

Drug Action



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NSW COMMUNITY DRUG STRATEGIES NEWSLETTER

New initiative to help communities take a stand against drugs

Communities are receiving important information about drug issues as part of a state-wide Community Drug Information Initiative launched by the Premier of NSW, Mr Bob Carr at State Parliament on 29 October 2002.

The Community Drug Information Initiative is about the community coming together and sharing responsibility in the way we tackle the drugs issue.

The package includes:

- *Family Matters* – a drug information booklet for families on how to approach drug issues (see page 5);
- Drug Information @ Your Local Library (Di@YLL) provides families and local communities access to credible and accurate information through their local library (see page 4); and
- a series of posters and advertisements illustrating the simple ways people can access information and support, for example reading the *Family Matters* booklet or ringing a support line.

Community Drug Action Teams are encouraged to take part in the Initiative – see page 4 for information on how your CDAT can get involved.



Above: Premier Carr speaking at the launch of the Community Drug Information Initiative.

Celebrating CDATs

'Celebrating CDATs' – New England/ North Western NSW regional conference was held in Tamworth on 25-26 September 2002.

The gathering provided an opportunity for CDAT members from **Tamworth, Narrabri, Armidale, Moree, Inverell and Glen Innes**, to get together, network and talk about what they had done, how they did it, what worked, what did not work and what they are planning to do.

Key note speakers included Chris Shipway from the Drug Programs Bureau, NSW Health and Paul Dillon from the National Drug and Alcohol Research Centre. Chris spoke about working better, working together and how to make things work in our communities. Paul talked about current trends in cannabis and psycho stimulant (e.g. methamphetamines and ecstasy) use.

Everyone agreed the conference was a success and people who attended suggested holding another gathering in the next 6 to 12 months.



Welcome to the Spring 2002 Edition of *Drug Action* featuring the launch of the Community Drug Information Initiative.

On 29 October 2002 over 200 participants gathered with Premier Carr, Special Minister of State John Della Bosca and Anne Deveson at Parliament House to launch the Initiative.

I was pleased to see so many CDAT members present and delighted by the growing support for community action from such a vast range of stakeholders and community members.

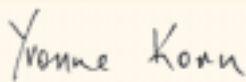
Anne Deveson spoke at the launch about the importance of providing the community with reliable, factual information to help them make decisions about how they can address drug issues.

Two new resources developed as part of the Initiative are proving very successful in providing this support.

The *Family Matters* booklet has been extremely popular – approximately 380,000 booklets have been distributed to date.

Di@YLL – Drug Information @ Your Local Library has also been very well received by communities. I welcome library staff on board as a new partner tackling drug issues and encourage CDATs to make contact with their local library.

Phase two of the Initiative will begin in 2003. This provides an ideal opportunity for local community members to get involved in activities at a local level. For more information on how you can get involved see page 4.



Yvonne Korn, Project Director
Community Drug Strategies

In this edition of *Drug Action* we profile the Western NSW Drugs and Community Action Strategy region.

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- Brewarrina
- Coonabarabran
- Coonamble
- Dubbo
- Far West
- Lithgow
- Mudgee
- Orange
- Walgett

For more information about CDATs in your area visit www.communitybuilders.nsw.gov.au/drugs_action or contact the Project Manager in your region (contact details on page 8).

