

Substance Misuse Update Taranaki

Editorial

Tēnā koutou katoa

E ngā iwi, e ngā reo, e ngā karangatanga maha e noho mai nei ki raro i tō tātou nei maunga tītōhea, a maunga Taranaki, tēnā koutou, tēnā koutou, tēnā tātou katoa.

Greetings and welcome to the last edition of our newsletter for 2008.

Christmas is only just around the corner so check out this edition for some tips to keep you, your family and your friends safe during the Christmas and New Year festive season.

This issue will update you on our new Medical Officer of Health, recent training initiatives, a high school night out for Smokefree youth, and an update about FASD International Awareness Day.

We recently said our farewells to Nita Brown who has moved on to Wellington to begin her adventure pursuing her passion in Fine Arts. We wish Nita all the best.

We would like to thank all those people who contributed to this newsletter. We encourage anyone working in the area of alcohol, tobacco or other drugs to submit relevant information and articles they wish to share with the community.

We hope you all have a safe and happy holiday and wish everyone a Merry Christmas and a Happy New Year!

It's great to share what's happening out there!

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Reorient Health Services: Alcohol and Drug Train the Trainers Workshop



Groups creating a collage using art materials.

Alternative education providers, along with the Health Promotion Unit (HPU) identified the need for education on safe alcohol use for young people in their programmes. To provide this service, a 'train the trainers' approach was developed and supported by visual resources such as DVDs and posters.

The Train the Trainers Alcohol and Drug Education workshop was held at the Stratford Salvation Army Hall on Monday 20th October. Seventeen educators from various alternative education providers attended the training, which was facilitated by a Youth Alcohol and Drug Therapist from Taranaki District Health Board and Mental Health Promoters from the Mental Health Foundation.

The workshop covered basic alcohol and drug education, motivational interviewing and other interactive approaches. Evaluation of the training deemed the workshop as successful and practical with requests for additional training in the future.

For more information on the workshop and future trainings, contact:
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Pubs, Clubs & Restaurants take back control

Ottawa Charter Strand: Create Supportive Environments



A large number of staff members from licensed premises attended a free training programme to develop their professional knowledge and practical skills within the hospitality industry.

A total of 24 staff members including licensees, managers, door staff security and general staff from a variety of pubs, clubs and restaurants in Taranaki, participated in a three-day intensive training programme in Stratford. The training took place between the 6th – 8th October at the Stratford and Districts RSA.

The focus of the programme was to promote a safe environment for patrons in licensed premises by ensuring public service is of high standard. Public service is essential especially when door staff security are the first point of contact for a licensed premise.

Other information included professional work standards such as:

- Learning effective and positive strategies about assertive behaviour and communication skills
- Knowing your rights and how to effectively utilise the Trespass Act, Crimes Act and the Sale of Liquor Act.

Taranaki District Health Board (TDHB), Health Promoter Nita Brown, said "the training is one of many strategies to reduce alcohol related harm in the community and is designed to up-skill predominantly door staff security. However, this training was open to licensees, managers, and other staff members to develop their knowledge about the roles they play as responsible hosts in their licensed premise.

It is critical for staff to take control and be responsible, and develop the necessary knowledge about the business they're in, to potentially become successful in the industry"

The free training was organised by the Alcohol Related Harm Team of the Health Promotion Unit, TDHB with the support of the Taranaki's Youth Access to Alcohol group, which includes representatives from the Police, ACC, Sport Taranaki and Taranaki's three district councils.

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Profile Update

Ottawa Charter Strand: Develop Personal Skills



A Medical Officer of Health has a variety of roles, such as;

- Monitoring and assessing license applications for licensed premises
- Investigating the control of infectious diseases
- Investigating health impacts of toxic substances like dioxin
- Working with councils to protect the health of the community in areas, such as clean water supplies and safe food
- Working with other doctors to reduce the amount of chronic diseases in the community, such as diabetes and heart disease
- Working in the area of health promotion to encourage people to live a healthy lifestyle.

Hi, my name is Penny Hutchinson and I am the new Medical Officer of Health for the Taranaki District Health Board. I obtained my medical degree from the Newcastle University in Australia.

Since then, I have worked in a variety of general medical jobs until 1995, when I went to live in the Republic of Kiribati as a volunteer. It was in Kiribati that I developed my interest in public health, after realising that in developing countries health care based around hospitals was not very effective. I returned from Kiribati and spent five years working as a GP and studying my Masters Degree in Public Health. I completed further training to become a specialist in public health medicine.

