



## Matters Of Substance

### New Synthetic Drug In Barbados

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**B**arbadians have been warned that they should be on their guard and be vigilant, after a new synthetic drug was recently discovered on island.

According to the Forensics Science Centre (FSC), the substance is one where a plant matter is being laced with two detected Synthetic Cannabinoids (SCs), which could prove deadly for anyone consuming and inhaling it. In making the announcement last month, the Director of the FSC Mrs. Cheryl Corbin, said they are concerned that about the discovery and confirmation of the SCs - MDMB-4en-PINACA and 4F-MDMB-BUTICA.

She said, "A total of four deaths with confirmed exposure to MDMB-4en-PINACA were reported". Three of the deaths were in the United Kingdom and one occurred in Sweden. "The cases occurred between 2019 and 2020. 4-Fluoro-MDMB-BUTICA or 4F-MDMB-BUTICA was first identified in the US in May 2020. Eleven deaths were caused by BUTICA between May and August 2020 in Hungary."



Minister of Home Affairs Minister Wilfred Abrahams said while he does not encourage people to use drugs, "Be careful what you are buying. Know what you are putting into your body. It may not be what you expect, and it may not just make you high, it may kill you the very first time you use it."

The sample that was tested by the FSC, was handed over to the National Council for Substance Abuse (NCSA) after videos went viral showing people using the substance and, in all cases, showed the devastating effects that it was having on them.

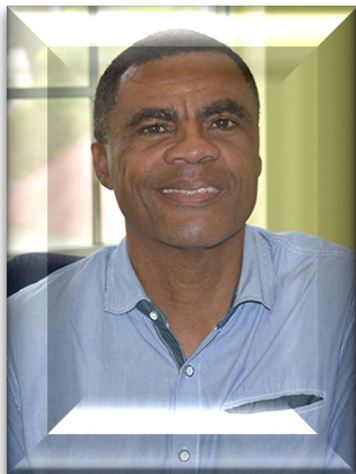
**In Photo from left - right:**

**Police Inspector Glyne Yearwood, Director of the Forensics Centre Ms. Cheryl Corbin, Minister of Home Affairs Hon Wilfred Abrahams and Deputy Manager NCSA Mr. Troy Wickham.**

*"I want to underscore that these synthetic cannabinoids have NO accepted medical use in treatment. In fact, these products are usually labelled as "not for human consumption". In addition, there is real danger to persons using this substance as this presents further challenges for the appropriate medical intervention. I want to implore agencies like the General Post Office and Customs who represent a very real frontline in this response, to avail yourselves of training in this area so that our substances which may arrive via online sales are recognized at our points of entry."* **Minister of Home Affairs Minister Wilfred Abrahams .**

## Response to Opioids and New Psychoactive Substances

Submitted By Research and Information Officer Dr. Jonathan Yearwood



**I**n November 2019, Barbados launched an Early Warning System to detect and inform the public about the dangers of new psychoactive substances (NPS) in the country.

A psychoactive substance is a new narcotic or psychotropic drug, which is not controlled by the 1961 United Nations Single Convention on Narcotic Drugs or the 1971 United Nations Convention on Psychotropic Substances. An NPS may pose a public health threat comparable to substances listed in these conventions.

To improve the Early Warning System's (EWS) contribution to public health in Barbados, I participated in the workshop 'Early Warning System (EWS) Project in Response to Opioids and New Psychoactive Substances (NPS) in Latin America and the Caribbean'. The workshop was held in San Salvador, El Salvador by the Inter-American Drug Control Commission (CICAD) and the Government of Canada from July 11 to July 13, 2023. The workshop aimed to achieve the following objectives:

- Detect, monitor, and inform the public about the dangers of new psychoactive substances in Latin America and the Caribbean.
- Understand the general aspects of Early Warning Systems, including their objectives, characteristics, and how they differ from Drug Information Networks (DIN).
- Identify indicators and information sources that can be used to assess risks to public health.
- Explore the legal framework for EWS.
- Understand the role of drug observatories in building stakeholder collaboration.
- Examine the contribution of Forensic Laboratories in the chemical identification of new substances and sharing information with other laboratories in the region.
- Establish the significance of Early Warning Systems (EWS) in the region through real-life examples of public health alerts.
- Examine the role of health entities in assessing risk and issuing public health alerts.

