

MATTERS OF SUBSTANCE



Quarterly Newsletter of the National Council on Substance Abuse



The Multilateral Evaluation Mechanism (MEM), Seventh Round

Mrs. Laura Lee Foster, Research Assistant & National Coordinating Entity for the MEM, Seventh Round, NCSA.

The Seventh Round of the Multilateral Evaluation Mechanism (MEM) is currently underway. Established in 1999, the MEM is an instrument designed by the Organization of American States (OAS)/Inter-American Drug Abuse Control Commission (CICAD) to measure the progress made by member states in addressing the global drug problem and related issues. At the end of each round, country reports are produced highlighting achievements, obstacles and recommendations for individual countries. A wider hemispheric report is also prepared which examines the collective efforts of all countries participating in the MEM. Barbados has participated in each round of the MEM since its inception.

To launch the start of data collection for the Seventh Round, a sensitization workshop for stakeholders in the Demand Reduction and Supply Control sectors was hosted on February 5, 2018, at the Savannah Hotel, Hastings, Christ Church. During this session, officials from CICAD provided an overview of



Mrs. Betty Hunte, Manager, NCSA, delivering the opening remarks at the MEM stakeholder meeting recently held at the Savannah Hotel.

the MEM process and the questionnaire for the current round. This was followed by a series of meetings, in March and April, 2018, during which personnel from partner agencies worked together to complete the questionnaire. This collaborative effort, with a focus on national efforts, promoted dialogue and information sharing between agencies/departments working to address the drug problem.

The result was the successful completion and submission of the MEM questionnaire and supporting documents by the stipulated deadline of April 27, 2018. During the next phase of the process, the Governmental Expert Group (GEG) will examine the submission and request additional information where necessary. The country and hemispheric reports will then be prepared for distribution in 2019.

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Foreword

May is Child Month

Positive Parenting Prevents Drug Abuse



As Barbados recognises Child Month, we would like to share this article which was published by the National Institute of Drug Abuse (NIDA).

Could your kids be at risk for substance abuse?

Families strive to find the best ways to raise their children to live happy, healthy, and productive lives. Parents are often concerned about whether their children will start or are already using drugs such as tobacco, alcohol, marijuana, and others, including the abuse of prescription drugs. Research supported by the National Institute on Drug Abuse (NIDA) has shown the important role that parents play in preventing their children from starting to use drugs.

The following five questions, developed by the Child and Family Center at the University of Oregon, highlight parenting skills that are important in preventing the initiation and progression of drug use among youth:

Are you able to communicate calmly and clearly with your teenager regarding relationship problems, such as jealousy or need for attention?

Good communication between parents and children is the foundation of strong family relationships. Developing good communication skills helps parents catch problems early, support positive behavior, and stay aware of what is happening in their children's lives.

Do you encourage positive behavior habits in your teenager on a daily basis?

Encouragement is key to building confidence and a strong sense of self. Consistent encouragement helps youth feel good about themselves and gives them confidence to: try new activities, develop new friendships, explore their creativity, and tackle difficult tasks. It also helps parents promote cooperation and reduce conflict.

Are you able to negotiate emotional conflicts with your teenager and work toward a solution?

Negotiating solutions offers parents a way to work together to solve problems; make changes; promote and improve cooperation; and teach youth how to focus on solutions rather than problems, think through possible outcomes of behavior, and develop communication skills.

Are you able to calmly set limits when your teenager is defiant or disrespectful? Are you able to set limits on more serious problem behavior such as drug use, if or when it occurs?

Setting limits helps parents teach self-control and responsibility, show caring, and provide safe boundaries. It also provides youth with guidelines and teaches them that following rules is important for their success in life.

Do you monitor your teenager to assure that he or she does not spend too much unsupervised time with peers?

Childhood is a period of major growth and change. Youth tend to be uncertain about themselves and how they "fit in," and at times they can feel overwhelmed by a need to please and impress their friends. These feelings can leave children open to peer pressure. Knowing your child's friends and peers helps parents improve communication, reduce conflict, and teach responsibility.

