



FENCE BUILDER

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REALLY!

1. Melbourne statistics show a 107 % increase in crystal methamphetamine-related ambulance call-outs, with 282 incidents in 2010-11 compared with just 136 in 2009-10 ¹

2. 'Heavy marijuana users were nearly twice as likely as non-heavy marijuana users (31% vs. 17%) and 30 times more likely than those who did not use marijuana at all (31% vs. 1%) to report cocaine or crack use.' ²

3. "A reduction of 3.4 liters of alcohol consumed annually per capita would result in one third fewer incident cases of disease (98 000), deaths (380), working days lost (5 million), days of home-based production lost (54 000), and a A\$ 789-million health sector cost reduction. Workforce production had a A\$ 427 million gain when we used the friction cost method." ³

4. 'Risk of developing lung cancer is up to 20 times greater in a cannabis cigarette than in a tobacco cigarette.' ⁴

5. Only 5% of the world's population have used illicit drugs, according to the 2012 World Drug Report (a drop from 6.1% in 2011).

¹ Turning Points "News Point" Spring 2012

² Centre for Substance Abuse Research FAX, May 29, 2012 Vol. 21, Issue 21

³ <http://ajph.aphapublications.org/doi/abs/10.2105/AJPH.2011.300453>

⁴ 'The Impact of Cannabis on your Lungs' British Lung Foundation, June 2012

Can't Fool Me, I got this!

Common Myths About Alcohol

It is unfortunate that there are so many myths propagated amongst adults and youth which misinform and presume there are simple strategies to mitigate the intoxicating effects of alcohol and provide remedies to overcome the effects of binge drinking.

The following are some examples of these false myths. The facts which refute these myths are reported in the source documents acknowledged at the end of this article.

MYTH: A cold shower, fresh air or hot coffee will sober someone up.

MYTH: You will feel better if you don't mix your drinks

MYTH: You can sweat off a hangover.

MYTH: Lining your stomach with milk will stop you puking after drinking.

MYTH: Another (alcoholic) drink will cure your shakes the morning after.

MYTH: Breath mints can help beat random alcohol breath tests.

Then there are also myths propagated with the intention of encouraging people to feel more relaxed about drinking excessively. For example:

MYTH: Alcohol will give you more energy and make you more sociable

MYTH: While alcohol is considered a drug, you cannot overdose on it

MYTH: Your body develops a tolerance to alcohol, so you can safely drink more.

MYTH: Lining your stomach with a big meal before drink can help to reduce the risk of getting drunk.

MYTH: Eating a big meal before you drink will keep you sober.

MYTH: Beer is less intoxicating than other types of alcoholic beverage.

MYTH: Alcohol is a stimulant.

MYTH: White wine is a good choice for a person who wants a light drink

with less alcohol.

MYTH: Women are affected by alcohol to the same degree as men.

MYTH: Women can hold their drink as well as men can.

MYTH: Only young people are the ones who have a problem with alcohol.

Then, even worse, there are those myths perpetuated to encourage drinking to achieve a higher level of intoxication and release of inhibitions in order for people to "enjoy" themselves.

MYTH: Switching between beer, wine, and spirits will make you more drunk.

MYTH: Certain drinks make you act unlike yourself! ...For example, a person may claim that a certain drink (eg gin) will make them teary, another (eg whiskey) will make them see red and then there's the drink (eg champers) that sends them "loopy".

Finally, there are some common perceptions circulating in the community which through scientific research have been shown to be true!

FACT: Drinking more than a glass of wine a day may reduce your chances of getting pregnant.

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'Even moderate consumption of alcohol for a relatively short period of time can have profound effects on structural plasticity in the adult brain.'

Neuroscience, Volume 224, 8 November 2012, Pages 202-209

Drink in Moderation!?

Dalgarno Institute wishes our supporters a safe and enjoyable Christmas.

Focus on South Australian V Campus

After months of planning, on Thursday 21 June, coinciding with Drug Action Week, the South Australian Campus of Dalgarno Institute was officially launched. Fence Builder Programs, based on those delivered in Victoria are being offered to schools in the metropolitan region of Tea Tree Gully and in the rural region of Yankalilla.

They are successfully spreading the word to schools and the community about the harms of alcohol and drug abuse.

At the launch, in his opening remarks, the National Director of Dalgarno Institute, Shane Varcoe said: 'This is a landmark in Dalgarno's history, where we are seeing more young people acknowledge that they don't have to be part of the binge drinking and drug culture. Programs such as these encourage our youth to support their friends and protect them if they see them carrying out harmful and risky behaviours. They acknowledge that 'prevention is better than cure'. Our programs have been operating for some time in Victoria and we are extremely pleased that we are now able to offer them in South Australia'.

