

Have a safe, peace-filled and alcohol free Christmas!

FENCE BUILDER

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THE

REALLY!

1. One of Cancer Council Australia's key recommendations is ... *"to reduce the risk of cancer, people need to limit their consumption of alcohol, or better still avoid alcohol altogether."*¹

2. *"The toll of excessive drinking in US. works out to about \$2 per drink, in terms of medical expenses and other costs to society, according to a new federal research."*

(C.D.C Report 2011)

3. *"In the Americas, alcohol consumption is linked to nearly 350,000 deaths annually"*

(P.A.H.O 30/9/2011)

4. *"I can't think of any heroin addict who didn't start with alcohol and cannabis as a young person."* Judge Roger Dive speaking on developing Drug Court Initiatives

5. FASD effects anywhere from 2-7% of entire school populations.⁴

6. In Finland homicides are committed by drunks, not criminals. Just 6% of Finland's homicides relate to criminal activities⁵

Arson, FASD, Pregnancy & Booze!

There has always been clear anecdotal evidence, from time immemorial that alcohol and young people is a bad mix. It is encouraging, if not a little bemusing, that the new mantra of 'evidence-based' empirical data is catching up with the glaringly obvious. However, mechanisms by which some of this data can be collected were not possible even 20 years ago and what we are discovering only heightens concerns...or does it?

The ever growing evidence around, and expansion of alcohol consumption, and a growing number of individual and community harms have seen 'red-flags' go up for a number of years, yet this has not been met with a congruent regard. No prizes for guessing why not - growing post-modern cultural confusion, growing sense of entitlement to fun and ease, diminishing psycho-social capacity and motivation to manage any kind of discomfort and a growing sense of meaninglessness all invite, in fact - demand some kind of 'alleviation'. With the growing disconnect from anything of substance, the path of self-medication becomes the one most trodden, made all the more easily engaged via the saturation availability of the legal drug - alcohol.

We know people don't like to hear, let alone use these seemingly pejorative terms, but one sure way to marginalise the so called 'negative labels' is to make alcohol a cultural norm and even a rite of passage for the now anchorless and rudderless emerging generation. But it's the growing sense of recklessness (and not just amongst the young) that is disturbing.

We are told we can do whatever we want with our lives and no one else can tell us how to live and then when things go wrong demand our 'human right' to full support and health care from the government and community. However,

the casualties from this are not only the hapless and reckless individuals, but the entire society, which is bearing a huge and growing cost.

We could focus on any number of issues and outcomes of this subject, but want to focus on the commencement of life. It can be tough enough for a teenager to combat social contagions, but when the emerging adult is immersed in the culture of alcohol from the womb to young adulthood it is almost impossible not to be some sort of casualty of this legal drug.

Criminal behavior analyst and consulting psychologist Rebekah Doley talking to the Sydney Morning Herald

in 2006 was giving a profile of a typical arsonist.

The typical features are:

- a) of average to below average intelligence, loners who find it difficult to integrate into groups, sustain personal relationships, cope with daily life or be employed in a skilled occupation;
- b) craving a moment of power, c) extremely dangerous because unpredictable, and heedless of the consequences of lighting a fire; d) abandoned by the system because "meaningful medical treatment simply does not exist".

We paralleled this profile with that of children and adolescents with FAS (Fetal Alcohol Syndrome) or FASD (Fetal Alcohol Spectrum Disorder) as described by their parents/carers:

a) impulsive, unpredictable and mischievous, creating ongoing safety hazards, such as setting fires and running away; b) isolated and lonely, because unable to sustain personal relationships or cope with daily life; c) of normal or subnormal IQ; d) desperate for stimulation and excitement; e) often disconnected from their own feelings, and unable to identify or express logical reasons behind their volatile outbursts

e) failed by the system from conception, because many health professionals still fail to warn clearly against drinking during pregnancy, fail to diagnose FAS/FASD, and are unable to give appropriate



Babies Behind the Booze & Ball!