The workshop offered valuable insights that will enable Barbados to enhance the growth and development of its Early Warning System on Psychoactive Substances. It will also help improve the research capabilities on drug use epidemiology, including the impact of new psychoactive substances on public health. The workshop was an excellent opportunity for participants to share their experiences in implementing Early Warning Systems and learn from each other.





## Early Warning System Workshop Held



**Participants attending the three day workshop held at The Horatio Cooke Complex at the headquarters of The National Union of Public Workers.**

A number of stakeholders recently benefited from a workshop sponsored by the Inter-American Drug Abuse Control Commission (CICAD) - a workshop that focused on the Early Warning System, a project being undertaken by the National Council on Substance Abuse.

Speaking on behalf of Minister of Home Affairs Wilfred Abrahams, Permanent Secretary in the Ministry of Home Affairs Ms. Yvette Gollop noted that the presence of New psychoactive substances, (NPS) on the local market was of great concern, since they have dangerous side effects.

According to the United Nations Office on Drugs and Crime (UNODC), 1182 new psychoactive substances had been submitted to their Early Warning Advisory as of December 2022. As of

that date, 139 countries and territories worldwide had reported the presence of one or more NPS.

## Winners In The 'Don't Meth It Up' Contest Announced

**Submitted By PR Consultant Deanzer Roberts**

Winners, Sponsors & Judges



Maria Chandler, Anya Greaves and Kerensa Yarde topped the National Council on Substance Abuse (NCSA), 'Don't Meth It Up' Poster and Writing Contest and have been lauded for their work. The three were among ten awardees who received prizes during an award ceremony held last month.

Chairman Mr. Hadford Howell said the NCSA was grateful to all parents and guardians who encouraged and allowed their children to participate in the competition. "In doing so, you have contributed to them 'not METHING it up'. I have assumed that participation called, in various measure, for ingenuity, confidence and ability," he noted.

Deputy Manager of the NCSA Mr. Troy Wickham said the submissions from the Poster and Writing Competition will be useful to the work of the NCSA, since they will use some of the ideas expressed captured the drug education messages and interventions creatively.

"I consider this competition a success and commend all concerned for engaging our youth through the Arts to highlight substance abuse issues we can be faced with," he said.

Also receiving prizes in the Essay category were Gabrielle Leonce and Zoe Searles. In the Poetry category Sherquan Isaac and Kya Knight were victorious while Marlon Madden, Zene Connell and Peter Lowe were recognized for their Poster submissions.

## Mount Gay, PicUP Barbados and NCSA Partners 'Know Your Limit'

This is the second year that Mount Gay Distillery Ltd has partnered and supported the National Council on Substance Abuse in its "Know Your Limit" campaign.

Coming on board this year was PickUP Barbados, as they too promoted responsible alcohol consumption and safe travelling for the Crop Over Season and beyond.

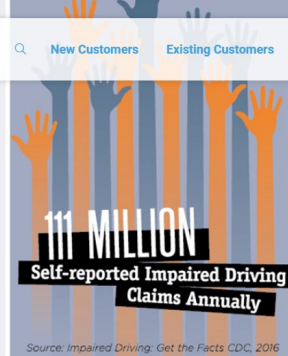
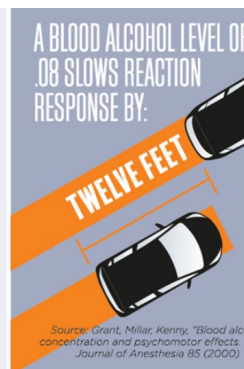
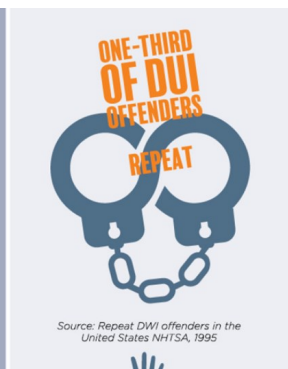
Through the 'Know Your Limit' initiative, the NCSA took to the airwaves on three radio stations to spread the messages as to why people should limit their consumption of alcohol if they are drinking, and even if they do to get to their

your destination safely.

