

Celebrating safely

Safe partying activities and resources usually feature prominently in the CDAT events calendar during the spring and summer months and 2005 was no exception.

In this edition we are featuring **Byron Shire CDAT's** free breathalyser service at *Splendour in the Grass* last year, resulting in around 900 breathalysing tests over the two day music festival (see page 3).

Last October the **Hastings CDAT** provided safe partying information at a crime prevention family day. In November the **Armidale CDAT** organised a successful evening for young people and adults on surviving the party season.

Parramatta/Holroyd CDAT recently held three information stalls in the lead up to Christmas on the theme of celebrating safely. **Dubbo CDAT** placed *Safe Celebrating* advertisements in their local media on a weekly basis during the pre Christmas period.



Richard Ellis at Save A Mate training in Tingha, New England/North West Region.

There are all sorts of **resources** and **websites** (mostly free) available to help CDATs support safer celebrating and a few are highlighted below.

The Red Cross *Save A Mate* program (www.redcross.org.au and www.saveamate.org.au), already popular amongst many CDATs, teaches young people first aid skills to help them support others who may be experiencing difficulties related to their drug or alcohol consumption.

The NSW Department of Education and Training's *End of Year Celebration Kit* (www.schools.nsw.edu.au/leavingschool) provides a range of materials for senior secondary school students celebrating the end of the school year. They also produce *Going to a Party* and *Hosting a Party* (www.schools.nsw.edu.au/learning/yrk12/focusareas/drugged/parents/index.php), part of a larger package of information for parents on negotiating safer partying with young people.

NSW Police have produced a *Safe Party Pack* (www.police.nsw.gov.au/community_issues/safe_party_strategy) offering safe partying tips and a notification form letting the Police know about the party in advance.

The Australian Drug Foundation's clearinghouse: www.druginfo.adf.org.au offers a toolkit on safe partying.

iPods are now being used to help young people party safer – *Somazone* recently launched Australia's first podcast about safe partying for young people. Available at www.somazone.com.au and through iTunes, the podcast answers questions from young people about the effects of drinking alcohol, risks of drink spiking, mixing drugs and safe sex, and advises them to take it easy in the hectic summer season. *Somazone* is a service of the Australian Drug Foundation.

MESSAGE FROM THE MINISTER



The NSW Government is committed to working with communities to develop a range of responses to the complex problem of drug and alcohol misuse. I am pleased to be given the responsibility of drug and alcohol policy and program work in NSW and particularly enthusiastic about the Community Drug Strategies Program's transfer to the Health portfolio.

The work of Community Drug Action Teams since 1999 is impressive and I would like to take this opportunity to congratulate all involved in this community action work to date. The number of CDATs has grown significantly since the Drug Summit to 75 teams across the State. I look forward to following the progress of this work and attending events in the year ahead.

Alcohol continues to be a key Government priority and I am encouraged by the many initiatives undertaken by CDATs in their communities since the Alcohol Summit in 2003.

I was pleased to launch the new *Family Matters* booklet recently, an easy-to-use resource designed to help parents talk to their children about drugs. I encourage CDATs to distribute *Family Matters* to families in their communities.

2006 promises to be an exciting year for CDATs building on achievements to date and initiating some new work in areas of growing concern.

A handwritten signature in black ink, appearing to read 'John Hatzistergos'.

The Hon John Hatzistergos MLC
Minister for Health

Editorial

Happy New Year and welcome to the Summer 2006 edition of the *Drug Action* newsletter.

Over the last year we have seen significant change in our working structure and environment yet Community Drug Action Teams' achievements continue to grow, as the stories in this edition demonstrate.

I would like to take this opportunity to thank all CDAT members and their supporters – local services, businesses and community members – for your efforts in 2005 and look forward to working with you again this year.

CDAT work is now supported by a new organisational structure managed by two regional 'Hubs' in Dubbo and Coffs Harbour. As administrative and coordination centres, the Hubs each look after four regions.

The Dubbo Hub supports:

- Western NSW
- New England/North West
- Riverina/Murray, and
- Illawarra/South East.

