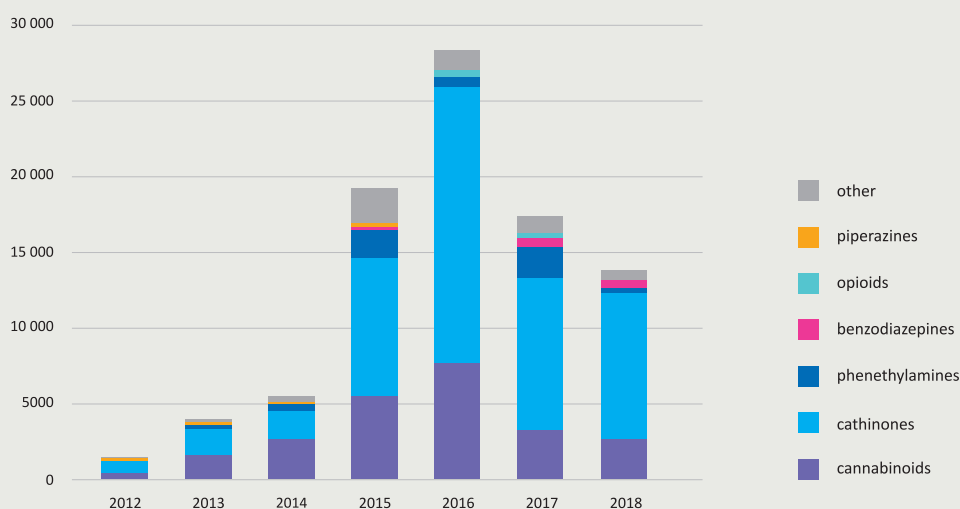
⁶ Substances similar in chemical structure and effects to benzodiazepines used in medicine but much more potent.

⁷ Synthetic substances binding with opioid receptors, frequently generate higher activity compared to traditional opioids such as heroin.

their trends it must be noted that the dynamics here are completely different from the two groups mentioned earlier (Figure 20.2). The trends here are similar to the developments in the rest of Europe.

Both groups of substances were practically non-existent before 2014 (see Figure 20.2). Benzodiazepines appeared around 2015 and the number of identifications steadily rose to reach over 500 in 2017 and 2018. Synthetic opioids emerged later and their number in 2017 and 2018 fluctuated around 150 cases.

Figure 20.1. Number of NPS identified in Poland in years 2012-2018 by groups of substances

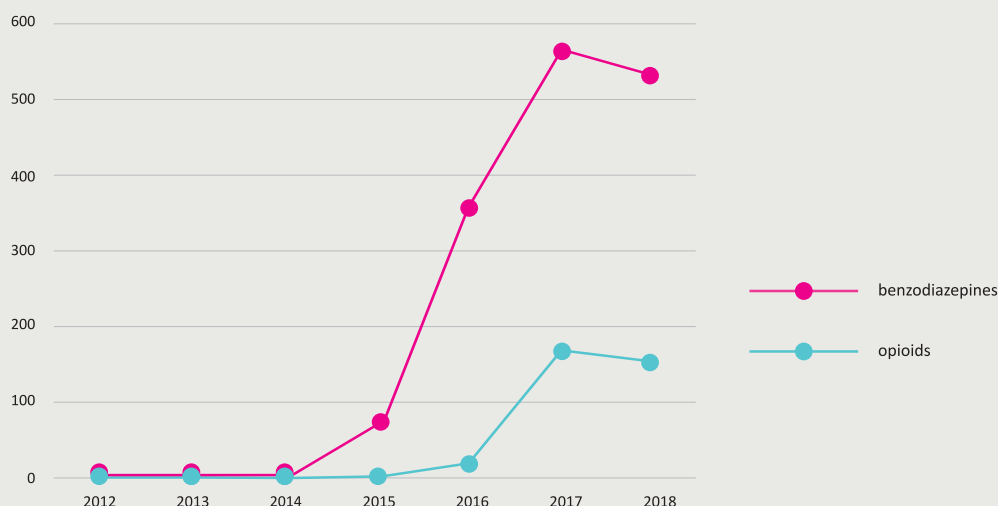


Source: CINN-EWS – own calculations.

