

Barbados National Anti-Drug Plan

Written by Mrs. Betty Hunte - Manager, NCSA



Mrs. Betty Hunte, Manager, NCSA, Hon. Adriel Brathwaite Q.C. M.P. Attorney General and Minister of Home Affairs (Centre) and Mr. Francis McBarnette, OAS Country Representative at the BNADP Stakeholder Consultation meeting held at the Savannah Beach Hotel.

The Barbados National Anti-Drug Plan has been approved! In June 2016, the Cabinet of Barbados endorsed the document and so, for the first time, Barbados has in place a national anti-drug plan articulated within the context of the Hemispheric Drug Strategy and the Hemispheric Plan of Action 2016 - 2020.

The changing dynamics in the world drug situation demands that Barbados utilize a strategic plan which provides an effective, balanced, integrated and evidence-based approach to the drug phenomenon.

The Barbados National Anti-Drug Plan (BNADP) details the current and potential threats and / or vulnerabilities which Barbados faces as a result of the illicit importation, use and misuse of drugs (legal and illegal), alcohol and other narcotic substances. These coincide with issues of treatment, control measures and international cooperation needed to address the challenges. The Plan will also identify ways by which strategic partners can reduce or minimise the effects of such usage.

The implementation of the BNADP provides opportunities for Barbados to benefit from international programmes aimed at strengthening national capacities while ensuring that the drug efforts of the

country be integrated with other activities ongoing in the hemisphere.

The broad Policy Objectives of the Plan are:

1. To design and implement a comprehensive, balanced approach to the drug problem which recognizes that drug abuse is a social and health problem that requires a multi-sectoral and multidisciplinary approach.
2. To strengthen and sustain national mechanisms (legal and institutional) in order to coordinate and manage the implementation of the national initiatives for drug control.
3. To decrease the illicit supply of drugs in Barbados and reduce the threats

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Foreword



Mr. Lee Rose, Deputy Manager, NCSA

Welcome to the second edition of our Newsletter Matters of Substance.

It is a distinct pleasure to be asked to pen this foreword as the new Deputy Manager of the National Council on Substance Abuse (NCSA) in as far as this represents an exciting period, both personally and in the life of the agency. As we contemplate the myriad institutional and other changes that will arise out of the implementation of the recently launched Barbados National Anti-Drug Plan, we must aspire to and maintain our passion in the execution of our work. This is particularly true when it is considered that the NCSA is in the vanguard of the continuing crusade against the use of illegal drugs in Barbados and the abuse of legal drugs.

As a nation, we have just emerged from a period of celebration culminating in the joyous observance of our 50th year of independence but this time also asked of us that we perform acts of introspection while simultaneously setting our vision - where have we come from and most importantly, where do we see ourselves in the future. In this vein, the work of the NCSA and its stakeholders at all levels must be seen as critical to our national development. We at the NCSA are cognizant of this duty and continually seek to refine our methodologies, develop new strategies and explore new partnerships as a means of contributing to the overarching objective of crafting a better Barbados.

This will be borne in a number of tangible ways including the role of the NCSA in partnership with the Maria Holder Memorial Trust Fund in its support to the Drug Treatment Court process. It is also evidenced in activities arising out of the initial phase of the aforementioned BNADP, which was nationally launched in January of this year. The NCSA is also committed to reviewing its processes with a view to assessing its successes while addressing its shortcomings. We invite you to use this medium to view and acknowledge the sterling work of the staff of the NCSA, its volunteers, governmental and non-governmental partners as we pursue the goal of a drug free Barbados.

Barbados National Anti-Drug Plan *contd*

posed by drug trafficking and related crime.

4. To introduce measures which enhance the capacity of the government of Barbados to prevent the entry into the country of illegal drugs and other materials and to establish appropriate domestic control over precursor chemicals.

5. To engage in the principle of international cooperation through instruments which address the drug problem and coordinate national efforts for effective regional, hemispheric and global action.



Mr. Francis McBarnette, OAS Country Representative delivering the Opening Remarks at the BNADP Consultation of National Stakeholder's Meeting at the Savannah Beach Hotel.

The plan is however, more than just a document as it serves as a catalyst to forge an agenda for change, growth and sustainability that will secure the mission of the BNADP, through creating ownership of strategies and building consensus among key stakeholders. In this regard, the Council met with stakeholders on January 18th, 2017 and it is expected that the full implementation will take place as scheduled.



Cross-section of participants at the recently held BNADP Stakeholder's meeting participating in an interactive icebreaker.