Good for your business. good for your community

Ottawa Charter Strand: Create Supportive Environments

Volatile substances, such as aerosols and solvents (spray paints, glues, gases), are readily available at hardware stores, paint merchants, supermarkets, dairies and service stations. They have many legitimate uses, but can also be a means of intoxication.

Tackling harms associated with inhalant and solvent use isn't straight forward. Increased media attention can increase curiosity and experimentation – and curiosity can kill.

In June 2008, the New Zealand Drug Foundation launched an online resource, for sellers of volatile substances, as one practical tool to help mitigate their harms. The website contains simple tips and guidelines to help retailers, including ways to improve in-store displays and signage, training on handling difficult customers, dealing

with emergencies and ways to improve security. Videos of shop owners and health workers talking about the issue and their experiences is also included.

The target audience of this resource is any retailer who sells volatile substances. Health workers, who work with substance abusers or identify volatile substance abuse as an issue in their community, can use the resource to work alongside local retailers to help prevent the increased occurrence of volatile substance abuse.



For more information contact:

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To view the website visit:
www.volatilesubstances.co.nz

Young People – Smokefree & Proud

Ottawa Charter Strand: Create Supportive Environments



On Friday 17th October, one hundred and forty youth from across the region attended the Health Promotion Unit's (HPU) Smokefree/Auahi Kore annual High School Night event. The night recognised and highlighted the achievements of the twelve Smokefree /Auahi Kore High School Teams, in promoting the Smokefree message to their peers.

This year, twelve teams from ten Taranaki high schools received a grant from the HPU to promote the smokefree message to their peers and community. As Smokefree/Auahi Kore ambassadors, students role model the smokefree lifestyle to their peers by running

activities within their schools and community which promote the message, and wear the Smokefree branding on their uniforms.

The teams cover a range of sporting codes, including waka ama, squash and netball. Of the twelve, two Auahi Kore teams focused specifically on a kaupapa Maori approach, to promote the 'Auahi Kore' message.

Tuari Dawson, performing artist, three time world full contact karate champion and Auahi Kore role model was guest speaker for the night. Tuari was inspirational and thought provoking. He encouraged students to be

who they want to be, and not who others want them to be.

The Auahi Kore waka ama crew from Francis Douglas Memorial College received top honours and the teams trophy this year, for their commitment to promoting Auahi Kore within the Maori community.

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FASD International Awareness Day



Ottawa Charter Strand: Reorient Health Services

Every year, International Fetal Alcohol Syndrome Disorder (FASD) Awareness Day begins at 9.09 am on the 9th day of the 9th month to symbolise the nine months of pregnancy. This event was developed by families raising affected children and has grown to be acknowledged in a number of ways in communities all over the world. Aotearoa, being the first country in the world to see the dawn of each new day, has proudly marked the day since its inception in 1999, and this year the launch of the FASD Awareness day was held in New Plymouth.

Health Professionals and the wider community were invited to Arborio Café to participate

in the event and listen to guest speakers. The aim of the day was to promote and raise awareness about FASD. Guest speakers included Paediatrician Dr Jacquemard and Dr Reena Ho, Taranaki District Health Board (TDHB) who delivered essential and simple messages about FASD and local research. Phillip Parkinson from the Alcohol Advisory Council (ALAC) talked about a variety of resources that are available from ALAC.

The day highlighted to health professionals and the wider community that it is important to keep the message consistent and simple – 'during pregnancy abstain from alcohol.'

For more information on FASD contact:

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Fetal Alcohol Syndrome Disorder

Ottawa Charter Strand: Reorient Health Services

What is Fetal Alcohol Syndrome Disorder - FASD?

FASD is an umbrella term used to describe a range of developmental disorders & related birth defects resulting from drinking alcohol during pregnancy.

FASD includes these diagnostic terms:

- Fetal Alcohol Syndrome (FAS)
- Partial Fetal Alcohol Syndrome (PFAS)
- Alcohol-Related Birth Defects (ARBD)
- Alcohol-Related Neurodevelopment Disorder (ARNDD)

FAS is the most widely recognised of these alcohol related disorders. Individuals affected by FASD often have trouble in three areas, those being:

- Difficulty translating information
- Difficulty generalising information
- Difficulty perceiving similarities & differences

The results are permanent.

