

# THE FENCE BUILDER

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## REALLY!

1. **"Excessive alcohol consumption is a major public health problem worldwide, causing more than 3 million deaths per year,"** Dr. Kliewer, a Professor of Molecular Biology and Pharmacology <sup>1</sup>

2. **"Booze, the 'gift' that keeps on giving?"**—"Once alcohol is out of the blood stream, GABA function falls, but glutamate – which excites the brain – is still very high. This can lead to anxiety, shakiness and poor sleep. If you have been drinking very heavily, this sudden change can even lead to fits. Levels of another neurotransmitter in the brain – dopamine – are also affected which can lead to low mood." "Large amounts can prove toxic, as it seems to destroy all the delicate connections between brain cells – rather like pruning back a shrub until just a bare stump is left."

Professor Lingford-Hughes - Expert in addiction biology <sup>2</sup>

3. **OTC (Prescription Meds) Abuse in Australia—** 80% of overdose deaths; benzodiazepines and opioids were the main drug groups involved <sup>3</sup>

4. **"In 2014, Spain, Belgium, the Netherlands, France and Italy reportedly accounted for 80 percent of the 61.6 metric tons of cocaine seized in the European Union."** <sup>4</sup>

## Children of Alcoholics—and Other Drugs?

### Pervasive, but forgotten Human Rights abuses worldwide

Children of the world bear a heavy burden and suffer disproportionately from injustice, violence and dysfunctional systems. I think that children whose parents have alcohol problems are one such group where the extent and graveness of how exposed kids are to Human Rights abuses really becomes obvious.

Children of alcoholics are the forgotten victims of adults' failure to protect and promote children's best interests. All too often they do remain invisible and alone: neglected by their parents, overlooked by teachers, down prioritized and ignored by governments and authorities.

### But data shows that children of alcoholics (CoAs) do constitute a significant group.

- ✦ In Australia one million children live in homes with at least one addicted adult.
- ✦ In the United States, mothers convicted of child abuse are 3 times more likely to be alcoholics and fathers are 10 times more likely to be alcoholics. More than half of all confirmed abuse reports and 75% of child deaths involve the use of alcohol or other drugs by a parent.
- ✦ In the European Union, there are at least 9 million children and young people growing

up with alcohol-addicted parents.

✦ Research estimates that there are 2.6 million children of school age living with parental alcohol problems in the UK alone.

The number of children living in homes that are ravaged by alcohol problems sky-rockets considering the countries around the world that are currently not even measuring the issue.



Children growing up with parents who struggle with alcohol problems are a Human Rights crisis of tremendous proportions, multiplying and perpetuating poverty, ill health, despair.

### The evidence shows that children of alcoholics are greatly exposed to various types of harm:

- ✦ They are five times more likely to develop an eating disorder.
- ✦ They are three times more likely to commit suicide.
- ✦ They are almost four times more likely to develop an alcohol use disorder themselves later on in life.

In low- and middle-income countries, children of alcoholics often end up on the streets, where they are often exposed to grave dangers such as violence and crime, human trafficking and exploitation, and substance use.



Continued on back page

1. Medical Express News 11.2016

2. [http://www3.imperial.ac.uk/newsandeventspggrp/imperialcollege/newssummary/news\\_18-12-2015-13-17-15](http://www3.imperial.ac.uk/newsandeventspggrp/imperialcollege/newssummary/news_18-12-2015-13-17-15)

3. AFP VOL.45, NO.12, DECEMBER 2016 © The Royal Australian College of General Practitioners 2016

4. 2016 EU Drug Trafficking Report

# The Institute: Leadership & Vision

**Our Committee Team**—As you are aware, we elected a new President/Chair at our last AGM, Mr Ian Mann, who has wasted no time in recalibrating and streamlining our administration processes, along with our remarkable Secretary David Purnell, we are seeing efficiencies and cost savings emerge, in accord with our strategic transitional plan.

Of course the new Board members Kathy Scott and Neil Meyer continue to bring invaluable insights to our vision and strategy from their teaching and recovery backgrounds. What is very exciting, is that we get to introduce to you our latest addition to the board, and now our new Treasurer, Suzanne Snoek. Suzanne is the long awaited key human resource The Dalgarno Institute has been needing. She comes from a very successful finance background; business owner, consultant and has great affinity and vision for what Dalgarno stands for.