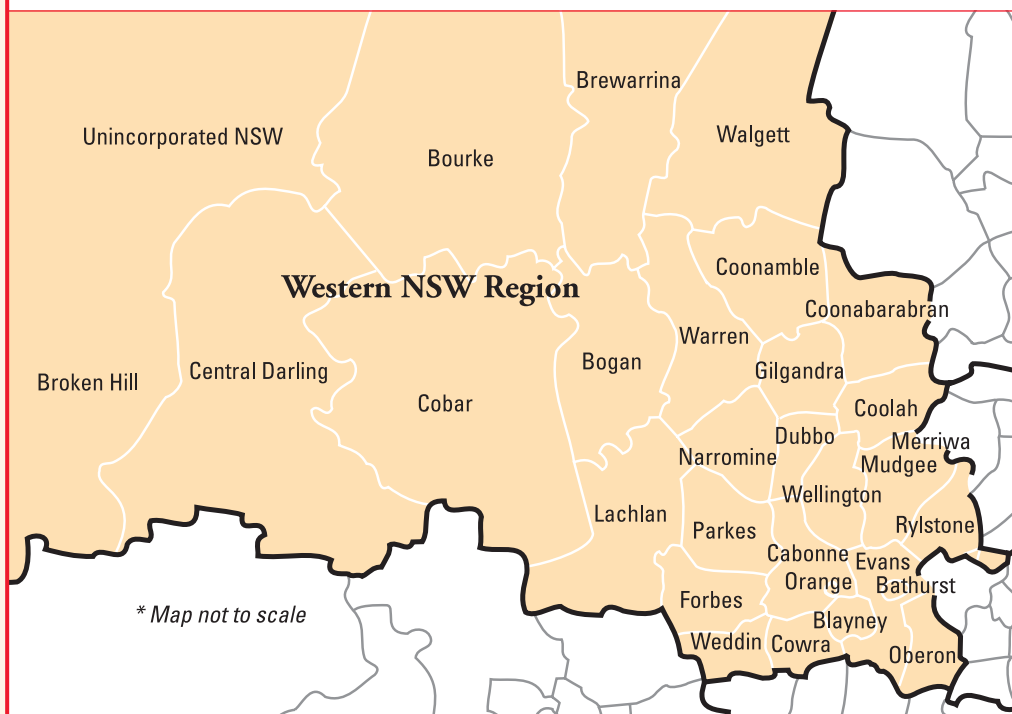
Orange CDAT – Youth for a Positive Future

Seven young people recently completed the *Orange Youth for a Positive Future (YFPF)* program.

YFPF provides young people 'at risk' (of offending) with skills and opportunities to divert them away from risk taking behaviour. The nine-week program, worked with young people who are currently enrolled but not attending schools in the Orange district. The program helps participants develop life skills and provides recreational alternatives. The young people attended one-day a week as part of their back-to-school transition.

The seven young people who recently completed the course have returned to school or educational programs. At the end of October all participants attended a camp at Lake Burrendong.

YFPF was developed by Orange Community Drug Action Team and coordinated by the Orange Police Citizens and Youth Club (PCYC). The project was first piloted in 2001. The Orange CDAT and PCYC intend to run the project on a regular basis.



Action Around the State

Auburn CDAT, in partnership with the Drug and Alcohol Multicultural Education Centre (DAMEC), has released a research report outlining drug use and the level of awareness of drug information in Auburn Local Government Area. The Auburn CDAT will use this information to assist their future planning. To get a copy of the report contact the Premier's Department (Parramatta Office), Ph: (02) 9633 3233.

Wollongong CDAT has been involved with a public awareness campaign about 'spiked' drinks. The campaign was developed after an increase in reports of drink spiking occurring in the Illawarra. For more information contact: Kathy Tzanis, Executive Officer, Illawarra Ethnic Communities Council and Wollongong CDAT Member, Ph: 4229 7566.

Each Tuesday evening during August, **Glebe CDAT** in conjunction with the Health Education Unit, University of Sydney, presented 'Drugs, your children and you: Bridging the Gap!'. The workshops were an opportunity for participants to gain valuable knowledge of why drugs are used, how they are used, how they affect the body and their potential harms. The aim was to



Working together – Hastings Council's crime prevention officer Beth Sawilejski, drug action team member Cara Dyer-Steel and Drugs and Community Action Strategy North Coast project manager Jenny Grant. Picture courtesy of the Port Macquarie News.

promote healthy and happy relationships within families to enable them to communicate about drugs and deal with drug-related incidents.

Hastings CDAT has launched its new drug action plan. The launch of the plan by Member for Port Macquarie, Rob Oakeshott was followed by a planning session involving members of the team. As part of the Plan, **Hastings CDAT** will support existing drug action in

primary schools through school drug education summits, promote the value of good communication between parents and young people, and approach TAFE and Adult Education multimedia students for help in developing a website for young people. Young people in the area are also designing a drug and alcohol awareness video, another initiative which clearly shows a community working together to address their local problems.

