

# Drug Action



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NSW COMMUNITY DRUG STRATEGIES NEWSLETTER

## Mums Against Drugs launched at Bolton Point

Late last year, John Della Bosca, Special Minister of State launched the *Mums Against Drugs Community Drug Action Team (CDAT)* at Bolton Point Community Hall.

The Special Minister of State joined local families for a performance by well-known Aboriginal band, *Local Knowledge*, and a sausage sizzle. The CDAT formed in response to community concern when a local child received a needle stick injury.

Mothers from the Department of Housing Bolton Point Estate in West Lake Macquarie met in August 2003 to form *Mums Against Drugs* in response to community concern

about drug issues.

The achievements of the *Mums Against Drugs* CDAT include involvement in the production of a pamphlet on needle stick injury. They have developed a directory to help the local community to contact drug and alcohol and other health and welfare services.

Daniella Chedzey, Chair of the *Mums Against Drugs* CDAT and organiser of the Project said "We held a weekend camp which was a great success and included a number of workshops and talks around prevention of drug and alcohol problems. A men's camp and a camp for teenagers is planned for early next year and Aboriginal elders will be significantly involved in activities".



John Della Bosca, Special Minister of State and Daniella Chedzey, Chair of the *Mums Against Drugs* CDAT.

## Travelling Art Expo GOULBURN YOUNG YASS BEGA NAROOMA

A group of **South East CDATs** from Goulburn, Yass, Young and Bega, together with the South Coast Aboriginal Drug and Alcohol Committee joined to produce a **Travelling Art Expo**. Supported by NSW Premier's Department, the Art Expo opened in Goulburn on March 2, before touring to

Young, Yass, Bega and Narooma. The Yass project, titled *Beat Graffiti*, has engaged local young people. Assisted by local artist Kylie Ramsey, they produced three panels using graffiti as the art medium. Goulburn contributed ten pieces of art work, produced in local workshops.

The theme of the artwork from Young is *care for yourself, care for your environment* with the message that just as the environment should not be harmed by polluting waterways, the body shouldn't be harmed with alcohol or drugs.



Ray Olsen (Goulburn Chair) and Paul Stephenson (Goulburn Mulwaree Mayor) at the Goulburn launch.



Jennifer Lamb (Goulburn Regional Art Gallery) and Rosemary Cosgrove (Southern Area Health Service and CDAT member) at the Goulburn launch.



Hank Doll (Young CDAT Chair) and Joy Cornish (Community Artist and CDAT member) with one of the Young CDAT murals at the Young opening.

Welcome to the Autumn-Winter 2005 edition of *Drug Action*.

*Youth Week* continues to grow in popularity and coverage. CDATs this year supported local youth events yet again, building on the achievements of previous years. After active involvement in *Youth Week*, many CDATs are planning events and activities to coincide with the Alcohol and Other Drugs Council of Australia's *Drug Action Week 2005* from 20-24 June 2005, (see article on this page). The week provides another excellent opportunity for CDATs to work with others in their local community to promote the achievements of those working to reduce alcohol and other drug-related harm.

More than 60 Drugs and Community Action Strategy Special Fund grants have been allocated this year. Many of these grants have been used by CDATs for local alcohol forums, research initiatives and activities for young people. A significant number of grants have also been used for leadership and skill building activities for CDAT members.

As the end of the financial year draws near we are reviewing our processes and are planning for the next two years of the program. Our focus will remain on supporting local CDATs and projects such as di@yll. In addition, new community education resources and campaigns will be explored.

Yvonne Korn

Yvonne Korn, Project Director,  
Community Drug Strategies

## Drug Action Editorial Committee

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# Youth Week April 2005

**Community Drug Action Teams were actively involved in helping to stage *Youth Week* events across NSW, providing both financial and hands-on assistance.**

*Youth Week* is the largest single celebration of young people on the Australian calendar. The aim of *Youth Week* is to showcase talented young people, to help put forward their ideas and of course to have fun.

