



NordAN 2026



About DAT Ung

- youth treatment and support

- Provided by Blákrossheimið
 - Offers residential treatment for adults (18+) with substance use disorders
- Youth treatment started in 2017
 - 2017-2020: Outpatient treatment for youths between 15-18 years old
 - 2020-now: Outpatient treatment for youths between 15-25 years old
- Two licensed psychologists on staff



Located in Tórshavn

- Next to Hollywood and Títt Rúm

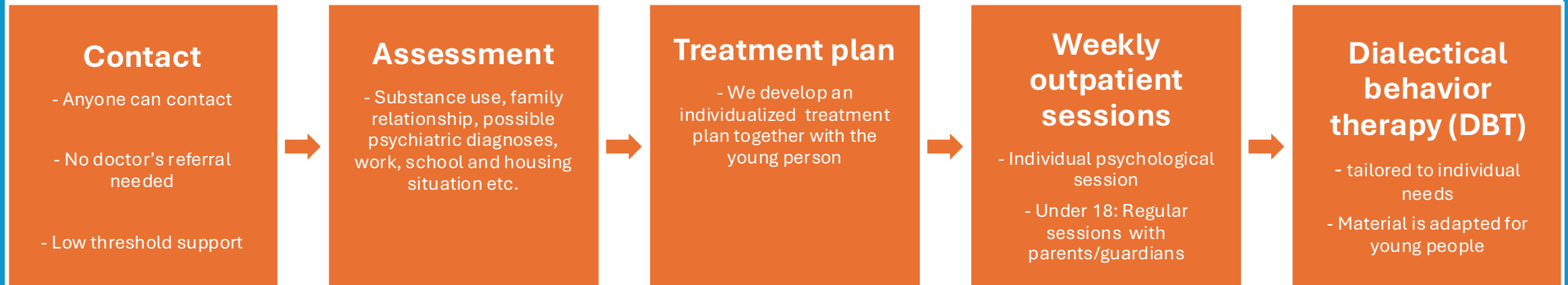


Our purpose



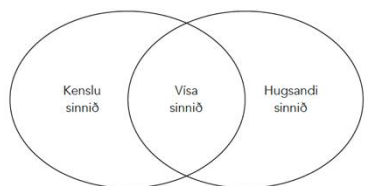
- Helping young people to manage life without alcohol and drugs
 - Developing new skills to manage emotions and behavior in a more healthy way
 - Preventing the development of more serious substance use disorders

Typical treatment pathway



DBT material for young people

UPPMERKSEMI 3 Tríggjar sinnisstøður



Kenslusinnið er "heitt", og er stýrt av tínum kenslum og tráðanum.
Tá ið eg eri í Kenslusininum, so plagi eg at:

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KREPPUFØRLEIKAR 6 Venjing: Linna teg sjálvan við sansunum

Innlatingardato: _____

Skriva í minsta lagi tveir forleikar at linna teg sjálvan við, so tú kanst venja í vikuni tá ið tú hevur tað trupult.



LINNA TEG SJÁLVAN VIÐ SANSUNUM:

SJÓN _____
HOYRN _____
LUKTUR _____
SMAKKUR _____
NEM _____
FLY _____

(heldur frá á næstu síðu)

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KENSLUREGULERING 5 MR SMS BFF Yvirlit

Hvussu **minkar tú** um viðbrekni yvirfyri Kenslusininum
og

finnur tú tær jalligar kenslur?

Fá regluliga **Motið**
Ikki **Rúsa** teg sjálvan

Tak tær av **Sjúku**
Javnviga tín **Mat**
Javnviga tín **Svøvn**

Bygg titt dugnasemi upp
Fyrirreika teg frammanundan at halda út
Einn tær jalligar kenslur



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KREPPUFØRLEIKAR 9 Fyrimunir og vansar



Vel eina kreppu (eina støðu sum hevur ógvusligar kenslur við sær), har tað er orduliga torført at tola hvussu ringt tú hevur tað, og ikki at gera nakað skaðandi ella óumhugsði.

