

Drug Action



SPRING 2004

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NSW COMMUNITY DRUG STRATEGIES NEWSLETTER

Police station gets makeover WEE WAA MURAL PROJECT

Creative art students from Wee Waa High School decorated the town's police station with a community mural, during the last week of March.

The mural design has not only improved the appearance of the building, but allowed the students to use their talent to express their view of community. The designs represent some of the cultures, occupations and leisure activities of their community.

The mural design project was established by the Narrabri Community Drug Action Team to provide young people with positive leisure activities that did not involve drug and alcohol use.

"In dealing with potential issues of misuse of drug and alcohol, it is important to provide activities that enhance self esteem in young people (and not so young). It is vital that young people see themselves as part of the community, much needed and valued, and able to contribute," said Ms Di Smith, art teacher at Wee Waa High.



The unveiling of the mural at Wee Waa Police Station. Picture courtesy of the Wee Waa News.

"As each rural district is different, it is important for information to be presented with the local community in mind. It is for this reason the material has been developed in consultation with local people."

The mural content was developed in conjunction with Wee Waa High School, Narrabri Police, Narrabri & District Community Aid Service Inc.,

Narrabri Apex Club, Community Health, Wee Waa Police, Wee Waa Local Aboriginal Lands Council and local community artists.

The mural is part of the Community Drug Action Team's Action Plan for 2004 and was funded by the Drugs and Community Action Strategy Special Fund.

Innovative ideas highlighted in Drug Action Week

Drug Action Week® this year saw a range of particularly innovative ideas which reminded participants of the complexity of alcohol and other drug issues.

Hosted by Community Drug Action Teams from around the State, the week was an opportunity to educate everyone about drugs and alcohol and ways to reduce its abuse in

Australia. Each year Drug Action Week raises awareness about alcohol and drug issues and promotes the achievements of those who work to reduce drug-related harm. Theme days this year were Alcohol, Treatment, Prevention, Indigenous Australians, and Prescription Medicines.

More than 50 Community Drug Action Team initiatives were held during Drug Action Week. CDAT events included:

Moree held an open day at the Roy Thorne House Treatment Facility. The CDAT also

organised an information session and an information stall to promote the Di@yll (Drug Information at Your Local Library) collection. Approximately 300 people attended the day.

**drug
action week**
21-25 JUNE 2004

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Editorial

Congratulations to all Community Drug Action Teams involved in this year's Drug Action Week®. 2004 was the most successful year to date with over 50 CDAT events held across NSW.

The annual Drug Action Week® aims to raise awareness about alcohol and drug issues and promote the achievements of those who work to reduce drug and alcohol related harm. It also aims to promote public debate about good practice strategies for reducing drug and alcohol related harm in Australia. I know CDATs find the week motivating and a good opportunity to launch community projects.

The Special Minister of State recently announced the release of the *Drugs and Community Action Strategy Evaluation Report* (article page 3). The Evaluation found that CDATs had demonstrated a broad range of achievements and have been successful in increasing co-ordination and collaboration to deal with drug issues at a local level. I would like to take this opportunity to thank all CDAT members who participated in the Evaluation.

September saw the launch of our new look Drug Action website. The new site provides each CDAT with their own homepage and tools to support CDAT work. I encourage everyone to explore the new site and promote your activities – visit www.communitybuilders.nsw.gov.au/drugs_action

Yvonne Korn

Yvonne Korn, Project Director,
Community Drug Strategies

Drug Action Editorial Committee

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Lisa Simone, *Senior Project Manager, DCAS Illawarra/South East*

Amanda Pullinger, *Project Manager, CDIS*

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Surry Hills CDAT's 'Where To Now Forum?' saw 50 people gather to hear various presentations on the drug GHB and the accomplishments of drug and alcohol service providers. Speakers included the Director of the Emergency Department at St Vincent's Hospital, Professor Gordian Fulde.

Casino CDAT organised a Reconciliation Golf Day to bring Aboriginal and non-Aboriginal people together to work effectively with Aboriginal communities to tackle drug and alcohol problems. The event was well attended by a range of agencies with representatives from police, health, and Indigenous groups.