“This year, Community Drug Action Teams got behind *Youth Week* and provided support to local youth events. Activities ranged from band competitions and dance parties to

skateboarding and information stalls,” said Minister Della Bosca.

**Lake Macquarie, Northern Wyong and the Killarney Vale Bateau Bay and Tumbi Umbi CDATs held *Battle of the Bands* competitions at drug and alcohol-free youth festivals in the Central Coast and Hunter areas. Further events will be run during *Drug Action Week* in June 2005. A regional final will also be held. The CDATs have worked closely with youth committees and councils to arrange the events, providing drug and alcohol free entertainment for young people and access to information on services in the area.**



*Painting graffiti.*

## Mudgee CDAT's Youth Week activity

**Mudgee Drug Action Team (MDAT) was a key sponsor in the Mid Western Regional Council Youth Week *Totally Wickid* youth event.**

During the event young people could watch a demonstration and “skate off” between some of Australia’s top BMX, in line skate and skateboard riders, meet the stars, take part in clinics and in competitions. *Totally Wickid* also encouraged young people to talk about

their dreams and to record them on a banner to travel the state. The event was also a showcase for music recorded by local Mudgee youth from a previous MDAT initiative with their own messages on the impacts of drugs and alcohol.

MDAT provided prizes for the skate competition, distributed information on impacts of various drugs and alcohol and on available local services and what to do in the case of an emergency ie. overdose.

The event was an outstanding success,



Making jewellery.

**Hay CDAT**, together with the Hay Shire Council, hosted a concert by Melbourne band *Simeon* to celebrate *Youth Week*. It proved to be a great night of wholesome entertainment. There were no age restrictions on the event and the entry was free, to encourage as many people to attend as possible.

The **Yass CDAT** had a drug information stall at the *Totally Wickid* skate event.

Working with the youth services and council to run the events, **Kyogle CDAT** held a *Natural High* skate competition and a youth dance event.



Trying out colour hair sprays.

“Providing drug and alcohol free alternatives and information is a major role of Community Drug Action Teams. Youth Week provides an excellent opportunity for Community Drug Action Teams to work in partnership with local young people and youth services to address drug and alcohol issues,” Minister Della Bosca said.

A number of CDATs also organised motivational speakers at various events during the week.

Drug and alcohol information and details of local services were available at events run by CDATs.

# drug action week

20-24 JUNE 2005

**Drug Action Week® is a national week of activities to raise awareness about alcohol and other drug issues and to promote the achievements of those who work to reduce drug related harm.**

The week also aims to promote public debate about good practice strategies for reducing drug related harm.

In 2004 over 450 events took place throughout the country including 53 activities in New South Wales arranged by or involving Community Drug Action Teams.

*Drug Action Week®* 2005 will have activities that inform and involve communities, educators, individuals, the media and politicians to reduce drug related harm in Australia.

#### Theme days for 2005:

- **Monday 20 June** – Young People
- **Tuesday 21 June** – Treatment
- **Wednesday 22 June** – Prevention
- **Thursday 23 June** – Indigenous Australians
- **Friday 24 June** – Consumers and Carers.

*Drug Action Week®* is an initiative of the Alcohol and other Drugs Council of Australia (ADCA).

*Drug Action Week®* kits and posters are available from ADCA. Kits are available from your regional DCAS office. Otherwise, please go to [www.drugactionweek.org.au/orderk.html/](http://www.drugactionweek.org.au/orderk.html/).



To view CDAT activities from *Drug Action Week 2004*, go to [www.communitybuilders.nsw.gov.au/drugs\\_action/daw04.html/](http://www.communitybuilders.nsw.gov.au/drugs_action/daw04.html/).



## Totally Wickid

with approximately 400 young people and families crowding into Mudgee Skate Park on Saturday April 16 and more than 35 young people ranging from 6 to 25 years taking part in the skate competition. MDAT received extensive coverage on the day partly through PA announcements and from local print and radio media both leading up to and after the event.

Photo by courtesy of the *Mudgee Guardian and Weekly*.

