



National Council on Substance Abuse

MATTERS

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January 2022 - March 2022

OF SUBSTANCE

Zoom In On Prevention



Mrs. Laura Foster

Research & Information Officer

Throughout 2022, the National Council on Substance Abuse (NCSA) will be hosting webinars as part of its community outreach.

The initiative dubbed “**Zoom in on Prevention**” was launched in January with a four-part series designed around the **Drug Awareness Month** theme “**Strong Families, Stronger Nation**”. The series was co-coordinated by Ms. Jennifer Baptiste, Substance Abuse Prevention Officer, and Mrs. Laura Foster, Research and Information Officer.

The weekly webinars were designed to provide parents and professionals who work with families with critical information needed for childrearing in the 21st century. Topics included:

Life on the Gram: How Social Media Influences Children’s Behaviour in the 21st Century

What we do Matters: The Link between Parenting Styles and Drug Use

Who’s the Boss? Parentification of the Child and its Impact on Behaviour

Adverse Childhood Experiences: Connecting Childhood Trauma and Addiction

An esteemed panel of presenters led the sessions and engaged in robust discussions with attendees during the question and answer segments which followed.

Presenters included:

Dr. Mia Jules, Lecturer and Coordinator of the B.A. Psychology Programme at the University of the West Indies, Cave Hill Campus, Ms. Diana Goodridge, Senior Probation Officer at the Probation Department, Ms. Nicollette Williams, Addiction Counsellor and Mental Health Therapist at the Substance Abuse Foundation, and Ms. Allison Gotip, Clinical Director at the Substance Abuse Foundation.

Attendees included members of the public as well as stakeholders from various partner agencies. A number of counterparts from regional drug councils also attended and lauded the sessions for their valuable content.

Building Strong Families




Drug Awareness Month January 2022 WEBINARS
Theme: "Strong Families, Stronger Nation"

“Life on the Gram: How Social Media Influences Children’s Behaviour in the 21st Century” Dr. Mia Jules, Lecturer and Coordinator of the BA Psychology Programme, University of the West Indies	Jan 4th 2022 6:30 pm
“What we do Matters: The Link between Parenting Styles and Drug Use” Ms. Diana Goodridge, Senior Probation Officer, Probation Department	Jan 11th 2022 6:30 pm
“Who’s the Boss? Parentification of the Child and its Impact on Behaviour” Representative, Substance Abuse Foundation	Jan 18th 2022 10:30 am
“Adverse Childhood Experiences: Connecting Childhood Trauma and Addiction” Representative, Substance Abuse Foundation	Jan 25th 2022 10:30 am

Register in advance for these meetings

Substance Abuse Badge For Brownies

W

hen The National Council on Substance Abuse (NCSA) reached out to the Girl Guides Association of Barbados with an intervention for the Brownies, we were told of some of the challenges that the Association had experienced with maintaining and engaging with their membership over the past two years.

However, they were glad to have the opportunity to partner with NCSA in an online venture. The Association's decision to divide the girls into two groups was an absolute stroke of genius as those in the first group were able to engage in promotion and positive peer influence as they shared with the other members of their pack who had not yet attended the sessions and further piqued their interest in attending.



By Mrs. Wendy Greenidge

Substance Abuse Prevention Officer



The impact of this programme is perhaps best captured in the words of one of the adult representatives of the Girl Guides Association.

“The Substance Abuse Badge is an amazing programme, the activities were age appropriate, fun and very interactive. The facilitators Aunty Wendy and Aunty Makeada were bubbly and made learning about legal and illegal drugs '(a very serious topic) very exciting.

The girls thoroughly enjoyed the programme as they were engaged in a variety of games, activities and discussions, one participant noted that she first learnt about vaping at the session, so recently when she saw a video with some Secondary School girls doing it, she was able to explain what it was to her friends.

On behalf of The Girl Guides Association of Barbados I wish to express sincerest gratitude to the NCSA for involving the Brownie Section in this wonderful programme and I eagerly look forward to you facilitating other sections of the Association.”

Enid Mason
Brownie Advisor

These Wednesday afternoon sessions, came with a different level of energy and anticipation from the very first session in January until its end in March. We consistently had Brownies logging on to the Zoom Meeting an hour before the scheduled start time and remaining with us for the entire length of the programme.