This new Board are very hands on, and in rolling up their sleeves and stepping in, we are seeing much more being accomplished with this excellent team work—team work from a very capable and skilled group—To this new group, the operational team say a very big thank you!

**VCampuses and the Wholesale Model**—For those across our 8 year plan/vision, you'll be aware we have continually sought to promote our Three key arenas in our Mission; Education—Advocacy—Resourcing. The latter being a key element in mobilising and multiplying the first two priorities in our Mission and Vision. The 'wholesale' model has always been our priority, seeking to train and equip key individuals

and groups to deliver a high quality, evidence based Demand Reduction Education program. We have a number of partners, both individuals and agencies, i.e. Teen Challenge, which we continue to train, equip and resource. Of course our VCampus model was to serve that end but having a contact/presence in areas where human resource was available. One of the strengths of our long standing grass roots, public interest not-for-profit, is our unpaid staff support. It is these individuals who have enabled us to have that presence and profile in the community. We again thank Dave Harris—Bendigo, Jo Baxter—Adelaide, Dr Wayne Miller—Hunter Valley and our previous supporters in Sydney. As our national partnership model develops the need for the VCampuses will fade and that transition is being done in concert with our growth in our National and International Partnerships.

**Resourcing Advocacy with Research**—Dalgarno Institute understands that shifting culture requires both a 'bottom up' and 'top down' approach. Consequently our strategy requires that we promote a data/information 'voice' into the policy and public space that is rarely heard in the 'Harm Reduction' only arena. It was encouraging to see Dalgarno Institute's latest NGO 'White Paper' get traction both here and internationally. **'Social Determinants and Substance use: A perspective beyond the policy silo pragmatics'** was taken up by [The Journal of Global Drug Policy and Practice](#) and published in their latest journal release (VOLUME 11, ISSUE 2- Spring 2017) Congratulations to author's Shane Varcoe and our remarkable Research Officer Mr. Derek Steenholdt.

## PARTNERSHIPS & EDUCATION—HAWKESBURY PROJECT

### Community Unites for better future for community and Generation Next

The results from our Hawkesbury Region #NEO (Not Even Once™) AOD Education Pilot late last year were incredibly pleasing. We were able to present them to the Principals Community Forum conducted at the Hawkesbury Police complex recently.

The seven schools are not only keen to continue with the program, but wish to extend it to include Parent Nights and Community Forums. The local newspaper not only featured an article on the success of the initial foray, but featured a lengthy podcast interview on the benefits of this vitally needed Demand Reduction Education program.

**Data from Student Surveys—Ilicit Drugs** (Sample over 1600 Students)

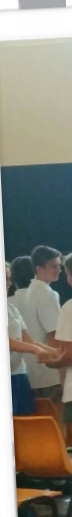
Total students indicating **likely drug use before** seminar = **17%** Total students indicating **likely drug use after** seminar = **12.6%**. **Positive shift away** from initial use indication of those students **likely to use drugs** = **65.6%** - **Shift to Absti-**

**nence** not likely at all from likely to use drugs **following seminar** = **33.7%** *What's important to note is not only the significant change, but that happened after only one 90 minute seminar!*

The local RSL Manager continues to value, and financially back the roll out of this program and has continued their generous funding. What's more, they seek no recognition or accolade, they just want to stem the tide of growing dysfunction in their community.

This year we will be rolling out the next two seminar resources, *'Ripped Off'* and *'The Humpty Dumpty Dilemma'* covering the entire secondary school population.

Our growing partnership with Teen Challenge Australia is being touted to move into the international space, with several countries expressing keen interest in the Dalgarno Institute fuelled #Not Even Once AOD Education program. It's a very exciting development we continue to pursue. **Education Team**





# Grassroots Advocacy—Challenging Outlets

The Dalgarno Institute was founded by grassroots activism and continues in that same not-for-profit community driven mode. Our movement has been responsible for many wins, particularly in countering the push of previously unregulated alcohol industry over decades. Since 'letting alcohol off the chain' again in 1986 with the [The nieuwenhuysen report](#) and it's now clearly seen flawed recommendations, we have seen the escalation of alcohol misuse, particularly in our *Night Time Economies*, and now an even worse level of misuse via packaged liquor outlets.