# Consulting drug users and their carers

In order to gain some accurate local data to assist with service provision, the Coffs Harbour and Clarence Valley CDATs are conducting a major community consultation and information project.

The CDATs are targeting parents of year 7-9 students; employers; frontline workers; the general public; and drug users, including their families and carers

“While it is challenging to identify and access drug users and their families, we felt it was also important to understand their needs as well as the needs of those working more at the prevention end of things”, explains Coffs Harbour CDAT Chairperson Andrew Robertson.

In October 2004 a *Value Creation*

*Workshop™* was held for the ‘drug user’ group in Grafton and a second workshop was held for the ‘family/carer’ group in Coffs Harbour. With careful promotion and the promise of total confidentiality, the workshops were well attended with 40 participants in Grafton and 20 in Coffs Harbour.

A unique angle on this consultation methodology was the mandatory attendance by CDAT members at each of the workshops.

“CDAT members were able to hear the experiences of those being immediately and directly affected by harmful illicit drug use. This experience gave them insights they could not have gained in any other way,” Andrew said.

“For example, we significantly underestimated the extent to which illicit drug use has impacted on the lives

of drug users and how problematic it was for them.”

“In addition we were much more optimistic than drug users or their families about the ease with which we thought someone using drugs could change their circumstances.”

A comprehensive report of the workshop findings has been produced. The CDATs now have a new challenge – how to make sure the findings are properly considered and used to inform their planning and future action.

The workshops were made possible by the Value Creation Group P/L's generous donation of time, technology and expertise. The project is funded by grants from the Drugs and Community Action Strategy Special Fund and the National Illicit Drugs Strategy Community Partnerships Initiative.

## Resources for CDATs – what's available?

Over the years the Premier's Department has produced a range of resources to help build the skills of CDATs. With *Drug Action Week* coming up, here's a recap on the most popular ones. All can be found on [www.communitybuilders.gov.au/drugs\\_action/](http://www.communitybuilders.gov.au/drugs_action/).

### Working with the Media Kit

More and more CDATs are taking on an active role in the media. This kit outlines:

- the role of the media and how it works
- examples of what is 'news' and how to present stories in a way that is "newsworthy"
- tips on how to respond when approached by the media
- tips on how to contact the media and promote your story or event
- steps to establishing a media policy or strategy for your organisation or CDAT.

### The Drug Action Toolkit

Provides information to assist CDATs in the areas of project management, consultation and community participation.

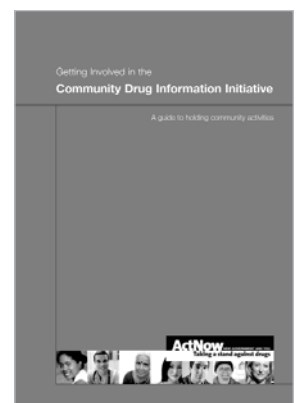


### Getting the Best from your CDAT Work: Evaluating Plans, Projects and Team Processes

A booklet and a training manual to help CDATs evaluate their work.

### Getting Involved in the Community Drug Information Initiative

A booklet to help CDATs organise community events in their localities. It includes checklists for organising launches and ideas for local events.



# Culcairn Holbrook Youth Action Team

## The Culcairn Holbrook Youth Action Team (CHYAT) conducted community workshops in Culcairn and Holbrook in May 2003.

The workshops aimed at giving interested community members the opportunity to discuss local drug and alcohol issues and to identify ways the issues could be addressed.

Information collected during the workshops indicated participants wanted more

information about alcohol and other drugs, youth issues and local related resources. Although a great deal of information about alcohol and other drugs has been distributed to the community from state and federal governments and local resources, people often have not read and/or keep this material.

Responding to the challenge, CHYAT developed a calendar for 2005 clearly displaying relevant, interesting, useful, positive and/or motivational information about alcohol and other drugs issues and local

resources. The artwork was created by Year 9 and 10 students from Billabong High School.

The calendars were launched and distributed by CHYAT and the Youth Development Team at the Greater Hume Shire's Culcairn office just before Christmas.