PickUP Barbados taxi shared messages as to how they were giving partygoers the opportunity to leave their vehicles at the party location and use a taxi to get home safely, if they felt they had consumed too much.

Research by the NCSA has shown that alcohol consumption remains one of the top addictions for which individuals in Barbados continue to seek help, with one in four turning to the Drug Rehabilitation Unit of the Psychiatric Hospital for assistance.

Trade Marketing Manager at Mount Gay Shanice Niles says they are always vocal in their messaging – and even when sales spike they remain vocal about responsible consumption initiatives.





## Children and Parents Learn Get Facts About Drugs

Submitted By NCSA Counsellor Mr. Mosiah Hoyte



**H**enry Ford said coming together is a beginning, staying together is progress and working together is success.

The journey of Project Safeguarding our Future Today - All Boys cohort over the Easter 2023 holiday was the beginning. To ensure that we stayed together the follow-up phase of the programme - Prevention First Boys and Families was instituted with this cohort.

Parents and families of the boys who attended the camp were engaged virtually on the Zoom platform one night a week for seven (7) weeks. Parenting Coach and Social Worker, Ms. Olivia Sobers equipped families with skills needed to help their sons and wards navigate their adolescent years. She actively engaged participants and explored topics such as emotional regulation, adolescent development and discipline versus punishment.

*Drug education sessions were also facilitated by the NCSA: - Substance Abuse Prevention Officer, Mrs. Wendy Greenidge who hosted Know The Facts: Alcohol, while Deputy Manager, Mr. Troy Wickham hosted Know The Facts: Marijuana and Meth.*



The National Transformational Initiative (NTI) partnered with the NCSA for both the Prevention First Boys and Parents. Parents were empowered through the NTI's Project Connect, to develop and transform mindsets with opportunities for upskilling using the range of courses offered free of cost to them on <https://www.nti.org.bb/>.

Prevention First Boys also experienced Project Connect from the NTI team. Mr. Taahir Bubulia and Ms. Wynelle Griffith got the ball rolling with the boys as they engaged them through skills-based activities that allowed them to connect with each other, recognizing similarities and processing the im-

portance of how these similarities have the potential to bring them together and assist them in the process of change as they mature.

Archery was next on the agenda! Who could make bullseye? Boys had the opportunity to practice archery at Field's Archery. The energy was contagious, not just to display skills or compete but to achieve. For some of the boys this was the first experience with archery and being able to go from absolute novice to almost intermediate was an achievement for them.

While initially, parents and boys were engaged separately, the Family Fun Day gave us the opportunity for both groups to come together. They worked collaboratively in teams to find missing clues. They learned to trust and effectively communicate with each other as they navigated "minefields" under the careful instructions of each other among other fun filled activities.



**In Photo: Children and their parents and guardians at the Fun Day Activity.**

## Speak To Your Children About Drugs

Submitted By Substance Abuse Prevention Officer Mrs. Wendy Greenidge



**D**rug use can be a very emotive topic for us as adults. Too many of us have witnessed and experienced the devastation that can occur not only in the life of the drug user or trafficker, but also to their family members, friends and work colleagues.

The National Council on Substance Abuse (NCSA) has been in the business of providing drug prevention education since its inception to all ages, including children as young as four years old, a fact which many adults find to be astounding. How can children so young even begin to understand anything about the complexities of drugs and drug use?