The children were dedicated, most of them were at home, but sometimes we could see them in their parents' car or office and even if they lost internet connection, they would come back. During the sessions these vibrant young ladies, shared their stories and some extraordinary insight into their knowledge of the human body, society and the effects of drugs as they immersed themselves into the various Nearpod activities to learn and participate in this online environment.

Our Wednesday afternoons are not the same now that the programme has ended, but we are as excited as the Brownies were, to meet the next participants in the Substance Abuse Programme.

Brownies are the section in the Girl Guides organization for girls aged seven years old to ten years old.

Drug Education Through Technology

Nearpod in the Classroom



By Mrs. Makeada Bourne
Substance Abuse Prevention Officer

September 2021 was not only the start of a new school year, but also the start of a new relationship between the New Horizon Academy and the National Council on Substance Abuse (NCSA). Substance Abuse Prevention Officers facilitated

weekly drug prevention education sessions on the ‘Effects of Alcohol’, ‘Tobacco’, ‘Taking Medication Safely’, and ‘Goal Setting’.

The NCSA’s Substance Abuse Prevention Officers have been trained and are utilizing Nearpod in their remote teachings as well as in the classroom. Nearpod is a computer-based interactive classroom tool which increases student engagement in lessons through polls, collaboration boards, and game-based quizzes. Nearpod can give every student a voice, even those who do not usually speak up as students can share ideas, respond and comment in real time.

Use of this platform can bring sessions to life, as the children are able to experience virtual tours, learn the effects of drug use on the body, express their views on various drugs and the impact it can have on an individual, the family, the school, and the community. The design of this software allows the learning to continue whether the class is teacher-

led or when students work alone in self-paced mode.

The versatility of Nearpod expands beyond the primary and secondary school audiences and works just as well in the lecture hall as it does in the classroom.

This presentation platform provides active learning experiences that can empower students and instructors. On March 7th, 2022, Mrs. Wendy Greenidge, Substance Abuse Prevention Officer facilitated a session with twenty second-year students enrolled in the “Alcohol & Other Drugs of Abuse” course at the University of the West Indies who participated in the presentation entitled Prevention Matters.

Throughout the seventy-five-minute intervention, the students examined the role of the NCSA, the importance of prevention and local research through video, interactive slides and the other activities available on the Nearpod platform.

All students participating in our programmes are not only learning about drug prevention, but they are also witnessing how drug prevention is evolving through the incorporation of technology.



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NCSA Drug Education In Schools



After a very long time, in-person school is resuming! And the National Council on Substance Abuse is continuing to embrace the use of technology to deliver drug education to

Secondary Schools in Barbados.

The Council's Drugs and Life Skills Awareness Programme targets 13-15-year-old students, providing them with information on the physiological, psychological, and psychosocial consequences of using alcohol and other drugs especially during the adolescent phase of their development.

In addition to the theoretical component, the programme seeks to provide students with the life skills that they need to help them to understand themselves and their environment and to develop the confidence to make informed deci-

sions.

Topics being covered include "Commonly Used Drugs in Barbados - Alcohol, Tobacco, Marijuana and Inhalants, Harmful Effects of Legal and Illegal Substances and Life-Skills. The programme will also feature a parenting component, which is open to parents as well as the general public.

The programme is facilitated online through educational platforms such as Google Classroom and Nearpod as part of the Health and Family Life Education Programme at Alexandra, Princess Margaret, Lester Vaughan, The Ellerslie School and Springer Memorial Secondary Schools. With the proposed resumption of face-to-face classes, the NCSA intends to use a blended approach for this programme which is facilitated weekly.

If your school is interested in being part of this exciting, interactive journey, please reach out to us at the NCSA at email n_c_s_a_p_r@b_a_r_b_a_d_o_s.g_o_v.b_b or n_c_s_a.info@barbados.gov.bb. Call us at 5356272

Remember- don't let drugs get in the way of your dreams!!!

NCSA Warns Against **VAPING**



The National Council on Substance Abuse (NCSA) is concerned that the use of the use of "e-cigarettes"/ "vape pen" among some of the island school population.

This is an issue that the organisation has been advocating during our interventions with schools, our programmes on radio and television and also via social media, we have also started the process with various stakeholders.