¹ The Globe—Issue 2, 2011 p 4

² <http://www.addictiontoday.org/addictiontoday/2010/06/the-heroin-trial-failure.htm>

³ <http://new.paho.org/>

⁴ Dr. Philip May <http://www.dalgarnoinstitute.org.au/isabellas-list.html>

⁵ HELSINGIN SANOMAT 11/10/11

Isabella's List - Join NOW!

We want to introduce to you a wonderful opportunity to be part of a new proactive movement dedicated to helping the next generation get a better start in life. As you are probably aware Isabella's list was birthed out of the pioneering protective spirit of the movement that Isabella Dalgarno committed herself to over 150 years ago. It was (and still is) women like Isabella who saw, not just the immediate problem, but long term potential dangers and set about making a difference for her and our generation.

Joining Isabella's List is a simple yet important action that makes you part of group of Women (particularly mothers, mothers to be, or 'someday' mum's) that want to take steps to make our communities safer, healthier and free from the scourge of illicit drugs and the abuses of alcohol, and promoting such from life in the womb to adulthood.

We have asked the following questions of hundreds, if not thousands of parents in recent years and not once have we had someone vote in the affirmative.

We have asked...

- **Does anyone here believe their children or grandchildren will be better off on alcohol or other drugs?**
- **Does anyone here believe their children or grandchildren will be better off with easier access to alcohol or other drugs?**

No functional or caring woman believes that the most precious gift, children, are going to benefit from exposure to or participation with these substances and as such wants to protect them from the physiological, psychological and social harms of these substances, particularly from conception to 21 years of age.

Unfortunately there is a small but incredibly vocal minority who are backed by some lobbyists that want to unwisely foster further damage on our children by promoting illicit drugs as relatively harmless or at least 'manageable'. This propaganda is not only patently false, it is seeking to tear down the protective fences on the edge of society's cliff of dysfunction and thus exposing our most vulnerable – the young – to further relational, personal potential, community and life destroying enterprises.

By being aware and informed you, a 'gate-keeper' of health and care, can be a powerful and effective ally in protecting this and future generations from the pernicious harms of substance use and abuse.

In joining Isabella's List you will be part of a growing grass roots movement of the key people in children's lives that are both protective and proactive. Your voice is amplified significantly when it joins with others in saying to the peddlers of harm, that you will not permit this. (Men are welcome too)

The Mission of Isabella's List is....

"As women, (or other concerned citizen) we understand that we are the primary nurturing and caring gate-keepers of children's health and well being and our intent is to ensure that the children, and future children, of our communities are given the greatest assistance possible to reach their full potential. In joining 'Isabella's list' we join with others in working to have our families and communities free of the scourge of illicit drugs. We are also committed to preventing harm from the legal drugs – alcohol and tobacco, particularly to our children and the youth in our community."

Google Isabella's list and join today or www.dalgarnoinstitute.org.au/isabellas-list



Education, Research & Resources

No Brainer: DVD Series is complete the 'I wish I never....' **Four DVD Set** includes over 300 minutes of interviews and stories. **No Brainer 101** is titled "I wish I never" compelling stories of damage and dependency. **No Brainer 102** is titled "Damage Control" and features clinicians and academics looking at what is happening. **No Brainer 103** is entitled "Partae" is an in-depth interview with a young woman who didn't think she had a drug problem. The last of the set **No Brainer 104** is titled "Busted: The evidence for prevention" and it has three prominent Doctors talking to the issues of addiction and recovery. **The trailers for the series can be viewed on the website. The sets are for sale at \$88 inc GST. (Member only \$66)**

New and updated NO Brainer Website www.nobrainier.org.au

Resources:

D.A.R.T. (Drug & Alcohol Resource Team)

Our Resource team has been revamped and depth extended. We have added a Cultural Anthropologist—Professor of Psy-

chology—Medical Doctor and other Clinicians. We continue to seek to develop a professional and balanced team that will lead the way in better Harm Prevention promotion in a community that has only one voice at the moment.