Speak Out 2002 Speak Out 2002 Speak Out 2002

180 people (including 110 young people) attended *Speak Out 2002* – a conference for those who care about young people, held at Charles Sturt University, Albury on 18 September 2002.

Speak Out 2002 aimed to:

- promote discussion and action around issues affecting young people in rural and remote areas;
- with young people as the driving force, develop action plans to address issues that they identify as affecting them the most; and

- increase young people's participation in the community and in service development and provision.

Nine key issues were discussed on the day, including: alcohol and other drugs; education, employment and training; recreation; mental health and wellbeing; access to services; legal issues; relationships; suicide; and sexuality.

At the conclusion of the day, participants chose *suicide, sexuality and recreation* as the key issues that they wanted to see action around in their community. Local service providers will continue to work on these priority issues, with young people

participating in the development and implementation.

In relation to the aims, one conference participant wrote:

"It was good how our issues and views were able to be expressed and solutions were thought of."

Speak Out was made possible through a partnership between City of Wodonga, City of Albury, Charles Sturt University, Upper Hume Community Health Service, Continuing Education Centre, Albury Community Drug Action Team and the Greater Murray Area Health Service.

Libraries – a new partner supporting communities to tackle drug issues

Families and local communities right across the state will have access to credible and accurate drug-related information through their local library. The Drug Information @ Your Local Library project (Di@YLL) includes a collection of books and pamphlets on a range of drug-related issues, such as an A-Z guide to information on specific drugs, tips on how to talk with your family about drugs, real life case studies about families affected by drugs, and up-to-date statistics.

Libraries also have an internet service that in just three clicks of a mouse will provide more information on drug-related issues –

<http://diayll.sl.nsw.gov.au>

Staff in the participating libraries will be trained to help the community find the information they are looking for and encourage people to make contact with the CDAT in the local area.

Mr Tony Trimmingham from the group Family Drug Support stressed the importance of the state-wide program:



[L-R] David Spruce and Sue Harding from Mudgee CDAT, Maureen Graham from the State Library of NSW, Jan Richards, Orange Library, Mary Nikolakopoulos from Randwick City Library Service with John Della Bosca, Special Minister of State, at the launch of the Community Drug Information Initiative.

"My son Damien died of a drug overdose. When I found out he was using drugs the library was the first place I went to for help," Mr Trimmingham said.

"It's great to know there is now a whole range of useful information on drug issues available to support people who are

concerned about drugs."

The Di@YLL project is part of the broader Community Drug Information Initiative which aims to highlight the simple actions people can take, and the range of information and support services available to help communities take a stand against drugs.

How CDATs can get involved

The Community Drug Information Initiative aims to put the issue of community action on the public agenda and highlight the simple actions people can take to address drug issues. The launch on 29 October 2002 was just the first step!

Working with your community and delivering the messages locally will be very important to ensure the success of the Initiative.

Main messages:

- There is a range of information and services available to support individuals and communities – here's how to access them.
- Everybody has a role to play in reducing drug-related issues.
- We all need to work together to take a stand against drugs.

Ways you can get involved include:

- host a community forum or information night;
- display a poster;
- run an exhibition featuring art that relates to drug issues; or
- launch the initiative in your community and nominate a local spokesperson to talk about the messages with the local media.

As part of the Initiative, tools are being developed to support local activities.

- *Getting involved in the Community Drug Information Initiative* – written especially for CDATs, this guide provides background information on the Campaign, suggests activities and helpful tools eg. press release templates, event planning checklists and story writing guidelines.
- A poster for CDATs to use to promote their events.



- *Community Action Kit* – developed for CDATs to give to local stakeholders and community members to encourage them to get involved.

For copies of the above contact Peita Shirvington tel: 02 9228 5157 or e-mail: peita.shirvington@premiers.nsw.gov.au

Helping parents talk with their kids about drugs



One of the new resources launched to support families tackle drug issues is the *Family Matters* booklet.

Family Matters contains information on the risks of drug use, suggested ways to deal with difficult situations and provides details of where to turn for help and general information.

Speaking at the launch, Premier of NSW, Mr Bob Carr said many parents were reluctant to broach the subject of drugs within their family or were simply unsure where to start.