Auburn CDAT took a group of young people to the Edge Adventure Centre, Castle Hill for a rock-climbing activity. During their climb the young people retrieved coloured cards which had information about drugs and alcohol. They were then quizzed on their knowledge, followed by a discussion about drugs and where to find help in the Auburn local area. The activity proved to be a very positive event.

The young adults involved had a great time and relied on many skills and personal attributes to complete the activity, including teamwork, trust, determination and agility.

The **Peninsula CDAT** (PCDAT) on the Central Coast launched a new resource to assist parents and carers in discussing drug and alcohol issues with their children. The

launch included drama performances by Brisbane Waters College students and a presentation from OzTag Youth Offenders Program followed by a BBQ lunch (see page 5 for article). The brochures will be distributed to all schools on the Peninsula.

Wagga Wagga conducted an 'Alcohol Audit' in two licensed premises on 'Uni Night'. The audits will allow patrons to assess their drinking patterns and receive referral information.

The **Illawarra** hosted a two-day drug and alcohol conference, *Creating Synergy Conference*, for health professionals, academics and service providers. The conference brought together workers from relevant services and agencies.

Mudgee Drug Action Team launched a short film called 'Crash Course in Communication' at a public screening on 25 June 2004. The video provides techniques to help young people to communicate with peers, family members and youth professionals on a range of issues from drugs and alcohol to domestic and personal problems.

For a full overview of CDAT activities visit the Drug Action website www.communitybuilders.nsw.gov.au/drugs_action

The Alcohol and other Drugs Council (ADCA) is a national peak body which coordinates Drug Action Week® each year.



Participants in the Mudgee Communication Video with their achievement certificates from the Special Minister of State.

New Drug Action website now LIVE

The new and improved Community Drug Action website is now live! The site has been revamped to provide an up-to-date and easy to use tool for Community Drug Action Teams (CDATs) and community members.

The site has many new features for CDATs including:

- **Individual web pages for Community Drug Action Teams**

Each CDAT now has their own web page and website address. Information about how CDATs can add information to their page is available in the CDAT section of the site.

- **New browse tool making information much easier to find**

Information can be found by region, document type or group e.g. Aboriginal communities, young people or multicultural communities. There is also a special section with tools and resources especially for CDATs.

- **Drug action Newswire**

A monthly e-mail newsletter sent to subscribers showcasing the latest

information on the site and news from the Community Drug Strategies. CDATs can subscribe themselves to the site or we can subscribe for you.

To subscribe

1. Go to the 'join our email lists' section at the bottom left of the side bar, add your email address and click join.

2. Tick the Drugs Newswire section and then add your details.

If you have a problem with subscribing please contact your regional office or for any technical questions about the website contact Peita Shirvington, Project Manager Community Drug Information Strategy on (02) 9228 5157 or email peita.shirvington@premiers.nsw.gov.au

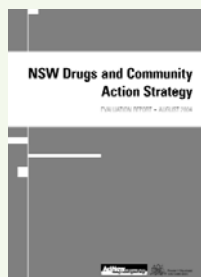


www.communitybuilders.nsw.gov.au/drugs_action/

Evaluation highlights CDAT achievements

An evaluation of the Drugs and Community Action Strategy was undertaken by the Premier's Department throughout 2001-2003. The *Drugs and Community Action Strategy Evaluation Report* is now available.

The evaluation found that the Drugs and Community Action Strategy has been successful at a local level and responded to communities' calls for help and has added value in most of the communities in which it operates.



Community Drug Action Teams (CDATs)

demonstrated a broad range of achievements and the Strategy has also been successful at increasing co-ordination and

collaboration to deal with drug issues at a local level.

In June 2003, the Government announced a four year extension of the Drugs and Community Action Strategy (DCAS) and its co-program, the Community Drug Information Strategy (CDIS).

The new program addresses a number of the evaluators' recommendations, and will emphasise building the capacity of CDATs, strengthening their regional presence, developing a major local government project and key communication resources.

A number of new resources for CDATs have recently been produced. These include:

- A revamped *Drug Action Website* which allows CDATs to showcase their activities through their own web pages. The site also provides a new section

with tools and resources for CDATs (see article above).