NCSA - Celebrating 21 Years!!

Submitted by Jennifer Baptiste, Junior Programme Officer, NCSA



Mrs. Betty Hunte, Manager, NCSA presenting the "Foundation Award" to Ms. Margaret Durant retired Office Assistant, NCSA

The National Council on Substance Abuse (NCSA), under the auspices of the Honourable Attorney General Adriel Brathwaite M.P., Q.C., hosted an Awards and Recognition Ceremony to commemorate their 21st Anniversary. The ceremony, which was held in the Khairon Room, Accra Beach Hotel and Spa, was attended by ninety-four guests representing various organizations which have supported the mandate of the NCSA during our 21 years of operation.



Mr. Dale Callender (left) Chairman of the Board of the NCSA, Recipients of the "Global Village Awards" – Mrs. Erika Watson, OAS Representative, Dr. Gayle Millar, Canadian High Commission and Mr. Robert McDonald, Procurement Agent, U.S. Embassy

Some of the specially invited guests included Hon. Chief Justice, Sir Marston Gibson, Sir David Simmons, Mrs. Tessa Chaderton-Shaw, Mr. Ishmael Morris, Mrs. Lucene Wharton-Isaac and representatives from the Organization of American States, Canadian High Commission and the U.S. Embassy.

During the event, members of staff, stakeholders, volunteers and media houses were presented with awards in recognition of their support and contribution to the NCSA under the following categories:

"Spotlight Awards": Barbados Government Information Service (BGIS), Barbados Today Inc., Nation Publishing Co. Ltd., Advocate Publishers (2000) Inc., Caribbean Broadcasting Corporation.

"Investment Awards": S Y Adam & Son, L & N Workshop

"Foundation Builder Awards": Ms. Margaret Durant, NCSA Volunteers, Sir David Simmons, Mrs. Lucene Wharton-Isaac, Mr. Ishmael Morris, Mrs. Tessa Chaderton-Shaw, Honourable Adriel Brathwaite Q.C., M.P.



Hon. Adriel Brathwaite, Attorney General and Minister of Home Affairs presenting the "NCSA's Long Service Award" to Mr. Curtis Edwards, Accountant, NCSA.

"NCSA Long Service Awards": Mr. James Ifill, Ms. Paulavette Atkinson, Mrs. Wendy Greenidge, Ms. Lisa Layne, Mr. Curtis Edwards, Mr. Brian Payne.

Guests were serenaded by staffer Brian "Bumba" Payne and entertainer Mr. Kareem Agard.

"The smallest act of kindness is worth more than the grandest intention." ~ Oscar Wilde

The benefits of being a Volunteer

Written by Ms. Angela Springer - NCSA Volunteer



Ms. Angela Springer, NCSA's Longest Serving Volunteer (15 years) receiving an award from Mrs. Betty Hunte Manager, NCSA on behalf of NCSA's volunteers.

Faced with a lifelong disability, I became active in the gospel arena as Manager of **Emmanuel 4 Quartet** and co-producer for the gospel programme **Rejoice** on CBC TV. One day I was standing on Broad Street and a lady came up to me and asked if I could help her daughter who was having a problem with drugs. She must have seen me on TV or at a concert. With a desire to help but no knowledge about drug addiction, I prayed and started to ask questions.



Divine Intervention

Looking back, I think that I was being prepared for further experiences which taught me that everyone is affected by drugs: communities, families, government - everyone.

Volunteering - Your Best Decision

I decided to volunteer at organizations which I felt I could relate to. Having looked at the Disability Unit, the Dyslexic Centre and the National Council on Substance Abuse (NCSA), the divine calling was to the NCSA and I accepted.

Lasting Friendship

In joining the volunteer core you get the opportunity to foster life-lasting relationships. It can also have challenges, but when they

come and you think you want to give up, another volunteer encourages you or prays with or for you.

Training

As a volunteer at the NCSA you are part of ongoing training: skill building workshops, Life Education training, HIV/AIDS Change Agent Training, Drug and Violence Preventions Certification Training to mention a few.

The staff at the NCSA are very supportive, they push you beyond your expectations and assist you in reaching your goals.

Benefits

These are greater than I can pen. Volunteering gives you a sense of purpose, self-motivation and confidence, especially when you grasp the mission to educate children and the community about the effects of drugs on the human body. Your desire to give increases, and when you give, it comes right back to you. I was a peer support facilitator at the Princess Margaret Secondary School and saw students who later thanked me even though I did not remember them. They reminded me of who they were and what I said to them when they were faced with certain situations.

