

# Fence Builder

THE FENCE OR  
THE AMBULANCE

## Really!?

Online Alcohol Delivery Dilemma  
A survey of 1011 Victorians who use on-demand alcohol delivery services found that respondents were likely to report:

- **Extremely risky drinking and memory loss:** Around half (51%) of weekly users of the services reported consuming 11 or more standard drinks in a single sitting at least weekly
- **Being intoxicated when they received alcohol orders:** One in four (28%) users reported they were regularly intoxicated when they received their orders. This was true for half (57%) of weekly users.
- **On-demand delivery enabling them to keep drinking:** Almost half (45%) of users reported that they regularly would have had to stop drinking if on-demand delivery was not available. This was true for 59% of weekly users.
- **Not having proof of age checked when they received alcohol orders:** Just over one in three (35%) users reported receiving on-demand alcohol deliveries without having proof of age checked in the past 12 months.

*Alcohol Change Vic (2021), Dangerous practices of on-demand alcohol delivery companies*

<https://www.alcoholchangevic.org.au/our-work/research>

Alcohol plays a prominent role in deaths of despair, contributing to overdoses, suicides, and liver disease, as well as to a broad range of other disease states that lead to mortality. Alcohol use is increasing among middle-aged adults in the United States and is more common when people are faced with stressful circumstances, such as job loss, divorce, economic downturns, chronic pain, or psychiatric conditions—all factors related to deaths of despair.

<https://iogt.org/reports/alcohol-and-deaths-of-despair/>

## KNOW Your WHY?

REALLY? Almost 7 years into recovery and waking up this morning crying, feeling such sadness, grief, and heartache for not only what I have lost but the damage and the harm I have caused to myself and others.

Choosing to use drugs from the age of around 14 which, was prompted by people, I both loved and trusted, and was the beginning of a journey into decline I could not have imagined.

When the perceived 'grownups around me were modelling and promoting the 'fun times' choice, and the 'we do it all the time, look at us, we are ok, trust us' meme; like so many anchorless teenagers who have been told 'you've got-a-clue' and don't have to listen to the oldies, I chose – but it was a very bad choice.

However, in reality I truly had no clue – none at all, except the bravado that comes from being a stereotypical know it all adolescent, wanting anything and everything my own way. You see part of getting a real clue on anything important, is knowing 'why'. If you do not have a defendable and sustainable 'why,' you are just 'fodder for the system'. In other words, whatever environment you are in – good, bad, or ugly – will influence your decisions.

Me at 14 being anchorless, left me wide open for the 'whatever' or 'why not' default position that was placed in front

of me, resulting in me making a very unformed decision.

Choosing to pick up and put mind altering poisons into my body resulted in 30 years of active addiction and believe me when I say, becoming an addict was not a life goal or even on my radar at all. I did not jump out of bed one morning and think to myself, *hey, I might just become a drug addict, like how cool would that be, yay!*

However, I did choose recovery and my most challenging days, like today, attempting to identify the triggers and to regulate the emotions I am feeling, are far better than those lonely and miserable days in active substance addiction.

Through healthy support networks such as family, friends, mentors, and the *Recovery Alumni*, I am now able to be vulnerable, honest and share my lived experience and hard earned resiliency with others.

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"Quick get her out of the car, there is smoke"

One would have thought after being involved in a near fatal car crash for which, I was at fault with a blood alcohol reading of 0.174 and copious amounts of other drug residue in my body (easier to say the only substance I did not have in my body was heroin) would have been my last hoorah! Sadly, as so often the case with addicted individuals, I was to use alcohol excessively into black out on several occasions with still more negative consequences.

# Dalgarno Happenings!

**Big News!!!! ECOSOC Status has landed:** Our **Economic and Social Council (ECOSOC)**, Special Consultative Status **has been granted!** ECOSOC is one of the six principal organs of the [United Nations](#) (UN), responsible for the direction and coordination of the economic, social, humanitarian, and cultural activities carried out by the UN. It is the UN's largest and most complex subsidiary body.

