



FENCE BUILDER

The Fence or the Ambulance?

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Really!

#CHILDFIRST—NOT DRUGS!

“Heavy alcohol use is estimated to result in 5.3 % of all deaths worldwide. Moreover, this percentage is higher among the young — 13.5 % of deaths among those between 20 and 39 years of age are attributable to alcohol.”¹

2. Alcohol use both follows and contributes to mental health conditions that increase the risk of suicide. People with Alcohol Use Disorder (AUD) are

* twice as likely as those without AUD to experience major depression,

* five times as likely to suffer from bipolar disorder,

* three times as likely to experience post-traumatic stress disorder.

People with AUD are much more likely to contemplate suicide, and alcohol often plays a role in suicide attempts. Estimates suggest that nearly 1 in 4 males and 1 in 5 females are intoxicated—with BAC levels of 0.08% or more—at the time of a suicide.

The following is only a short excerpt from Dalgarno Institutes' latest perspective piece on AOD impact on child neglect and abuse.

The reporting on this social justice and welfare impacting catastrophe remains not only sporadic but, it is incomplete in scope and context particularly around alcohol and other drug (AOD) issues.

The Youths suffering under loved ones' drug and alcohol abuse: Report 2019 offers some insight into what is a significantly more pervasive problem than is being reported.

Nearly three in 10 young people felt that alcohol and drugs was a problem for their family and peers. Heavy drinking and drug use has placed thousands of high school students at a disadvantage in life, but they're not the ones with the problem. Rather, it's a behaviour that scores of young people are confronted with when they come home or go out. More than 6300 Australians aged between 15 and 19 recognise that alcohol is a problem for their family or peers, a Mission Australia survey has revealed. Meanwhile, more than 4400 of the 28,286 young people who took part in the Youth Survey – released on Thursday – admit the people around them are using drugs.

More than half who saw alcohol or drugs as a problem worry about their ability to cope with stress.

Because a lot of services are designed specifically to meet the needs of someone who is actually the user of drug and alcohol, little account is taken of people who are on the periphery of that but very much involved in it,” Mr Toomey told The New Daily. “It becomes a dominating factor in their lives.”

In a 2015 Australian Institute of Family Studies report entitled A review of kinship carer surveys. The “Cinderella” of the care system?, the reasons for children placed within kinship care include the following observations from page 8:

“Information about the circumstances that lead to children being placed in kinship care is important for developing child protection policy and practice. Many surveys inquired about the reasons for children’s care (Table 4, page 9). Despite varying categories, there was considerable consistency in the overall picture about why children were in care. There were often multiple reasons. Child abuse and/or neglect were primarily the reasons given. Parental substance abuse was also frequently reported and, to a lesser degree, domestic violence and mental illness.

Note that this survey delineated between mental health and substance use, which now appears to be rarely if no longer done, as drug use is collapsed into one category together with ‘mental health’. But the report clearly shows substance use contributes to not only

1. Hjemseter, et al. (2019). *BMC Psychiatry*, 19. doi: <https://doi.org/10.1186/s12888-019-2077-8>.

2. <https://ioqt.org/reports/alcohol-and-deaths-of-despair/>

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#YOUTUBE—CAMPAIGN

Our 'online' offerings have been slowly emerging and whilst we have a very good stock of video and curriculum resources, we have for some time, sought to increase and enhance this vehicle. The Covid-19 crisis has certainly further incentivized us to more on a project we have considered for a while.

We have just completed our pilot of a new online video education resource aimed at demand reduction, specifically around building resiliency in young people, aiming to at least delay, if not deny uptake. This

RESEILIENCY SCRIPT BUILDING sessions are being created for Parents, Teachers, Coaches, Mentors and basically anyone who wants to see young people grow into their full potential. This of course, means drug free. These sessions will be an addendum to our seminar incursions and webinars (also being developed by our Licensee [#NotEvenOnce](#))

At present the pilot has been sent to a Focus Group of 27 national and international educators, academics, youth workers and clinicians, for their review and comment.

In the meantime, we are really seeking to ramp up and promote our [YouTube Channel](#) and get as many subscribers connected in as possible.

We would love for you to click on the image or 'Subscribe' link and become part of this important work. Once you've done that, please recommend it to your friends, family, colleagues and networks.

THE DALGARNO INSTITUTE

YOUTUBE CHANNEL

Are you looking for free video resources?

Go to

www.dalgarno.org.au and select the YouTube icon on the top menu. First thing is to hit the

[Subscribe](#)



#RESILIENCE #DEMANDREDUCTION

RESILIENCY SCRIPT !

The *lions share* of what we do here at Dalgarno institute is to work at reducing demand for drug use in-the community, particularly the young.

Primary Prevention is not about 'preventing harms from drug use', but actually working 'upstream' from the outcome and addressing issues before they start that could lead to engagement with alcohol and other drugs.

Peer pressure is manageable, but not at so much if you're not prepared. Our curriculum and incursion products have always addressed these issues, but we wanted to go to next level – Enter '**Resiliency Script Building Sessions**'.

These 10-15-minute video lessons will help parents, teachers, coaches and/or mentors open conversations around how to develop the best version they can be without drug use. Stay tuned for this and keep an eye **DalgarnoTube Channel**



Cannabis, the Community and Our Children – The Conundrum Continues...

February was flat out with our long planned and very timely Cannabis Conundrum 2020 Tour. As previously announced and promoted, The Dalgarno Institute felt compelled to get out ahead of the ever 'ramping up' cannabis legalisation movement.

Our Cannabis Conundrum web platform has been in play for over 5 years and literally hundreds of articles and research papers posted have seen a growing subscription from the public.