The 4 Cs can help you help your child to make safe choices to avoid drug use and other unsafe behaviours:

- **Clear Rules**—Have a few non-negotiable rules about your child's behavior and state them clearly!
- **Communication**—Regular communication with other parents and teachers keeps you involved in your child's activities, creates resources to deal with problems by building a strong safety network for your child, and informs you of dangerous places or people.
- **Checking Up**—This lets your child know that you care about his or her safety and that your rules are important. This is hard for some of us because we want to trust our children and they may resist our efforts.
- **Consistency**—Supervision is most effective when parents set clear limits and follow through with consequences for misbehavior. Also, be consistent with giving praise and incentives when a rule is followed.

Parents are the ultimate role model for children. Every word, movement and action has an effect. No other person or outside force has a greater influence on a child than the parents.

- Bob Keeshan.



Impact of drug use on the child and the family

Ms. Sacha Jn. Pierre, Counselling Psychologist Intern, PAREDOS

“I heard the sounds everywhere...emanating from my room, the kitchen and even from the neighbor’s house. Whenever he drank or smoked, he would come home angry. I was tired of getting beat up, tired of having to stay hungry for days because his salary was being spent on weed and alcohol. I was only a child. I became tired of making excuses, tired of running... I was just tired. Not even my three suicide attempts were a refuge for me. Unfortunately, on each occasion, someone found and stopped me. I wish they had let me die to escape it all. No one understood the pain and turmoil I had to endure every day for my eleven years.....until I decided I had enough. If death was not a refuge, maybe, just maybe this would help. I am Jason, 13 now and I am an alcohol and marijuana addict.”

The effects of drugs are everywhere and nowhere – everywhere because they are in every family and workplace, nowhere because so much of the behaviour is hidden from public view (Wormer & Davis, 2013). The rate of drug use continues to escalate worldwide, with significant and distinct effects on the family. Drug use not only affects the abuser and his or her life, but also the lives of family members and those close to them. Each family member may be affected by drugs differently. Most available information on the enduring effects of parental drug use on children, indicate that a parents’ drug use often has detrimental effects on children. Some of these effects include cognitive, behavioural, psychosocial, and emotional consequences.

It is essential to note that repeated interference with normal brain function such as drug use (including prescription drugs) leads to long-term effects on one or more of our cognitive skills. The developing brain is particularly susceptible to the effects of drug abuse; prenatal, childhood, and adolescent exposure produces long-lasting changes in cognition. Children of alcoholics



often feel responsible for the problems of the alcoholic parent, subsequently leading to high levels of tension and stress. Among the other effects, are fear of abandonment, low self-esteem, guilt and feelings of helplessness. Younger children also experience nightmares and bedwetting, in addition to those previously mentioned. Like Jason, the emotional trauma often leads not only to suicidal ideations but suicide attempts as well.

Likewise, behavioural effects of drugs on the child and the family are numerous. Amid the lifelong problems recorded, are impaired learning capacity, leading to regression in some abusers and eventual school drop-out; a predisposition to develop a substance use disorder; adjustment problems, including increased rates of divorce, violence, and the need for control in relationships; and other mental disorders such as depression and anxiety. (Giglio and Kaufman:1990; Johnson and Leff:1999; Sher:1997).

Parents sometimes appear to be oblivious to the detrimental effects of their drug use on their children until a crisis occurs or treatment is sought. Parental drug use increases the probability of a child developing a drug abuse problem due to the direct and or indirect exposure to drugs within the family.

The drug use by a family member also has many significant and enduring impacts on family dynamics and functioning. Family cohesiveness is often affected by the prevalence of drug use. Families customarily report great stress, conflict and anxiety as a consequence of trying to protect family members from the negative impact of drugs, whilst attempting to limit the damage





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arising from their behaviour towards the rest of the family. Further, individuals who abuse drugs are likely to find themselves increasingly isolated from their families. Drug abusers often interact with other abusers or participate in other forms of antisocial activity. The cyclical nature of drug abuse is such that an impact in one aspect is likely to influence others. Nevertheless, the wider society is apt to experience the repercussions, as is being seen regionally and worldwide.