There was a diverse representation from community groups, health professionals, youth workers, the indigenous community, politicians and schools. Special thanks has been expressed to Mrs Miriam Smith, Mayor of the City of Tea Tree Gully, for her vision and supportive comments when officially launching Dalgarno SA. Similarly, we extend our gratitude to the wonderful staff at the HIVE 12-twentyfive Youth Centre. The President and members of the Rotary Clubs of Modbury and Yankalilla have also given wonderful support and have indicated ongoing sponsorship as the programs unfold in both regions.

Jo Baxter, Executive Director, Drug Free Australia has given full support to this initiative and appealed to both political and community leaders to applaud and promote the stand taken by thousands of young people who are choosing to lead healthy and productive lives.

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Launch of S.A. Campus with Miriam Smith, Mayor of Tea Tree Gully (right), Shane Varcoe, Director Dalgarno (left) and Students.

DON'T DECRIMINALISE.ORG!

The relentless push of the careless pro-drug libertines has yet again reared it's ugly head.

The homogenous group calling themselves 'Australia 21' are the same small band of people using every angle they can to allow greater drug use and circulation.

About 18 months ago, we became aware that the pro-drug lobby would be reorganising and launching again in the near future as is the wave like nature of this lobby group.

The Dalgarno Institute in partnership with ICON Web took it upon ourselves to create and launch a website dedicated to exposing the risks and dangers of an even more liberal drug policy platform. This internationally focused and utilised website has been given

the unambiguous title

www.dontdecriminalise.org

The site is dedicated to furnishing all who care to look and listen with solid evidence based information, policies and platforms that give a proactive and protective option to our communities and societies other than the ever increasing dysfunctional 'creep' of drug permissiveness.

It is not only internationally endorsed, but also utilised. This resource is a great '**one stop shop**' for all the information needed to challenge this tired 'social experiment' of drug liberalisation and to give the silent majority clear understanding of the better options that are out there. **Use it and make a difference!**

Advocacy & Community

21 BE THERE

[MLDA 21 PROJECT]



'21—Be There' MLDA Project —As you are aware the Dalgarno Institute is the lead agency in a growing consortium of organisations working hard to raise the Minimum Legal Drinking Age (MLDA) back to 21. We have continually lobbied various groups, agencies and individuals to join our consortium and endorse the process. We have three levels of commitment—the base level is a letter of endorsement from the group/organization or individual either affirming the need to raise the MLDA back to 21 or at the very least an affirmation of the need for a national forum to discuss the whole legal drinking age issue. Level two is to actively promote the petition and lobby directly or be part of the executive committee.

Our lead academic Professor John Toubmourou sent a well written strong evidence based paper to the Victorian AMA who, as a result, came out with a call for MLDA 25. This provocative move of course captured a lot of media attention and from a 'straw poll' we conducted through networks got people thinking more seriously about age 21.

For example prior to the AMA declaration a number of groups/individuals we approached were saying 21 was a 'bridge too far', but after the AMA article these same groups were seeing the reasonableness of it.



We continue to lobby and recruit different groups and individuals. Just some of those joining our consortium in the last 6 months include Dr Michael Carr-Gregg, Mission Australia and Drug Arm QLD.

As always, it is the grass-roots move of the silent majority that produces change and we continue to seek your help in getting our MLDA 21 Petition signed. You can download your hard copy option on the Dalgarno website at... <http://www.dalgarnoinstitute.org.au/advocacy.html>

Focus on S.A. Campus cont from page 2

The feedback from students and staff is extremely positive. So far Modbury High School's 200 Year 8 students have participated, as have 180 Year 9's from Golden Grove High School. In the Yankalilla region, students from Year 10 participated and entered a competition for the best poster, film or PowerPoint presentation on preventing the harms of alcohol and drugs. Prizes were awarded at a full school assembly in July.

Other schools in the North East are now showing keen interest and we expect 2013 to be a year of solid growth, with positive outcomes for our youth. Negotiations have been completed with Golden Grove Secondary School and they are keen to purchase our new NO Brainer 'I wish I never...' DVD based curriculum and have Dalgarno Institute conduct incursions into the school next year.

We are currently planning ways in which our young people can provide us with innovative and practical solutions to the alcohol and drug issues that concern them. In each of the Fence Builder seminars conducted, they listened intently to facts about the harms to our health and the very fabric of our society that are caused by these substances. However, they also showed great interest in being a part of the solution!

By providing a mechanism whereby they can safely and freely share their concerns, we will brainstorm solutions together. This is where the THINK TANK comes in. It will be a virtual 'container' of issues and ideas that will then flow out into the community for the benefit of all.

The launch and programs were evaluated and the outcomes have included a positive recommendation for the work to continue in South Australia.

Written by S.A. Campus Coordinator Mrs. Jo Baxter