- A *Drug Action Toolkit* which provides information to assist CDATs in the areas of project management, consultation and community participation.
- Training workshops in evaluation will be held across the state over the coming months. An accompanying booklet *Getting the best from your CDAT work: Evaluating Plans, Projects and Team Processes* is also being distributed to CDATs.

To get copies of the *Evaluation Report*, the *Drug Action Toolkit* or the evaluation workshop schedule contact your regional office or go to www.communitybuilders.nsw.gov.au/drugs_action

New cannabis campaign to target young people

NSW Special Minister of State, John Della Bosca launched the third phase of the Cannabis Information Campaign in conjunction with Drug Action Week®.

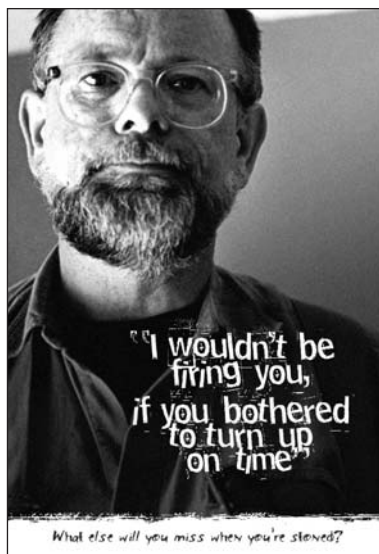
The Campaign featured a striking series of six black and white posters, aimed at raising young people's awareness of the consequences of cannabis use.

Mr Della Bosca said it was important that young people understood the negative consequences of cannabis use.

"It can cause significant health and social problems and we need to get that message to young people in ways they can relate to and in places where they go," he said.

Young people were consulted throughout the development of the posters and this has resulted in messages that are realistic. The posters went on display on 21 June, running throughout July and into early August 2004.

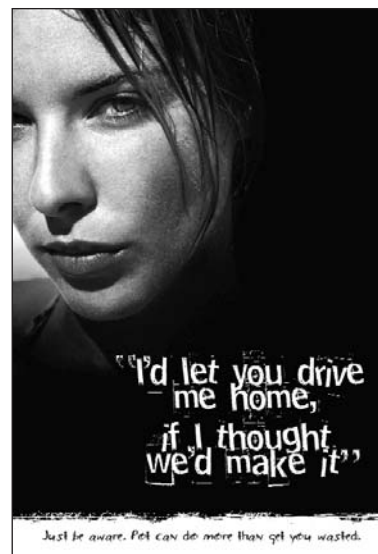
The posters were displayed in the toilet facilities in 38 cinemas and 9 shopping centres across NSW, on cinema screens as part of pre-movie entertainment, inside Government buses and in free music newspapers in Sydney, Newcastle



and Wollongong.

Community language radio advertisements targeting parents of teenagers were aired in Arabic, Cantonese, Greek, Italian, Mandarin, Pacific Islander, Spanish and Vietnamese.

The Campaign has been evaluated through the use of pre and post testing with young people aged 13-19 years across NSW. Evaluation findings indicate that the young people have an increased perception of the negative health effects of cannabis use. More



young people also think that using cannabis can lead to missing opportunities and that cannabis can cause social problems.

The posters will be distributed to all high schools across NSW in the coming weeks.

"Together with the rollout of four cannabis treatment clinics across NSW and our new high school cannabis resource kits, it demonstrates the Government's commitment to preventing cannabis use amongst young people," the Minister said.

Getting the best from your CDAT work Evaluating plans, projects

CDAT work can play a vital role in reducing the impact of drugs in communities, but how does a CDAT know the impact its work is having?

- How do we know that the plans we have developed are going to work?
- How do we tell whether a project has been successful?
- How do we check that our team is working well?
- How do we learn from our CDAT experiences?
- How could we be doing things differently?

Evaluation is the process that your CDAT can use to make sure that your work is well planned, know what impact your work is having and that you have the information you need to get the best from your CDAT work.

Evaluating plans, projects and team processes: A training session for CDAT members is designed to provide CDAT members with the tools and information needed to use evaluation easily and effectively to inform and guide planning, projects and team work.

The principles of evaluation can be applied to almost any activity, and you will be able to use the information and

skills from this training in your work or community activities.