The detrimental and often irreversible impact of drug use on the child and the family should be of paramount concern to the various stakeholders in Barbados and the rest of the region, as the effects can be, and often are, enduring. Our society comprises of children, their families and the wider community. "The family is the foundation of society, as the family is, so is the society". When drugs affect the family, it inevitably affects our entire society.

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Article resubmitted from the April-July 2017 edition of the NCSA's newsletter, "Matters of Substance".



NCSA welcomes a new member of staff!



Ms. Natalia Corbin joined the organization as a Counsellor on May 2, 2018. Natalia received a Master of Science Degree in Counselling Psychology from Frostburg State University in Frostburg, Maryland, United States of America. Subsequent to this, she served as a Psychotherapist/Mental Health Therapist in the state of Maryland where she provided psychotherapeutic services to children, adolescents, and adults. From May 2013 to April 2018, she also functioned as an Addictions Counsellor initially on a voluntary basis and then as a member of staff at the Centre for Counselling Addiction Support Alternatives (CASA). In addition to her clinical practice, Natalia served as a Youth Development Specialist at the United States Agency for International Development and as an Educator where she served as a part-time tutor, an E-tutor and a Lecturer at the Career Development Institute, the University of the West Indies, Open Campus and the Cave Hill Campus respectively. Natalia is elated to be a member of staff at the NCSA and looks forward to assisting the organization in achieving its mandate.



Highlights from Drug Awareness Month 2018!!

The month of January has been designated as Drug Awareness Month (DAM) in Barbados. The National Council on Substance Abuse (NCSA), as government's lead agent for drug demand reduction, has traditionally taken a lead role in coordinating and facilitating activities in recognition of the month. Below are a few highlights of the activities that were conducted during DAM 2018.

Thanksgiving Service

The annual DAM church service was held at the Black Rock Wesleyan Holiness Church under the leadership of Reverend Anderson Carrington. NCSA Manager, Mrs. Betty Hunte, delivered the opening remarks to a packed congregation as she spoke to the theme "Taking Charge of Change" and its relevance to the drug issues which are facing today's society.



Mrs. Betty Hunte, Manager, NCSA, addressing the congregation at the annual DAM church service.

The Hon. Adriel Brathwaite, Q.C., M.P, Attorney General and Minister of Home Affairs supported the sentiments of Mrs. Hunte in his address and reiterated the need to be "our brother's keeper". He encouraged the congregation to play their part so that our nation's youth could be saved from the consequences of deviant behaviour.



Mrs. Laura Lee Foster, Research Assistant, NCSA presenting a token of appreciation to Rev. Anderson Carrington.

Staff Empowerment Session

In an effort to encourage staff to adopt healthy lifestyles, Mr. Brian Payne, of the National Nutrition Centre, was invited to present on the topic, "Eating Right When the Money Tight - Eating Healthy on a Budget". During the session, emphasis was placed on the benefits of eating a well-balanced diet as well as increasing the consumption of local fruits and vegetables. Mr. Payne also encouraged staff to adopt healthy lifestyles to avoid the health issues associated with non-communicable diseases.



Mr. Brian Payne, Nutritionist, National Nutrition Centre delivering a presentation on "Healthy Eating on a Budget."

Lunchtime Lecture

Mr. Lennox Rochester, Occupational Therapist at the Psychiatric Hospital, presented on the topic "Managing Stress" to staff and members of the public. During the interactive presentation, Mr. Rochester discussed some of the risk factors and

consequences of poor stress management and he also demonstrated a few practical relaxation techniques that could be used to reduce/alleviate stress. Staff from Sandy Crest and Coverley Medical Centre provided free health screening checks to those in attendance.

Special thanks to Stansfeld Scott for providing an assortment of soothing herbal teas and invigorating vitamins.



Mr. Lennox Rochester, Occupational Therapist, Psychiatric Hospital delivering a presentation on "Managing Stress".

"Prosecuting the Addiction" Workshop

Fifteen officers from the Royal Barbados Police Force (RBPF) were invited to participate in the "Prosecuting the Addiction" Workshop. The sessions were conducted by Mr. Kwayne Farrell, from the Substance Abuse Foundation and Dr. Ronald Chase from the Psychiatric Hospital who presented on the topic "Drug Use in the Caribbean" and the "Causes and Dynamics of Drug Addiction".