The Coffs Harbour Hub supports:

- North Coast
- Central Coast/Hunter
- Western/South Western Sydney, and
- Coastal Sydney.

The transition to this new working structure has been very smooth providing uninterrupted support and coordination for CDAT work. Congratulations and thank you to all Community Drug Strategies staff (past and present) and CDAT members who managed this transition taking us into a new and exciting phase of development. An updated list of all Project Officer contact details for each regional area is included at the back of this edition.

Another change in our working environment occurred in August last year with the announcement that our Program was transferred to NSW Health under the responsibility of the Minister for Health, John Hatzistergos.

The work of the Community Drug Strategies Program continues to be recognised and appreciated as an integral

component of the Government's overall Drug Program and is now a separate Branch within NSW Health's Strategic Development Division.

So, it's business as usual for 2006. Our Grants program has been initiated and Project Officers in every region are currently seeking submissions from CDATs to conduct projects and apply for administrative support. Our drug communications activities continue with a new version of *Family Matters* recently launched by Minister Hatzistergos and a new marketing strategy being developed to build the profile of *di@yll* (Drug Information @ Your Local Library).

Our focus will continue to be on supporting community action and raising community awareness of effective ways to tackle drug and alcohol issues.



Yvonne Korn
Project Director
Community Drug Strategies

The new *Family Matters*

A new version of the booklet *Family Matters: How to approach drug issues with your family* is currently being distributed to CDATs, community and health centres and libraries across the State.



Originally produced in 2002 this version is updated following consultations with parents and services that work with families.

The booklet includes information about the risks of drug and alcohol abuse, specific drugs (cannabis, ecstasy and amphetamines), tips for talking with your family about drugs and contact details for services offering further information and help.

NSW Health Minister, John Hatzistergos announced *Family Matters* as part of a new package of drug prevention programs and information for communities.

“Early intervention is a key step in tackling drug problems. I encourage all

families to access this information to help them better understand drug issues and feel comfortable discussing these issues with their children,” he said.

Family Matters is designed to help parents answer questions when talking to their children about drugs.

Family Matters is available in English and 15 community languages – Arabic, Bosnian, Chinese, Croatian, Khmer, Korean, Lao, Macedonian, Punjabi, Russian, Serbian, Spanish, Thai, Turkish and Vietnamese.

To order copies of *Family Matters* phone (02) 9228 3731 or e-mail DrugAction@premiers.nsw.gov.au

DRUG ACTION WEEK HIGHLIGHTS

Drug Action Week 2006 promises to be a week full of informative activities and community building events. This year Drug Action Week runs from Sunday 18 June to Saturday 24 June.

Each day carries a different theme:

Sunday 18 June: launch day
Monday 19 June: harm minimisation
Tuesday 20 June: treatment
Wednesday 21 June: prevention
Thursday 22 June: Indigenous Australians
Friday 23 June: workforce
Saturday 24 June: closing day

Last year, Drug Action Week was a great success with 52 events organised by CDATs across the State.

The main theme in 2005 was drug and alcohol free events for families and young people. Highlights included:

Yass CDAT held a poster competition with Primary and High Schools in the Yass Valley. More than 50 students participated from four local schools.

Nimbin CDAT helped organise a Police BBQ at the opening of a new children's playground, with between 200 and 250 people attending.

Armidale CDAT held an information evening on *Why do kids use drugs?* The Armidale TAFE film crew were there to record the discussion.

Sara-Marie Fedele of Big Brother fame was the guest star at **Tamworth CDAT's** *Youth Trivia Night*. The evening was a huge success



Participants enjoying the Youth Trivia Night hosted by Tamworth CDAT.



Narara Valley High School drama students perform "The Party" at the Celebrating Safely Community Consultation Forum in the Central Coast.

with 130 young people testing their knowledge of drugs and alcohol. Also holding a *Youth Trivia Night* was **Pittwater CDAT**, with around 50 young people attending.

Orange CDAT organised a *Rock Action Expo* for all the family to enjoy with information stalls and a *Battle of the Bands* competition.

Central Coast CDATs – **KBT, Northern Wyong Peninsula** and **Wyoming** – supported a *Celebrating Safely Community Consultation Forum* to share ideas on how to minimise alcohol and drug-related harm when young people celebrate.