“The *Family Matters* booklet makes it easier for parents to talk to their children about drugs. It also helps them answer any questions they may face,” Mr Carr said.

The Area Medical Director, Drug and Alcohol Services, Northern Sydney Health, Dr Stephen Jurd concurred.

“Drug and Alcohol experts stress that open and factual communication in a family environment is a key ingredient when tackling drug issues,” Dr Jurd said.

Family Matters is being distributed across the State via schools and public libraries.

An information sheet version of *Family Matters* is available in Bosnian, Chinese, Croatian, Khmer, Korean, Lao, Macedonian, Russian, Serbian, Spanish, Thai, Turkish, Vietnamese and also Arabic in the Arabic Parenting Magazine. To order copies contact Amanda Pullinger, Premier’s Department telephone (02) 9228 3523.

On-line versions are available at www.druginfo.nsw.gov.au/druginfo/info/Parents.html

Dr Stephen Jurd is the Area Medical Director, Drug and Alcohol Services, Northern Sydney Health. He says open communication is the key when talking about drugs.

1. Dr Jurd, one of the key aims of the NSW Government’s Community Drug Information Initiative is to encourage constructive dialogue about drug-related issues. How important is this aim?

When people support each other emotionally, drug use is less compelling. Constructive dialogue passes on information that enables action and provides emotional support in the process.

Even in the darkest moments of humans it is clear that we need to reach out and communicate with one another. Humans need contact with other humans. In the area of drug use, abuse and dependence, much of the interpersonal discussion around it is misconceived because it is based on poor information. I am delighted that the Government is seeking to redress the many misconceptions held in the community about drugs.

2. You’ve said open and factual communication between parents and their children is the key when talking about drugs. How can parents remain calm and objective when talking about this highly charged issue with their kids?

If parents understand the issues, accept their role and have the facts, then they can educate and reassure their children without arguing. Confidence is the key here. Parents need to approach their children confidently. To do this, they need enough knowledge to be able to process their own experiences so that they can be passed on to their children in a

constructive way. If parents are confident, they can approach their children and talk to them, if they believe it is a useful thing to do, or alternatively they can be ready when their child brings up drugs as an issue.

3. What would your advice be if a parent found out their child had experimented with ecstasy for example? How should they handle the situation and what resources are available to them?

I have made a decision to no longer use the term “ecstasy” when describing the drug MDMA as clearly that “lay” description of the drug is a very useful marketing ploy for the illegal sellers of that drug.

If you find out your child has experimented with MDMA, stay calm. Listen to your child. Taking a drug once or a couple of times rarely causes problems. There are many fears in the community about the use of drugs, particularly “new” drugs like MDMA. Parents need to get the factual information about these drugs to prevent that fear from disrupting their relationship with their child. Gather information, every library now has a full range of appropriate information about drugs. There is also a drug and alcohol website available at www.druginfo.nsw.gov.au

If, after talking to your child, you believe they have a problem then you can call the Alcohol and Drug Information Service (ADIS) on 9361 8000 (with-in Sydney) or 1800 422 599 (outside Sydney). They can provide you with all necessary referral information.

Parental relationships are protective and I applaud the NSW Governments attempts to diminish the fear in parents by providing them with information.



Lake Macquarie CDAT living by its logo: Putting the 'in' into 'interagency'



Kathy Rodgers, Lake Macquarie CDAT, with Minister Della Bosca at the launch of the Lake Macquarie Drug Action Plan in May.

Lake Macquarie CDAT (LMCDAT) is approaching its first birthday as an endorsed Community Drug Action Team.

The team and the Lake Macquarie Drug Action Plan were launched in May this year, by John Della Bosca, Special Minister of State and the Mayor of Lake Macquarie, Councillor John Kilpatrick.

Media coverage was positive and there was a great show of support by community organisations and government agencies.

Derived from a community consultation with over 200 participants, the team has worked steadily to develop a solid ethos, structure and purpose. Over 100 organisations and individuals have contributed to the CDAT to date – they include government, non-government, business and community representatives.