Mrs. Betty Hunte, Manager, NCSA and Mr. Erwin Boyce Acting Assistant Commissioner of Police (RBPF), addressing participants at the "Prosecuting the Addiction" Workshop.

Training for Recruits of the Barbados Cadet Corps

The Barbados Cadet Corps invited the NCSA to facilitate drug education training for 160 secondary school children who were recruited to join the Corps. NCSA Programme Officers, with the assistance of NCSA Volunteers, facilitated sessions on drug education, decision making, peer refusal skills and peer pressure through the use of drama and interactive educational materials.



Ms. Paulavette Atkinson, Programme Officer, NCSA, facilitating a session with the Cadet recruits.

Lunchtime Lecture at Chelsea Road Church of God – Drugs & Seniors

In collaboration with the Chelsea Road Church of God Senior citizens group JOY (Just Older Youth), the NCSA hosted a lecture on “Drugs and Seniors”. Mr. Paul Gibson, former President of the Barbados Pharmaceutical Society, stressed the importance of discussing any concerns about medication with your medical practitioner or pharmacist. Additionally, he provided some tips on taking prescribed medication safely to avoid interaction with other medications.



Mr. Paul Gibson delivering a lecture on “Drugs and Seniors”.

Blue Week 2018

Building on the success of Blue Week 2017, NCSA staff engaged the public in drug education exercises while raising funds for Evergreen House, a half-way home for women under the care of Street Gospel Ministries.

Street Gospel Ministries is a registered non-profit company and charity, and a non-denominational faith-based evangelistic organization which works to assist, uplift and provide services for needy persons including the homeless, drug addicted, and those seeking to transition from institutional life to independent living.



Mrs. Gina Fenty, Administrative Officer, NCSA, presenting a cheque to Mr. Steve Skeete of Street Gospel Ministries.



Mr. Robert Ifill, Driver /Messenger, NCSA, facilitating an interactive activity during Blue Week.

The NCSA lauds and supports Street Gospel Ministries for their commitment to the most vulnerable within our society.

NCSA Staff “Fun Fitness Friday”

Once again the most anticipated event, NCSA’s “Fun Fitness Friday”, was held at Folkestone Park, St. James. Several agencies joined with NCSA staff to participate in the day's events and in keeping with tradition, the teams comprised

of a blend of participants from the various agencies thereby making way for networking in an environment poised with comradery and hilarious entertainment.

Needless to say a good time was had by all!!!



All eyes on the ball!



The Winners Circle!



Volleyball competition.



NCSA staff and invited guests participating in a team building exercise.

Regional Seminar For National Drug Observatories In The Caribbean

Mrs. Laura Lee Foster, Research Assistant, NCSA



Participants at the Regional Seminar for National Drug Observatories in the Caribbean in Georgetown, Guyana, April 4 to 5, 2018.

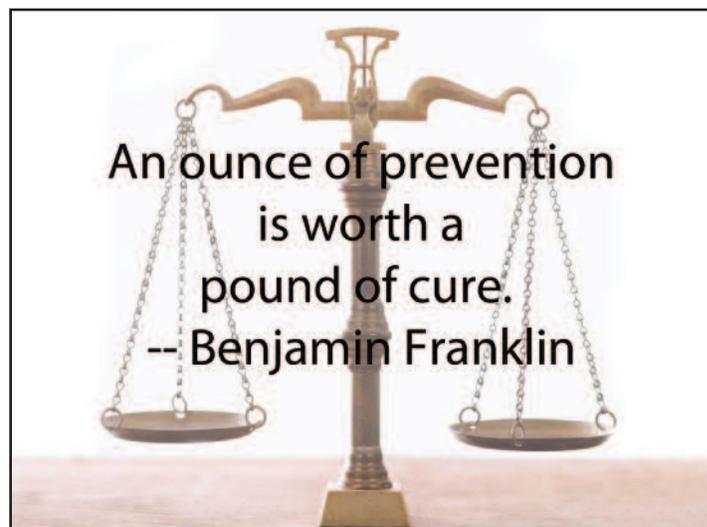
The Inter-American Drug Abuse Control Commission (CICAD), in collaboration with the Caribbean Community (CARICOM), hosted a Regional Seminar for National Drug Observatories in the Caribbean in Georgetown, Guyana, April 4 to 5, 2018.