ON THE WEB: Monitoring Alcohol—a new resource for members to glean info on current policy and licensing and take more effective community action. **Research Reports**—a new reference resource for easy access to the latest international data of alcohol and other drugs.

Both at www.dalgarnoinstitute.org.au/resource

T.V. Advertisement: Dalgarno have collaborated with Icon Media and produced a 30 sec TV ad on alcohol and the young. It will be launched throughout country Victoria and Channel ONE Victoria wide in December. It hits the following topics—youth, girls, bingeing, secondary supply and the age issue. Check it out online at <http://www.greaterrisk.com/>

Advocacy & Community

Decriminalisation Community Forum. The Executive Director was invited to attend a community forum evening focusing on 'should illicit drugs be decriminalised' conducted at the North East Victorian Town of Alexandra. Shane was the only dissenting voice against decriminalisation whilst the other representatives, one from Law Enforcement Against Prohibition were for re-evaluation and preferable change to the legal status of currently illicit drugs. This issue continues to be tabled by a small, but very vocal minority and like all these issues, needs to have the voice of reason heard. The questions I continue to ask these audiences and one still not yet answered in the affirmative, is ... who believes their children or grandchildren would be better off on drugs, or better off with easier access to drugs? When all are silent on this, then the answer to the issue, is clearly NO to decriminalisation.

MLDA 21 Project —Continues to gain traction. We now have no less than 11 written endorsements for this push including Senators and key community groups. We are in dialogue with The Mind and Brain Institute, The A.R.B.I.A.S Vic and Cancer Council Australia who have all expressed interest in supporting a review of the Minimum Legal Drinking Age.

You can see one excerpt from an interview with Dr John Smith on YouTube.

<http://www.youtube.com/watch?v=96PnmRafU8>

You can ...a) Go on line and download a petition and distribute b) Continue to follow us on FACEBOOK **'Project MLDA 21'**

Legislation: Dalgarno has lobbied for or made contributions to the following....

Secondary Supply Laws are now in Victoria. This enables parents who don't want their underage children drinking to have legal action taken against other adults who supply their child with alcohol without written permission. Fines of \$7000 plus apply.

Demerit points system has been introduced to augment tough fines for Licensee breaches of RSA (Responsible Serving of Alcohol) Regulations.

The Coalition government in Victoria have made good on a number of promises and have added a demerit point process that puts irresponsible outlets on notice. Once points have been reached in a three year period their license is suspended. Dalgarno pushed for a three strikes and you're out approach, but this is a good step in the right direction.

There is a good resource to access to keep across policy developments, laws and who is getting licences and where, at (the ironically labelled) ***Responsible Alcohol Victoria.*** (Victorian's keep an eye on this site.)

<http://responsiblealcohol.vic.gov.au/wps/portal/rav> or go to <http://www.dalgarnoinstitute.org.au/advocacy>.



Around the Campuses

Central: It has been a very busy 6 months with a number of things developing. We continue to look for a new and strategically situated property for our growing work and the hunt continues. Our AGM was held on October 19th and was well attended. Our Guest speaker for the H.R. Francis Memorial Lecture was Dr. Greg Pike of the Bioethics Institute and his address was very well received. A very exciting development has been the election of three new Board members for our work. David Purnell is a H.R.M Strategist with Aon-Hewitt and comes with global management expertise. David has also graciously consented to become our new Treasurer and his election to the position was unanimous. Pastor Don Cameron comes to us from Cornerstone Contact Centre in Dandenong. Don's skills in community development and networking, particularly with the marginalised and at risk in the community has been invaluable for our organisation. Mr. Ian Watkins is a long time supporter of our work and brings health and business acumen to the table. We want to take this opportunity to welcome these servants of the cause to our growing team.

Bendigo: NoBrainer Training (phase one and two) completed, with an amazing team on board and delivering Harm Prevention messages to Secondary Students.

NSW: We continue to collaborate with groups in this area and have opened up negotiation with a tertiary institute North of Sydney and are discussing the use of pre-graduation students developing the work. This will help us reinvent the growing young adult context of the movement.