21. International efforts to improve quality of drug prevention



In 2018, the international project “Building effective drug prevention results across Europe, based on prevention systems analysis and widespread professional training” (ASAP for short) was launched. The project is financed by the European Commission. Its implementation is planned for the years 2019-2020. The ASAP project features several components such as the analysis of drug prevention measures in Europe, promotion of standards as well as training of drug prevention personnel. One of the actions under the ASAP project is also building an online platform called Virtual Community of Practice. This idea is to support drug prevention professionals in sharing knowledge on best practice, exchange experiences and opinions on tasks at hand. The ASAP project is coordinated by the ALISA organization of Genoa (Italy) and includes 10 participant countries: Italy, Poland, Belgium, Greece, Slovenia, Lithuania, Latvia, Estonia, Croatia, Hungary as well as three international organizations: EMCDDA, UNODC and EUSPR.

Figure 20.2. Prevalence of benzodiazepines and synthetic opioids in 2012-2018

Source: CINN-EWS – own calculations.

The National Bureau for Drug Prevention (Polish Reitox Focal Point), as the leader of the WP2 component of the ASAP project, has been implementing the following measures:

1. identifying key drug prevention stakeholders in the EU Member States,
2. analysing different models (including institutions along with their responsibilities) of drug prevention systems and developing their profiles,
3. drawing up guidelines for adapting the quality standards (minimum quality standards and European Drug Prevention Quality Standards EDPQS) in the EU Member States that have different drug prevention systems.

Under point 1 and 2 international research has been conducted aimed at identifying and describing key drug prevention institutions in the European Union. Moreover, an attempt has been made to profile and present different models of drug prevention systems in the EU Member States. For more information about ASAP please visit the project website: <http://asap-training.eu>

22. Summary and conclusions

In the Polish society the consumption of alcohol beverages is far more prevalent than using drugs. What is more, the prevalence of drug use in Poland compared to the other European countries is not high. In the case of drug use prevalence in the general population, cannabis is much more prevalent than other illegal psychoactive substances. However, the data on youth call for professionals' attention as the percentage of cannabis users in this group is above the European average (2015 ESPAD survey results). New data for 2019 will be available in mid-2020 so it will be possible to verify whether Poland still has high cannabis use prevalence rates among 15-16-year-olds. The number of problem drug users remains at a steady level, one of the lowest in Europe per

100 000 population. Poland also has low drug-related death and injecting drug use-related HIV rates.

The analysis of the national TDI system operated by the Polish Focal Point shows that the most frequently cited groups of substances upon entering drug treatment are stimulants, cannabis and opioids. Cannabis and stimulants are the most frequent reasons for first-time admissions while opioids play a minor role. Among returning entrants there are far more opioid patients. Opioid users are also the oldest population while cannabis users the youngest one. Sex differentiations needs an in-depth analysis. Percentages of women vary considerably in terms of primary drug. The trends analysis points to a relatively stable structure of drug treatment patients by substances. A rise in methamphetamine entrants is a cause of concern.

The data collected by the Police indicate a stable trend according to which substantial quantities of synthetic drug precursors manufactured in Poland are trafficked into Western Europe, primarily Holland and Belgium. Moreover, following the previous Police forecasts, a rise in methamphetamine production was observed. According to the Police, one of the reasons for this development might have been the tightening of drug law in Czechia regarding methamphetamine production (deprivation of liberty up to 18 years) and the subsequent transfer of the production to Poland. It is worth noting that dismantled clandestine labs were located close to Poland's south-western border and the crime apart from Poles involved Czech, Slovakian, Vietnamese, Bulgarian and Romanian nationals. In 2018, there was an increase in seizures of all types of drugs in Poland. For several years the largest seizures have concerned cannabis, which accounted for 92.5% of all drug seizures in 2018.