Residents were invited to provide written feedback outlining what they liked or disliked about the calendar and what they felt could improve future calendars. Positive responses clearly indicated the calendars were very popular and minimal changes were suggested.



*Calendar launch, 22 December 2004.*



*Proud of the calendar (photo courtesy of Eastern Riverina Chronicle).*

## Narrabri Junior Speedway Project to highlight drug and alcohol issues

The Narrabri Youth Service and Narrabri Community Drug Action Team have embarked on a new and innovative project that aims to increase awareness of drug and alcohol misuse amongst young people.

The program provides alcohol and drug information while covering all aspects of preparing and maintaining a speedway car and racing it over the Narrabri Speedway racing season.

The project, originally funded by NSW Premier's Department, caught the eye of NSW Police and Narrabri Shire Council, both of which also became joint funders, providing an opportunity for young people aged 14-16 to be involved in delivering a message. Other key partners include the Narrabri Community Drug Action Team, the Narrabri Youth Service, Narrabri TAFE, RTA, Narrabri Speedway Association, Best



*In the community spirit: The Narrabri Junior Speedway Project – Narrabri youth on the wagon.*

Employment Narrabri Shire Council and Narrabri Aboriginal Lands Council. It is also supported by numerous local businesses. Participants of the program will benefit by developing literacy, communications and teamwork skills.

# Action Around the State



Participants of the Leeton conference.

*Building Community Capacity Around Local Drug Issues* – the **Riverina/Murray Region CDAT Conference** was held on 10-11 March 2005 in Yanco. Fifty people participated in the two day conference hosted by the Leeton Community Drug Action Team.

A **youth information card** has been produced to help young people across the New England/North West region know where they can get help. The youth card lists local and state-wide support services for young people. The card was produced by the **Tamworth Community Drug Action Team** in partnership with local services that work with young people.

**Walgett CDAT** calendar was distributed in January. The calendar, titled *From a Girls Eye View*, was produced by young people in Walgett with support from the CDAT, TAFE and Kodak. Supported by a young Aboriginal photographer, the

girls of the Links to Learning class of 2004 took photos to depict the positive images of Walgett. The young women gained a range of skills, and expressed their appreciation at being given this opportunity. The photographs also have been exhibited at community gatherings and functions.

The **Albury Wodonga Community Drug and Alcohol Action Team**, in order to promote their work, developed an information booklet. The booklet lets people know what the CDAT does, how the community can become involved in contributing to reducing the harms created by drug and alcohol misuse.

**Bourke CDAT** has produced fluorescent stubby holders to promote safe drinking messages. The stubby holders are being distributed through takeaway outlets in Bourke. Posters promoting the messages were placed in various licensed premises. Anecdotal evidence indicates that the strategy has caused some serious discussions about alcohol and violence in licensed premises and across dinner tables around Bourke. Evaluation is to be finalised.

**Brewarrina CDAT** held an alcohol free *Family Fun Day* on 4 December 2004 at the Brewarrina Swimming Pool to get families together in a safe environment to promote healthy lifestyles. The event was supported by local businesses, the

Shire, service providers and the community, providing sponsorships, prizes and their talent. Over 200 people attended. As a result of the *Family Fun Day*, Brewarrina CDAT has been asked by the community to conduct these events regularly. The CDAT plans to hold four events every year to capture the seasons in Bre – *get wet* in summer, *get active* in autumn, *get fishing* in winter and *get celebrating* in spring.

The *Tamil Volunteers Project*, funded by **Auburn CDAT**, was launched with the Tamil community at Auburn Town Hall on 12 December 2004. A group of volunteers received training about alcohol and other drug issues, services and supports and presenting this information to individuals and groups. A help card has been produced in Tamil with telephone numbers for the 24 hour alcohol and drug helpline. The volunteers will also help to identify specific issues that the Tamil community may have.

The **Parramatta/Holroyd CDAT** is working with Sydney West Area Health Service Alcohol and Drug Services to promote a *24 hour Drug and Alcohol Help Line* through cinema advertising at the Parramatta Village Cinemas. The helpline provides central intake, referral and assessment for drug and alcohol services and also offers information and advice to callers. A particular target will be young people.