Cessnock CDAT sponsored the Zeal Theatre Company that toured three High Schools in the area with a play highlighting drug and alcohol issues. *Apology* was shown to around 600 students with really positive feedback from both students and teachers.

Although postponed until October, **Culcairn Holbrook Youth Action Team** eventually launched their *Youth Theatre Production Project*, an after school activity designed to give young people a voice through theatre.

Contact your regional Project Officer (details on the back page) for further information about activities planned in your area for *Drug Action Week 2006*.

drug
action week
18-24 JUNE 2006

SPLENDOUR IN THE GRASS

In July last year, the recently formed **Byron Shire CDAT** conducted an alcohol education project at the popular music festival *Splendour in the Grass*.

A free breathalyser service was provided for patrons allowing them to see how any alcohol they had consumed during the day affected their blood alcohol levels (BAC). CDAT members measured blood alcohol levels for the information of patrons so that they could make informed choices at this event.

With 14,000 people attending the two day event, the CDAT, with the support of the concert organisers and the RTA, aimed to reduce the incidence of alcohol-related harm in and around the event.

People queued up to check their blood alcohol levels (BAC) prior to leaving the event. A large number of drivers who discovered they had a BAC above the legal limit said they would not drive and only left after their BAC levels were below the limit. Overall it is estimated that between 800 and 900 breathalysing tests were conducted over two evenings.

The Mayor, local police and authorities, and community members all embraced this project and the response by patrons was overwhelming. Equipped with only three breathalysers, the **Byron Shire CDAT** proved that a local community initiative can have a positive impact on alcohol-related harm.

For further information about this project, contact the North Coast Project Officer (details on back page).

Keeping our young people healthy

'Healthy lifestyle' programs provide opportunities for participants to build confidence, gain knowledge, develop new skills and build positive relationships with others in their community.

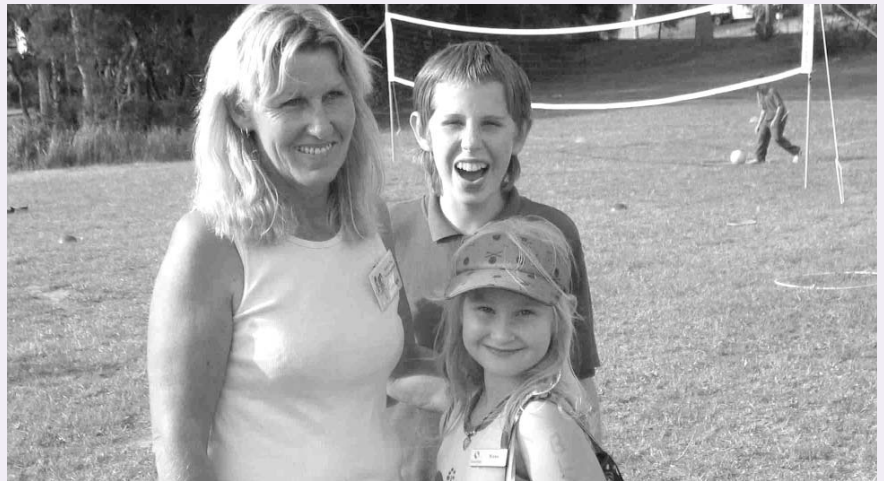
CDATs can help prevent drug and alcohol misuse by supporting local drug and alcohol free recreational and entertainment activities. These kinds of programs are proving to be popular CDAT projects.

Two such programs are the *Riverwood Community Centre's Personal Trainer Project*, funded by **Canterbury CDAT**, and the **Killarney Vale/Bateau Bay/Tumbi Umbi Community Building Network's Sports in the Neighbourhood** program.

The *Sports in the Neighbourhood* program keeps young people active, promotes healthy lifestyles and provides information to ensure that young people can make informed choices.

For the past 15 months young people, supervised by local parent volunteers from the Killarney Vale/Bateau Bay/Tumbi Umbi area, have had the opportunity to play sport for free using a range of community owned sporting equipment under this program.