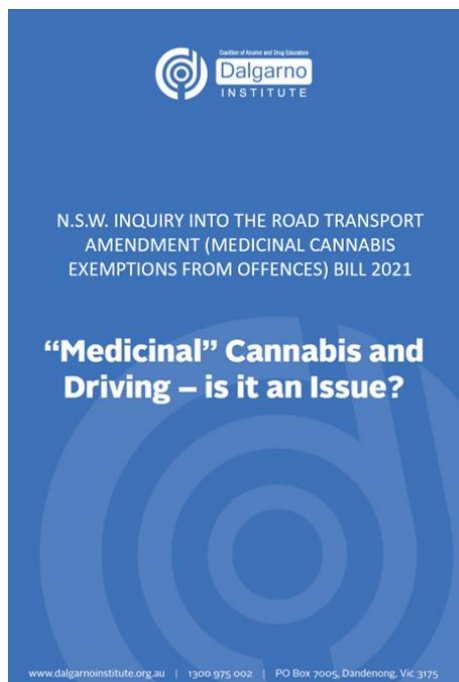
This appointment is a very important step for our international and national credibility, and we do not take it lightly. The Team at Dalgarno are working hard, seeking best ways to utilize this important access to further our community resilience building and primary prevention agenda around substance use in our communities, both in Australia and beyond.

You can view our profile here... [United Nations Civil Society Participation – General](#)

**Education: Training:** The training curriculum development is well underway and as it unfurls, we continue to look to ways to maximize both it's 'shelf-life' and usability across many sectors. The module developments in the online learning platform [Articulate 360](#) are going to be accessible to a global English speaking audience, but we are also looking at a

Spanish version. This, of course is all dependent of funding.

We have one international accreditation body already keen to grant us Professional Development accreditation – Whilst very good, we want to go a little further to give, particularly the Recovery Alumni, an accreditation with a little more 'teeth' in their community development space. We are also considering releasing it in Spanish, but again, funding dependant.



**Senate Inquiry: Medicinal Cannabis and Driving** – The Dalgarno Institutes submission to the N.S.W. Parliamentary Inquiry into whether Delta 9 THC cannabis used in a 'medicinal' context could be exempt from Drug Driving violations. Arguments for this were voluminous, but essentially one

dimensional and anecdotally couched. Our presentation to the committee via video link was not only very credible, and evidence based, but we were able to 'enlighten' a Greens senator on some clearly poorly understood memes around the new 'medicinal' cannabis regimes. You can [read the transcript here, starting page 26](#)

**Academic Paper:** Our long awaited paper on the evidence-based benefits of using lived experience and earned resiliency in prevention and demand reduction contexts that is to be submitted for peer-reviewed and publishing is nearing completion. This has been nearly four years in the making, with multiple iterations and delays. The overarching paper was upward of 25,000 words, so distilling it down to four to five thousand words has proven a challenge. Both Professor Toumbourou and our Executive Director have been nudging it along. We hope to have final draft for review in early 2023

**Team/Staff News:** Our Executive Director finally took his long-service-leave, all-be-it 3 years late. His time away travelling, whilst wonderful, saw him get a nasty infection that incapacitated him for 3 of those weeks. Besides that, an enjoyable time away.

Our *Community Relations Manager* Paul left us in the start of November. He loves working with us, but alas, due to our inability to offer him full time work, he had to move on. We appreciate his contribution to our work and wish him every success for the future.

# Heritage 100 Club

Coming soon – stay tuned!

# Prevention, Prevention and More #Prevention – must be the priority for Gen Now!

## Demand Reduction: Priority One

(Best Practice – Deny/Delay Uptake!)

