

# Substance Misuse Update Taranaki

## Editorial

Tena koutou katoa

Welcome to the first edition of Substance Misuse Update Taranaki for 2007. We have revamped and improved this edition in response to the evaluation carried out in 2006.

We would like to thank all the people/organisations who took the time to complete the evaluation. Your feedback is essential for us to continue to provide a meaningful and worthwhile newsletter.

The theme of this edition applies the five key action strategies of the Ottawa Charter. The Ottawa Charter provides an international common understanding of health promotion and provides a framework for a large amount of the work that is being done in the health promotion sector.

The strands of the Charter are:

1. Build healthy public policy
2. Create supportive environments
3. Strengthen community action
4. Develop personal skills
5. Reorient health services

Special thanks is given to the people who have submitted articles; updates or profiles for this issue. We welcome the opportunity for organisations or individuals to provide input into this newsletter at any time.

Happy Reading!!

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## Ottawa Charter Strand: REORIENT HEALTH SERVICE



WAVES Youth Health, Development and Support Service is up and running! Waves opened on the 23rd of April and young people aged between 10-25 years are already making use of the service. A range of free and confidential service are available at Waves, including:

- Counselling
- Nurses
- Doctors
- Sexual and physical health checks
- Youth programmes
- Peer support

The Youth Health team at Waves are planning evening activities and the alcohol and drug awareness programmes. These aim to raise awareness amongst young people of being alcohol and drug free, which the team feels is the most important aspect of their service. Keep an eye out for advertisements as these events will be on offer in the near future.

Waves also provides a place for young people to just chill out for a while. They can make use of the pool table, watch TV or DVD's, and will soon have access to the internet. So why not go and check them out...it's a rad place.

Waves Youth Health, Development and Support Service

33 Gover St  
New Plymouth  
Phone: (06) 7579901 or (06) 7579906  
Opening hours are Monday – Friday 12-6pm.

## Ottawa Charter Strand: CREATE SUPPORTIVE ENVIRONMENTS

### THE PARENT PACK

'Tools for the Teenage Years' is a resource booklet designed to provide ideas and tools for parents and/or caregivers to guide their children on issues such as drugs and alcohol, during their teenage years. The booklet is being presented to schools and workplaces throughout the region by Sue Jans in South Taranaki; and Anna Duncan and Lyn Hoskin in North Taranaki. The primary audience for this resource is parents and/or caregivers of teenage children. The booklet provides information, ideas and tools to deal with issues that arise in teenage years, particularly around drugs and alcohol. Sue Jans, of Hawera, presenter of the Parent pack in South Taranaki shares a little about the booklet, and the presentations that are being held.

"Contact was made with school Parent Teacher Associations (PTA's) of local intermediate and high schools as a starting point to reach parents and/or caregivers of teenagers. Feedback from a presentation to a group of parents of early teens has shown that this information is much needed in the community, and necessary to reach as many parent and/or caregiver groups as possible.

To date, feedback and input from participants has recognised the practicality of the strategies suggested in the booklet, and the clarity of information outlined. My aim is to contact as many different groups of parents and/or caregivers and whanau to promote the information contained in the booklet and generate an awareness of the issues that teenagers and parents and/or caregivers are faced with.

Presentation of the booklet takes between 30 to 45mins, and involves a powerpoint presentation and overview of 'The Parent Pack' booklet, which are available for participants to take home. I encourage organisations, schools, parents and/or caregivers and whanau groups to make contact with me for a presentation or more information regarding 'The Parent Pack'."



For more information contact Sue Jans mobile 027 224 0217 home 06 278 3398 [sue.jans@xtra.co.nz](mailto:sue.jans@xtra.co.nz) or the Health Promotion Unit, TDHB phone 06 753 7799

## Ottawa Charter Strand: CREATE SUPPORTIVE ENVIRONMENTS

### CONCERNED SIGNIFICANT OTHERS

The Concerned Significant Others (C.S.O.) Group operates as part of the Alcohol & Drug (A&D) Service at the Taranaki District Health Board (TDHB). The group meets weekly from 6 -7.30pm Tuesday nights, with the aim to provide support and education for families/whanau who share their lives with someone experiencing problems as a result of substance misuse.