Vaping is illegal for minors in Barbados, (those below 18), it is also illegal for them to use and sell tobacco products. According to a 2017 amendment to the Health Services Act of Barbados (Cap. 44), tobacco products include electronic smoking devices.

We at the NCSA continue to call on parents and guardians to monitor their children's activities, to encourage them not be pressured by their peers. We also know that we must continue to educate our publics on this and other emerging trends, to identify gaps in the delivery of services, especially to our minors, and equip adults to better respond to these challenges.

We see the need for a national response to this and other issues, a more coordinated approach to drug demand and drug supply. This will help all stakeholders to get to the source of where the children get the devices, where do they get their time to use them, why are they using them, how did it get into the schools and to provide meaningful responses.

Water: Not Alcohol

The chief judge in a local anti-alcohol competition has praised the participants for their outstanding work.

Educator Stacia Burrowes says the judges were impressed by the high quality of writing and organised presentations in the just concluded National Council on Substance Abuse's (NCSA) Drink Water Not Alcohol Competition.

Her assessment came amidst recent reports that children have admitted to drinking liquor in a survey commissioned by the council.

During the competition's ceremony, NCSA's Deputy Manager Troy Wickham expressed concerns that the council's National Primary Survey had shown that just over half, 56.2 per cent of all students who participated in the 2017 survey, reported the use of some drug during their lifetime.

In May 2021, Wickham also revealed that children as young as 12 had admitted to drinking alcohol, a development which prompted the NCSA to laud Parliament's move to raise the minimum drinking age to 18, as a step in the right direction.

Wickham said alcohol was most popular, followed by energy drinks and inhalants, with the average age of first use being between seven and eight years old.

The Deputy Manager said the council, which has been working with young persons since 1995, takes very seriously, its mandate to reduce drug use in schools and the wider community.

"In keeping with this mandate, the council has recognised that there is a need for activities like this to buttress our drug education programmes to assist us with creating the right environment to aid our nation's youth with their drug refusal skills."

Burrowes, who was assisted by Scott Headley in the judging process, said compared to previous NCSA school com-



Lauryn Small

Won In The Video Category



Samaria Williams

Won In The Writing Category

petitions, there was a reduction in the number of submissions for the Drink Water Not Alcohol competition held in 2021. However, she reported a noticeable improvement in the quality of writing.

"Those of you receiving awards today should be proud. Indeed all of you should be proud as you have demonstrated a knowledge and understanding of the impact of drugs on the body and society at large that can only augur well for the future as I am sure that you will use this knowledge and understanding for the upliftment of the society.

"Many of your pieces were infused with your passion and with only a glance at the scripts one could see future advocates in the area of education, domestic violence prevention, child abuse prevention, anti-bullying and of course drug abuse prevention.

"Thank you for making me and other teachers feel that we are not babysitting you, but that you are actually taking in what we are saying.

Thank you for the show of empathy which many say is lacking nowadays but was so evident in your writing," Burrowes said during the prizegiving ceremony held via Zoom on Monday.

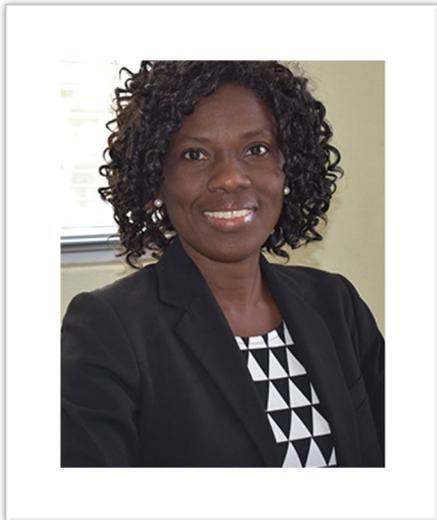
In the written category of the competition, Samaria Williams placed first, Shania Thomas, second and Sarah Bisram, third. In the video category, Lauryn Small was first, Roshauna Clarke, second and Kadian Moore, third position. For their contribution, Sanaa Elcock, Claudelle Goddard and Sandana Thorpe received special mentions.

Chairman of NCSA's Board of Directors Hadford Howell, stressed that substance abuse helps to damage societies, and made the call for all stakeholders to continue to fight against the societal ill.

