



# Matters Of Substance

Vol. 5. Issue #1 October-December 2019

Quarterly Newsletter of the National Council on Substance Abuse



## Year in Review

Submitted by: Mr. Hadford Howell, Board Chairman, NCSA.



*Cross-section of stakeholders who attended the workshop on Early Warning Systems (EWS) at the National Council on Substance Abuse.*

This has been an interesting and fascinating year at the National Council on Substance Abuse (NCSA). We have had many successes, but also occasional disappointments. Despite the latter, we have implemented and changed many things for the better. Examples include the appointment of a Deputy Manager, Mr. Troy Wickham; seven years of accounts brought up to date (2012-2019); equipment acquired which replaced outdated accounting and management systems; interim Public Relations Specialist engaged; increased NCSA visibility in newspapers, on radio and all social media platforms; new 2020

- 2025 Barbados National Anti-Drug Plan completed; new Employees Handbook; attended several overseas international events; staff training assignments undertaken; Barbados hosted first Caribbean Youth Forum (13 countries, 60 participants); NCSA contributed to the introduction of Medical Marijuana legislation and to updates to the Liquor Licensing bill; BARDIN MOUs signed; commenced work on an Early Warning System as part of establishing a National Observatory; research is on the up; 2019 Annual Report submitted.

But our biggest and greatest ongoing challenge is the Barbados Economic

Recovery and Transformation Programme (BERT) which has taken a toll not only on Team-NCSA, but on the country as a whole. Government's home-grown, IMF-approved programme and the resulting strict financial situation it faces, has made us take and hold some deep breaths, resulting in our having, as a former Barbados Prime Minister once said in a budget debate, to "tighten our belt" for the rest of F/Y 2019-2020, and even beyond. Out of necessity, our response has been to make a serious effort to better manage what few funds we have received from Government while driving up our fundraising efforts.

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We have made an excellent start on the latter, but must continue doing both for the foreseeable future.

Therefore, 2020 will be a challenging one for Team-NCSA. To overcome these challenges, we must do two things: (1) continue to raise the NCSA's public visibility and availability to contribute to our nation's well-being; and (2) continue our participation in local, regional and international events related to our line of work. As we go forward, we have to ensure that our work is realistic, task-driven, research and results-oriented. I remain convinced of the valuable work the NCSA does to steer Barbadians away from substance abuse and/or mis-use.

We need to be strong, creative, committed and collaborative while operating in a generous spirit. The key to all of the above is open and honest communication with each other and our stakeholders, wherever they are located. In 2019, we undertook several 'missions impossible', made them into missions achieved'. Bravo to all of us!!



Mrs. Betty Hunte-Manager, NCSA and Dr. Brian MacIachlan, Senior Consultant Psychiatrist, Psychiatric Hospital at the signing of the BARDIN MOU.

We will kick off the year strongly with Drug Awareness Month and roll from thereon. Keep doing the wonderful work you do here at the NCSA. Let us stick together and stay focussed as we attempt to **"Clear De Smoke"** in 2020. 



Mr. Troy Wickham-Deputy Manager, NCSA, presenting the overview of the "Take it Easy" Media campaign to staff and members of the media.



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## The International Certified Addiction Professional Level I Training - Vienna, Austria

Submitted by: Mrs. Natalia Corbin-Ifill, Counsellor, NCSA.



Participants of the Universal Treatment Curriculum refresher course at the Vienna International Centre, Austria.

The Inter - American Drug Abuse Control Commission (ICAD) and the Organization of American States (OAS) hosted two "Training of Trainers" sessions for the Universal Treatment Curriculum (UTC) in Washington, D.C. After the two training sessions, the participants convened in Vienna, Austria to attend a refresher course for the material which was covered in the two previous training sessions which were held during the periods October 22-26, 2018 and February 25-March 1, 2019. Participants were also required to sit a credentialing exam on the UTC during the 5th Annual Meeting of the International Society of Substance Use Prevention and Treatment Professionals (ISSUP) which was held from July 1- 5, 2019 at the Vienna International Centre.

