



Happy Christmas to all and a safe and healthy 2014

# FENCE BUILDER

Volume 5 Issue 2

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**REALLY!**

## The Harm Reduction Hamster Wheel

1. Researchers from University College London found that smokers who drank alcohol heavily had a 36% faster cognitive decline compared to non-smoking moderate drinkers.<sup>1</sup>

2 'The new research suggests along with the dizziness, nausea and anxiety a hangover can induce, it also leaves the brain itself less able to function.'<sup>2</sup>

3 'Clients in treatment who reported abstinence and engagement in meaningful activity demonstrated the highest quality of life.'<sup>3</sup>

4 'People in the WHO European Region consume the most alcohol per head in the world. In the European Union (EU), alcohol accounts for about 120 000 premature deaths per year: 1 in 7 in men and 1 in 13 in women.'<sup>4</sup>

5 'Deaths due to prescription drug overdose in the U.S.A increased from 4000 in 1999 to 16,600 in 2010 <sup>1</sup>... over-dose is now the second-leading cause of accidental death in this country, where more than 2.4 million people were considered opioid abusers in 2010 <sup>2</sup>

The phone rings, the voice on the other end of the phone is the daughter I dearly love, but I rarely hear her voice, unless there is a need, and this time was no different.

"I need a place to crash tonight!" My immediate response is, of course, but then I ask; "Why, what's wrong with your place?"

The story comes back, not a new one, but one that is still both sad and frustrating to hear... "Oh, you know, my boyfriend is going on his monthly 'bender' tonight and he's locked me out of the house!"

This, I understood. This is the 'Harm Reduction Hamster Wheel' that my poly-drug and methadone dependent daughter and her boyfriend are on. They line-up for their methadone, but don't take it; they on sell it to other addicts or, as was the usual case this month, save them up for a 'binge', all courtesy of tax-payer funded and government supplied opiates!

This long term drug user, started with a naïve and somewhat rebellious teenager. She 'bought' the propaganda of the pro-drug lobbyists, that 'fun' and individual self-determination free of societal conventions can be found in the mouth of a 'bong' and a peer group school-yard 'puff' on a joint.

Thanks to this ongoing drug use, now

decades later, this precious family member is not only so dysfunctional, but must be heavily medicated on anti-psychotics and they must be administered through a Community Based Order, by a clinician, or our messed up daughter will end up back in the Psych ward over Christmas. But, hey, they say this 'system' is 'reducing her risk of harm and 'possible death'; "How?! - is my confused declaration!

There appears to be not only a lessening of any risk of her using any drug at any time, but these 'peddlers of prescription opiates' are adding another drug to her regime and so adding to the risk. This process enables her to continue to use unabated and her health and well-being are shattered – and it would appear for the rest of her now time-reduced life.

Meanwhile she is lovingly, but futilely, try-



One dimensional Harm Reduction ideology traps people in dependency cycles.

1. <http://www.news-medical.net/news/20130711/Smoking-and-heavier-alcohol-consumption-speed-up-cognitive-decline.aspx>

2. <http://www.telegraph.co.uk/news/newstoppers/howaboutthat/10213764/Hangovers-can-make-you-stupid.html>

3. Journal of Substance Abuse Treatment Volume 45, Issue 3, September 2013, Pages 273–279

4. Status Report on Alcohol and Health 2013 W.H.O Europe

5. 1) Dowell D, Kunins HV, Farley TA. Opioid analgesics – risky drugs, not risky patients. 2) Lembke A. Why doctors prescribe opioids to known opioid abusers. N Engl J Med

Continued on back page

# *Leaving a Bequest*

## *"Your future gift"*

We, at the Dalgarno Institute, are very grateful that quite a few of our supporters are choosing to include Dalgarno Institute in their Will. Many of our long term and loyal supporters are also telling us that they are currently **"considering" remembering us in their Will**, or are **"Intending" including us in their Will** (when they get around to it!)

If you feel you are in any one of these categories, it would be very helpful to let us know of your intentions, as a bequest, (no matter how small) can often be your greatest lasting 'Social Investment' in our young people, families and community in general. It also allows us to plan for the future and reduces expenses of constant daily fundraising.