There was even a special student who drew a picture for me saying thanks. At St. Paul's Primary School, the students sang for the group of volunteers to show their appreciation. These are priceless treasures.

"Are you thinking?" "Would you volunteer again?"

"Should I volunteer?" Sure, I encourage those who have time or are building their resume to volunteer.



NCSA staff and volunteers.

Wherever you turn, you can find someone who needs you. Even if it is a little thing, do something for which there is no pay but the privilege of doing it. Remember, you don't live in the world all of your own.. " ~ Albert Schweitzer

Kudos to you Angela, for your commitment and dedication to the NCSA for the past 15 years!!!

The importance of volunteerism



Ms. Merlene Ross, NCSA Volunteer presenting a certificate to a student of the Parkinson Secondary School on completion of a Drug Education Programme

Volunteers have been utilized by the NCSA from its inception. Records reflect that since 1998, when the council was known as the National Drug Resource Centre, volunteers were recruited as an integral part of programming. So integral are the volunteers to the work of the Council, that on reading the Strategic Plan of the NCSA, the first tenet of success speaks to “cultivating for staff and NCSA volunteers a working environment that is harmonious, purposeful, meaningful and fulfilling”.

Albert Einstein is quoted as saying that, “Not everything that counts can be counted. And not everything that can be counted, counts”. We recognize that trained volunteers can be invaluable in helping to deliver services to our various publics. Our volunteers endure a rigorous vetting process and are then assigned to assist with various functions of the NCSA based on their respective choices. They not only assist in research, community initiatives and school based interventions but they also provide invaluable help with our administrative and social activities.

As the NCSA continues to grow, it will rely more and more on volunteers to perform important functions within the organization. Therefore, these volunteers will continue to be critical to the survival of the Council’s outreach, bringing a wide array of talents, skills and knowledge to the organization.

NCSA volunteers, we salute and thank you for your selfless service and dedication to the mandate of the NCSA.

*“Everybody can be great...because anybody can serve.
You don't have to have a college degree to serve.
You don't have to make your subject and verb agree to serve.
You only need a heart full of grace. A soul generated by love.”*

- Martin Luther King, Jr.

NCSA BLUE WEEK

DRUG AWARENESS MONTH 2017



NCSA Staff presenting a donation to Mr. Steve Skeete, Director of Street Gospel Ministries.

As part of outreach to the members of the public during NCSA’s Drug Awareness Month 2017, the staff of the NCSA collaborated with various businesses and organizations around Barbados to facilitate our inaugural BLUE WEEK activity which was held during the week of January 23rd – 28th, 2017.

As part of the BLUE WEEK initiative, the NCSA mounted show window displays at ABED’s, Collins Limited and CS Pharmacy to educate the public on the agency’s mandate, programmes and services. In-store displays were also set-up at Sky Mall, Cave Shepherd (Broad Street), Sheraton Mall and MASSY Supercentre (Warrens).

The interactive simulations encouraged extensive discussion among patrons, who were exposed to some of the participatory approaches the NCSA used to facilitate drug education. Generally, there was constructive feedback from participants who received promotional items as well as educational literature for their participation in the activities.

Throughout the week, donations were collected as part of NCSA’s Charity Drive in support of Street Gospel Ministries which is a registered non-profit charity and a non-denominational faith-based evangelistic organization. This non-profit organization has been instrumental in providing the necessary services for disadvantaged persons including the homeless and drug addicted, as well as those seeking to transition from institutional life to independent living.

Understanding BARDIN

– A “Bird’s Eye View”

Written by Mrs. Laura Lee Foster, Research Assistant, NCSA



Mrs. Betty Hunte, Manager, NCSA (left) and Mr. Francis McBarnette, OAS Country Representative (right) at the stakeholder meeting to discuss the importance of BARDIN to the development of effective drug control policies.

The Barbados Drug Information Network

The Barbados Drug Information Network, more commonly referred to as BARDIN, is the mechanism through which the National Council on Substance Abuse (NCSA) collects and disseminates information on demand reduction and supply control activities across the island. More simply, it provides a “bird’s eye view” of the overall drug situation within Barbados.

BARDIN initially came into being in 2002/2003 but experienced a hiatus until 2005. In 2005, it was an intranet-based project which relied on data from various governmental and non-governmental departments. Unfortunately, a number of challenges were encountered and these led to the project being inactive for a number of years. In 2011, BARDIN was officially re-launched and at that time, the original intranet-based approach was abandoned and a more practical approach, involving the combined use of manual and electronic data collection, was instituted.