ISSUP is a global, non-profit, non-governmental organization which assists

with the development of a professional substance use prevention, treatment and recovery network and is also a hub for information, research, events and training for substance use professionals. The theme for ISSUP's 2019 conference was **"Inspiration and Direction"** and members of the substance use workforce from all over the world gathered in Vienna to acquire information from research findings and on best practices. A number of plenary sessions were held to deliver information on topics such as: Neurobiology of Addiction; Drug Prevention-Innovations Around the World; Medication-Assisted Treatment for Substance Use Disorders; Ensuring Quality for Drug Treatment; Understanding the Challenges of Overdose Prevention; Vulnerable Populations: The Human Stories Behind Substance Use Disorders; The Key to Addressing

Substance Use Disorders for People in Contact with the Criminal Justice System is Cooperation; A Closer Look at Evidenced-Based Drug Prevention Programmes; Innovative Ways to Addressing the Treatment of Substance Use Disorders; From Research to Practice-Improving Drug Prevention and Treatment Programmes through the Development of the Workforce.

The purpose of ISSUP training was to create a cadre of master trainers for the English speaking Caribbean Member States. This was accomplished, when the Caribbean contingent successfully completed their training and received certificates of completion. Ms. Natalia Corbin, Counsellor, National Council on Substance Abuse who recently completed the UTC training has been accredited as an International Certified Addiction

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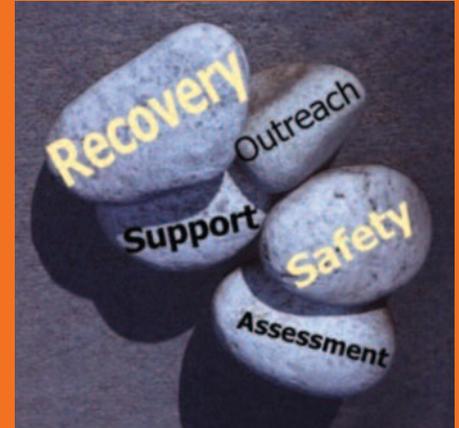
Mrs. Natalia Corbin-Ifill (left) - Counsellor, NCSA receiving her certificate of participation for successfully completing the Universal Treatment Curriculum refresher course in Vienna Austria.

Professional (ICAP) at the Basic Level/Level I-Trainer Credential which means that she is now certified to be a trainer of the UTC for eight basic courses. With this certification, upcoming training will be on the horizon as soon as the necessary logistics are in place.

Participants were also given the opportunity to visit Suchthilfe Wien Treatment Centre which is a treatment facility for individuals who are addicted to

opioids. The center provides clients with information on safe drug use and safe sex. In addition, clients have access to a shelter and a day center which offers temporary accommodation with access to food, shower, laundry facilities and clothing. Other services include substitute treatment for opioids; a syringe exchange programme; assisted living; counselling and advice from social workers.

The parent/guardian must provide consent prior to the delivery of services. There is no fee for clients of the counselling service.



### Drug Testing

Drug testing is a service provided at no cost for current clients. This type of testing only determines the presence or the absence of substances. For non-clients requesting a drug test, there is a fee of BDS\$20.00 to administer the test.

### Confidentiality

The counselling relationship is a privileged relationship bounded by privacy and confidentiality. Information shared and records are held in the strictest of confidence and will not be shared with anyone without your written consent. Exceptions to confidentiality only occur when there is a threat to one's safety or that of another or when it is court ordered.

### When We Serve

The counselling programme at the NCSA is open from 8:30 a.m. to 4:30 p.m. on Mondays, Tuesdays, Thursdays and Fridays. On Wednesdays, appointments are scheduled between 10:00 a.m. and 6:00 p.m. To schedule an appointment, call **535-6272** or visit the NCSA at the Corner of 1st Avenue Belleville & Pine Road, St. Michael.

## NCSA Counselling Service

To assist the National Council on Substance Abuse in its efforts to reduce drug use/abuse, the Council established a counselling service. This service is a non-residential/out-patient programme for individuals with mild to moderate cases of substance use/abuse. During this programme, a client works with a counsellor who serves as a support system to help him/her overcome drug use/dependency and become self-sufficient. The counsellor may also work closely with the family of the client as substance abuse affects the loved ones of the chemically dependent person.