## Young Australians the target in new phase of the National Drugs Campaign

**The Australian Government has launched a new drugs campaign aimed at preventing young people using illicit drugs.**

This prevention campaign will educate young people about the risks and negative consequences of illicit drug use – in particular, the harm caused by using cannabis, ecstasy and amphetamines.

The campaign includes print and television advertisements, encouraging parents to talk

with their children about drugs. Three new television and cinema advertisements will focus on the dangers of using illicit drugs. The television and cinema campaign will be supported by a number of other education materials.

The campaign will also be supported by the following resources:

- Youth booklet and wallet card.
- Youth posters reflecting the three youth commercials.
- Parents' booklet in 17 languages

(including English).

- Non-English speaking background mini-brochure in 16 languages summarising the key issues and directing parents to sources of further information.
- Campaign web site and youth-specific youth web site [www.drugs.health.gov.au/](http://www.drugs.health.gov.au/). Resources can be ordered through the website.
- A free information line (1800 250 015) answered by the Department's call centre.

# Are You Responsible?

## Alcohol awareness campaign launched

**The Forster Tuncurry Community Drug Action Team launched the *Are You Responsible?* campaign at the Tuncurry Senior Campus on Thursday 16 December.**

"The advertisement was screened on Prime and NBN as well as running at film screenings at the Great Lakes Cinema throughout this summer," said Chloe Beevers, Great Lakes Council Community Development Officer.

"Summer is a peak time of the year for underage drinking and alcohol related injuries. This campaign was designed to raise awareness and to educate adults about their responsibilities ensuring that we can all have a fun and safe holiday season," Ms Beevers said.

Local young people were involved in developing the concept and acted in the production. New Moon Productions worked with the young people to develop the advertisement and organised local drug and alcohol free events such as the recent



*The Forster Tuncurry Community Drug Action Team.*

*Commotion by the Ocean.*

Tara Steele, one of the young people involved in making the advertisement said "It was rewarding and really interesting how an ad is made."

"The ad will make young people think more about what they are doing and what could

happen to them if they drink too much," Ms Steele said.

The *Are You Responsible?* campaign received financial support from the Forster Tuncurry Memorial Services Club, Great Lakes Council, NSW Premier's Department and the Mid North Coast Area Health Service.

## Chairing and Team Leadership Workshop

***A Chairing and Team Leadership Workshop was hosted in Parramatta on 15 March 2005.***

The training was attended by CDAT Chairpersons, Deputy Chairpersons and other interested CDAT members from across South Western and Western Sydney Region.

The workshop, which was presented by Paul Van Reyk, was a fun and interactive training session that aimed to increase confidence and skills in chairing meetings and also provided useful foundation

knowledge and skills in the area of team leadership.

Participant evaluations indicated that the session efficiently met the expectations of all attendees and highlighted certain aspects of the training that were particularly useful including the importance of preparation and taking initiative, strategies to attract and interest community representatives and techniques for resolving difficult issues.

All participants reported looking forward to implementing the strategies they learned.

## Community Alcohol Action Forum

A *Community Alcohol Action Forum* will be held on 1 June 2005 for all CDATs in the Sydney metropolitan area. Geoff Munro from the Australian Drug Foundation will talk about the national *Community Alcohol Action Network (CAAN)*. The idea of the forum is to provide a context for why CDATs should consider community action around alcohol issues and to showcase examples of programs and initiatives in a range of areas related to alcohol. The forum will be free of charge to CDAT members.

For more information contact Emily Dempster for Coastal Sydney on (02) 9228 3723 or Renae Taciak for Western/South Western Sydney on (02) 8836 4962.

## New study of Australian secondary school students' use of drugs and alcohol

A report released on 24 November 2004, titled *Australian secondary school students use of alcohol in 2002*, studied 25,000 students aged 12 to 17. The report found that almost 90 per cent of Australia's secondary school children have consumed alcohol, and a quarter has used cannabis. However, according to the Report, smoking has dropped to its lowest level in 20 years.

