



Really!?

Alcohol Advertising:

Children wearing body cameras exposed 4.5 times per day to alcohol marketing in multiple places and via a range of marketing media...

Exposure to Internet alcohol ads significantly increased purchase intentions (Movendi Dec 2023)

MLDA 21

(Raise Drinking Age)

"According to studies, the initiation of drinking at a young age is associated with lifelong risks of alcoholism and alcohol use disorder" (Crews, Coleman, Macht, & Vetreno, 2023)

Addiction: A new report estimates addiction cost the Australian economy more than \$80 billion in 2021

One in four Australians will deal with alcohol, drug or gambling addiction in their lifetime

The other approach looked at the future, meaning it counted all lives lost in a year and calculated their hypothetical future contributions and productivity. This amounted to \$174 billion.

<https://www.rethinkaddiction.org.au/understanding-the-cost-of-addiction-in-australia>

WRD. news

The Resilient Brain & The Resilient Life: *What isn't helpful and what we may be missing?*

"The challenges today's generation of young people face are unprecedented and uniquely hard to navigate. And the effect these challenges have had on their mental health is devastating."

A 2021 [advisory](#) by the US Surgeon General

"Our data not only shows a continuing decline in the mental health of the current crop of young people but continues to effect older generations today heading into their 40s and 50s. We are not seeing the rebound out of young adulthood that previous generations saw as they aged."

[Dr Richard Morris](#), senior research fellow in the University of Sydney's Faculty of Medicine and Health.

Brain Structure – the White that

Matters: Your brain has two main masses that house various regions of the brain, the Grey Matter, and the lesser known, but very important White Matter.

The central nervous system (CNS) is made up of tissue known as white matter and grey matter. White matter makes up around half of the brain and comprises bundles of millions of axons (or nerve fibres). White matter is located in the deep parts of the brain while grey matter makes up the outer surface of the brain. *White Matter essentially acts as the brain's communication network, connecting different parts of Grey Matter and facilitating coordinated brain function.*

Unlike Grey Matter, which peaks during child development, White Matter keeps developing until the later 20s, with some areas in the CNS taking longer to develop than others.

Making Your White Matter Sick: White Matter disease is an umbrella term for changes and damage to your brain's white matter. The disease may develop with conditions associated with aging, such as stroke, but it can also affect young people due to conditions such as cerebral adrenoleukodystrophy and multiple sclerosis (MS) and more and more manifesting from – no surprises here – **substance use**.

How May Drug Use Effect Your White Brain Matter? The most common effect of drugs on white brain matter is white matter disease, which is when white matter in brain tissue wears down or deteriorates. While this is often caused by aging, it can also be caused by drug abuse – substance use in many instances accelerates aging, not only of the body, but the brain.

There is a long list of drug use effects on the brain. Abusing substances like heroin, cocaine, methamphetamine, and even marijuana can cause deterioration of white matter in brain tissue. When this white matter begins to die, communication between nerve cells becomes non-existent, preventing the individual from functioning. Things like emotions, thoughts, learning, speech, memory, and overall behaviour are all directly affected by any disruption in cell communication.

Continued on back page

Dalgarno Institute – Live & Active

WRD. news

WRD News: It has been on the radar for some time to create a 'news platform' that focused specifically on prevention, preventative health, recovery, and best practice Demand Reduction policy. In conjunction with our valued partners, Tokyo Design Studios, we have created **WRD News**.

The WRD can be and acronym anything proactive you want it to be. Certainly, it relates to World Resiliency Day, but also We Reduce Demand or World Recovery Drivers – you get the gist. The site has categories that are easy to navigate and a search engine to boot.

[Engage, Enjoy, Share...](#)

BE LOUD 4 CHANGE: On this year's **World Cancer Awareness Day**, The Dalgarno Institute team did a mini-Cancer & Alcohol campaign shaped around our

international partner [Movendi's Be Loud 4 Change](#) campaign. Beyond the social media and other platform deployments, we also loaded it up to our youth and family focused alcohol awareness web platform www.greaterrisk.com



Alcohol is now unquestionably tied to causing at least 7 cancers and Big Alcohol are continuing to hide this disturbing reality. Check out more information on alcohol and cancer harms at our [Monitoring Alcohol](#) page on Dalgarno Institute



5.9 Mn

Years of life were lost due to cancer caused by alcohol

In Brazil, Russia, India, China, South Africa, the UK, and the US in 2020, ca. 5.9 million years of life were lost due to cancer caused by alcohol – the second biggest burden after cancer due to tobacco.

Unnecessary Harm Podcast

The 'Unnecessary Harm'

Podcast is not only up and running, but we have now released 9 episodes, with more in the pipeline.



In depth and candid interviews with subject matter experts and remarkable people with profound lived experience and earned resiliency, all shedding light on 'unnecessary harm'.

We not only encourage you to check out the range of excellent subject matter but [subscribe to the channel and share it with your networks](#).



Heritage 100 Club

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Future Fund & Fighting Fund**

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Or go to <https://dalgarnodonation.com/heritage-100-club/>



Legalising Cannabis Bill 2023

In 2018, then Liberal Democratic Party Senator David Leyonhjelm, introduced a proposed bill to the Federal parliament to legalise cannabis. [The Dalgarno Institute were called to present evidence.](#) This first attempt at national legalisation failed, but the very well-funded pro-pot propagandists only re-upped their endeavours.