The current training is being provided by the Bradfield Nyland Group, who has extensive experience in assisting community groups with evaluation, and in providing training programs and resource materials.

The training is being conducted across the state between August and November 2004. A copy of the booklet explaining evaluation can be downloaded from the website www.communitybuilders.nsw.gov.au/drugs_action

For more information contact your Senior Project Manager.

Peninsula CDAT Oztag Team

Despite not even knowing the rules prior to the start of the competition, the Peninsula Community Drug Action Oztag Team made it through to the finals of the Central Coast Oztag competition.

The Team was made up of fourteen young men and two young women (aged 13 to 15 years old) who the local PCYC considered at risk of using drugs and alcohol. Most had never been in a team or played an organised sport.

The Oztag Team was formed just one week before the competition started and were under the guidance of PCDAT member Senior Constable Renae Jackson, who also played in the team.

Although the team did not know the rules prior to the start of the competition they learnt quickly.

Playing the weekly game soon became a highly regarded desire by the young people.

The team developed very good relationships with the police who provided positive role models and motivational captain/coach chats. The program also promoted a healthy

lifestyle by involving the young people in exercise and a healthy diet.

The Oztag team were funded by the Peninsula CDAT. PCDAT are ecstatic about their progress and hope to support future teams.



Members of the Peninsula CDAT Oztag Team. Picture courtesy of the Central Coast Extra.

Randwick CDAT works with local Liquor Accord

Randwick CDAT and the Eastern Beaches Liquor Accord are working together to reduce the impacts of harmful and underage drinking in Sydney's Eastern Suburbs.

The Eastern Beaches Liquor Accord includes over 50 licensees, Maroubra Police, and Randwick City Council. The aims of the Accord include improving safety and amenity and reducing alcohol related violence and anti-social behaviour.

Randwick CDAT conducted a survey of staff of licensed venues in the area to determine the licensee's perception of the issues and what could be done. Based on these results, the CDAT suggested that Accord members appoint a project officer (for a trial six months) to develop and implement projects to reduce the impacts of harmful drinking in the area. The proposal was supported and a project officer is being funded by membership fees and other Accord funds.

The project officer, Kylie Fitzgerald, is based at the Health Education Unit at Sydney University. Kylie is ensuring that there are strong links between the work of the Eastern Beaches Liquor Accord and the CDAT by involving members of both groups in project development. Kylie will also be liaising with backpacker hostels, taxi companies, local community services and schools. A further aspect of her work will be to encourage local restaurants to participate in the Accord.

For more information contact:
Kylie Fitzgerald
Health Education Unit
Sydney University
Tel: (02) 9351 6230

and team processes: a training session for CDAT members



North Coast CDAT training session held at Taree on 3 September 2004.

Using the media for community drug education

The Hornsby CDAT has experimented with using our local newspaper to improve our community drug education strategies, publicise the existence of the CDAT and to give information about drug and alcohol services to members of the community.

We began by writing to the Editor to request a meeting and by telling him that we saw the paper as being an excellent method for informing the public about problematic drug use. We attended the meeting with several topics prepared and received the Editor's approval and a reporter to deal with on a regular basis.

Our first experiences were not all happy ones but we persevered with being proactive whenever possible although the paper often sought comment on a reactive basis.

We looked for a good Media Kit and found that one had been published by the NSW Government in 2002, especially for organisations such as CDATs. It is called "Working with the Media" and is well worth getting a copy for those who want to work with their local newspapers.

As the media is widely regarded as the non drug-taking community's main source of drug information, ranking ahead of health, welfare and education services, it is well worth the time spent on developing a media relationship. In NSW, 62% of all drug-related articles were reporting on illegal drugs, compared with only 5% on alcohol and 8% on tobacco. With alcohol being one of the most troublesome drugs in our region, we have been trying to redress this imbalance. Also, only 6% of articles were classed as positive and this is another imbalance to redress (figures from a 1996 Australian Drug Foundation study).

Among the things we have learned are the following:

- Be quick in response to an inquiry. Deadlines are important but ensure accuracy.
- Try to learn the reporter's jargon e.g. an angle or a hook.
- Make sure you send media releases to exactly the person who will use it.
- Your needs are not the same as the reporter's. They may want controversy,

you may want accuracy without the magic bullets.