The National Council on Substance Abuse (NCSA) was represented at this meeting by Manager, Mrs. Betty Hunte, and Research Assistant, Mrs. Laura Foster.

During the two-day event, regional research activities were highlighted, including recent household surveys and ongoing projects under the Cooperation Programme between Latin America, the Caribbean and the European Union on Drugs Policies (COPOLAD). Upcoming research initiatives were also discussed. These included the piloting of standard indicators for regional Drug Information Systems (DINs) and drug-related studies which will be conducted under the 10th European Development Fund Drug Demand Reduction (EDF DDR) project.

In addition, the meeting also gave participants the opportunity to learn about regional changes to marijuana policy, drug abuse epidemiology, the use of research findings in policy development and available training opportunities.

Fora such as these are important to the ongoing development of Caribbean Drug Observatories as they provide a platform for the exchange of information and ideas on a range of topics, such as new drugs, emerging trends and new approaches to demand reduction programming.





In Memory Of our dedicated volunteers

Mrs. Wendy Greenidge, Drug Education Officer (Primary Schools), NCSA



Norbert Boyce



“I have someone that will be good for your programme” were the words which first introduced Norbert Boyce to the National Council on Substance Abuse (NCSA) volunteer programme. The lone male for a long time on the Primary School Team, Norbert was treasured by us and adored by the children. Each term, we would receive calls requesting a return visit from Uncle Norbert. As a former paramedic, Norbert put his training to good use and was able to provide additional insight into the effects of drugs on the body in simple, understandable terms.

Norbert’s volunteering was not limited to the Primary School Team, he became involved in many aspects of NCSA’s programming including research, programme development and fun days. When we were looking for someone to assist us in the facilitation of the Life Skills segment of the Drug Treatment Court programme, it was Norbert who came to mind and when called upon, he willingly agreed. He fit seamlessly into our programmes and was able to inspire all who participated. In accordance with his faith, he would publically declare that it was all God’s will.

Norbert would always speak about his desire to work with young people, and with males in particular, for he recognized the need for positive male role-models. In his closing hours, Norbert was at the office, quietly counselling members of staff and laughing heartily before heading out to a school for the last time to work with one of his favourite groups, the Cub Scouts.

Merlene Ross



Merlene, fondly called “Merpelene”, was a volunteer with the National Council on Substance Abuse (NCSA) for over ten years. She became involved in the Primary School Programme where her love for children took her around the island, visiting schools and sharing the drug prevention message with everyone. She exhibited true community spirit and spent many evenings and weekends sharing her talents with children through the Children are People Too Programme (CAP) with our former Deputy Manager, Mr. Ishmael Morris, or at other extra curricular groups. Even when she was working full-time, some days she would take her lunch hour to visit a school nearby.

Merlene loved people and she loved to talk - a five minute run to a shop in town to pick up a few things could easily turn into twenty or thirty minutes as Merlene seemed to know everyone and took the time to speak to each and every friend she met. Her effervescence was so contagious, you couldn’t stay angry with her for long and it was this same friendly personality that enabled her to fit effortlessly into the role of Receptionist at the NCSA for a period of time.

Merlene was multi-talented. Whenever there were gifts to be wrapped or hallways to be decorated, it was Merlene that we turned to. She could take a plain sheet of paper and transform it into an impressive work of art, so immaculate that you would be hesitant to disturb it to get to the gift. Under her care, mismatched decorations would evolve into a spectacle to behold and we would all marvel at her creativity.

Merlene and Norbert both demonstrated a love for God, Barbados and their families and we are all better for knowing them. To the Ross and Boyce families, we at the NCSA thank you for sharing your loved ones with us. Farewell dear friends, rest in peace and rise in glory.