Your 'Future Gift' of a bequest can be a testimony of your values and beliefs over your lifetime and beyond and serves to motivate and inspire your friends, family and loved ones around you to follow your example - in perpetuity.

This gift will not only help us to 'fence build' young people's and family's lives, by **minimising harm and maximising prevention**, but it will also **help us to break the cycle of lifelong damaging substance abuse**.

***"Your visionary 'future gift' of a Bequest will have a lasting benefit for generations of Australian children and young people."***

Below is the suggested wording you can use when making your Will or for inclusion as a simple 'CODICIL' when updating your Will - to include the **Dalgarno Institute**:

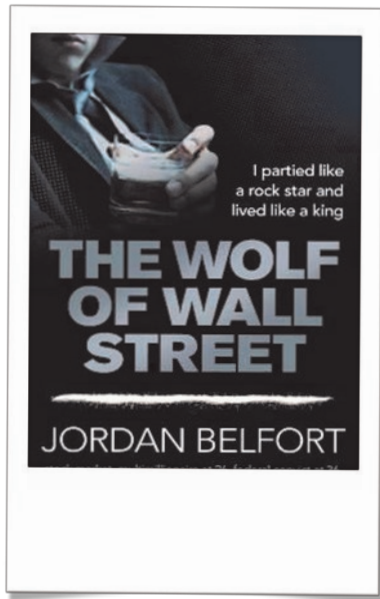
***I .....give to COADE Inc T/as Dalgarno Institute, of 6 Langhorne Street Dandenong in the State of Victoria, for its general purposes .....share/residue/special gift of my estate or the sum of \$..... and I declare that the receipt or the acknowledgement of its Executive Director or other authorised officer will be sufficient to discharge the responsibility of my Executors or Trustees in respect of this bequest.***

If you would like to discuss anything to do with Bequests or Wills, please ring **John Macdonald** for a friendly and confidential chat. **Ph: 1300 975 002**



## "The Wolf of Wall Street"

This coming summer there will be a movie released starring Leonardo DiCaprio as 'The Wolf of Wall Street'. This film will follow the 'Hollywoodised' version of one of Wall street's most flamboyant, high flying and ultimately depths plunging playboys. The story will have the usual SMP themes (Sex, Money & Power) and will be cliché in it's portrayal of the so called 'good life' - it couldn't be much else but cliché, and this journey epitomises just that—cliché. Anyway the key element of the story that interests us is his seemingly stereotypical and inevitable drug use. (Who knew right?!?) Anyway, gleaning from interviews with the subject of this story, **Jordan Belfort**, it becomes clear that substance abuse was both 'recreational' and then 'required', to sustain pace. Then of course dependency ensured enslavement to it. Yet it was this state that landed him in an intervention from a very 'weary' family. Sound familiar? The film will (as only Hollywood can) frame the excesses as expected, a 'high flyers entitlement', however, the damage done not only to Jordan, and those deeply harmed by his shonky dealings, but more so those closest to him, should be what gives us pause. Sadly though, many in our post-modern reckless culture will view this journey through the growing lens of 'My human right to do what I please' and somehow in the end, something will work out and it will be 'fixable'. Sad thing is, that ending, if it ever really happens, only happens for the rich. The poor don't have the luxury of cash a backed bail out. Watch this film carefully and remember it is the Big Bad Wolf in the end pays the price. All drug users eventually discover this truth!



## Night Time Economies - Fun or Frightening?

The 1987 Nieuwenhuysen Review promoted the 'unleashing' of Liquor licencing, basing much of its leverage on the concept of Night-time Economies and the subsequent projection that our cities would 'Be like Europe – Night-Time Economies would bring more jobs, sophistication and new markets'. (incidentally our movement was one of the few dissenting voices against this push) The upshot of this was that since 1987, Venues, Outlets, Trading hours and Events have all markedly increased, with Professor Rob Moodie of Melbourne University stating on ABC radio in 2012 that "Since 1984 there have been on average two liquor licences a week granted in Victoria." (do the math, over 2700 new traders) When The Age newspaper did a 20 year anniversary review on the Neiwuwenhuysen Decision and looked at the new 'economy' that has emerged, all the 'panellists'<sup>1</sup> were glowing and complimentary in their remarks. The increase in employment

opportunities, notwithstanding the overall cost to Victorians would barely see a break-even outcome. This 1987 review is now becoming an example of the miss-use of evidence based data and the one dimensional thinking around substance use.