Rob, Carl, Erin & Heath





counseling or treatment (N.Z. Fetal Alcohol Support Trust; Professor Elizabeth Elliot, et al.).

The parallels beg the question, could FASD be a factor explaining the behaviour of the arsonist. Of course without access to parent or data it is hard to prove, but raises a serious concern.

One very disturbing, but unverified statistic coming out of the USA is that in excess of 20% of people in correctional facilities may be sufferers of FASD.

The previous arson juxtapose is but one of many disturbing potentials of 'lifelong exposure to alcohol' (conception to early adult) that has become so prevalent in our western societies.

New data coming out exposes this growing recklessness of the culture and the generational problems we are fostering, but we could at least avoid FASD and its attendant problems of delinquency and crime. It is not curable, but totally preventable if women abstain from alcohol before, during, and after pregnancy, and while breast feeding.

A prevalence study of alcohol exposure in pregnancy at the Coombe Women and Infants University Hospital¹ has shown a total of 81% of woman (just on 50,000) reported alcohol consumption during this period.

A large percentage of those in the cohort were 25 or under... *The moderate and heavy drinkers were often first time mums (not surprisingly, unplanned pregnancy was associated with heavy drinking). Heavy drinking was also related to very premature birth, and hence all the problems premature babies have, including the increased risk of disease as an adult.*²

Also unsurprising and timely, is a very recent study coming out of Victoria's Turning Point Organisation which has concluded that there is evidence to suggest that exposure to liquor outlets may play a role in socio-economic disparities in health outcomes. I.e. the poorer the area, the greater booze availability there seems to be.³

Of course, if we go back to the opening comments of our article we can see another link in the culture enslaving booze chain: disadvantaged young people, higher alcohol exposure, higher potential for self-medication, higher risk of unplanned pregnancy for the young and yet another developing child is introduced into the 'lifelong exposure to alcohol' cycle.

Is this conclusion a stretch? You be the judge, but be warned—without intervention 'generation next' is most definitely **not** going to be 'better than the last'.

Check out our **RESEARCH REPORT** on Alcohol and Marketing at www.dalgarnoinstitute.org.au/research-reports^{a,b}

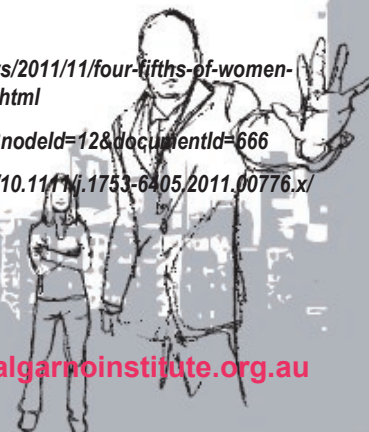
Executive Director—Shane Varcoe

References

1 <http://www.imt.ie/news/latest-news/2011/11/four-fifths-of-women-drank-alcohol-close-to-conception.html>

2 <http://www.coombe.ie/index.php?nodeId=12&documentId=666>

3 <http://onlinelibrary.wiley.com/doi/10.1111/j.1753-6405.2011.00776.x/abstract>



Alcohol Advertising Does Damage

A thorough review of worldwide longitudinal research has concluded that exposure to alcohol marketing:

- Lowers the age at which young people start to drink,
- Increases the likelihood they will drink and
- Increases the amount of alcohol they will consume once they have started to drink.^a

***"Every advertisement seen by a young person aged 15-24 increases the number of drinks they consume by 1%."*^b**

Support our work! Help us make it easier to say...
'No Thanks!'

Name _____

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Email _____

Phone (____) _____ \$ _____

☐ please debit my credit card ☐ Mastercard ☐ Visa Expiry _____

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Signature _____

☐ Schools ☐ Education ☐ Fence Building ☐ Research (D.A.R.T.)

☐ Bounce (Parent Night) ☐ B.O.W.I. Mission (Better Off Without It)

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