### Who We See

Counselling at the NCSA is available to individuals ages 11 and up. Individuals under the age of 18 years must be accompanied by a parent/guardian for the first session (intake interview).





## 20th Demand Reduction Expert Group Meeting

Submitted by: Ms. Paulavette Atkinson, Programme Officer, NCSA.



Group photo of the participants who attended the 20th Demand Reduction Meeting in Columbia.

The NCSA Programme Officer, Ms. Paulavette Atkinson was afforded the privilege through the Board of Management to represent Barbados at the 20th Meeting Of The Demand Reduction Expert Group which was held in Cartagena de Indias, Colombia from August 26th – 29th, 2019. Caribbean counterparts from six other regional countries: Antigua and Barbuda, Bahamas, Jamaica, St. Kitts, St. Lucia, Trinidad and Tobago were also in attendance along with drug demand reduction and drug treatment experts from Central and South American territories.

The Spanish Agency for International Cooperation (AECID) coordinated the meeting, and presentations were made by officials from international agencies including: Latin American Federation of Therapeutic Communities (FLACT), Inter-American Drug Abuse Control Commission of the Organization of American States (OAS / CICAD), Inter-American Observatory on Drugs (OID), International Society of Substance Use Professionals (ISSUP), Pan

American Health Organization (PAHO) and the United Nations Office on Drugs & Crime (UNODC).

During the three days of deliberations there was consistent sharing of research information and discussion on programmes currently in operation across the Caribbean and Latin America. Cutting-edge data was presented on the following topics:

- Report on Drug Use In the Americas 2019
- International Standards for Prevention and Treatment of Drug Use Disorders
- Synthetic Drugs
- New Psychoactive Substances & The Increase In Consumption
- Drug Use & Gender

For the first time, the CICAD Demand Reduction Caribbean Advisory Council convened a meeting which offered a unique opportunity for Caribbean delegates to meet face-to-face and to make presentations on current drug use prevention programmes being carried out “in-country”,

as well as to outline respective needs and challenges. All delegates appreciated this timely avenue to discuss collective challenges facing us as regional drug prevention professionals including: support to conduct evidence-based research; need to standardize drug prevention programmes; access to cost-effective training / certification. The Caribbean Mapping of Drug Treatment Institutions and Workforce Capacities is eagerly anticipated and during the meeting it was unanimously agreed to establish an ISSUP Caribbean Chapter with technical support from, OAS / CICAD. Jamaica was voted as the initial Chair and the chairmanship will be rotated amongst member states on a bi-ennial basis. 

*“The mentality and behavior of drug addicts and alcoholics is wholly irrational until you understand that they are completely powerless over their addiction and unless they have structured help, they have no hope.” – Russel Brand*



## Advanced Study in Prevention Science with an Emphasis on Media-Based Prevention Training Programme

Submitted by: Mr. Troy Wickham, Deputy Manager, NCSA.

Mr. Troy Wickham, Deputy Manager, National Council on Substance Abuse (NCSA), Ms. Jennifer Baptiste, Junior Programme Officer, NCSA and Ms. Monique James, Youth Commissioner, Ministry of Youth and Community Empowerment attended a training programme in Prevention Science with an Emphasis on Media-Based Prevention at Claremont Graduate University, California, USA from July 29 – August 18, 2019. We were the second cohort of prevention professionals to participate in this programme that included persons from Barbados, Colombia and Peru. The programme is being funded by the State Department, International Narcotics and Law Enforcement Affairs (INL) and the Colombo Plan Drug Advisory Programme and managed by the Inter-American Drug Abuse Control Commission (CICAD).

The Universal Prevention Curriculum Series for Prevention Coordinators and Prevention Implementers is designed to educate substance use prevention practitioners on the science, knowledge, skills, and competencies associated with the implementation of evidence-based prevention interventions. The programme focused on the following six key areas of Prevention Science and Evaluation:

- Introduction to media and its use in substance use prevention
- The nature of media and theories of media effects
- Practical application of theories of persuasion in psychotropic substance use prevention
- Improving the impact of media-based



Group photo of participants of the Advanced Study in Prevention Science with an Emphasis on Media-Based Prevention Programme.

substance use prevention campaigns

- Introduction to monitoring and evaluation applied to media campaigns
- Practicum: Developing a customized prevention campaign for immediate use

During the three week on-campus training, the following modules were facilitated by Dr. William D. Crano, Dr. Jason T. Siegel, Dr. Eusebio Alvaro and Mrs. Maria Luna.