One such tactic was to create a 'legalise cannabis' party to continue their fight to have this highly engineered psychotropic toxin made legal for recreational use.

Of course, none of this was a surprise for the Dalgarno Institute, as we saw this coming 11 years ago, and decided to set up our various [Cannabis Conundrum](#) platforms.

In early 2020 many of you will recall we conducted our national Cannabis Conundrum Tour, with two outstanding experts from the United States. We visited most states and talked to scores of politicians and conducted multiple community forums.

Entrenched ignorance or indifference to this believed 'benign' substance was our biggest hurdle. However, we did get some traction. Our little organisation continues to punch way above its weight.

We knew a new push was coming and in a pre-emptive move the Dalgarno Institute sent [extensive research kits](#) on the largely unknown or wilfully ignored harms of cannabis to all upper house

representatives in the three states that had elected a Legalise Cannabis Party member to parliament.

In Victoria, we ensured hard-copies of these documents were delivered to all upper house representatives. This as done in early February this year.

Inevitably another attempt for national legislation change to make cannabis legal for 'recreational use' was presented, this time, as expected, by the Legalise Cannabis Party – the [Legalising Cannabis Bill 2023](#)

Our Institute made a submission, and one of an expected small group of opponents. Whilst submissions for pro-pot activists were many, most were from current cannabis users and/or crafted by A.I. bots in an attempt to give volume to the Inquiry.

A high-level bureaucrat in the South Australian Police made a concerted effort to contact us and congratulate us on 'arguably the best submission made to the Inquiry' (their words) Whilst we were humbled and encouraged by that, we also knew exactly what we were up against.

To our surprise, we were selected to present to the committee on 21st of February.

Not unsurprisingly we were 'lumped in' with two other pro-cannabis groups in a panel which outcome we did expect – a limited hearing and a double scrutiny of our evidence. The same attention was not given to flimsy 'talking points' made by our opposites.

Consequently, we were required to provide further 'evidence', which we

did, but not without a deserving complaint about this bordering unfair treatment.

Others on our side faired no better with one-sided interrogations favouring pro-cannabis proponents. The committee will deliberate, and with the 'in favour', loaded committee, we believe there will be no surprise at the recommendation. However, that doesn't mean it will be so... We wait and advocate for a better drug reducing culture.

Global Common Statement on Recovery

The final research and seminal paper was released, and the Unnecessary Harm Podcast team interviewed the architects of this work.

The focus on not only helping people exit substance use, but more importantly empowering the recovery alumni and communities they are part of to create a continuum of care and in so doing, builds both recovery and social capital, are just some of the key points in this growing narrative of health and well-being for all our community – without the toxic 'underminer' that is substance use. We encourage our all our members, partners and fiends to check it out and share with their networks. Listen/watch the podcast on <https://unnecessaryharm.com.au/> with full resources on Global Resources at www.worldresiliencyday.org



The Resilient Brain & The Resilient Life: *continued from page 1*

In recent years, scientists have discovered that the human brain contains its own version of black holes. These are areas of the brain where there is a lack of activity or connectivity between neurons. These black holes are known as functional connectivity disruptions (FCDs) and can be seen on fMRI scans. Whilst these 'holes' can be created by a number of factors including stress, distress, anxiety and aging. A person with a drug dependency may be more vulnerable to white matter disease and other forms of brain damage.⁵

The published research around substance use impact on White Matter is significant. Substance use disorders (SUDs) represent a significant public health concern with widespread neurological and psychological implications. We gleaned evidence from several studies that employed various neuroimaging techniques, primarily diffusion tensor imaging (DTI), to investigate the white matter microstructural integrity in individuals with SUDs.

Understanding these structural alterations in the brain is crucial for gaining insights into the aetiology, progression, and potential treatment strategies for SUDs.

So, what does that all mean?

Although the functional implications of these structural changes remain a subject of ongoing research, the growing research is providing crucial insights into White Matter (WM) alterations in SUDs. Reduced Fractional Anisotropy (FA), which is a common measure of WM integrity, may indicate various white matter alterations, such as axon or myelin damage, reduced axonal coherence, or density. The impact of WM changes on cognition,

decision-making, and psychopathological symptoms are evident but do require further investigation.

This synoptic summary of the emerging research underscores the significance of studying white matter microstructural integrity in individuals with Substance Use Disorders.

While there is evidence of substance-specific alterations and correlations with chronicity and abstinence, much remains to be learned about the functional consequences of these changes and ***clearly serious caution must be exercised around substance uptake and the developing brain.***

Clearly, using substances for recreational purposes, [is all about trading a potential](#) ‘buzz/high’ (not always good by a long shot) for the diminishing and deteriorating of the organ that matters most to our humanity.

*Short excerpt from soon to be release White Paper for
World Resiliency Day 2024*

It is with sincere sorrow, that we announce the passing of one of Australias greatest health activists, Elaine Walters OAM. Her legacy lives on in her final work “Street Drugs – A New Addiction Industry.”



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☐ 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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