- Your information may always need a new slant e.g. local human interest stories. Learn what gives a story some colour.
- Use only small bursts of statistics when talking about research.
- Make liaison with and education of journalists an important part of your media strategy, perhaps by pointing them to relevant people for interviews to save them time.
- If the paper doesn't want a long article, try a Letter to the Editor. Always provide your contact phone number in case they want to shorten the letter.
- To publicise functions, provide a list of activities and speakers' names so reporters can have accurate information.
- Wherever possible, plan a set of tactics and key messages that you want to get to your target group.

After that, it's all up to you to get going!

Lory Price, Chair, Hornsby CDAT

Future for Families – Illawarra forum

The Community Drug Action Teams (CDATs) in the Illawarra and Shoalhaven comprise community members from all walks of life who want to do something positive to reduce the devastating harms that drug and alcohol misuse can cause. Representatives from the various CDATs meet regularly to pool ideas and resources in pursuing initiatives and projects.

At our regional meeting in December 2002, Jayne Wilson from the Salvation Army in Wollongong gave us a vivid and inspiring description of the work she has been doing over a number of years with the parents and grandparents of drug affected family members. We were stirred by her account of how distraught and traumatised people gathered together on a regular basis and provided each other with moral support and solidarity, in the effort to cope with caring for people with an addiction.

The CDAT resolved to explore these

issues further and to bring them to the attention of government and non-government agencies and the wider community, with the aim of lobbying for improved resources and services for families in our region with a drug affected member.

We set up a Steering Group and organised a series of workshops in the region at which parents and grandparents could share their stories with the wider community and highlight the difficulties they encounter.

A report of these stories is available. It records what was said at those workshops. However, no report could reflect the strong emotions we felt hearing the stark accounts given by parents and grandparents of the struggles they had to try and deal with - violent behaviour, family disruption and breakdown, criminal activity, suicide attempts, economic hardships and relentless worry.

Since the Future for Families Illawarra project started, new groups started up based on the model pioneered by Salvation Army in Wollongong. A children's support group has been formed in Wollongong, a family drug support group has been meeting in the Shellharbour area since August 2003, and a grandparents' support group in Wollongong is steadily developing. Another parents' support group will be formed in Corrimal before the end of the year.

Future for Families Steering Group will continue to look at how government and non-government agencies can work more collaboratively to achieve better outcomes for families and carers.

*Martin Millgate
Chair, Illawarra Region CDATs.*

Copies of the report are available from Jayne Wilson, Salvation Army, tel: (02) 4229 1079.

Action Around the State



Sydney CDAT Conference Drug Trends panel members.

Sydney CDAT Conference 2004

The 2004 Sydney Community Drug Action Teams Conference was held on 2-3 June 2004, at Rosehill Racecourse. It was attended by over 100 CDAT members representing every CDAT in the Sydney metropolitan regions of Coastal Sydney, Western Sydney and South Western Sydney.

The theme of the conference was Community Leadership. Over the course of the two days, CDAT members explored the idea of community and the role of CDATs in developing community co-operation to address drug and alcohol issues. The conference focused on sharing information, team building and developing skills to help CDAT members address drug-related harms in their communities.

The **Narrabri** CDAT is supporting a 'Narrabri Speedway Project' which aims to provide mentoring for young men. Partnerships have been developed with TAFE and the RTA to provide training in mechanics and safe driving principles. Information will also be provided on the impact of drugs and alcohol on drivers.

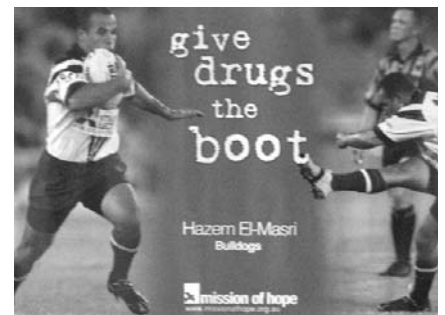
The **Northern Wyong** CDAT has received great support through their involvement with the establishment of a community garden. 23 local residents have formed a committee and over 30 people attend a weekly TAFE outreach course to develop their gardening skills. Wyong council have designated a parcel of land which will see the first community garden on the Central Coast.