<sup>1</sup> <http://www.theage.com.au/articles/2006/03/19/1142703222172.html?page=3>

The following substantial study gives a remarkable snapshot of what has now developed into (sadly) an 'economy' fraught with liabilities. **The Patrons Offending & Intoxication in Night-Time Entertainment Districts (POINTED)** Study - saw over 6000 patrons interviewed (this is a significant sample) in 5 key Australian cities. Findings:

**Preloading** = drinking heavily before going out

**Where?** = Vast majority of drinking is done in private homes

**Reason?** = Over 61% was because price was cheaper (discount liquor barn purchases much cheaper than venue prices) Around 14% do this for fun and 7% respondents wanted to be intoxicated before going out.

**Consequences** = People who preloaded were significantly more likely to get into a fight (5+ drinks 2 times more likely; 11-25 drink 2.8-3.8 times more likely; 25+ drinks 4.5 times more likely)

### Energy Drinks

23% of people interviewed on street at venues consumed energy drinks on the night of the study, with 14.6% combining these drinks with alcohol. (This is believed to 'manage' the tiredness of alcohol but maintain the relaxed buzz)

People consuming energy drinks on nights of intoxication were significantly more likely to.

- Record a higher BAC Reading (Blood Alcohol Content)
- Higher levels of intoxication
- Report any form of aggression
- Report being refused entry into venues
- Report having driven while drunk
- Reported committing property crime

### Illicit Drugs

Around 16% of respondents reported using illicit drugs during current night out

People who used illicit drugs were significantly more likely to

- Physical aggression
- Verbal aggression
- Sexual aggression
- Property crime
- Drink driving
- Any alcohol related injury

### Conclusions from this study

- Pre-drinking (preloading) is a major and growing problem.
- Illicit drug use predicts greater harm.
- People who use Energy Drinks are typically higher risk night time patrons, who experience significantly more harm.
- RSA (Responsible Serving of Alcohol) is failing demonstrably and needs far greater enforcement.

# V-CAMPUS NEWS (AROUND THE STATES)

**Sydney V-Campus**—in line with our growing vision it was always our aim to, at some stage, relaunch a Sydney campus. We have been working with a number of different people from various groups, but no one emerged with the time and vision to take up the volunteer coordinator role, that is until Dr Ross Colquhoun saw his way clear to undertake this, no small task. We have worked with Ross to get the basic logistics in place and he has been able to promote our work and engage in some necessary research in the illicit drug space. Ross attended the Community Drug & Alcohol Team Conference in Newcastle on our behalf and was able to contribute to the event and promote our 21 Be There work, as well as some of our Student information. Over 200 of our Generation Booze Posters went like hot cakes. This year we have the funding to get the basic campus up and running, but to grow and sustain it, and be able to give Ross some financial support will require more funding—and we look to our NSW 'Fence Building' partners to help with this endeavour.

**South Australia Campus**—continues to bubble along nicely thanks to the very capable Jo Baxter. We are seeing schools starting to take on our *"No Brainer—I wish I never..."* secondary curriculum. Jo hosted the South Australian 21 Be There Conversation in late October and also represented our consortium to the Parliamentary sub-committee on social development at Parliament house in Adelaide. We continue to engage and where possible, collaborate with other stakeholders, such as Drug Arm, A.D.R.A and Rotary.

**Central Campus**—We continue to settle into our new space and the renovations have gone well. The new kitchen and bathroom facilities are good and it's great to have our own equipment room. Sadly our new and improving volunteer Claudia, had to leave us due to work commitments. She will be missed—such is the lot of volunteers. Our Research Officer, Derek, continues his invaluable work and Mallini has been working a lot of overtime due to Audit and Board issues, but continuing with her cheery and efficient approach.