As a sole parent of three children, Ms



Sharyn Keevers from the Sports in the Neighbourhood Program, with her children Jake, 12 years old and Hayley, 7 years old.

Keevers said "The program is important for single parents who can't afford to register their children in local team sporting groups."

The *Sports in the Neighbourhood* program is designed to bring the community together and encourage local children to be active outdoors. NSW Sport and Recreation Central Coast's Matt Sawyer said the program was averaging 50 children per week and there is a lot of interest from other areas to start their own programs.

Rik Isbell, Canterbury CDAT member, supports the *Riverwood Community Centre's Personal Trainer Project* which works with young people attending the youth services drop-in

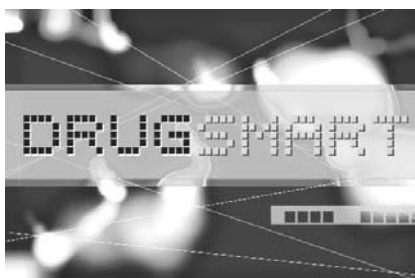
centre. The project educates young people about drug use including steroids, how to develop their bodies without the use of drugs and the detrimental effects drugs may cause.

"The trainer is very professional in his approach, conducts fitness assessments, designs training programs to suit young people's needs, takes before and after photos and tests blood pressure – all recorded in a progress booklet." said Mr Isbell.

For more information about the Riverwood Project, contact Rik on (02) 9533 0123. Contact the Central Coast/Hunter Project Officer for more details about the *Sports in the Neighbourhood Program* in this region.

From page 1...

Youthsafe (www.youthsafe.org), a non profit organisation addressing safety across the range of settings where young people get injured – road and rail safety, workplace safety, sport safety and



recreational safety – include safer celebrations as part of their focus.

CDATs have been distributing the updated *DRUGSMART* z-cards (www.communitybuilders.nsw.gov.au/drugs_action/drugsmt2.html) since it was launched during *Drug Action Week* in June last year, providing facts about drugs young people may use and useful tips on how to deal with drug and alcohol-related problems.

Indent, part of Music NSW, have produced a guide on how to stage a safe event.

A young persons guide to the gig galaxy can be freely downloaded from their website:

www.indent.net.au/resources/.

Good Sports works with community sports clubs to encourage safer practices overall including safer celebrating: www.goodsports.com.au (see article on page 6).

Vibe Australia, an Aboriginal media, communications and events management agency, provides drug information on: www.drugs.vibe.com.au/drugs/facts.asp/.

The Federal Government has produced a number of resources including a business card, *Where's Your Head At* (www.drugs.health.gov.au/youth/order_resources/index.htm).

Narrabri Speedway Project

Over 80 people attended a celebration held by the Narrabri CDAT on 4 November 2005 to acknowledge the young people, local businesses and services involved in the Narrabri Speedway Project.

Guests included the Mayor Cr George Sevil, Deputy Mayor Cr Ross Gleeson, General Manager Ian McCallum and representatives from NSW Health, Police, Centrelink, TAFE and Narrabri Community Health.

This innovative project creatively engaged young people in a fun activity which at the same time helped them learn about drug and alcohol issues and other life skills. Their project – to design and construct a speedway vehicle – involved fourteen young people over a twelve month period.

Weekly workshops delivered accredited modules on the preparation and maintenance of a speedway car as well as components of occupational health and safety. The local TAFE worked alongside participants to increase their literacy and numeracy skills. Centrelink workers also attended workshop mornings, paintbrush in hand, to build rapport and make connections. Local employers and job providers highlighted



Project participants working on the car.

employment options and some participants registered with these job providers.

Project participants connected with local police and support workers during the project. They participated in a drug and alcohol first aid course to increase their awareness of the harms associated with drug and alcohol misuse and the skills to respond to problems when they occur.

All of the young people involved gained valuable knowledge and skills as a result of this project and their self esteem benefited enormously. Many are now engaged in employment and TAFE studies.

For further information about this project, contact Ken Bonde, Narrabri Youth Services, on (02) 6792 2458.



Project participants applying some finishing touches to the car.