- Prevention Science Applied To Evidence - Based Prevention Interventions
- Survey of Health Behavior Theory
- Attitudes and Social Influence

We also examined the theories of persuasion that underpin the development

of persuasive messages which are grounded in the understanding of attitudes and behavior. Based on the theories taught, we were required to create persuasive ads and prevention campaigns that target specific substance abuse issues which affect youth in Barbados. These practical sessions support the research which indicate the importance of early interventions to delay the onset of substance use among young people. As part of NCSA's drug education initiatives these messages will be utilized in all formats of media to develop campaigns; which not only engage youth at their developmental level, but may persuade them from becoming involved in negative behaviors.

On return to the host country, each team



## Project Soft Camp 2019 Williams Equipment Limited to the Rescue

Submitted by: Mrs. Makeada Bourne, Community Programme Officer, NCSA.

On Monday, 26th August 2019 there was an island-wide shut down as Barbadians were expecting the passing of tropical storm Dorian and like most services and events Project Safeguarding Our Future Today (Project SOFT) was rescheduled.

The all clear was given and staff of the NCSA worked overtime to ensure that plans were in place for the commencement of Project SOFT on Wednesday, 28th August. We were all ready to start the camp and both children and parents were equally anxious to begin a week of fun and adventure. Everything was in place or so we thought. As evening closed-in on the camp, the realization of dim lighting faced us. We had forgotten to reschedule the lights.

Mr. Stuart Williams was called. He and his team from Williams Equipment Limited, were on the job within minutes after the phone call. The Williams Equipment team were very polite, patient and persevering as they mounted the lights in the best location to ensure that the campers had a safe and happy night. Albert Schweitzer said that “the



Member of Williams Equipment Limited Team erecting the flood lights at Project SOFT Camp 2019.

purpose of human life is to serve, and to show compassion and he will to help others”. I want to say that the purpose of Williams Equipment is to serve, show compassion and the will to help others. Keep up the excellent service!

On behalf of the Board, Management, staff, Project SOFT team and children, we extend a heartfelt “Thank You” to Mr. Stuart Williams and his team for responding with such enthusiasm and urgency to our call. 



Campers refreshing themselves with water donated by one of our sponsors.



Campers listening attentively during a session at Project SOFT.

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Campers enjoying snacks donated by our sponsors.



Campers on their way to the campsite Naniki in Suriname, St. Joseph.

## Advanced Study in Prevention Science with an Emphasis on Media-Based Prevention Training Programme

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attended the online distance based component of the programme which was conducted over a fifteen week period. This aspect of the programme reinforced all of the theories that were taught during the three weeks on-campus at Claremont University. One of the programme requirements is to develop an evidence-based prevention programme based on the specific drug issues of each country. It is expected that each team will develop a prevention programme that is culturally appropriate, under the supervision of Dr. William Crano and Claremont Senior Teaching Fellows. The Media Based Prevention Science Programme will culminate in the launching of an evidence-based prevention programme in 2020.

This certificate programme will be of great value to the NCSA, the Ministry of Youth and Community Empowerment and by extension the country as a whole. As the leading organization on the island of Barbados for drug demand reduction, the NCSA will be in a better position to develop and implement media based programmes which are grounded in theory. These campaigns will also have messages that are filled with persuasive techniques and content which may lower the chances of youth/young adults engaging in risky behavior. 

## Thank You!

The Board, Management and Staff of the National Council on Substance Abuse wishes to thank the following sponsors for partnering with our PROJECT S.O.F.T. 2019.

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## Upcoming EVENTS

**Be on the lookout for:**

**Highlight of Drug Awareness Month Activities**

**Early Warning Systems**

**Drug Education Seminar for Guidance Counsellors - (TBA)**

**Project Safe Guarding Our Future Graduation Ceremony (S.O.F.T.) - March**

**Media Training (TBA)**

**Training for the Pharmaceutical Association (TBA)**

**NCSA in the Morning - YouTube**