Kreppan: _____

Kreppuaterð: _____

- Tú kanst fáa sterka trongd til **kreppuaterð** (tvs. at gera okkurt keðiligt, tí tú ert í kreppu og hevur tað so ringt) tá ið kreppan er ógvuslig. Kreppuaterð ger tingtoni uppáttur verri í longdini.
- Ger ein lista av fyrimunum og vansom við kreppuaterðini, tú hevur trongd til. Hetta kann vera atferð, sum ger teg bundnan at rúsi ella er skaðilig. Ella kann tað vera at geva eftir, geva upp ella ikki at gera tað, sum er neyðugt so tú kanst byggja tær eitt liv, sum tú vilt liva.
- Ger ein annan lista við fyrimunum og vansom við at standa imóti kreppuaterðini, tú hevur hug til, men tvørturímóti at halda út og brúka forleikar ígjøgnum pinuna, so tú ikki gevur eftir og letur trongdina taka yvir.

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RELATÍÓNSFØRLEIKAR 7 Varðveit tina virðing fyrri tær sjálvum: ROSA forleikar

Minst til ROSA:

ver **Rimiligur**
bið ikki **Orsaka**
ver **Sannur**
ver **Avgjördur**



- ver **Rimiligur** Ver rimiligur imóti tær sjálvum og hinum persóninum.
- bið ikki **Orsaka** Bið ikki ov nógv um orsaka fyrri tina atferð, tín fyrispurning, ella fyrri at tú ert tú. (Um tú hevur gjørt onkrum nakað, bið so ikki ov lítið um orsaka.)
- ver **Sannur** Lúgv ikki.
Lat ikki sum um tú ert hjálparleysur tá ið tú ikki ert tað. Ikki finna uppá umberingar ella yvirdriva.
- ver **Avgjördur** Halt teg til tina virðir og meiningar.
Ikki fara uppá kompromis fyrri at fáa tað, tú vilt hava, at passa inn, ella fyrri at sleppa undan at siga "Nei".
(Sipa til Kensluregulering 10, "Visa sinnið listin yvir virðir og raðfestingar", s. 60.)

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Who do we work with?

A diverse range of young people

Young woman, under 18 years of age

- Experimenting with larger amounts of alcohol
- Good cooperation with parents
- Increasing challenges at school and in leisure activities
- Treatment:
 - Weekly sessions over four months, DBT and regular sessions with parents.

Young man, mid 20's

- Daily use of alcohol, cannabis, and prescription drugs, and more potent substances at weekends.
- Difficult upbringing and many conflicts in relationships
- Unstable housing and employment situation
- Treatment:
 - Weekly sessions over six months, DBT, supported in the process of entering residential treatment.



First category: Preventive work

We reach young people early

- Early intervention and prevention
 - Helps stop substance use problems continuing into adulthood.

Work with:

- Psychoeducation
- Normalizing adolescent experiences
- Emotion regulation (learning about emotions and dealing with them)
- Obtain skills to manage common challenges in everyday life



Second category: Complex challenges

May face complex challenges, because of:

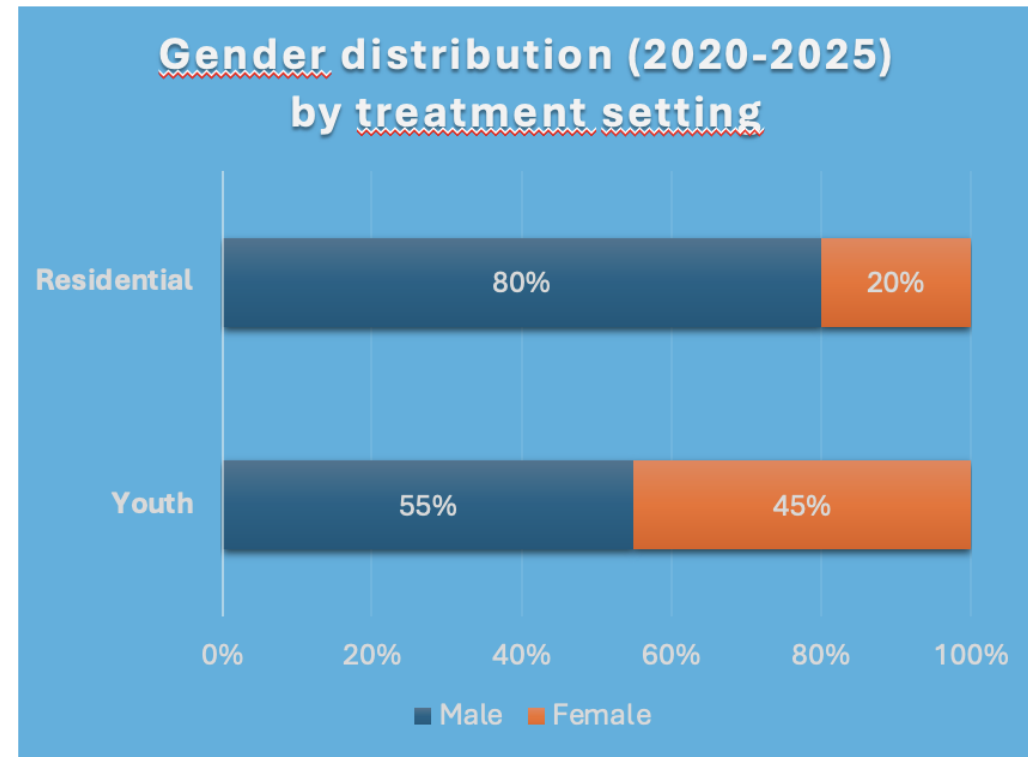
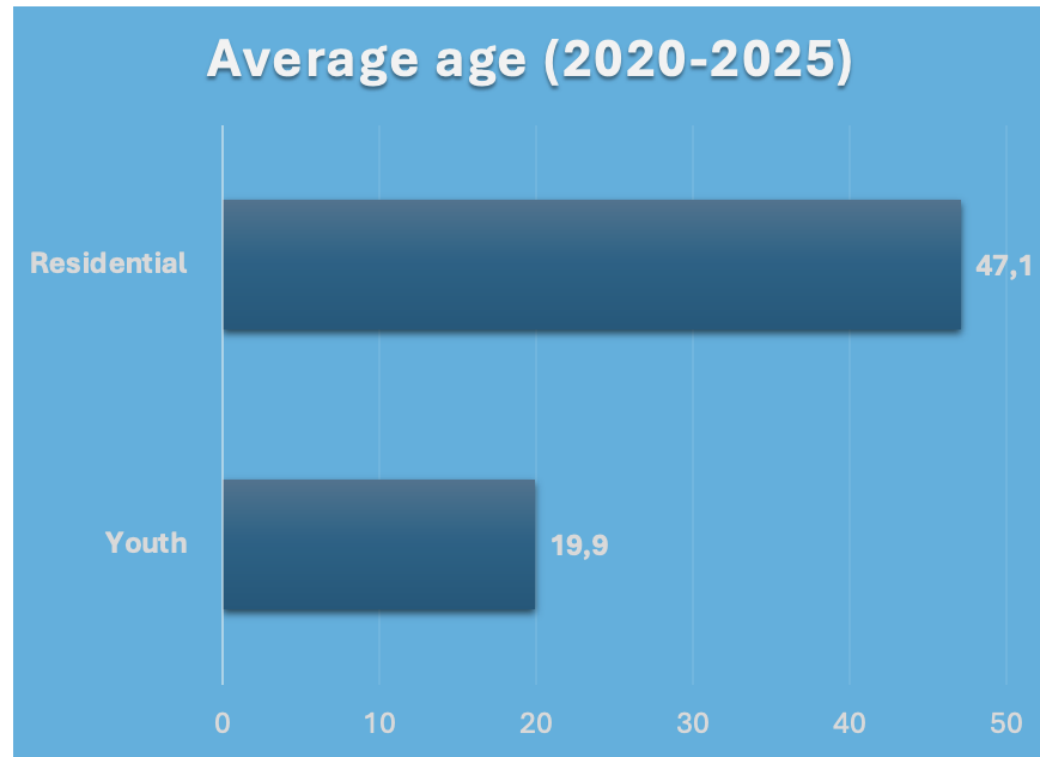
- Difficult upbringing
- Challenges at school
- Diagnosed or undiagnosed conditions
- Shocking events
- Unstable participation in education and employment
- Changing living arrangements