The tour was the next phase. Bringing our two remarkable individuals from Colorado – Ground Zero for legalisation of recreational cannabis globally – was vital and the ladies did not disappoint. Lynn Reimer, a former D.E.A operative and chemist, turned Drug Educator speaks across the US and what she does not know about drugs and particularly 'weed', is not worth knowing. Our other speaker, Dr Karen Randall, was the other excellent member of this dynamic duo and her emergency room, real time and lived experience, with the impact of cannabis on the community health and well-being is unparalleled.

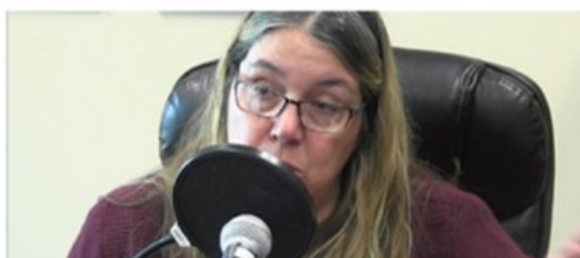
Together, they were not only informative and enlightening, but formidable, particularly when speaking with politicians, academics, and bureaucrats.

We conducted public meetings in Melbourne (3 x events, including one at Deakin University), Sydney, Perth, Brisbane, Cairns, Canberra, Hobart, and Launceston. Some of these meetings were well attended, with all attending given USB drives packed with data, along with our latest DVD. Sadly, other events were very poorly attended and whilst not a complete surprise, it did generate some concern for our guests.

What was lacking in the public space, was more than made up for in our strategic political agenda. The Tour's project lead, Paul, not only managed the logistics of the entire tour, but was able to get meetings with key federal and state politicians and ministers in most states. Without exception, every single meeting with a politician was 'an eye opener', and many (whilst in the meeting) were texting colleagues, encouraging them to not only meet with our team, but get across the data.

The Tour was not an end, but a vehicle to further our advocacy. The Cannabis Conundrum campaign continues with our [new web platform an blog](https://www.dalgarnoinstitute.org.au/resources/the-conundrum-continues.html).

We encourage you to visit, use and refer this resource at <https://www.dalgarnoinstitute.org.au/resources/the-conundrum-continues.html>



Dr. Karen Randall



Lynn Riemer (A.C.T. on Drugs)



neglect but direct harms. So why the drift toward a lack of clear delineation? At the very least drug use could mentioned as a comorbidity and not removed from the data set altogether.

A 2017 report from the Australian state of Queensland noted demand for *Kincare* growing with grandparents seeking custody advice at 'astounding' rates and addiction a pivotal factor. A Queensland community lawyer reported that grandparents are contacting her daily seeking custody of their grandchildren and increased requests for information

"The chair of the Elder Law Committee of the Queensland Law Society and a lawyer with the Suncoast Community Legal Service, Kirsty Mackie, said she was *"astounded"* at the surge in the number of grandparents seeking help. She said addiction was at the crux of the majority of cases. *'Unfortunately, in every matter I've seen in the last month there's been an addiction, generally ice, of one or both of the parents and the grandchildren are being neglected and abused.'*"

Violence, neglect, abuse and criminality in most, if not all, domestic settings finds drug use of some type. Of course, alcohol contributes most to the harms outlined in reports but has been in social use far longer.

In concluding this brief, we must ask and plead with those charged with the health, safety, well-being and productivity of our communities – specifically the young:

Why do policy makers and governments, charged with minimising harms and maximizing health, well-being, safety and productivity, appear to want less information about the harms of Alcohol and Other Drugs?

Is this changed format of omission and obfuscation, simply poor/lazy recording and reporting, or is there a more deliberate agenda aimed at misrepresenting facts and misleading not only service providers, but families and communities in general?

For complete 3000+ word paper ***Children: Real and Lasting Casualties of Domestic and Familial Violence – The AOD Connection*** <https://www.dalgarnoinstitute.org.au/education/parent-program.html>

Shane Varcoe – Executive Director

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

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Signature _____

☐ 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.



#FenceOrAmbulance

**'Twas a dangerous cliff, as they freely confessed,
though to walk near its crest was so pleasant:
But over its terrible edge there had slipped a duke and many a peasant;
so the people said something would have to be done.
But their projects did not at all tally:**

**Some said, "Put a fence around the edge of the cliff" Some, "
An ambulance down in the valley."
But the cry for the ambulance carried the day.
For it spread to the neighboring city:**

**A fence may be useful or not, it is true, but each heart became brimful of
pity,
for those who had slipped o'er that dangerous cliff,
And the dwellers in highway and alley gave dollars or gave cents,
not to put up a fence, But an ambulance down in the valley.**

**"For the cliff is alright if your careful," they said,
"and if folks even slip or are dropping,
it isn't the slipping that hurts them so much as the shock down below-
when they're stopping,"**

**So day after day when these mishaps occurred, quick forth would the res-
cuers sally
to pick up the victims who fell off the cliff, with their ambulance down in
the valley.**

**Then an old man remarked, "it's a marvel to me that people give
far more attention to repairing results
than to stopping the cause, when they'd much better aim at prevention.
Let us stop at its source all this mischief, cried he.
"Come neighbors and friends, let us rally :
If the cliff we will fence, we might almost dispense with the ambulance
down in the valley."**

**But a sensible few who are practical too, will not bear with such nonsense
much longer.
They believe that prevention is better than cure and their party will soon
be the stronger.**

**Encourage them, then with your purse, voice and pen and (while other
philanthropists dally) They will scorn all pretence,
and erect a stout fence on the cliff that hangs over the valley**

Joseph Malines