The broad objectives of BARDIN are:

- To provide current epidemiological and other information on substance abuse.
- To monitor drug trends over time.
- To identify emerging trends in substance abuse and drug trafficking.
- To provide relevant information for effective planning, evaluation and management of substance abuse.

Under the current BARDIN system, data is collected on a yearly basis from a number of agencies, including the Royal Barbados Police Force, the Customs and Excise Department, HMP Dodds, The Psychiatric Hospital, the Substance Abuse Foundation, the Centre for Counselling Addiction Support Alternatives, the Edna Nicholls Centre and the NCSA. An annual report is then prepared and the findings are presented to participating agencies and stakeholders.

Drug Information Networks (DINs), like BARDIN, are pivotal to the development of effective drug control policies and programmes as they ensure the availability of timely and accurate data which can be used to inform the development process. Likewise, they also provide much needed data which can be used for the evaluation and modification of existing responses to the drug situation in a country. Another important contribution of DINs, and BARDIN in particular, is that they allow for the monitoring of drug trends over time as well as aid in the identification of emerging drug trends.



Representatives from participating agencies in attendance at the BARDIN workshop held at the NCSA.

From the foregoing, the significance of BARDIN as a tool and an information source which can be used by governmental and non-governmental agencies, students and other interested persons is apparent. To date, four BARDIN reports have been published (2011 - 2014) and these are available to the public on the NCSA website (www.ncsa.org.bb).

The report for the year 2015 is currently being prepared.

“Success is the sum of small efforts, repeated day in and day out.”

– Robert Collier

A warm welcome to the NEW members of Team NCSA!!!



Mr. Lee Rose

Mr. Lee Rose joined the organization in January 2017 as Deputy Manager. Lee is a Social Development professional with over nine years experience in both the public and the international civil service. He is the former Programme Manager for Sustainable Development and Inclusive Governance at the United Nations Development Programme (UNDP) in Barbados. Prior to this, he was employed by the Ministry of Social Care as Deputy Director in the Bureau of Social Policy Research and Planning where he was most notably the Project Manager for the “Country Assessment of Living Conditions” study.

Most recently, he was an independent research consultant attached to the University of Huddersfield for the “None in Three” domestic violence research project currently being conducted in Barbados and Grenada. Lee holds a Bachelor’s Degree in Sociology and Political Science from UWI Cave Hill, a Master’s degree in Social Policy and Development from Middlesex University as well as certification in Qualitative Research Methods and Project Management. Lee is also a published author who has written on thematic areas such as Social Capital, Human Rights and Participation in the Eastern Caribbean context.

*“Though no one can go back and make a
brand new start, anyone can start from now and
make a brand new ending.”*
~ Carl Bard



Ms. Dionne Bowie

Ms. Dionne Bowie joined the organization as a Counsellor on July 18, 2016. Dionne is a registered Clinical Psychologist with the Paramedical Professions Council of Barbados. A former student of The St. Michael School and the Barbados Community College, Dionne completed her BSc (Hons) Psychology Degree at The University of Nottingham after being awarded a Barbados National Scholarship.

Following her undergraduate studies, she had the privilege of working as an Assistant Psychologist for five years under the supervision of Mrs. Pauline Riley-Hunte - Child and Clinical Psychologist and Ms. Beverly Drakes - Educational Psychologist. Dionne has been involved with nationwide research projects in connection with UNICEF, The Ministry of Health, and the HIV/AIDS Commission. More recently, she completed her clinical training at The University of the West Indies, Mona (Jamaica) where she graduated with MSc. Clinical Psychology with distinction.

Upon her return to Barbados, she continued to work in the field including employment as an online tutor at the University of the West Indies, Open Campus and as the Clinical Psychologist at the Paediatric Outpatient Clinic, QEH. Dionne is unwaveringly passionate about working with children, families and communities in the support of healthy, holistic development, mental health, and wellbeing. She has indicated that she is “extremely excited about the opportunity to continue her work at the National Council on Substance Abuse and its associated partners, stakeholders, and clients”.

Understanding Prescription Drugs

Written by Ms. Paulavette Atkinson - Programme Officer, NCSA

Prescription drugs are medications which must be legally prescribed by a licensed physician, medical practitioner or health care professional and dispensed through an accredited pharmacy.