DRUG INFORMATION @ YOUR LOCAL LIBRARY PROJECT

For the last four years *di@yll* (the Drug Information @ Your Local Library Project) has provided communities in NSW with access to credible drug and alcohol information through the state's 360 local libraries.

In June 2005, an evaluation of the *di@yll* Project was undertaken to review the effectiveness of the project to date and research ways to improve it in the future. This included consultation with a number of CDATs and their communities.

The evaluation results showed that *di@yll* is a highly valuable service for NSW communities and particularly useful in providing:

- a confidential information service;
- drug and alcohol resources that are easy for students and parents to access; and
- a simple website gateway that assists people locate trustworthy information easily.

The *di@yll* website continues to achieve a large number of hits per month – 15,000 and rising.

The evaluation recommended raising the profile of *di@yll* so that it becomes an automatic reference point for communities needing credible and accurate drug and alcohol information.

In response, a marketing strategy will be developed to build *di@yll*'s profile in the community and engage stakeholders to ensure they are aware of the *di@yll* resources available.

The *di@yll* service is a partnership between the State Library of NSW and the Community Drug Strategies program, NSW Health.

The *di@yll* project consists of:

- a collection of books and pamphlets covering a range of drug-related issues;
- an easy to access website <http://diayll.sl.nsw.gov.au>; and
- referral information to local services.

Good Sports

Building Safe and Healthy Communities

Good Sports is a national sport development initiative of the Australian Drug Foundation (ADF).

It is a partnership between the ADF, Alcohol Education and Rehabilitation Foundation (AERF), national, state and regional sports organisations and the government sector.

Good Sports aims to reduce alcohol and other drug problems while increasing the viability of sporting clubs and improving the range and quality of sport options available within the community. It is a free service that helps sporting clubs secure alcohol licenses, undertake Responsible Serving of Alcohol (RSA) training and implement alcohol practices and policies.

Participating clubs are provided with support through a network of community partners, to assist them implement and promote the program. Community partners are local community organisations who are funded to provide this support as well as to ensure club compliance with accreditation criteria.

A range of benefits for clubs and their communities, identified by research

conducted on the program, can be attributed to changed alcohol management practices. These include:

- a 'new' culture which attracts families and juniors;
- increase in membership, teams and attendances;
- improved relationships in the community, such as police and local government;
- an enhanced public image;
- creation of new sources of income; and
- changes in the behaviour of members.

Good Sports also has a proven record of reducing binge and underage drinking which can result in lowering alcohol related harms such as drink driving, violence and assault. It can also reduce the risk of potential liability by upholding a 'duty of care' with respect to the safety of players, members and supporters.

Displaying the *Good Sports* logo sends an important message to club members and the community. It indicates that the club promotes a responsible attitude towards alcohol and provides a safe environment for players, their families and supporters.

Good Sports is now operational nationally



Pictured with two junior players is Lorraine Rogers, Councillor, and Sandra McCarthy, Mayor of Kiama Municipal Shire, at the Kiama Rugby Club – the first club in NSW to receive Level 3 Accreditation under the Good Sports Program.

with over 1,300 participating clubs in NSW, Victoria, South Australia and Tasmania. A pilot program will commence shortly in Western Australia.

For further information about *Good Sports* in NSW, visit www.goodsports.com.au or contact the NSW State Manager, Richard Colbran, by e-mail at richardcolbran@adf.org.au.

PLAY NOW/ACT NOW YOUNG PEOPLE + ALCOHOL 05

Joint partners NSW Health and Metro Screen support this creative and educational initiative for young people which is part of the NSW Government's Youth Alcohol Action Plan.

This alcohol education project aims to raise awareness, share information and convey passionate stories, ideas and opinions about the Australian youth drinking culture. There are four competitions available to NSW

residents 18-24 years of age: video/film, graphics, logo design and creative writing. The focus for each competition is to encourage young people to think about their drinking patterns, conduct their own research on

alcohol and to make informed drinking choices.

The *Play Now Act Now Festival* is now in its fifth year. All entrants in the video/film competition are currently being screened and tour dates for 2006 are being confirmed now. These local events may provide a great opportunity for your CDAT to engage with young people in their efforts to understand and better respond to alcohol misuse.