## Local Governments battle with Booze Barns.

There are a growing number of local councils in various parts of the greater Melbourne area that have been banding together to look at ways of stemming the tide of the ever growing number of packaged liquor outlets and the damage/harms they bring. Planning laws are not keeping up with this emergence and subsequently loopholes are allowing merchants to satiate already inundated lower socio-economic regions with booze barns!

Some emerging facts:

- Still can't get direct volumetric sales data in Victoria—who is hiding what?
- It's not just the number of outlets, but the floor space they occupy that influences these retail premises' impact.
- For example, in only one Council consortium there are 361 Packaged Outlets with an estimated almost 60,000 square meters of floor space, with an average outlet sit of 110 sqm.
- Current average sales is \$675 million annually in Victoria. This is double what gambling rakes in, and that industry is more tightly controlled.
- 80% of purchases of packaged liquor occurs within 5 km of a residence, with 50% being purchased within 2 km.
- Customers drive to these Big Box Venues for three main reasons
  - 1) Close to home
  - 2) Big groceries
  - 3) Cheaper prices
- Booze Barn 'hotspots' always start with smaller outlets, then the bigger ones come in. However, this doesn't shut down smaller ones, they seem to adjust prices to stay in the market, creating staggering overlap and satiation in these areas. In one Council (SE Region) we have up to 13 outlets in a 'convenience' area!
- **Family Violence has an almost identical overlap with the concentration of packaged liquor outlets. The management of on premises licenses and strict rules has seen street/public violence plummet, but the escalation of family violence in residential areas goes largely unchecked!**

In the spirit of grass roots activism it has been Dalgarno's pleasure to lend a small hand to a local community champion Mr William Lawrence who, at his own expense, took on another packaged liquor outlet in the Essendon area. Bill did all the hard yards, and we were able, in conjunction with a couple of academics from Deakin University, to argue a case to reject the license. Whilst a 'win' for the community was not likely, due to planning loopholes, the decision from the hearing did result in the reduction of opening hours, a small but notable win!

While a current clause in the planning law always favours the booze barns, these continued protests, and works to have planning laws changed will see more victories for health, safety and well being of communities. We want to acknowledge William Lawrence for all his remarkable work, seeking to protect his community— He is our latest ISABELLA'S LIST Award Recipient!

We recommend you access the latest Poll by *The Foundation for Alcohol Research and Education*. This Annual Poll, continues to be an important evidence based document and always worth the read.

**2017 Australian Attitudes & Behaviours to Alcohol Report** <http://fare.org.au/2017/04/annual-alcohol-poll-2017-attitudes-and-behaviours/>

Operations Team





## A massive Human Rights crisis

When we talk about children of alcoholics, we face seven aspects that make up the severity of the Human Rights crisis:

1. The societal stigma, stereotypes and associated taboo that still are attached to alcoholism and to living with parents who have alcohol problems.
2. Authorities' inability to identify children of alcoholics, for example in schools.
3. Governments on local and national level fail in providing effective and sufficient services to these vulnerable and marginalized children.
4. Governments on local and national level fail in providing treatment for parents with alcohol problems, like programs that help the entire family.
5. Society's inability to prevent and reduce alcohol harm in general.
6. In general, the lack of enabling, safe environments for children to grow up and thrive in.
7. Government shortcomings in implementing the best interest principle enshrined in Article 3 of the Convention on the Rights of the Child (CRC).



Also these aspects are interdependent. Their absence from the debate and from effective policy-making processes is hurting children of alcoholics...I think that helping and protecting children of alcoholics can bring about structural change to how society views the best interest of children and how we come together in promoting environments that allow all children to thrive. If we can ensure that no child, no matter how marginalized and vulnerable, is left behind, we as global a community stand a chance of building a better world with Human Rights for all.

By **Maik Dünbier** IOGT International. For complete article go to <http://iogt.org/blog/2016/12/10/standing-human-rights-children-alcoholics/> (Used with Permission)

*(The vital principles outlined in this excellent opinion piece apply no less to the growing illicit drug use in our first world entitled, cashed up societies. The 'right' to privacy and autonomy of the careless, self indulgent drug user, can never—must never—trump the rights of precious children, who invariably suffer for the selfishness of the 'grown ups'! D.I.)*

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

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

## 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.



