

Drug Action



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NSW COMMUNITY DRUG STRATEGIES NEWSLETTER

Teenage Partying – What's it to You?



Presenter, Geraldine Doogue and Kyogle CDAT Chair, Melita Luck.

The community of Kyogle in northern NSW welcomed one of Australia's most celebrated journalists, Geraldine Doogue from ABC's Radio National, as a guest of honour at their Youth Week public forum on 10 April 2003. The forum covered various aspects of the topic "teenage partying", challenging the community to answer the questions "what's it to you?"

In December 2002, three local teenage boys were killed in a car accident. The boys had been partying before the tragedy. The Kyogle

Community Drug Action Team organised the forum as a way for the community to think about ways to reduce the likelihood of a recurrence of this horrific event.

300 locals turned up on a raining midweek evening to attend the event at the Memorial Hall. Youth Council members of Kyogle Youth Action acted as hosts for the evening kicking off with delicious and exotic mocktails served in the foyer.

Jenny Grant, Drugs and Community Action Strategy Project Manager gave a presentation on safer teenager partying. As a mother of four Jenny has had plenty of experience in hosting teenage parties.

"I was quite nervous about delivering an address on such a sensitive and controversial issue but many people took notes, were asking question and talked further with me at the end of the night so I must have struck a chord with them which pleased me," said Jenny.

Show bags of information for families with teenagers were distributed at the event.

Geraldine's lessons were about finding balance and harmony in ones life by taking time out for fun and play. She stressed the

importance of taking on challenges that gently stretched oneself without being overwhelming. Geraldine also highlighted the worth of having a little bit of reverence in your day. Taking time to appreciate and value your life and environment.

A key segment of the evening was a Geoffrey Robertson-style 'hypothetical' moderated by Chris Shipway of NSW Health.

Panel members of the Kyogle community included the Mayor, a headmaster, ambulance officer, youth worker, a publican, three young people, a mother, a reverend, a journalist, nurse, an Elder from the Bundjalung people, and a police sergeant. Panellists discussed teenagers and alcohol in detail and with insight. A talkback session followed, facilitated by Geraldine Doogue.

"Talking through all aspects of these issues can help a community develop a solution that fits their own unique circumstances", Chris Shipway said.

The evening proved to be fun and entertaining as well as confronting the serious issues of teenage drinking.

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NSW ALCOHOL SUMMIT 26-29 AUGUST 2003

The NSW Government will host the NSW Alcohol Summit from 26 August to 29 August 2003 at Parliament House, Sydney.

The Summit will be co-chaired by former Federal Health Minister, The Hon Dr Neal Blewett and former NSW Opposition Leader, The Hon Mrs Kerry Chikarovski.

The Summit will bring together alcohol experts, families, industry, representatives of

interest groups, community leaders and Members of Parliament to examine existing approaches to alcohol abuse and produce new ideas and solutions.

Summit Working Groups will look at current strategies and programs, consider what works and what doesn't, and make recommendations for future action.

The Summit is expected to provide a

communiqué outlining an agreed framework and set of directions for the Government to consider. The Government will respond to the recommendations with an action plan.

To access up-to-date information about the Summit, make a written submission for consideration, and contribute to discussion on the Alcohol Summit visit

www.alcoholsummit.nsw.gov.au

This website will be updated regularly.

The last 12 months have seen a tremendous amount of local activity driven by the new partnerships Community Drug Action Teams have been developing.

Di@YLL launches have taken place from Warringah to Wagga Wagga Library and beyond. Many more launches are planned during May and June 2003.

The Alcohol and other Drugs Council of Australia's Drug Action Week 2003 from 23-28 June 2003, 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.

Events can be as grand and large scale as the National Launch or as small as a BBQ in the park for families and the community.

Drug Action Week 2002 saw CDATs involved in open days, seminars, youth music events, film nights and public forums.

Contact your Project Manager for further information or check out www.adca.org.au for updates about Drug Action Week 2003.