*“We express deep concern at the high price paid by society and by individuals and their families as a result of the world drug problem, and pay special tribute to those who have sacrificed their lives and those who dedicate themselves to addressing and countering the world drug problem...*

*We commit to safeguarding our future and ensuring that no one affected by the world drug problem is left behind by enhancing our efforts to bridge the gaps in addressing the persistent and emerging trends and challenges through the implementation of balanced, integrated, comprehensive, multidisciplinary and scientific evidence-based responses to the world drug problem, **placing the safety, health and well-being of all members of society, in particular our youth and children, at the centre of our efforts...**” (UNODC – Commission On Narcotic Drugs – Vienna: 2019 Ministerial Declaration (page 3, 5)*

Families and particularly children, should never, ever be casualties of drug use, by anyone.

It certainly is a gross injustice and heinous social irresponsibility to have policies that increase demand for, and/or access to, illicit drugs which facilitate the costly harms not easily repaired.

The mantra that we ‘cannot arrest our way out of the drug problem’ is true. However, we also understand that we most definitely will not be able to ‘treat our way out of the drug problem’ either.

There must be a health, education, and legal approach, working in concert and that focuses on demand reduction, prevention and recovery from drug use. This journey approach that properly harnesses the three pillars of the National Drug Strategy – Demand Reduction – Supply Reduction – Harm Reduction, for the purpose of helping

build a resilient culture that doesn’t need or want drugs, will see the healthy, productive, and safe culture the United Nations Office of Drugs & Crime, and the World Health Organisation are pursuing.

*‘There is no credible voice in the literature that promotes or defends early uptake of alcohol or other drugs, as there is no safe drug use at all, of any drug, for the developing brain 0-26-32 years of age. And whilst not using any drug is not the only option, it is the best practice option for this vital stage of development of the young. As proactive and protective agents of children’s development we seek to afford and/or provide all children, their parents, care-givers or significant others, with as many best practice delaying/denying uptake mechanisms, vehicles and options as possible – Health Care Professionals and Families Must Focus on Youth Substance Use Prevention.*

*Individuals, groups and/or organisations that seek to permit, promote or otherwise enable young people to engage with psychotropic toxins at this vulnerable stage are not only denying best health practice, but are also contravening United Nations Conventions and Guidelines.*

**United Nations Economic and Social Council: Commission on Narcotic Drugs – Fifty-ninth session Vienna, March 2016: Operational recommendations on demand reduction and related measures, including prevention and treatment, as well as other health-related issues (p 5.)**

We reiterate our commitment to promote the health, welfare and well-being of all individuals, families, communities and society as a whole, and facilitate healthy lifestyles through effective, comprehensive, scientific evidence-based demand reduction initiatives at all levels, covering, in accordance with national legislation and the three international drug control conventions, prevention, early intervention, treatment, care,

recovery, rehabilitation and social reintegration measures, as well as initiatives and measures aimed at minimizing the adverse public health and social consequences of drug abuse, and we recommend the following measures:

### Prevention of drug abuse

1. Take effective and practical primary prevention measures that protect people, in particular children and youth, from drug use initiation by providing them with accurate information about the risks of drug abuse, by promoting skills and opportunities to choose healthy lifestyles and develop supportive parenting and healthy social environments and by ensuring equal access to education and vocational training. For more [Curriculum \(nobrainer.org.au\)](https://www.nobrainer.org.au)



<https://www.givenow.com.au/nobrainer>

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**Youth Wise Magazine** had approached The Dalgarno Institute earlier in 2022 to not only submit an article, but to promote our Demand Reduction Education Programs.

One of our own Board Tracey, wrote an amazing article on her journey into drugs and the utter lack of prevention and demand reduction in her youth that she so wished she had. *The article made the Editor weep.* So impressed were they that we were given inside cover of the Magazine to promote our program.

You can check them out at <https://www.youthwise.com.au/index.html>

My last drink was on 6 August 2015, the day after I found myself literally sitting in a gutter saying out loud 'I cannot do this anymore, I do not want to do this anymore, help me'. I just knew, and I had known for some time that I was going to die if I did not stop – or worse; I was going to kill someone else.

