



FENCE BUILDER

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Really!

'RECREATIONAL' HELL!

1. *"Worldwide, 57% of the global adult population is not consuming alcohol. Since 2010 the total adult per capita consumption of alcohol has remained stable."* (2018 WHO Global Report)

2. *"Every day, about 800 people in Europe die from alcohol-attributable causes... One third of all alcohol-attributable deaths related to cancer!"* (WHO 2019) ²

3. *"Alcohol, tobacco, and illicit drug use are major global risk factors for disability and premature loss of life,"* ³

4. *"The number of Australians misusing painkillers and opioids almost trebled in the three years from 2013 to 2016"* ⁴

5. *ScriptWise has urged the federal government to shift focus away from illicit drugs claiming prescription overdoses now account for more than 70 % of drug deaths in Australia.*

6. *"Colorado currently holds the top raking for first-time marijuana use among youth, representing a 65% increase in the years since legalization (NSDUH, 2006-2016)"*

I will say that the experience I had with journeying with Marijuana addicted child was far more traumatising than anything I went through in my childhood – growing up in Zimbabwe.

To watch my precious child, go through an absolute metamorphosis from being a bouncy, happy, loving, caring, full of life boy into a stony eyed, shifty, unpredictable, angry, psychotic and destructive man. My heart was as broken as his life. The harder I tried to protect him the more difficult it became; I could literally feel the downward spiral and I was helpless to stop it. This drug was slowly but surely causing my child to die in front of my eyes and there was nothing I could do to stop it.

The exhaustion set in and then to follow was the PTSD and insomnia caused by living off adrenaline 24/7. To repeat the cliché, it was every parent's worst nightmare.

So, I have thought about how I may help parents to see the signs so they are able to react in time, hoping that what I say will resonate deeply and be an effective tool for preparation of parenting in this minefield of treachery.

I am just an ordinary mum who has over the years tried her hardest to be there for all my children and has given everything to make sure that they have what they need. I naively thought that this would be enough and that teaching them right from wrong and giving them a stable environment, a good school and plenty of love would ensure that they all make the right choices later on.

Well, I was gravely mistaken.

For me it has been a bitter/sweet story as my son Wes has come out the other side still alive and is well on the way to being integrated back into society with a bright future ahead of him. But bitter because he could not live at home anymore and I could not help him with the hardest part

of his journey. It was one of my hardest struggles as a parent who put every single part of herself into her children, sacrificing career and all other things to be able to give them the best of myself.

I so wanted to be with him and help him and for the first time in his life, I couldn't, in fact I had to get used to the idea that I may have enabled him in his addiction. That was so hard, knowing that my love and support actually was not helping but prolonging the problem. As a mother this cruelty forces you to be severed from your child and this was particularly heartbreaking but crucial to his recovery and healing and mine

As he spent more time in rehab, he started to open up with me, sharing his journey. He told me that he first started using marijuana when he was 13 years old.

He said, "Mom, they told me it was harmless fun! They said I could get off it anytime I wanted and that it was RECREATIONAL!

WOW! I was stunned that that word was used to describe marijuana! REALLY, I said, horrified at the acceptance and complacency of something that had caused our family so much pain.

It did not feel very recreational to me, lying in bed night after night for years wondering if my son would make it home alive while he trawled the streets late at night high on weed and hooning! It did not feel very recreational getting a phone call on Christmas morning when I wished my husband Happy Christmas and his words back to me were, "He's has been in an accident, he has rolled his 4 x 4 and the police are after him."



It's only
weed, right?

2 <http://www.euro.who.int/en/countries/norway/news2/news/2019/01/every-day,-about-800-people-in-europe-die-from-alcohol-attributable-causes>

3. Global statistics on alcohol, tobacco and illicit drug use: 2017 status report

4. (AIHW)

Continued on back page

THE INSTITUTE: NEWS

Knox City Liquor Accord: The Executive Director was invited late last year to present at this event for March, on hearing of the success of the presentation made to the City of Greater Dandenong same event. These meetings, facilitated and hosted by Local Government are voluntary, but well attended, as they were on this occasion, with numbers swelling way beyond expectation.

Liquor license holders of all type (packaged, on-premises and other speciality) are invited and encouraged to attend to hear the latest news and updates from **VCGLR** (Vic Commission for Gambling & Liquor Regulation). They also get reports from police and are able to discuss problems and issues they are experiencing within their on venues and precincts in general.

The Dalgarno Institute presentation was not only well received, but we were able to give out small gift bags which included our patented .05 beer glass, pen and copy of our emerging supporters, **Andatech**

Discussions also spilled over to the very real and growing problem on illicit drug use in venues, or patrons being under the influence of illicit substances mores so than the legal drug of alcohol. Connections were made with police and some key venues.

Isabella's List: We have a couple of new candidates for our coveted Isabella's list award. After discussion with Local government officers and long discussion with key people at this stand out venue, the latest award is going to the Management of Seamus O'Toole Knox City. This **Category 3 Community Harm Reduction Award** is given, not only for stand out R.S.A, but a Zero Tolerance on illicit drug use, with active

engagement of patrons to avoid illicit drug use. The venue has had a 'chequered' past, but the new management have done a stellar job to created a safe venue for family meals , not just a 'watering hole'. A \$500 Gift Voucher from Andatech, accompanies this award. **Thank you ANDATECH and Congratulations to Jason and the team.**

Honouring a Bendigo Legend! As you are aware, we have divested ourselves of the Bendigo Temperance Hall and are both financially and managerially better off for it. What we didn't have space to do in our last newsletter was say an important and well deserved THANKS to our long-standing Bendigo VCampus coordinator Dave

Harris. Dave is not only a long-time resident and past business owner in Bendigo, but in his current role as Pastor, a key community

figure. Dave and his family not only care for the well-being of many in the community, but as a someone acutely aware of the devastating harms of drug use, was incredibly insightful on both harms and recovery.