The harsh reality is that drugs in various forms are all around us, and as we all know, our children are observing and learning our behaviours, habits and responses as part of their development. In response, with the youngest children we begin the conversation with items that the majority of them will be familiar with – medicines, household products and other items around the home which could be harmful. The focus is always on how to maintain levels of safety by encouraging the children to read labels & warning signs while discouraging the use of products they may find in their home environment but are unsure of.

It is usually around the age of eight or nine, that the children begin to question why people are making drugs when they know that they are harmful? Or why do they make some drugs look like things that children would want to try for example, candy cigarettes, cannabis edibles and even mollies.

Some children will even venture a little further into the discussion, curious to learn what measures are being taken by the government to protect them these substances, and even suggesting an expansion of the protective resources.

While these discussions can become slightly uncomfortable for us as adults at times, they serve as a reminder of how critical drug prevention education is and the role it plays in reducing the initiation of taking drugs. As such it is important to emphasize that when it comes to drug use, that each individual will have to make a choice. It is our responsibility as adults to ensure that our children know the facts about drugs, so that they can make informed choices.

Remember to keep your language simple and age appropriate. If your children are very young, you can help them locate organs such as the brain, heart and lungs and talk about their importance. You may also need to relocate medicines, alcohol,

tobacco and household products such as glues, insecticides and cleaning agents to safer areas out of their reach. If your children are older you can begin to discuss future goals and how drugs can reduce their chances of achieving them, where it be from physical harm or because of legal problems.

The identification of agencies that can offer assistance is a critical drug prevention measure. Taking the time to do this now will reduce stress should you ever have need to use the service. The NCSA is committed to serving the public and offers a free counselling service in addition to a suite of drug prevention interventions for various ages.



Cannabis edibles are cannabis infused food items. ~ Molly is the street name often given to Ecstasy tablets.

## Summer Camp Fun, Facts & Faith

Submitted By Substance Abuse Prevention Officer Mrs. Paulavette Atkinson



This year witnessed the return of the traditional Vacation Bible School, where NCSA engaged faith-based youth and adults to age-appropriate drug information fused with life-skills and values-based information. In this regard, a co-hobblot of methods including art, craft, music, sports and videos, were used to deliver interventions.

Fun was had by all during the interventions delivered to faith-based organization, organized by the Church of The Nazarene.

At the Beckles Road Church of the Nazarene, twenty-five (25) youth aged 5 – 16 years enjoyed an afternoon of interactive games including drug simulations using “drunk goggles” and interactive drug education materials.

Through the use of drama, the younger children acted out how using alcohol can affect them.

The adolescents learnt about the harms associated with alcohol and marijuana use through a dramatic exercise involving two teenagers who went to a Crop Over party, got drunk and “high” and then could not find their way home.

Substance Abuse Prevention Officer, Paulavette Atkinson also hosted a drug education session to Pathfinders (aged 10 – 15 years), Adventurers (aged 4 – 9), and adult elders following their Seventh Day Adventist Church March Against Drugs through suburban neighbourhoods in Black Rock and Grazettes.

Information on the physical and mental health dangers associated with drinking alcohol, smoking and vaping tobacco and marijuana was disseminated through musical melodies and drug education pamphlets. The pulsating sound of musical renditions set to the beat of drums and various wind and percussion instruments, preceded marchers waving placards bearing images and messages about legal and illegal drugs.

Drugs are dangerous to our health

Drugs are a death trap – they don’t just affect your life – they affect others

Be Smart – don’t start

Session reviews indicated that all campers learnt about healthy alternatives to drug use, and why experimenting with and using substances can lead to long-term mental and physical health problems as well as affect their decision



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## Barbados Cadet Corps Says Thanks



**T**he Barbados Cadet Corps (BCC) had their annual Cadet Camp from July 22 to August 27, 2023.

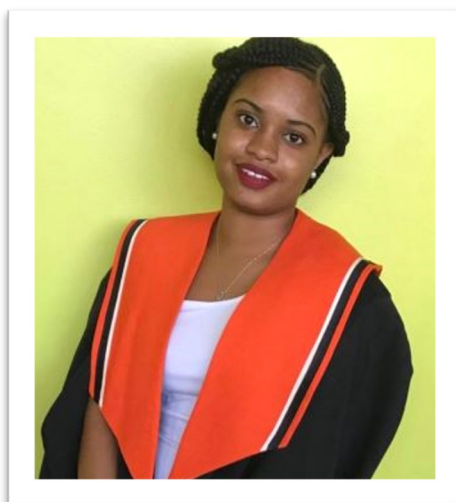
During this time, the cadets were exposed to a wide range of activities.