For resources on FAS contact:

Phillip Parkinson from ALAC
P: (04) 917 0740
E: p.parkinson@alac.org.nz

Ottawa Charter Strand: Develop Personal Skills



Santa's Christmas Tips - Party planning/ host responsibility/looking after yourself

Christmas and the festive season to many means parties and alcohol. If you're hosting or organising a party this festive season, these five simple tips will ensure everyone has a safe and fun time.

Plan activities that involve movement and take the focus off alcohol. This will help keep people motivated. If there are minors present, plan supervised and safe activities away from alcohol.

Provide food. Few people can resist a tasty treat. The best party foods are those that take longer to digest, such as bread, pasta and wedges. Make your food attractive and

accessible and people will be grateful for the effort. Eating helps slow the absorption and affects of alcohol.

Make sure people get home safely. Organise a sober driver, dial a driver or have guests sleep over.

Offer low and non alcoholic drinks. Water is great chilled in jugs with plenty of ice and lemon slices. Experiment with some fun and tasty non-alcoholic mocktail recipes. Remember, not everyone chooses to drink alcohol.

If you're out on the town, these simple steps will ensure you have a safe and fun night out.

- Eat before you go out
- Alternate drinks with non alcoholic beverages
- Make sure you have a designated driver or a taxi
- Let someone know where you are or carry a cell phone
- Keep your drink with you at all times
- Never separate from your friends or family.

Take care and have fun this holiday season.

Resources

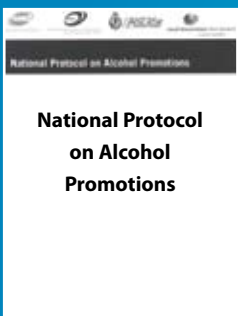
Ottawa Charter Strand: Resources Update



To order, or for more information contact:

Lisa Hamilton Health Promotion Unit
Resource Co-ordinator P: (06) 753 7799
E: resource.room@tdhb.org.nz

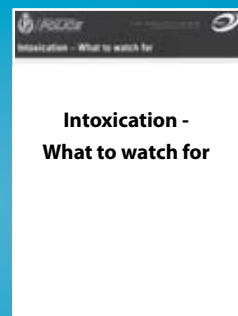
The Alcohol Advisory Council (ALAC) have many resources available free of charge. Recently released resources include:



National Protocol on Alcohol Promotions

This Protocol is intended to assist District Licensing Agencies (DLA), Police, Medical Officers of Health and Licensees to understand the type of promotions and events which are likely to be considered acceptable and unacceptable in terms of the provision of alcohol.

**Go to: www.alac.org.nz
Catalogue No: AL428**



Intoxication – What to watch for

Summary of the Intoxication Guidelines. This is a quick factsheet about signs of intoxication. A resource for licenses.

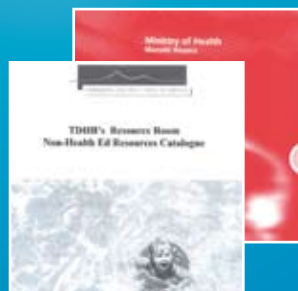
**Go to: www.alac.org.nz
Catalogue No: AL433**



Alcohol and Older People

Information for older people and their families, friends and carers.

**Go to: www.alac.org.nz
Catalogue No: AL548**



Health Education Resource Catalogues

The July 2008 Catalogue of HealthEd resources is out now.

Visit **www.healthed.govt.nz** to view and order both the catalogue and the resources within it.

A catalogue of other health resources is now also available. To order, see contact details below.

Policy Update

National Alcohol Action Plan

Ottawa Charter Strand: Build Healthy Public Policy

The National Alcohol Action Plan was recently developed by the Interagency Committee on Drugs (IACD). The IACD consists of fifteen government agencies from the alcohol related harm sector, and topic experts to inform its development. The draft National Alcohol Action Plan proposes a vision of: "A New Zealand that is free from alcohol-related harm". It intends to draw

together existing plans, policies, activities and interventions across the many different settings. This plan will also provide the strategic direction for future alcohol policies and interventions in New Zealand over the next five years.

The consultation document, of which submissions closed on 7th November 2008, proposed key

themes, approaches, priorities, and actions. A report on the views expressed through the consultation will be produced and disseminated, and will help develop the final Action Plan with a process for its implementation.

For further information, visit the National Drug Policy website: **www.ndp.govt.nz**