The Barbados Drug Service (BDS) is the legislative authority under the Ministry of Health which is responsible for the manufacture, importation, regulation and distribution of prescription drugs. The Barbados Drug Service Act [Cap 40A] outlines the agency's mandate. It also operates under the Financial Administrative and Audit (Drug Service) Rules 1980, as well as specific international treaties, standards and protocols.

The BDS enforces the standardized guidelines for the manufacture, sale, possession, use and supply of natural and synthetic chemical substances which are intended for medicinal use in Barbados. In addition, the agency works with entities like the National Council on Substance Abuse (NCSA) to help inform the development of national drug policy.



Mr. Paul Gibson, C.E.O. of All Health Inc. delivering a lecture on Prescription Drugs.

All chemical substances used in the manufacture of prescription drugs are placed in classifications called Schedules.

These Schedules provide various qualifications for each chemical substance.



Cross section of the audience that attended the lecture on Prescription Drugs at the NCSA.

This in turn determines which Schedule a drug is placed in. This approach provides a level of control and safety relative to the possession and distribution of chemical substances and other dangerous drugs. This measure helps to reduce the possibility of misuse or abuse of prescription drugs and also seeks to ensure that medical practitioners provide clients with adequate education about general health effects and potential biological, psychological and behavioural side effects of prescription drugs.

Licensed medical practitioners dispense prescription drugs through accredited pharmacies, while many other mental and physical health technicians, including registered nurses, medical assistants, emergency medical technicians, psychologists, and social workers, do not have the authority to prescribe a controlled substance.

The term "Rx" is often used as a short form for prescription drugs. It is a Latin derived word meaning "recipe" or "take". The label or packaging of any prescription drug

should contain information about the intended effect of the drug and how it works in the body. It should also contain information about side-effects, how a patient should take the drug, cautions for its use including warnings about allergies and the expiration date. Consumers are cautioned not to use any prescription drug or product after the expiration date has passed.

Over-The-Counter (OTC) drugs however, are chemical substances used to treat conditions which do not necessarily require care from a medical or health care practitioner and have been proven to meet higher safety standards for self-medication by patients. Whilst a lower strength of a drug will often be approved for OTC use, higher strengths will generally require a prescription.

In contrast herbal preparations, amino acids, vitamins, minerals, and other food supplements are generally regulated as dietary supplements.

However, since many such items make specific health claims that cannot be verified, the NCSA advises that consumers and members of the general public make informed decisions when purchasing such products.

In Honour of your Memory Margaret Durant

Submitted by Mrs. Betty Hunte, Manager, NCSA

This tribute is in honour of our dear departed colleague Ms. Margaret Durant, former Office Attendant at the National Council on Substance Abuse (NCSA) who passed away on January 30, 2017.

It is said that even the smallest act of caring for another person is like a drop of water; it will make ripples throughout the entire pond. During the time I have known Margaret, there was never a time when she was asked to assist with anything outside of her normal duties, and she refused to do so. Margaret had a very simple maxim approach to life: "who de dog like he lick, who he don't like he kick". Margaret loved to laugh; and her sometimes cutting remarks were always softened by a laugh or by being preceded with "as the saying goes".



and the dignity with which she faced two periods of adversity in her life: One was following the death of her son in the prime of his life and the other, more recently when she was faced with ultimately having both of her legs amputated.

There is a lot that we learnt from Margaret by simply accepting the hand that life deals us. At this difficult time, we will steadfastly hold on to the memories of our dear friend and colleague, may she rest in peace.



Margaret could be called upon to assist with any task.



Margaret with two of her "boys" - Brian "Bumba" Payne (left), Ms. Margaret Durant (centre) and Mr. James "Robert" Ifill (right)

In a day and age when trustworthiness is a rare commodity, Margaret was so trusted by staff members that she would frequently be called upon to purchase items or pay bills, and all of us were secure in the knowledge that our monies entrusted to Margaret would not turn up lost or otherwise unaccounted for. Margaret had a special affinity for the males in the office and would always look out for the men over the women, something which she took many tongue lashes for from the females but to no avail. Perhaps it had something to do with the oldie-goldies that assailed our ears whenever we entered the lunch room which was Margaret's domain.

Margaret was not fragile at all and we all admired her strength



Margaret looking on as a presentation is made to a NCSA intern.

*"It takes a minute to find a special person,
an hour to appreciate them, and a day to love them,
but it takes an entire lifetime to forget them."*

~ Anonymous

Highlights of NCSA Drug Awareness Month



taking charge of change





*my life, my body,
no place for drugs*