I'm not going to bang on about what I did and didn't do in my utterly toxic personhood wrecking journey, but I do want my 'lived experience' and some ridiculously hard-won earned resiliency to make a difference – and not just the cheesy 'redemption' stuff either, but to help people, particularly young people, get what I didn't and wish I'd had – what I needed and how I could have chosen better.

When I was first referred to a person of 'lived experience' I thought to myself that it was kind of cool, until I realised for me this was simply an identity enhancer and fed my ego for a time. The term 'lived experience' seems to me to have become somewhat of a celebrity status, with those like me, being 'celebrated' for choosing recovery, helping others, or being 'admired' for escaping addiction.

I am certainly no celebrity and there was no glory in active addiction or the outrageously inappropriate behaviour

and untold harms and carnage that I have caused.

Alcohol and drug addiction stole my childhood, womanhood, dreams and aspirations, relationships with family, genuine friendships, and any ounce of passion I had for life. The long-term damage and harm that I have caused myself on both a psychological and on a cellular level are the scars that I continue to bare from my 'lived experience' which is far from glamorous.

The shift, however; let me tell you is possible, to live a life in recovery, live a meaningful life with purpose and now my passion has switched from self-indulgent toxic poison to prevention, to build fences of protection and not just drive ambulances to clean up the mess. The Dalgarno Institute is one place I am able to add value to a culture and generation. Help build resilient and healthy communities that enhance and do not diminish the potential of Gen Now.

The old statement, 'prevention is far better than cure', is such a super understatement when it comes to the drug space.

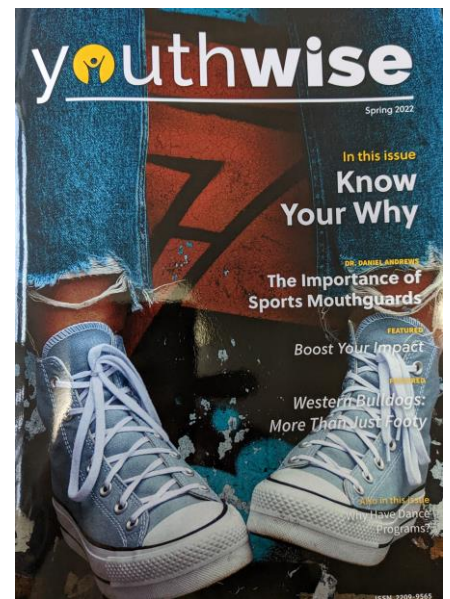
If I could change only one thing, just one thing about my life, it would be

working early to pin down my 'because', so I make decisions, they don't make me! Right along with that I would learn the incredible value of one simple word 'No'. After all **No** is not only an immensely powerful word; **No** is a lifesaver and one that caring and supportive people empower you to use.

Entering and exiting addiction is a choice, believe me I know. Addiction is toxic and a human misery, so know your 'why' and choose wisely!

Tracey Butler – Board Member  
Dalgarno Institute

Article can also be found by  
subscribing to [Youthwise.com.au](http://Youthwise.com.au)



**SUPPORT OUR WORK!**

HELP US MAKE IT EASIER TO SAY... **'NO THANKS!'**

Name

Address

Postcode

Email  Phone

Please debit \$  from my credit card:  Mastercard  Visa

Card No  CW

Expiry Date  /  Signature

Schools  Education  Fence Building  Bounce (Parent Night)

**LEAVING BEQUESTS**

Many long time and faithful supporters have and will choose to leave a portion of their estate to the work of Temperance. Whilst over the years, the labour and passion of our movement has not changed, its name has.

Consequently we have had recent experiences of Estates leaving bequests to our work, but under a previous name. As you can imagine, this creates some legal issues and often delays or denies our movement receiving the gracious gift.

To avoid this, we would like to simply request that if you have, or intend on, leaving a bequest to the work of Temperance that you stipulate it be given to DALGARNO INSTITUTE (C.O.A.D.E Inc.) This will ensure your gift contributes to the continuation of helping Australians have a better chance of a safer and healthier future.

Thank you for your understanding in this matter.



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