The Northern Wyong CDAT has also been a major driver with the San Remo Beautification project. Residents gathered to plant 55 trees in a local reserve and plans are underway to paint the picnic tables with Aboriginal art, as well as a mural.

The **Parramatta** CDAT *Reducing the Risk* Resource Kit and Training Program was launched by Parramatta Lord Mayor, Cr Julia Finn, on 21 July 2004. The resource kit and training program were inspired by a previous CDAT project where young people of Telopea/Dundas made a video about drug and alcohol issues. The project is a

partnership between the CDAT and Western Sydney Area Health Service. The training will be provided by High Street Youth Health Service and Western Area Adolescent Team. The first training session took place on 20 August and was attended by 15 workers who gave very positive feedback.

Canterbury CDAT supported the *Fatiba Project* – a drug and alcohol information session for Muslim parents on 31 July 2004 at Bankstown Girl's High School. The day was considered a great success, with approximately 150 people attending. The program featured guest speakers who are prominent in the Muslim communities and representatives from police and drug and alcohol service providers. Two drug and alcohol prevention posters featuring local Muslim sport stars were also launched. The first features Bulldogs rugby league player, Hazem El-Masri, and the second with boxers, Hussein Hussein, Nader Hamdan and Bilal Hussein.



Koori Family Matters – talking about alcohol and drugs

NSW Special Minister of State, John Della Bosca, recently launched *Koori Family Matters* – a drug and alcohol information booklet specifically developed to assist the aboriginal communities living in Northern Sydney and the Central Coast.

The booklet is part of the Government's Family Drug Information Kit project, and recognises the importance of the family in addressing drug and alcohol issues.

The booklet describes the effects of drugs

and alcohol in detail. Importantly, it provides essential information on where to seek help.

Koori Family Matters was produced by the Premier's Department in partnership with Northern Sydney Health Drug and Alcohol Services and Aboriginal Health.

The *Koori Family Matters* booklet will be distributed to families through Community Drug Action Teams in Northern Sydney and the Central Coast. The booklet will also be available at libraries, community centres, health services and doctor's surgeries and on the Drugs and Community Action Strategy website www.communitybuilders.nsw.gov.au/drugs_action



Launch of *Koori Family Matters* (left to right) Sonya Parter, Aboriginal Liaison Officer Northern Sydney Health, Tonina Harvey, Area Director Drug and Alcohol, John Della Bosca, Special Minister of State, Laverne Belleair, Area Manager Aboriginal Health Northern Sydney Health and Steve Ella, Aboriginal Health Worker, Alcohol and Other Drug Services Central Coast Health.

Government launches alcohol info website

The 'Alcohol Info' website is the official NSW Government website on alcohol issues. It outlines Government policies on alcohol including the responsible supply and consumption of alcohol, alcohol advertising and the role of parents, families, industry and the broader community in reducing alcohol abuse.

It also contains the NSW Government's recently released response to last year's summit on alcohol abuse, *Changing the Culture on Alcohol Use in New South Wales*. See: www.alcoholinfo.nsw.gov.au

How to host safe parties for teenagers

Parents will be given tips on how to host safe parties for teenagers and avoid gatecrashers as part of the Government's response to the NSW Summit on Alcohol Abuse 2003.

A new brochure with information on hosting a safe party, penalties for under-aged drinking, proof of age requirements and drinking and driving will be sent to all parents with students in NSW State high schools and will also be made available to non-Government schools.

The *Alcohol: Celebrations and Supply* brochure for parents includes:

- How to host a party
- Going to a party
- Drinking and driving information for young people
- Alcohol, young people and the law
- Proof of age.

The new brochure for parents of NSW secondary school students is available on www.schools.nsw.edu.au

Who can I contact for more information?

If you would like more information about any of these Government responses to community drug issues, contact the Central Office staff, Senior Project Manager in your region (see below) or visit the website www.communitybuilders.nsw.gov.au. Senior Project Managers can provide additional resources that explain the Strategies and the work of the Community Drug Action Teams in more detail.

Central Office

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