He also thanked the sponsors and organisers of the competition, including the NCSA's communication consultant, Deanzer Roberts and her support team, for their contribution.

Barbados Today

Drug Prevention Education for Pregnant Women



By Mrs. Paulavette Atkinson
Substance Abuse Prevention Officer

The National Council on Substance Abuse (NCSA) acknowledges the significant role the ‘Family’ plays in nation-building and has adopted the theme “Strong Families – Stronger Nation!” for the year 2022.

In keeping with this theme, United Nations Sustainable Development Goals (SDGs) and World Health Organization (WHO) Recommendations on Antenatal Care, a two-part webinar entitled: Chemicals To Avoid During Pregnancy was facilitated on February 15th & 22nd, 2022 respectively, with the aim: “to reduce the use of legal and illegal substances amongst women of child-bearing age during and after pregnancy, as well as enhance positive pregnancy outcomes”.

Substance Abuse Prevention Officer, Ms. Paulavette Atkinson partnered with Barbados Drug Service (BDS) counterparts Mr. Lindsay Bynoe, Drug Inspector (Ag) and Mrs. Julie Williams, Pharmacist I, to develop and disseminate information on current drug research and related health practices as outlined in these topics:

1. The Thalidomide Story

2. FDA Pregnancy Risks Categorizations
3. 3 Trimesters Dos & Don'ts
4. Drugs of Abuse –Risks & Harms
5. Household Chemicals

Introductory Remarks by NCSA Chairman, Mr. Hadford Howell: “My experience suggests that during this crucial period, a father will need to keep his cool and do his very best to be there to support his spouse or partner”, underscored the important role fathers perform during pregnancy by having equal responsibility in preparing for the baby’s arrival.

NCSA recognizes that a positive pregnancy experience involves maintaining a healthy pregnancy for both mother and baby, preventing or treating risks and / or illness, and that a woman’s experience of care during pregnancy is key to maintaining thriving families and communities.



We can unknowingly expose ourselves to toxic chemicals just going about our day

This two-part webinar formed part of the 2022 NCSA Webinar Series and marked the resumption of universal drug prevention education delivered to antenatal clients attending local public / private polyclinics, Ministry of Health and Wellness (MOHW) nurses and medical practitioners, mid-wives, maternal caregivers, spouses, partners and family members.

NCSA will continue to educate key populations or engage the general public on evidence-based substance abuse prevention research, policies and practices through use of technology and traditional approaches.



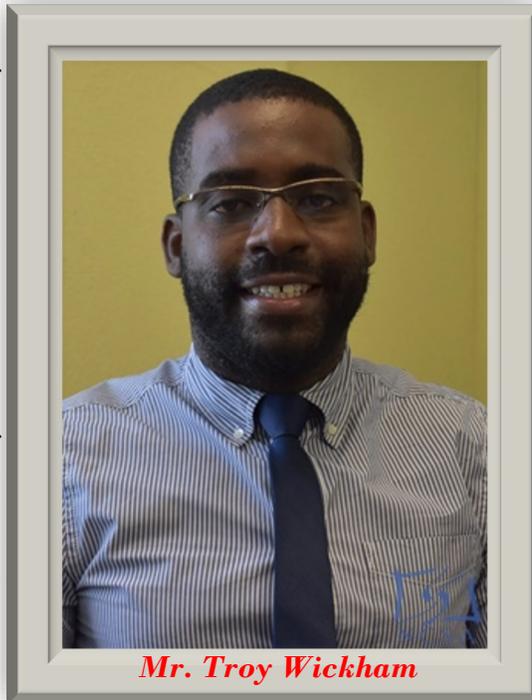
He Leads His Team - Deputy Manager Mr. Troy Wickham

Steve Jobs co-founder of Apple Computers, and renowned for his success with Apple brand is quoted as saying, “My job is not to be easy on people. My job is to take these great people we have and to push them and make them even better.”

In 2019 I was entrusted with leading a diverse though dynamic group of experts in the field of Prevention Science at the **National Council on Substance Abuse (NCSA)**. My team includes: two Research Officers, four Substance Abuse Prevention Officers. An Information Research Officer and a Counselor. After my first few days on the job I soon recognized that the team was highly skilled and knowledgeable in their respective areas. My realizations left me pondering how do I make these great people even better?