Yvonne Korn

Yvonne Korn
Project Director,
Community Drug Strategies

Local launches of Di@YLL CDATs and library staff working together

Libraries are celebrating the arrival of Di@YLL (Drug Information at your Local Library project) with over 90 local launches taking place across the State between April and June 2003.

The new Di@YLL resources include:

- 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 for local services.

Libraries now play an integral part in making information on drugs available to the community. The Di@YLL resources have been chosen to meet the needs of parents and young people, assist families deal with issues and help those concerned about drugs in their community.

The launches provide a great opportunity for Library staff, Community Drug Action Team (CDAT) members and local alcohol and other drug services to work together.

Auburn library launched their Di@YLL collection on Monday 5 May 2003.

"The Di@YLL resources are a fabulous addition to Auburn library," said Carolyn Young, Di@YLL representative, Auburn Library.

"The launch was a great success. The local CDAT helped plan it and gave us lots of suggestions for other ways to promote Di@YLL in the future."

In May, MP Mr McGrane officially opened the Di@YLL information centre in Dubbo.

"Libraries have long been recognised and trusted as centres for learning and it's because of this reputation and their accessible nature that the drug information centres have been established in them.

"Library staff and members of the CDAT are to be congratulated for their hard work and efforts in getting this facility established here," Mr McGrane said.

For further information on upcoming launches and ways CDAT members can get involved, contact your regional project manager.



From left: Barbara Perry, M.P. Member for Auburn, Carolyn Young, Di@YLL Representative Auburn Library, Moira Magrath, Chair Auburn CDAT, Michelle Dowling, Library Manager.

Other Di@YLL launches around the state

- Mosman Library – June 18
- Many Di@YLL launches coincided with Drug Action week: Bega Valley Library, Wollondilly Library, Southern Tablelands Library, Newcastle Library all launched Di@YLL on June 23
- Fairfield City Library also launched Di@YLL on June 23 with a special guest appearance by Ms Lee Lin Chin from SBS Television
- Queanbeyan Library – June 24
- Richmond Upper Clarence Regional Library, Shellharbour, Many and Hawkesbury City libraries all launched Di@YLL@LL on June 25
- Campbelltown Library and Woollahra Library – June 26

What's it to you – Youth Week 2003

Each year Youth Week continues to grow in popularity and coverage. This year 158 of the 172 NSW local councils participated in Youth Week 2003. Well over 1,000 events were held around NSW with over 120,000 young people getting involved by either managing the events or participating in activities in their local area.

The success of Youth Week is largely due to its grass roots approach. Young people have the opportunity to be involved in every aspect of a Youth Week activity from deciding what event they would like to hold all the way through the event process to reconciling the budget at the end of the event.

Events held this year ranged from local level forums where young people discussed issues such as safe public space, drug and alcohol issues and building community partnerships, to large scale local events such as *Bondi Blitz*, *Shoreshocked* at North Sydney and *Hype* at Baulkham Hills. Larger festivals each had stalls where young people could access information on drug and alcohol issues as well as information on tackling risk taking behaviour.

The Motor Accidents Authority (MAA) under their *Arrive Alive* banner are the major sponsor of Youth Week. The goal of *Arrive Alive* is to address young people's risk taking behaviour in relation to road safety and get them to value the importance of arriving to whatever destination alive.

CDATs around NSW get involved each year during Youth Week. This year was no exception. A range of activities were held this year to help young people understand the dangers of drug and alcohol issues. Information, advice and assistance were also provided to young people in directing them to further drug and alcohol information and services.

Major NSW Youth Week events include the *YouthRock* school rock band competition and the *Silent Cells Film Festival*. These competitions see hundred of young people from around NSW



Young people queue for their chance to guess a standard drink.

entering for a chance to win big prizes and have some fun.

Youth Week is a positive project that encourages young people to focus their energy and skills on working with their community to provide safe drug and alcohol free events for their peers.

CDATs play an important role in Youth Week and are invited to start thinking about potential activities for Youth Week 2004.