Check www.playnowactnow.net.au for more information and contact the local tour date contact for all the details. Information on the 2006 competition will also be posted on the website shortly.

SNAP (SEE NOW ANOTHER PERSPECTIVE)

“Taking illicit drugs is a crime and destroys your life; you lose your job, your career, your life....” (SNAP participant)

The *SNAP* (See Now Another Perspective) project captured the views of young people in Bankstown about drugs and alcohol through photography and writing.

The project provided the **Bankstown CDAT** with an opportunity to engage young people and local youth services to better understand how young people perceive drugs and alcohol and the impacts they have on their lives. This information will be used to inform appropriate responses such as targeted education and support programs for local young people.

Armed with disposable cameras and photographic tip sheets, their mission was to take photographs of images or situations that depicted their views on drugs and alcohol and the effects that they can have.

A panel consisting of the Editor of the *Canterbury/Bankstown Express*, Bankstown Police LAC's Youth Liaison Officer and the Bankstown CDAT Chair selected four images and accompanying statements that were displayed during August 2005 in the



“Half full of life”, one of the images taken by the Vietnamese Community in Australia NSW Chapter Inc, Links to Learning Program. The bottle represents a person and the spilt beer a person's loss of control over their actions and life – “being all over the place”.

Canterbury/Bankstown Express.

The photographs and statements are currently being enlarged and framed to form a travelling photo exhibition. The exhibition will travel to various locations around the Bankstown LGA, such as interested high schools, libraries, services and local

shopping centres. At the conclusion of the travelling exhibition the framed series will be donated to a local service/organisation for permanent display.

For further information about this project, contact the Western/South Western Sydney Project Officer (details on back page).

CDAT Grants and Capacity Building Activities 2006

The *Grants and Capacity Building Program* aims to support CDAT work through the provision of small grants for projects and training and development opportunities.

Administrative Support Funds are available to CDATs requiring administrative support e.g. stationery, venue hire, postage. *Project grants* are available to CDATs to conduct specific

projects such as the production of an education resource, local research and drug and alcohol free events.

There are two rounds of funding in 2006: the first closes on **1 March** and the second round closes on **1 September**. Further details and application forms are available from your local Project Officer (details on back page).

In 2006 a range of training courses are on

offer to CDAT members. This year the themes for our capacity building program are leadership skills and working with young people.

Check the training calendar on the website for details www.communitybuilders.nsw.gov.au/drugs_action and, if you are interested in registering for a course, please contact your Project Officer (contact details on back page).

Young Men & Alcohol and Young Women & Alcohol

Accessible pocket sized information for young men and women about the use of alcohol and impacts on the body. Includes safety tips and recommended consumption levels. Available from NDARC www.ndarc.med.unsw.edu.au/ndarc.nsf/website/Publications.resources

Prevention, ecstasy and related drugs

A new suite of resource materials on ecstasy and drug education in schools, supply reduction, emergency service responses, updates on the latest drug prevention research. Fact sheets on party drugs, changing ecstasy use in Australia, reducing risks, guide for workers. Available from the Druginfo Clearinghouse www.druginfo.adf.org.au

Check out their summer 2005/2006 resource catalogue for more resources: www.adf.org.au/store

Alcohol resources

A range of publications and other resources about alcohol. Available free on www.alcohol.gov.au/resources.htm

Resources for Aboriginal and Torres Strait Islander Communities

The Aboriginal Drug and Alcohol Council of South Australia make a number of resources available, eg. *Don't Gamble with your health* – Health Promotion Cards are a set of playing cards featuring education and promotion messages designed to raise awareness and understanding of alcohol and other drug related issues in Aboriginal and Torres Strait Islander peoples' communities. www.adac.org.au

For more information:

If you would like more information about the Community Drug Strategies Program or any of the articles in this newsletter, contact the Central Office, your local Project Officer (see below) or visit the website www.communitybuilders.nsw.gov.au

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DCAS South Western Sydney/Western Sydney	Ph: (02) 8836 4962 Fax: (02) 8836 4960
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