Summing up the present situation on the market on new psychoactive substances (NPS) several basic trends can be observed. In recent years we have been dealing with a fall in the number of lab tested NPS, which might be indicative of a certain market growth stabilization. There are several substances which dominate the market each year. However, it must be noted that almost every year the most prevalent substances change. Some disappear from the market as a result of the legal changes. Generally, the most popular group of substances – absolute market leaders – are still synthetic cathinones. On the other hand, the growing presence of synthetic opioids and new benzodiazepines on the market is alarming. However, some stabilization in this regard was observed in 2018. As international examples show, the introduction of legal changes based on penal sanctions, generic way of defining groups of substances and improvement of the overall system response by simplifying the procedure for amending drug control lists, as was the case in Poland in July 2018, reduces the NPS problem. The problem is, however, not expected to be eradicated entirely.

In the case of heroin all the data available for as early as 2017 showed that the demand for this drug both in Poland and Europe had fallen in recent years. However, the 2018 seizures, especially the ones along the Balkan route, indicate a higher supply of the drug on the Polish market. In 2018, the quantity of heroin seized by the Police and Border Guard increased over threefold to 8.84 kg. It is worth noting alarming signals related to fatal opioid overdoses caused by the so-called new fentanils (new NPS group). These substances have replaced heroin e.g. in the neighbouring Lithuania. Moreover, the Early Warning System data for 2017 and 2018 reveal a rise in such NPS on the Polish market compared to the previous years.

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Legal Acts:

- 1) REGULATION (EC) No 1920/2006 OF THE EUROPEAN PARLIAMENT AND OF THE COUNCIL of 12 December 2006 on the European Monitoring Centre for Drugs and Drug Addiction (recast).
- 2) REGULATION (EU) 2017/2101 OF THE EUROPEAN PARLIAMENT AND OF THE COUNCIL of 15 November 2017.

Annex

I. Links to KBPN websites, reports and publications:

- 1) Websites of the National Bureau for Drug prevention (KBPN):
 - KBPN: <https://www.kbpn.gov.pl/portal>
 - Polish Reitox Focal Point, including research and analyses: <https://www.cinn.gov.pl/portal>
 - Website dedicated to KBPN-recommended programmes: <https://www.programyrekomendowane.pl/>
 - KBPN Educational Platform on drugs and drug addiction targeted on school counsellors, teachers and physicians of all types: <https://narkomania.edu.pl/>
 - Drug Addiction Newsletter portal: <https://siu.praesterno.pl/>
 - CANDIS programme website: <https://www.candisprogram.pl/program>
 - KBPN website dedicated to new psychoactive substances: <https://dopalaczeinfo.pl/>
- 2) Links to selected websites of the Polish Reitox Focal Point containing reports from research into drugs, drug addiction and new psychoactive substances:
 - general population surveys: <https://www.cinn.gov.pl/portal?id=166643>
 - youth surveys: <https://www.cinn.gov.pl/portal?id=166545>
 - infectious diseases surveys: <https://www.cinn.gov.pl/portal?id=166349>
- 3) Selected recent KBPN publications:
 - Information brochure on drug services: "Narkomania. Gdzie szukać pomocy?" 8th edition: https://www.kbpn.gov.pl/portal?id=15&res_id=7768550
 - Information brochure on new psychoactive substances "O narkotykach bez przesady": https://www.kbpn.gov.pl/portal?id=15&res_id=7437882
 - Manual "European Drug Prevention Quality Standards" 3rd edition: <https://www.cinn.gov.pl/portal?id=105447>
 - Manual by SWPS University and KBPN on new psychoactive substances "Nowe substancje psychoaktywne – nowe ryzyka i wyzwania": https://www.cinn.gov.pl/portal?id=15&res_id=1280468

II. Table.

Research projects financed by the National Bureau for Drug Prevention under calls for research in the years 2008 – 2019