Families can often feel overwhelmed when coping with the unpredictable behaviour when sharing their lives with someone who has an alcohol or drug problem. Asking for help can be a daunting step, due to the stigma surrounding this problem. Feelings of shame, blame and secrecy can be a barrier to seeking help. Sue, the Consumer Advisor for C.S.O. tells of her family's experience:

"When we realised our daughter had a serious alcohol problem we found we were all struggling. Feelings of despair and desperation set in as we grappled with the day-to-day dramas. It seemed more like our problem than hers. My daughter's A&D counsellor introduced me to the C.S.O. group, where I found support and understanding. It was a huge benefit to share with others and I gained strength and confidence to make positive changes, learning valuable skills around boundaries and effective communication."

Research shows that substance abusers have an increased chance of engaging in treatment when those closest to them (their C.S.O.s) are receiving support and education. Not only does the family become empowered, they can help their loved one find a pathway to sobriety.

The service is currently working to raise public awareness of the group and services available. More information about the C.O.S group is available from the A&D service of TDHB. Staff are also available to come and speak or provide presentations and information to community and other service providers about the C.O.S group and other Alcohol and Drug related issues.

Please contact Sue Philipson, Michelle Doorbar, Terry Finnigan or Peter Hickey for more information or to arrange a time, by phoning 06 753 7838

# Ottawa Charter Strand: BUILD HEALTHY PUBLIC POLICY

## POLICY UPDATE

It has been a busy time in terms of policies and legislation. Here is a summary of recent developments...

### Party Pills/Benzylpiperazine (BZP)

We are awaiting the decision on the classification of party pills as to whether BZP, phenylpiperazine and related substances be classified under the Misuse of Drugs Act 1975.

### Review of sale and supply of alcohol to minors

The Government is currently undertaking a review of sale and supply of alcohol to minors, which is being led by the Minister of Justice, Mark Burton. The goals of the review are to:

- Determine the harms rising from the sale and supply of liquor to minors;
- Evaluate the effectiveness of current restrictions on sale and supply to minors; and
- Develop policy proposals, as necessary, that address the causes if harms arising from sale and supply to minors.

The review was announced during debate over raising the minimum purchase age to twenty years of age. We look forward to hearing the outcomes of the review!

### Review of the regulation of alcohol advertising

The Government appointed steering group for the review of the regulation of alcohol advertising have recently released their report which included the following recommendations:

- The current self regulatory system to become a more enforced

model.

- A need for coherent legislative framework to include public policy goals. This will ensure there is no conflict with issues such as responsibility and moderation of alcohol consumption, and minimising exposure to those under the purchase age.
  - The new model be extended to cover all forms of alcohol promotion and communications with formal powers given to those who investigate rule breaches.
  - A need for internal and independent monitoring with a review of all enhancements in two years.
  - Further research in the area of alcohol sponsorship, and encouraging organisations to minimise exposure of children and young people to alcohol products and brands.
- To view the report in full, please refer to:

<http://www.ndp.govt.nz/publications/report-steering-group-alcohol-advertising.pdf>

### District Council Alcohol Strategies

We would like to commend the South Taranaki and New Plymouth District Councils, who are developing district wide alcohol strategies. The proposed strategies will encompass a wide variety of aspects related to alcohol. For example:

- Liquor licensing, planning and enforcement
- Use of alcohol on council property and at public events
- Partnerships and community action
- Working with young people.

These strategies will provide a comprehensive way of managing alcohol across the district. A number of organisations have been invited to contribute to the development of these strategies. Community input will also be an important part of the strategy development. Watch this space!

# Ottawa Charter Strand: CREATE SUPPORTIVE ENVIRONMENTS

## PROFILE

In March 2007, New Plymouth Police appointed Constable Kerry Yates to the position of Liquor Licensing Officer. The position has been established because Police recognise that alcohol related issues have been increasing for several years and these types of

offences contribute significantly to recorded crime. Alcohol misuse also contributes to road trauma and other types of victimisation, such as domestic violence and injury to others.