History has shown us that for centuries, all around the globe, that there is a positive correlation between leadership styles and job satisfaction and increased productivity in the workplace. With that being said, I always saw myself to have an authentic leadership style. I was in pole position to utilize my skills and knowledge to enhance the knowledge and skill set of the team. This led to my drive to gain as much information as possible in the field of prevention science in the shortest possible time. On reflection; was this the right thing to do? There is no easy answer, as leadership is about using your resources in a most efficient and effective manner to gain positive results.

After year one of my journey, the reality of leading a team of highly skilled and knowledgeable experts and having to get the best out of them while finding ways to make them better sank in. I had to make a conscious



Mr. Troy Wickham
Deputy Manager



decision to adjust the way I was leading. Academia did not prepare me for this challenge. I saw the value of learning the various personalities and unique skills of each member of the team. This resulted in me identifying ‘horses for courses’. I also made a conscious decision to work on my communication skills, emotional intelligence, ability to delegate, openness, decision making and problem-solving skills.

I was then able to marry my leadership style and open-door policy with the individual personalities and unique skills. I must admit the marriage has not always been a harmonious one, but it has created an environment for open communication, knowledge transfer in both directions and increased productivity.

Thankfully, with the assistance of the Manager Mrs. Betty Hunte and her guidance, I have been able to navigate several of the challenges thus far. The team has also assisted me immensely with their open feedback on my leadership style. Though, I see myself as a work in progress, I have developed as a leader during my tenure at the NCSA. I am very privileged to lead and be a part of such an important and progressive organization in Barbados.

Overall, I have learnt management can be a lonely place at times, all decisions will not be popular, I must set clear goals for myself and the team, I will not always get it right the first time and the importance of effective communication. Therefore, leading a team of highly skilled and knowledgeable experts calls for constant professional development as well as the ability to remain flexible in a fast pace yet dynamic environment. I love my job and my team. I wouldn't change a thing!

I AM A LEADER

We Give and We Receive

By Mrs. Betty Hunte - Manager NCSA



Manager Mrs. Betty Hunte

Martin Luther King Jr. is quoted as saying "Life's persistent and most urgent question is, 'What are you doing for others?'" A query so simple, but so poignant.

In the rush of life today, we can tend to be bogged down and concerned primarily with our own survival- how to pay bills, how to eat properly, how to ensure that family needs are taken care of....the list goes on. But stop!! Have you wondered today if someone you know is managing? How about someone you've never met? Does it matter? Why should it matter?

These are some of the things that determine our willingness to give and perhaps, our readiness to receive. What are we going to get out

of life? This can understandably be a question of fundamental importance to us. We begin with certain basic needs and desires. It is important to have a comfortable home, plenty of food, a meaningful and well-paying job, comfort, companionship, and joy. However, many of us have not fully realized a simple, basic principle: for our

receiving to take place, we must first give. Giving and receiving are two aspects of the same law of life.



Some of the packages we delivered to our clients

Our outreach started in May 2020 as a response to the COVID19 pandemic and subsequent lockdowns. This initiative has grown from the provision of five hampers in 2020 and is steadily becoming one of the most critical areas of the Council's outreach. Indeed we have had to turn away some requests owing to our very limited resources. To date we have assisted over 50 families and distributed 320 packages.

This we have achieved through donations by Board and staff, and also from members of the business community from time to time. At our last outreach in April 2022, we were able to deliver 30 hampers just in time for the Easter holiday.

A special thank-you to all who assisted. And as you read, if you can assist in whatever way- cash or kind- please do not hesitate to reach out to the Manager, Mrs. Betty Hunte, at email address ncsa.info@barbados.gov.bb or via telephone at (246) 535-6272.



NCSA Chairman Mr. Hadford Howell continues to support the initiative

In the Spotlight

Staff Receives Gift Vouchers From Members of The Board and Management of NCSA



Kiwanis Club of Barbados South Donates To The NCSA Feeding Programme



Staff Having Fun With Each Other, For Who Rock Their Sock Better. This As We Joined in Celebrating World Down Syndrome Day!



COMING SOON



National Council on
Substance Abuse



RADIO SHOW

**"Know Your
Limit"**

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