Research project title	Implementing institution
"Youth and Drugs"	PASAD Research and Information Agency
"Assessment of drug risk in the light of personal opinions and experiences of students and research/teaching staff of a medical university"	Medical University of Lodz
"Assessment and research project on the practical application of Article 72 of the Act of 2005 on counteracting drug addiction"	Krakow Association of Help for Addicts
"Multi-faceted assessment of drugs problem in a medium-sized town of Sanok"	MJS Mirosław Siwak
"Estimation of drug users based on the wastewater analysis in the city of Poznan"	Poznan University of Medical Sciences
"Effectiveness of proprietary programme of supporting psychosocial development of children estranged by peers in school class environment"	Kazimierz Wielki University in Bydgoszcz
"Auditory temporal and spectral resolution as well as graphomotor ability in opioid-dependent individuals – quantitative and qualitative study"	Pallmed Sp. z o.o.
"Evaluation of Family Strengthening Programme – stage I (pre-test)"	Institute of Psychiatry and Neurology
"Assessment of knowledge, attitudes and risks related to substance use in visually impaired adolescents"	Medical University of Lodz
"Role of social stigma in recovery from addiction"	"Local Knowledge" Foundation in Warsaw
"Psychoactive substances with particular emphasis on New Psychoactive Substances as a clear and present danger to the health and life of young people – analysis of attitudes and risk awareness among students of middle schools, secondary school and universities"	Witold Chodzko Institute of Rural Health in Lublin
"Evaluation of effectiveness of proprietary programme of supporting psychosocial development of middle school-aged students"	Kazimierz Wielki University in Bydgoszcz
"Evaluation of effectiveness of proprietary programme of supporting psychosocial development of school-aged children with learning difficulties"	Kazimierz Wielki University in Bydgoszcz
"Shaping users' sense of control over cannabis and the context of illegality"	Personal Development House in Opole
"Pilot programme for injecting drug users"	AIDS Social Committee
"Analysis of online discourse on the illegal drug market based on the study of the largest Internet forum on psychoactive substances"	Personal Development House in Opole
"Substitution treatment: with or without therapy...?"	Polish Association of Drug Prevention in Zielona Gora
"Injecting drug users – identification of problems and needs in three Polish cities: Warsaw, Krakow and Wroclaw"	Harm Reduction Foundation

"CanaQuass (Cannabis Psychosocial Treatment Output Quality Assessment) Method of evaluating psychosocial interventions in Poland"	Personal Development House in Opole
„Meta-analysis of drug therapy indicators – development of Therapy Effectiveness Measurement Questionnaire (KPST)” – only in the part related to the meta-analysis of drug therapy effectiveness indicators	Jagiellonian University in Krakow
"Study of mortality trends among problem drug users by estimating mortality rates for problem drug users"	Institute of Psychiatry and Neurology
"Study of substance prevalence in prisons and remand centres"	Research and Social Initiatives Centre
"Estimation of social costs of using drugs in Poland in 2015"	University of Economics in Katowice
"Adaptation and validation of a screening tool for the identification of disorders related to psychoactive substance use in Poland"	Medical University of Warsaw
"Development and implementation of a pilot study of psychoactive substances obtained directly from NPS users"	"PREKURSOR" Social Policy Foundation
"Qualitative and quantitative composition of drugs seized by the Police and the drugs' market price"	Central Forensic Laboratory of the Police
"Assessment of direct and deferred effects of drug therapy. Conditioning factors model"	Jagiellonian University
"Study of prevalence of psychoactive substance use and related opinions and attitudes"	Kantar MillwardBrown
"Qualitative analysis of lifestyle of 17-18-year-old psychoactive substance users, patterns and motivation for using as well as other problem behaviours"	Institute of Psychiatry and Neurology
"Dopmed – Registration and Identification System for NPS Poisonings in Poland as key source of rapid response to negative consequences of NPS use"	Professor Jerzy Nofer Labour Medicine Institute in Lodz
Assessment of the drug problem and new psychoactive substances at the local level (provincial range) – scale and types of the phenomenon, conditions, threat areas – projects of model solutions and recommendations for prevention"	Centre for Road Traffic Safety Sp. z o.o.
"Application of randomization for the prevalence survey on substance use (drugs, alcohol, tobacco and new psychoactive substances) among the youth in the Upper Silesia urban area"	Kantar MillwardBrown
"ChemSex Polska – nationwide survey on ChemSex in the MSM population"	National Institute of Public Health – State Institute of Hygiene (NIZP-PZH)
"Analysis of deaths induced by narcotic drugs, psychotropic substances, new psychoactive substances and substitute drugs in the Warsaw metropolis"	Medical University of Warsaw
"Of the need to keep balance in relation to medical and non-medical use of opioid drugs"	St Christopher Oncological Hospice in Warsaw
"Cannabinoid use for medical purposes"	Institute of Psychiatry and Neurology

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