*Roslyn Harrison,
NSW Youth Week Co-ordinator*

WESDARC's Standard Drink Competition

During Youth Week WESDARC (Western Sydney Drug and Alcohol Resource Centre) hosted a *Standard Drink Competition* which is a fabulous alcohol awareness initiative.

The aim of the competition was for young people to pour what they believe to be a standard alcoholic drink. Results of the 80 entrants trying to accurately guess a standard measure within 10mls were:

- 20 guessed correctly for wine,
- 13 guessed correctly for beer, and
- 30 guessed correctly for spirits.

This initiative was part of the Young Women and Alcohol Project. The final stage of the Project will be the release of a magazine due out in July. Call WESDARC on (02) 4732 1999 to order your copy.

FYI – the standard drink measures are:

- 100ml standard serve of wine (12% alcohol volume)
- 285ml full strength beer/equivalent of one midi (4.9% alcohol volume)
- 30ml spirits (40% alcohol volume).



Action Around the State

Tony Trimmingham from Family Drug Support was guest speaker at two forums held in Culcairn and Holbrook on 6-7 May 2003. The *Strengthening Our Communities* drug and alcohol forums were organised by **Culcairn-Holbrook Youth Action Team**.

Representatives from the Youth Solutions, formerly the Macarthur Youth Drug and Alcohol Project delivered a one day information workshop on *How to host youth drug summits* to 30 members of Community Drug Action Teams from the **Illawarra and South East** regions on 4 April 2003 at Bateman's Bay.

The training included a discussion on the philosophies and importance of youth participation as well as practical information on how to plan and stage a youth drug summit. The model has previously been applied to tobacco and alcohol and has also been implemented within the Aboriginal community.

This model actively involves young people in the process of identifying and prioritising drug-related issues of concern and developing and implementing action plans to address those concerns.

Over 160 people attended the **Orange Community Drug Action Trivia Night**. These numbers exceeded all expectations. Students from years 7 to 12 from Orange High School, James Sheahan High School and Canobolas High School



Big Brother celebrity, Kieran Tanner with trivia night winners.

participated. Both young people and CDAT members alike enjoyed the night.

The most popular aspects of the night were Big Brother Celebrity, Kieran Tanner who facilitated the evening, the great prizes and an excellent selection of mocktails. Young people reported learning new facts about drug and alcohol and other health problems including, the effects of drugs and alcohol; what to do if someone has an overdose; and safe sex.

The Trivia Night was a team effort with community health workers preparing the mocktails and distributing health promotion material. CDAT members waited on the tables, scored question

sheets and helped with the games between trivia rounds. There was an overwhelming positive response for the Trivia Night to become an annual event.



Young people enjoy the added attractions of the trivia night.

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Melita Luck, Chair of the Kyogle CDAT and event organiser, was concerned how the hypothetical would be received by the community after the recent death of three local teens.

"The community's wounds were still very new and I was concerned that the issues surrounding drink driving may have been a little too sensitive but the community supported the event wholeheartedly and I am really pleased with the outcome", Melita said. All participants considered the event a great

success. It turned the tragedy of teenage road fatalities into a focus for the community to come together and move forward in addressing drug and alcohol issues in their small town.

What's more important is the follow on activity since the event. A community brainstorming session held recently highlighted the need for tailored programs to address alcohol issues in the community. One example is the development of a mentoring program for young men. A sub committee has been set up to develop the mentoring program.



Young people of Kyogle serve up mocktails at the Steady Legs Mocktail Bar.

RAP – The Medium for an Important Message

A growing awareness of the incidence of sexual assault, sometimes linked with the use of drugs and alcohol or 'drink spiking' prompted the Tamworth CDAT and other community services partners to conduct a RAP workshop to make the point that sexual assault and any other forms of violence and substance abuse is not okay.

Convened by Newcastle Rappers, Joel Wenitong and Brooke Kenny, the workshop 'talked' 15 participants from 14 and 18 years through writing, performing and recording.