For the series, *Australian Secondary Students' Alcohol and Drug Survey*, see [www.nationaldrugstrategy.gov.au/](http://www.nationaldrugstrategy.gov.au/).

## 2004 National Drug Strategy Household Survey: First results

The Australian Institute of Health and Welfare released the 2004 National Drug Strategy Household Survey, titled *First results*. The summary data represents Australia's most comprehensive national survey on drug issues. It gives key results on drug-related awareness, knowledge, attitudes and behaviour. Comparisons with 1991, 1993, 1995, 1998 and 2001 surveys are also presented as well as population estimates of the numbers of consumers of both licit and illicit substances.

*First Results* (ABN 83 605 426 759, AIHW Catalogue No. PHE-57) is available free of charge from Department of Health and Ageing Tel: 1800 020103 x 8654 Fax: (02) 6289 8360 Email: [nmm@nationalmailing.com.au](mailto:nmm@nationalmailing.com.au) On line: <http://www.aihw.gov.au/publications/index.cfm/title/10122/>.

## Alcohol Handbook

The *Alcohol Handbook for Frontline Workers* is an essential everyday resource to make alcohol intervention easier.

This A5 size, 180 page illustrated handbook offers straightforward, practical information and advice about alcohol use and misuse. It gives information about when and how to do brief intervention, including what to

do and say when working with people to help reduce alcohol related harm.

The content is structured according to the priority topics that frontline workers have identified, such as: interventions, low risk drinking, safe choices, medicines with alcohol, other drugs with alcohol, sexual assault, supporting families and carers, treatment, counselling, pregnancy and breastfeeding – among others.

The handbook also features website addresses, phone numbers, resources and services – pages are designed to be photocopied to give to clients. It has tabbed sections for quick reference.

For information contact:

Don Keast, Broken Hill Department of Rural Health Librarian, on (08) 8080 1210 or email: [dkeast@fwahs.nsw.gov.au](mailto:dkeast@fwahs.nsw.gov.au)

## Kooridruginfo.adf.org.au

The Australian Drug Foundation's *DrugInfo Clearinghouse*, with funding from the Victorian Premiers Drug Prevention Council, has been working to implement a Koori Access Project. The project aims to build capacity among Koori communities by increasing the relevance and accessibility of *DrugInfo Clearinghouse* information and services. One of the outcomes for this project is a new drug information website [www.kooridruginfo.adf.org.au](http://www.kooridruginfo.adf.org.au) also known as Koori DrugInfo. The website is specifically for indigenous workers who work in the alcohol and other drug and related fields.

## For more information:

If you would like more information about any of these Government responses to community drug issues, contact the Central Office, your regional office (see below), or visit the website [www.communitybuilders.nsw.gov.au](http://www.communitybuilders.nsw.gov.au). Drugs and Community Action Strategy staff provide additional resources that explain the Strategies and the work of the Community Drug Action Teams in more detail.

### Central Office

General Inquiries  
Community Drug Strategies  
Ph: (02) 9228 3731 Fax: (02) 9228 5517

### Regional Offices

DCAS North Coast  
Ph: (02) 6648 7230 Fax: (02) 6648 7232

DCAS New England/North West NSW  
Ph: (02) 6771 4827 Fax: (02) 6771 3658

DCAS Western NSW  
Ph: (02) 6881 6377 Fax: (02) 6884 7405

DCAS Hunter/Central Coast  
Newcastle  
Ph: (02) 4927 8799 Fax: (02) 4927 8798  
Gosford  
Ph: (02) 4337 2311 Fax: (02) 4324 2698

DCAS South Western Sydney/Western Sydney  
Parramatta  
Ph: (02) 8836 4961 Fax: (02) 8243 9463

DCAS Coastal Sydney  
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DCAS Illawarra/South East  
Wollongong  
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Queanbeyan  
Ph: (02) 6297 6911 Fax: (02) 6297 9505

DCAS Riverina/Murray  
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