We want to convey our heartiest appreciation to Dave, Helen and the kids and commend to you all again Dave's remarkable autobiography... **CERTIFIED!**

Dave with Executive Director



ANACAD— Deakin Consultancy: Late last year Centre for Social and Early Emotional Development (SEED) at Deakin University were contracted by Australian National Advisory Council on Alcohol and Other Drugs (ANACAD) to conduct a thorough review of alcohol and drug education and early intervention programs in Australian government schools. This review had a number of objectives, but essentially tasked with determining how and what Alcohol and Other Drug early intervention education was being conducted in schools.

The Dalgarno Institute were invited, along with a very select few, to be part of this consultation. As a premier Demand Reduction and primary prevention education coalition, that has evidence-based education vehicles, the Dalgarno Institute were able to add real value to the evaluation process. The final draft has been completed and final reviews been carried out by each of the consultants in the working group. We look forward to a more focused and intentional demand reduction and prevention focus on alcohol and other drug education moving forward.



DRUG POLICY

PREVENT, DON'T PROMOTE - CHANGING THE NARRATIVE

As our members and subscribers are aware, we finalized the shooting of all the footage for our new advocacy and education DVD Resource '**Drug Policy: Prevent Don't Promote – Changing the Narrative**' in July 2018. Post production is where the real work begins and due to the capacity limitations of the filming contractor, we had to switch companies to finalize this very important work.



There is well over two hours of footage and the need to make it not only aesthetically pleasing and palatable, its 'usability' had to be working on extensively for education impact.

Our final draft was completed in late March and sent to 20 groups and individuals in Australia and globally for feedback. The responses receive thus far have been incredibly encouraging with two of Australia's legends of Anti-drug campaigners Tony Wood and Elaine Walter (AOM) giving it 5 Stars, with Tony '*chewing at the bit*' to get the final product, so he can deploy it to all and sundry!

The feedback was also instructive in how we can make it a little more palatable with more chapters so that the audience has no more than 15 minutes of viewing per chapter.

The subject matter ranges from the real history on the war of drugs, testimony of family living with a cannabis addict, drug policy in review, environmental impact of drug use and much, much more. To use the words of the International President (Hon) of EURAD '*encyclopaedic and of the utmost importance*'

We are excited about this important work and in collaboration with D.A.C.A. (Drug Advisory Council of Australia) it will be deployed to all Federal Politicians, along with key community, police and education stakeholders.

With the Federal Election looming, deployment is scheduled to be done in late May/early June. *People are able to get a free copy by simply ordering from our [e-store](#) for the cost of \$5 (Post and Handling only).*





Car after car was totalled as his perception of risk was numbed and his reaction time slowed, job after job was lost through inability to concentrate, court cases for dangerous driving, credit cards stolen from us, huge rages when he didn't get his next joint in time to calm him down, furniture thrown, holes punched in walls and years of family trauma not just to us but to our other children also.

He told me of episodes of psychosis, severe paranoia, and sleep paralyses where he felt that something very heavy was pressing down on his chest and he could not move or breath. Our whole family was in stress and trauma. Just from this harmless 'recreational' drug!

In the end, he used to take very long, hot showers. I never knew why until one day; the shower had been going for about an hour and a half and I thought I had better check on him. I opened the door and the steam bellowed out and when it settled, I saw my 195 cm son, curled up on the shower floor writhing in pain.

I looked up and saw the precipitation on the walls was dripping down and it wasn't clear like water but a brown tar colour covering every side of the bathroom walls. This nightmare I was looking at stays with me even today.

I was so shocked! What was happening to him! It took me a while to work out, but I eventually realised that his liver and kidneys were not coping with the toxic chemical load in his body and needed help to expel them.

The skin is another organ that the body uses to expel toxins and this long showering habit was his body compelling him to sweat it out to help his kidneys and liver that were not managing anymore. I read up on a condition called Cannabinoid Hyperemesis Syndrome, which are compulsive hot water showers from long-term, heavy marijuana use.

Symptoms include vomiting, nausea and terribly sore stomachs, only relieved by hot sweaty baths or showers. His body was going into a toxic state and was not coping. I don't think he at that stage thought that cannabis was harmless or 'recreational'.

He was deceived and lied to as so many of our children are. This is why I am here today sharing my story with you. We as parents need to change this message that is so strongly out there that Marijuana is harmless and recreational.

Please everyone, I urge you not to be silent, not to be complacent and especially do not let yourselves or your children be deceived about this drug.

In closing I would like to thank and acknowledge Teen Challenge in Kyabram, who without their help, my son would not be the man he is today. Their program has turned his life around and given him his life back and given us our son back. So as a grateful parent I would like to end by saying "Thank you" first to God and then to Teen Challenge who were able to do immeasurably more than I could ever ask or imagine. **(Excerpt from presentation by 'Tracy' – Full story on the DVD – Drug Policy: Prevent Don't Promote)**

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

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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.