## Education: shifting the culture of 'acceptability'

**Abstinence is not such a 'dirty word', or is it?** The Victorian State Government since being elected has made good on their platform around alcohol reform, and whilst the measures including 'secondary supply' laws were important they were modest. Demand reduction still remains the key issue and that education strategy has to address the underlying ethos of 'Aussie Culture' (which is no mean feat) yet this is what the State Government through Vic-Health are attempting to do. The detractors would argue the futility of this, but we need to remember that is was similar to what detractors said about our tobacco culture, that culture wouldn't change and sport would collapse without tobacco company sponsorship. Of course both predictions were proved decidedly wrong. As you can see from the diagram below, according to recent research what is 'acceptable' is 'typical' drinking and getting drunk. However, what is 'in extremis' is bingeing and strangely, the best health practice of abstinence! Of course the view is that the latter is not in any way evidence based, but simply an arbitrary categorisation driven by entrenched cultural (and it would appear somewhat intimidating) drivers. All the health data is in and evidence irrefutable, that if you want the best health outcomes in life then not drinking alcohol is your best option. ("Excessive alcohol consumption creates multiple social and health problems for individuals and society, and is one of the top 10 avoidable causes of disease and death in Victoria—It is linked to more than 60 chronic illness conditions")<sup>1</sup>

The concern here is not whether one has the right to drink or not; whether the motivations are recreational or 'medicinal', but that the best practice option of not drinking is seen as not only extreme and odd, but 'unacceptable behaviour' by much of the culture. The F.A.R.E. (Foundation Alcohol Research Education) report this year on drinking habits has shown an increase in the number of those who consider themselves 'abstainers', and it's around 20%. So according to data below, 20% of Australians are 'odd' - well that seems to be the current culture perception. However, this is changing and needs to change more. Of a number of the recommendations/conclusions of the Drinking-related Lifestyles Report., the following are worth noting. \*Undermine the hero status of getting drunk and drinking to excess (e.g. 'What an idiot'). Remove the excusing of drunkenness and related bad behaviour (e.g. 'That's no excuse'). \*Strengthen social acceptability of not drinking, not getting drunk and drinking in moderation (e.g. 'Why do you need to drink to excess to have a good time?'). \*Challenge social pressure that makes others drink ('Why do you need me to have a drink?')

**So let's continue to keep shifting the line, even if only for 'Gen Next!'**

Drinking-related lifestyles: exploring the role of alcohol in Victorians' lives: Research summary Oct 2013

<sup>1</sup> <http://www.vichealth.vic.gov.au/drinking-lifestyles>



Figure 1. Spectrum of drinking behaviours, based on reported norms/cultural perceptions.



# SNAPSHOT NEWS

**People Against Drink Driving**—It is with great pride that we announce that P.A.D.D have now fully and officially merged into our growing coalition. The Dalgarno Institute had been collaborating with P.A.D.D. for the last two years, and particularly with Graeme Denholm (President), as well as long time remarkable champion (and the noted artist) Donald Cameron. It was wonderful to see the 80 plus members of P.A.D.D. elect to continue to be part of our growing membership base. We were also in the official transition able to collaborate to see a long awaited work of Donald Cameron's published—**'When Random Breath Testing Came to Town'**. This publication is part of our NO Brainer Education library for schools and has been sold in many and varied places.

**Isabella's List**—We have had two very worthy recipients of awards. Both gentlemen are long time advocates for changes to the drinking culture, particularly for young people. Professor John Toubourou and Surgeon, Dr Anthony Lynham, are outstanding examples of selfless investment in the health and well-being of Generation Next. (Their details are at <http://www.dalgarnoinstitute.org.au/index.php/dalgarnnotice/isabella-s-list/our-gallery>) Both champions receiving Category One: Community Advocate Awards for their services.

**AGM and New Day**—Our Annual General Meeting is always conducted in October, but was held a little earlier this year on the 9th to accommodate our Treasurer David Purnell who got married to his beautiful fiancé Amy on 19th of October. We want to take this opportunity to congratulate them on this wonderful event.