Constable Yates' role as the Liquor Licensing Officer is to introduce prevention strategies through active enforcement by Police to reduce alcohol offending by working collaboratively with partner organisations. To achieve this the focus is on issues where alcohol consumption creates high risk environments such as licensed premises, youth drinking, public place drinking and intoxication.

The role incorporates a variety of tasks. Key functions include:

- Vetting applications
- Developing relationships with licensees and their staff
- Ensuring that licensees comply with their legislative requirements by managing their premises well
- Appropriate enforcement of the offence provisions of the Sale of Liquor Act
- Internal staff training
- Monitoring the liquor ban and initiating changes where necessary
- Developing police strategies to reduce the effects of youth drinking and hold them accountable when they offend
- Running controlled purchase operations in partnership with the DLA (District Licensing Agent) and
- Facilitating training at WITT (Western Institute of Technology) Liquor Control Qualification courses.

Alcohol is a part of our community. It needs to be managed appropriately by the establishment of systems to control the sale and supply of liquor to the public which aims to contribute to a reduction in liquor abuse. This is Constable Kerry Yates' objective.

Please contact Kerry should you require further information.

Constable Kerry Yates: Liquor Licensing Officer New Plymouth Police  
email: [kerry.yates@police.govt.nz](mailto:kerry.yates@police.govt.nz)

# 'NOT EVEN' Opunake

## Ottawa Charter Strand: STRENGTHEN COMMUNITY ACTION

Brother and sister duo Tumehe and Whakaangi Rongonui, presenters of Maori Televisions' youth programme 'Haa', got the Opunake Community talking on Tuesday 22nd May when the pair MC'd a successful, entertaining and informative night called "Not Even". The night was held during Youth Week and attracted around 200 teenagers and their parents from Opunake and surrounding areas. The aim of the evening was to encourage parents and students to open the lines of communication and discuss what is important to them in a fun and supportive environment. Topics for discussion included; youth culture, parent culture, sports, attitudes towards alcohol, drugs and peer pressure.

The topics of the night were presented in a enjoyable, multi choice quiz facilitated by Tumehe and Whakaangi , who are former Opunake High School pupils. The supporting MC was inspirational entertainer Henare O'Keefe, also known as 'Hip Hop Cop', who presented on the importance of increasing positive communication between young people and their parents. The night was an opportunity for parents of teenagers to meet and encouraged them to form networks and support each other when dealing with issues raised by their children.

Prizes were donated from local businesses and organisations. The major prize draw being a brand new CSA surfboard, designed and made by another local Cane Aldridge. The event was a joint initiative between the South Taranaki District Council, Police, Ruanui Health Centre, Mahia Mai A Whai-Tara, Health Promotion Unit TDHB, Youth Transition Service, Child Youth & Family and Opunake High School.



## ANDREW FRENCH

## Ottawa Charter Strand: DEVELOP PERSONAL SKILLS

Tena Koutou Katoa

My name is Andrew French and I am the new Youth Alcohol and Drug Worker at Child and Adolescent Mental Health Services (CAMHS) at Taranaki District Health Board. I have a background as a social worker, having completed a Postgraduate Diploma in Community and Social Work at Otago University. I am currently studying in the AOD (Alcohol and Other Drugs) programme at WELTEC (Wellington Institute of Technology). Prior to this position I worked as a Youth Services Social Worker for CYFS (Child, Youth and Family Services) for the past three years. I would like to acknowledge my predecessor Richard Parsons and the positive work he did for our local youth; big shoes to fill. I am available for referrals for youth up to 18 years of age who may have AOD concerns, and can help with any other related issues. Young people can refer themselves directly or a written referral can be made to CAMHS. I am enjoying my new job and am proud to be able to help our the youth of Taranaki grow into happy, well balanced adults.

Andrew French can be contacted on (06) 753 7790 extension 8499 for more information