Barbados Drug Treatment Court graduates a second cohort of clients

Mr. Francis McBarnette, OAS Country Representative

The Barbados Drug Treatment Court (DTC) held a graduation ceremony for its second cohort of clients on Wednesday, 13th December 2017, at the Supreme Court of Barbados. Twelve clients (eleven males and one female) received Certificates of Completion. These certificates represent the completion of a rigorous programme of court-supervised treatment and rehabilitation work to help them to regain control of their lives. These clients, as an incentive, will have the offence that brought them into the DTC removed from their record.



A cross-section of the audience attending the Drug Treatment Court graduation ceremony.

The graduation was well attended by a wide cross section of stakeholders and received statements from Magistrate Graveney Bannister, Justice Randall Worrell, Chair of the Steering Committee, the United States Ambassador H.E. Linda Tagliabue and High Commissioner of Canada, H.E. Marie Legault. The feature address was delivered by Chief Justice, Sir Marston Gibson who focused on and argued for a greater understanding by the national community of the challenges posed by addiction.

Three testimonies written by clients on how the programme had changed their life were read by the lead Counsellor, Ms. Cheryl Griffith. Two clients also treated the audience to renditions of popular songs. All speakers encouraged the clients

to seize the opportunity to reclaim their lives and to again become productive members of society.

Justice Randall Worrell, during his presentation, reminded the audience that “Addiction has never been anything that has been easy to deal with” and “we need to deal with post-graduation and reintegration into society”.

During the graduation, the Chief Justice took the opportunity to recognize the Maria Holder Memorial Trust that is providing financial resources through a project to support the clients in acquiring critical life skills. The Lucky Horseshoe Restaurant was also recognized for its continued support of the Drug Treatment Court (DTC) project and for providing incentives for clients.



Justice Randall Worrell addressing clients at the DTC graduation ceremony.

Ms. Griffith, Counsellor with The Centre for Counselling Addiction Support Alternatives (CASA), was acknowledged for her commitment and tireless efforts on behalf of the clients.

A special appeal was made to incorporate Barbados to support the reintegration of these individuals into the society by affording them the opportunity to gain steady employment.

The DTC intends to engage a third cohort of clients early in 2018. The Chief Justice has also signaled that serious consideration will be given to the establishment of a Juvenile branch of the Drug Treatment Court. The Organization of American States (OAS), through its specialized agency, the Inter-American Drug Abuse Control Commission (CICAD) and the OAS Barbados Office, has continued to actively support the initiative and is involved in providing targeted training, materials and advice to officials to strengthen the DTC.

“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

WORD SEARCH

I C A N N A B I S G N E P R P P C
I N T L E M O R P H I N E S I B R
S H H W I T H D R A W A L E N E H
B A L A G A L H N T O N O K O L Y
I H O O L T O B A C C O E A I E D
L D N S H A A A O T G I S H T S O
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T P H T S S C T M N M C A N E D I
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F O H H O X C O A I L D E N E E C
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D H A N G O V E R T G I E L T I G
A C O C A I N E C I R O R M R L N
X D R U G S C H L R L N O I X O E
N O R G V D O M H D O E A D T E T

Find each of the following words:

- Acohol
- Prevention
- Overdose
- Cannabis
- Relapse
- Ritalin
- Morphine
- Ecstasy
- Heroin
- Drugs
- Withdrawal
- Gambling
- Cocaine
- Detox
- Shakes
- Codeine
- Hangover
- Inhalants
- Tobacco
- Addiction

NCSA Upcoming Event Project SOFT 2018

The National Council on Substance Abuse (NCSA) will host its annual one-week residential camp: Project Safeguarding Our Future Today (Project S.O.F.T.). The theme for the camp is "KNOW THE FACTS... MAKE THE CHOICE", as we prepare the children and their families for entry into secondary school by discussing the multiple life challenges that will confront them.

Registration Fee: \$60.00

Venue: Marian Retreat House, Verdun, St. John

Camp dates: August 26 – September 1, 2018

Registration: July 10 – August 10, 2018

Limited spaces are available

For details or to register, please contact Mrs. Makeada Bourne or Mrs. Agnetha Roach-Chase at telephone number 535-6272 or email info@ncsa.org.bb.