This particular AGM marks the start of a new era. We had spent a good 20 months grappling with incoming changes to legislation and tidying up some long missed and often overlooked issues that meant we had a 'clear slate' to move forward with. Our long standing Chairman Mr Grant Hutchinson (after 5 years in the Chair and 10 years on the Board) felt it was time to free up some time. We take this opportunity to thank him for his service and wish him all the best in his future endeavours. Another, and quite remarkable milestone was our life member and past President Rev Tom Morgan who 'called it a day' from official Board activities. Tom is only 85 years young, and his contribution to our cause is as robust as it has ever been. We also want to wish him and his lovely and patient wife Doreen all the very best in their still numerous activities.

It was exciting to welcome on the Board two new members Mrs Josephine Baxter and Mrs Linda White. Both women bring exceptional, relevant and much needed skills to our Board—also making us one of the most progressive Boards in operation, with equal numbers of both men and women.

## Education: NPS {Novel Psychoactive Substances}

### Krokodil

As with many of the new synthetic drugs of abuse, there is limited research and/or information available on long-term effects. Most of the information is gathered by users or those in contact with users. Below you will find a short summary of what can be gleaned on this insidious cocktail known in Russian as **Krokodil**.

#### What is Krokodil?

**Medical name:** Desomorphine. Desomorphine is an opioid (a synthetic narcotic that has opiate-like activities but is not derived from opium) first patented in 1932 by the United States. It's a derivative of morphine that has sedative and analgesic effects and is 8-10 times more potent than morphine. It is classified as a Schedule I substance under the federal Controlled Substances Act.

**Street Names:** Krokodil, Walking Dead, Crocodile, Krok and Zombie Drug. The name Krokodil comes from the word crocodile and was named as such because of the greenish and scale-like skin condition that occurs as a result of injecting the drug. At \$6 to \$8 a syringe, it's roughly three times cheaper than the price of heroin.

#### Manufacture of this Novel Psychoactive Substance:

Krokodil is produced using over-the-counter codeine-based pills and mixing them with gasoline, paint thinner, hydrochloric acid and red phosphorous (scrapped from the tips of matches). The ingredients are boiled, distilled, mixed and what remains is a caramel colored liquid that can be injected. Prevalence of use began in 2007 in Sibe-

ria and spread throughout Russia. In 2011 the Russian Federal Drug Control Services confiscated approximately 65 million doses of Krokodil.

#### Effects of Krokodil:

So called 'High' lasts from 30 minutes to approximately 1.5 hours and is reported by addicts/users to be similar, but more powerful, than the effects of heroin

- Causes flesh to rot from the inside out
- Skin becomes scaly; blood vessels burst causing the surrounding tissue to die
- Results in gangrene and amputations
- Exposed bone
- Kidney and liver damage
- Rotting teeth
- Blood poisoning
- Brain damage
- Death—average lifespan of users is 2-3 years, 3 year expectancy after first use

**Withdrawal symptoms:** Could last as long as 30 days—Painful due to the blood vessel destruction and tissue damage it causes.

#### Articles and Resources:

[The Curse of the Crocodile: Russia's Deadly Designer Drug](#) Time World 2011

[Krokodil: The drug that eats junkies](#) (Independent, UK June 2011)

[www.krokodildrug.com](http://www.krokodildrug.com)

[Krokodil, the Drug That Eats Your Flesh: 5 Fast Facts You Need to Know \[WARNING\]](#)

GRAPHIC (September 2013)

[DEA Now Monitoring Krokodil, a Deadly Morphine Derivative](#) (Fox News 2011)

<http://www.youtube.com/watch?v=ZfkXH8wXqQI>

(See also 'Bath Salts' insert)