The overall principle of the Team is to engage local communities in achievable and positive strategies and activities. We look to building awareness and understanding of many drug and alcohol issues by increasing familiarity and respect for concepts such as 'early intervention', 'harm minimisation', 'demand reduction' and 'social support'. Our logo, the 'city wide' winning design by Karen Hancock, reflects the personality of our approach – people linked, reaching out by helping, caring

and finding solutions with understanding, teamwork and a strong sense of community.

We are promoting local ownership of drug-related issues and challenges that previously had been dismissed by individuals as "someone else's problem". A solid 'interagency' understanding is developing and communication between agencies, departments and individuals is accelerating in quantity and quality. Drug-related issues and information are being increasingly 'networked' throughout the Lake Macquarie area.

Consultation locally helped us identify five key issues: community perception and safety, health, education, services, and family and community drug impact issues.

Separate, smaller teams within the CDAT work on specific, relative projects and strategies for each issue.

This tiered issue based approach complements the diversity of LMCDAT members' skills and further encourages participation by giving the opportunity to contribute an individual's chosen area of expertise. It also helps to engage the assistance of a wide range of government agencies and local services.

Initiatives undertaken to date include:

- Engaging local schools and community groups with the city wide logo competition.
- Promoting CDAT principles and information with the development of LMCDAT coasters, stickers, tattoos and banners.
- Freewheels Youth Drama: *One Bad Night* – part of the Crossing the Divide Project. An interactive theatre production about young people and alcohol. Members of the LMCDAT were involved in workshops to develop production content/themes and in the promotion/advertising of the performances.
- Participation/support of local events and organisations.

Information and education have been major elements of LMCDAT activity. Our meetings include regular attendance and presentations by representatives of government agencies, drug and alcohol support organisations, youth organisations, local state and federal

politicians, the Chambers of Commerce, church groups and local charitable organisations.

The increasing exchange of information is strengthening the 'network of information and services' within Lake Macquarie – not just drug and alcohol related, but encompassing many aspects of community life for individuals of all ages.

Regional CDAT meetings/forums are a great opportunity to expand this network from our local area to other communities within NSW. In June, members of the LMCDAT attending the Kurri Kurri Conference were able to network with other CDAT members, share information and resources and find out about asset based community development. Personally, I found it was a good opportunity to converse with others, who could relate to our hopes and frustrations, about what we were achieving and experiencing – successes and barriers.

The LMCDAT has provided many positive experiences and opportunities for its members and the wider community. It would not have come so far, so soon without the enormous contributions of individuals committed to the challenge of seeking 'drug answers – not drug problems', it would not have had a 'home' and a guardian without the Lake Macquarie City Council and Darlene Taylor (Social & Cultural Planner).

Congratulations LMCDAT. One year – many people – it all helps make a difference!!

Kathy Rodgers, Lake Macquarie CDAT.

This article has been edited for length. For a full version of the article please refer to the Drugs and Community Action module in the communitybuilders website at www.communitybuilders.nsw.gov.au/drugs_action



In the footsteps of our ancestors



The 'AHHS' Team: Ed Braddick, Marilyn Pittman, Nikki Wellington, Sylvia Campbell.

The South Coast Aboriginal Holistic Healing Service – Substance Use (AHHS) is finally getting off the ground! Our Illawarra/Shoalhaven Aboriginal Alcohol and other Drug Taskforce (our local Aboriginal CDAT) together with the Aboriginal CDAT on the far south coast has been instrumental in doing the consultations and achieving this major outcome for all Aboriginal people on the South Coast of NSW.

With recurrent funding provided by the Office for Aboriginal and Torres Strait Islander Health (OATSIH) and grants from both the NSW Premier's Department and Illawarra Health we are well on the way to providing the staff and the premises that, together with other Services in the region, can best serve the Aboriginal community on the South Coast. Aboriginal people can feel a sense of ownership and free participation in this new Service as it develops to meet the needs of our families and communities. It is an Aboriginal service run by Aboriginal people for Aboriginal people.

The AHHS is auspiced by the South Coast Medical Service Aboriginal Corporation as part of an agreement between mainstream and community controlled organisations that provide services to the Aboriginal community. The focus of the Aboriginal Holistic Healing Service (Substance Use) is to address the issues of substance use in our communities, in ways, which bring healing to individuals, families and the communities themselves. Elders who are willing to share their wisdom with the

next generation and who are willing to listen to young people are crucial to this process as are young people themselves.