We work on many of the same areas, but greater collaboration with other services is needed

Statistics

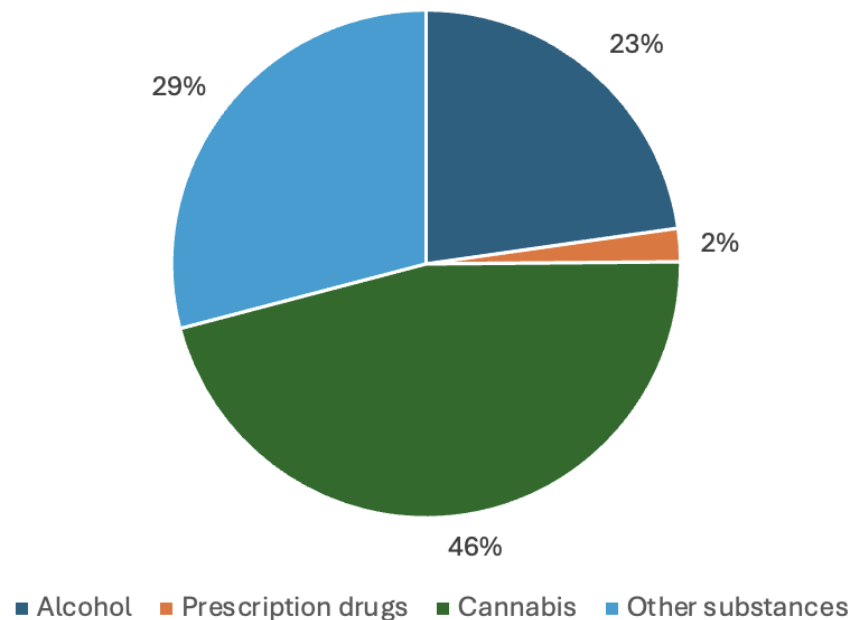
- Limited amount of statistical data
- National initiative is necessary

What does our data tell us?

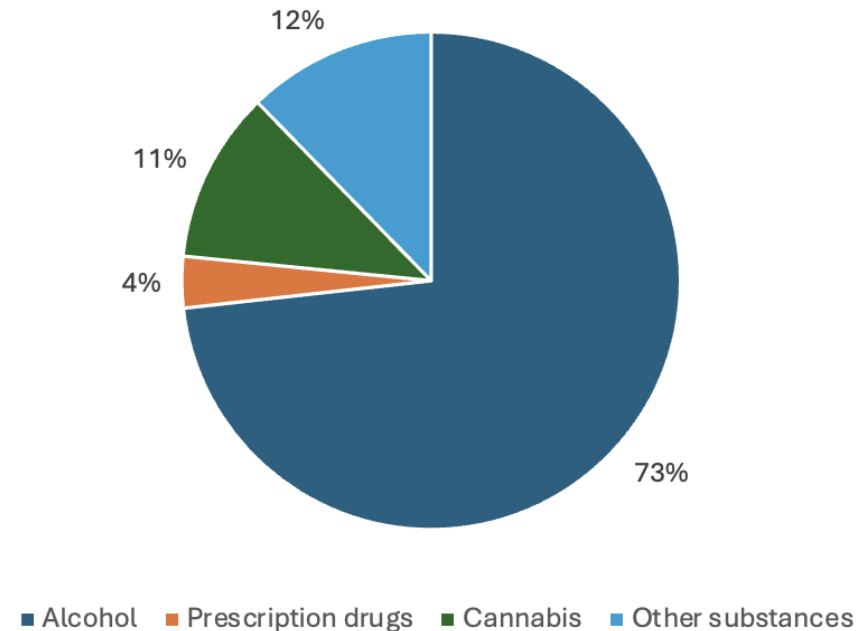


Substance use

**Substance use
Youth treatment 2020-2025**



**Substance use
Residential treatment 2020-2025**



Going forward

- Continue to focus on prevention
- Building broader professional knowledge
- Strengthening cross-sector collaboration

Thank you



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