# 21 BE THERE—THE MOVEMENT GROWS

After months and months of preparation and planning the long awaited launch of our National Campaign finally arrived. On June 19th we staged this seminal event in Parliament House, Canberra. This first of many 'conversations' was opened by Senator Eric Abetz, and featured two keynote presentations by Professor Toubmourou of Deakin University and maxillofacial surgeon, Dr Anthony Lynham of QLD. The Executive Director of Dalgarno Institute was master of ceremonies and other 21 Be There consortium members assisted with the Panel, Conversation interaction, catering and other logistics. There was a good number of politicians, community and not-for-profit groups represented, however due to the Labor leadership spill, most of the politicians had to withdraw their acceptances. Despite this fact, the two key performance objectives of the event were more than met—1) to launch our campaign/movement in Canberra, at parliament house and 2) have the launch broadcast nationally. The latter seemed an impossibility, but not so, with the help of *Profile Consulting*, great teamwork and 'divine intervention' we overwhelmingly exceeded the second of our two key objectives.

The 'word' got around Parliament House that a forum about the drinking age was being held in one of the chambers. Whilst it was by no means a 'slow news day' our small event was inundated by media. All major television stations interviewed not only our keynote speakers but also the Executive Director. We received air time on the key TV stations, and over 250 news outlets (print, radio and television) carried the event nationwide, into every state and territory. The ripple effect went on for weeks. Professor Toubmourou who has been a long time campaigner with us on this said; 'this was miraculous'. Only two years earlier he had tried to put this issue into the public space but was not only given little attention, the attention he did get was less than flattering. This was a coup and all the press coverage was very positive about the idea.

The Dalgarno Institute was approached by the promoters of the international pop-sensation 'boy band' **ONE DIRECTION** to promote our campaign. We produced a 15 second advertisement and it was screened repeatedly at the last concerts in Sydney and Melbourne—You can view the clip on the home page of 21 Be There or on YouTube

<http://www.youtube.com/watch?v=2aXMm-a9Dw&list=PLTMqlfT-1C1wL15qGm7272upuVS6iF1J5&index=2>

We have planned at least two more state consultations for this financial year. We completed one in South Australia in late October and are looking to QLD for March 2014. You can follow us, get involved and promote the movement at [www.21bethere.org.au](http://www.21bethere.org.au). You can also follow the Twitter feed and the Online Blog for current data and activities. (There is a professionally developed DVD presentation of the entire Canberra Conversation Forum which is available on request and is free of charge for the first copy with the proviso that it is both watched and circulated in your networks— **"HELP KEEP THE CONVERSATION GOING!"**)

21 Be There Conference <http://www.youtube.com/watch?v=cZSFiUPPaeU>



Professor Toubmourou



Executive Director



Surgeon, Dr Anthony Lynham



ing to bring a new born life into her chaotic unrequited world. Sadly, an unbroken cycle of what could have been a life well lived!

This self-indulgent choreography has now morphed into an enslavement to dependant processes that have only one perspective – the meeting of every felt need, regardless of what that means to society, relationships, family or even self.\* (*\*Identity omitted to protect the innocent.*)

**Dalgarno Comment** - This tragic and true story is by no means an isolated one, far from it! This level of chaotic dysfunction is growing and growing because the National Strategy of Harm Minimisation has been sabotaged and hijacked by one dimensional thinking and policy interpretation. The Full strategy of Harm minimisation is supposed to be 1) Demand Reduction 2) Supply Reduction and 3) Recovery focused Harm Reduction, with prevention and even abstinence as part of the mandate. Instead we now have the term '*harm reduction*' interchangeable with Harm Minimisation and in practice it seems to have only one goal—keep the drug user supplied and using; all under the faux banner of 'care' and 'kindness'. Yet this 'version' of care and kindness is only creating more users, greater use and subsequently greater exposure and susceptibility to further disease and even death. Then, of course, comes the call for 'decriminalisation' because they say; 'so many people are using' we need to make it 'less stigmatised' so they will use... less, or more, 'safely' or...? Confused? Join the club!

**It's time to stop this appalling, poorly managed Harm Reduction Hamster wheel and truly work toward prevention and recovery so that every Australian can live a productive and healthy life.**

Shane Varcoe—Executive Director.

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**Gifts of \$2 and over to COADE Inc (Dalgarno Institute) are Tax Deductible**

## 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 at a safer and healthier future.*

***Thank you for your understanding in this matter.***