Joel, who at 26 is an old hip hop hand, commented that "Hip hop and rap started as a means for disadvantaged people to talk about politics and the issues that concerned them on an everyday level. That's why so many Indigenous Australians are into it.

The defining element of rap is truth, which is why it is such a highly regarded musical

medium. Few young people have the confidence or skills to communicate thoughts and concepts in conversation, however rap is a very fluid medium for kids to do just that."

Throughout the three day workshop, service providers facilitated group discussion on the issues of what constitutes consent, intoxication and consent, choice, and coercion. With Joel and Brooke's expertise to guide them, the participants crafted lyrics conveying the themes of the workshops, set the lyrics to a rap beat and recorded the tracks on CD. Audio technician Mark Shields was also on hand to record comments from the discussions and to combine comment and the young people's recordings into a radio documentary to air on local radio later in the year.

As with many projects there is the question what happens when the artists from out of town leave? The participants are now so fired up by the process that they have approached the local service providers with a costed list of equipment they will need to sustain the project. The next move is to invite parents,

community elders, federal, state and local government members, chamber of commerce and service club members to an evening where Tamworth's new rappers will show off their skills and to put in their plea for further funds to sustain the project.

Good news travels fast in the bush and young people who did not have a chance to participate in this workshop may get a second chance through further funding being sought to extend the program by bringing Joel back.

Project partners include the Tamworth CDAT, NSW Premiers Department Drugs and Community Action Strategy, Centrelink, New England Area Health Service, Tamworth Community Drug Action Team, NSW Strategy to Reduce Violence Against Women, Tamworth Family Support, Tamworth Youth Care, NSW Department of Community Services, NSW Department of Education and NSW Police.

Andrew Parker, Drugs & Community Action Strategy, New England/North West NSW

Getting Smashed!

NSW Department of Health alcohol awareness short film and video competition PLAY NOW/ACT NOW is set to run again in 2003.

PLAY NOW/ACT NOW is an initiative of the NSW Government's Youth Alcohol Action Plan 2001-2005 and is one of the most lucrative competitions of its kind in Australia.

PLAY NOW/ACT NOW is a video and film competition with three cash prizes totalling \$17,500.

Last year the competition was targeted at students studying communications at universities in NSW. With the theme of *Getting Smashed: Young people, alcohol and drugs*, this year's competition has been opened to all NSW residents between the ages of 18 and 25.

Essential Information

Festival theme:

Young People, Alcohol and Drugs. Productions can be of any genre. Creative approaches encouraged

Duration:

Maximum length including titles and credits is 5 minutes.

Entry deadline:

5pm July 25, 2003. Entry is free.

Prizes:

Three cash prizes totalling \$17,500.

Entrants:

NSW Residents between 18-25 yrs of age.

If CDATs would like more information visit the website

www.playnowactnow.net.au

The Getting Smashed competition is coordinated by Metro Screen.



New resource for drug affected families now available.

Family Drug Support has launched its new *Guide To Coping* kit to assist families affected by drugs.

This Kit is a joint Federal and State Government initiative which contains 21 informative fact sheets and other resources and a manual which guides families through the whole process of supporting someone with drug problems.

This resource focuses not only on facts and information but also assists people dealing with emotional and practical issues like overdose prevention, drugs and the law, and effective communication.

For information on how to obtain this resource or for further details contact Tony Trimmingham on (02) 9798 0001.

Helping parents talk with their kids about drugs

In October 2002 the Premier's Department produced the *Family Matters* booklet and a set of information sheets in community languages to help families tackle drug issues.

The *Family Matters* information sheet 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.

The information sheets are available in Thai, Croatian, Spanish, Serbian, Vietnamese, Bosnian, Chinese, Turkish, Korean, Macedonian, Russian, Khmer, Lao.

The four new languages now available are Fijian, Samoan, Tongan and Punjabi. To order copies contact Tangi Tearii Toru, Premier's Department telephone (02) 9228 3731.

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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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