You will see us out and about in the community as we work with individuals and families – we are open to your input and direction. We hope to concentrate on the prevention of major problems in relation to substance misuse and intervene early with alternative solutions that reduce the harms to everyone concerned.

Initial programs developed include:

- Aboriginal Women's Group to see Deborah Mailman in her one woman show "The Seven Stages of Grieving",
- The Marumali program for Aboriginal Health Workers to be able

to work more effectively with people from the Stolen Generations,

- Aboriginal Women's Business Gathering for women across the region.

To support the service a major resource library of books, journals and videos that relate to substance use in the community, including local resources, will be developed. This will be available to Aboriginal students who will be trained in alcohol and other drug issues and related areas. We recognise we need more trained Koori drug and alcohol workers. It will also be available for members of the community to use.

It is an incredible achievement for our communities that this Service is being established. All credit goes to the many Aboriginal people, and our supporters who have worked so hard over the last few years, as part of our Community Drug Action Teams – to develop healthy and safe Aboriginal communities.

The Vision Statement of the AHHS is included on the Drugs and Community Action website www.communitybuilders.nsw.gov.au/drugs_action

Copies of the Report: *Partnership in Action: South Coast – Aboriginal Holistic Healing Service – Substance Misuse* may be obtained by ringing the South Coast Medical Service Aboriginal Corporation on (02) 4428 6666.

Young filmmakers received \$21,000 from NSW Health

The PLAY NOW/ACT NOW 'safe celebration' film festival was held to a huge receptive audience in the Chauvel Cinema on Tuesday 15th October.

Students from universities across the State submitted short film entries to the competition. The competition provided an opportunity for students to explore some of the health and social issues surrounding alcohol and other drug use amongst this high risk population.

First prize of \$15,000 was shared and went to:

- 'Crash Course Dummies', University of Newcastle, by Pat Nichols and team,

- 'bartender.com.au', University of New South Wales, by Murray Adam and team.

Third prize of \$2,500 went to:

- 'Be Here Tomorrow', University of Western Sydney by Ainslee Hunter and team.

Universities at which these filmmakers studied also received cash prizes.

PLAY NOW/ACT NOW will be run again in 2003. PLAY NOW/ACT NOW is a part of the NSW Government Youth Alcohol Plan 2001-2005. Metro Screen are the film festival partners. For more information go to www.playnowactnow.net.au

Drug-Crime Diversion Information Sheet

The information sheet provides an overview of the five current drug-crime diversion programs operating in NSW. These include:

- Changes to the Young Offenders Act
- Adult Cannabis Cautioning
- Magistrates Early Referral into Treatment (MERIT)
- Youth Drug Court
- Adult Drug Court.

The information sheet is available in English, Arabic, Chinese, Croatian, Khmer, Lao, Serbian, Spanish and Vietnamese.

To order copies contact Amanda Pullinger, Premier's Department, Ph: (02) 9228 3523.

Dual diagnosis issues – comic for young people

Streetwize Communications is distributing a new comic, *On the Edge*, the result of a two-year joint project between Streetwize Communications and the South Sydney Youth Service to raise awareness of dual diagnosis (illicit drug use and mental health issues). The comic is aimed at young people aged 14 to 24 who are using drugs and have emerging mental health issues. *On the Edge* aims to help the target group find support. It can be purchased from Streetwize Communications, Ph: (02) 9319 0220.

Safer celebrations – a planning guide for event managers in NSW

Use this practical, online guide to make sure you cover all legal and safety requirements when planning an event where alcohol will be provided. It is also a useful guide for planning any large event. Available at www.communitybuilders.nsw.gov.au/building_stronger/safer_e_guide.html

Drug Action Editorial Committee

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Liz Junck, *DCAS Project Manager, Statewide Issues*

Amanda Pullinger, *Community Drug Information Strategy Project Manager*

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, Project Manager in your region (see below) or visit the website www.communitybuilders.nsw.gov.au/drugs_action

Project Managers can provide additional resources that explain the Strategies and the work of the Community Drug Action Teams in more detail.

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