NCSA counselors engaged approximately 100 cadets on August 11, 2023. The talk was both educational and interactive. The information was well accepted by the cadets, and as they had fun, they became well aware of the hazards and unpleasant feelings that drugs may cause.

To that end, the BCC expresses its gratitude for your support of our cause and looks forward to working with you in the future.

**NCSA Substance Abuse Prevention Officer  
Ms. Jennifer Baptiste speaking with campers**

## Welcome Sashana!



**M**y name is Sashana Austin, and I am a social work student at the University of the West Indies.

I'll be interning with the National Council on Substance Abuse for six months, beginning in September and ending in March.

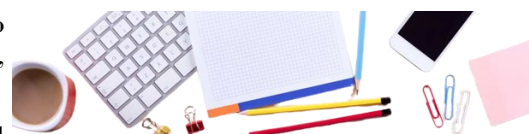
So far, the exposure and understanding into the world of drugs has been enjoyable. I am more aware of the seriousness of drug misuse and its consequences in people's lives.

I want to understand more about drugs in general, but especially about the new synthetic ones that are surfacing not only in Barbados, but all around the world.

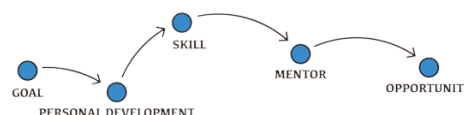
I am also looking forward to collaborating with other organizations to prevent and eliminate drug addiction,

as well as educate the Barbadian community .

This internship will provide me with the opportunity to exercise my social work skills, learn new ones, work with clients, put theoretical perspectives into practice, and broaden my knowledge as I continue on my path to become a social worker.



## INTERNSHIP





## Coping In These Times

Submitted By Receptionist Ms. Cindy Bennett

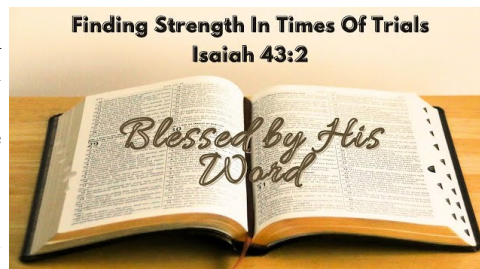


**T**he songwriter wrote this song (and I quote). "In times like these we need a Saviour. In times like these we need an anchor. Be very sure, be very sure, your anchor holds and grips the solid rock."

Yes in these times, truly we need the Saviour who is also our shelter and our rock to help us to cope. Take a look around and see many are heavy laden with drugs and alcohol addiction, debt, violence, terminal illness diagnosis, death of loved ones, stress, depression, and then there is the heat wave that's upon us and it seems like there is no way out of our troubles. But, there is hope in Jesus Christ.

We are reminded in **Isaiah 43:2** that when thou passest through the waters, God will be with thee; and through the rivers, they shall not overflow thee: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee. Now those are Promises that will give us hope to cope in these times.

No matter what, Jesus is your only source of hope. Hope for today, hope for tomorrow and hope for the future. Remember, Jesus never fails. His promises are sure and you can be assured that he will also be on time to give the deliverance and rest needed in any situation.



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ORIENTATION	THINKING	CHURCH	FAITH
COUNSELING	TRIGGERS	STAGES	RISK
TREATMENT	RECOVERY	FAMILY	ALCOHOL
AFTERCARE	EXTERNAL	EFFORT	CHANGE
EDUCATION	SUPPORT	ERRORS	NARCOTICS
ADDICTION	THERAPY	LEGAL	



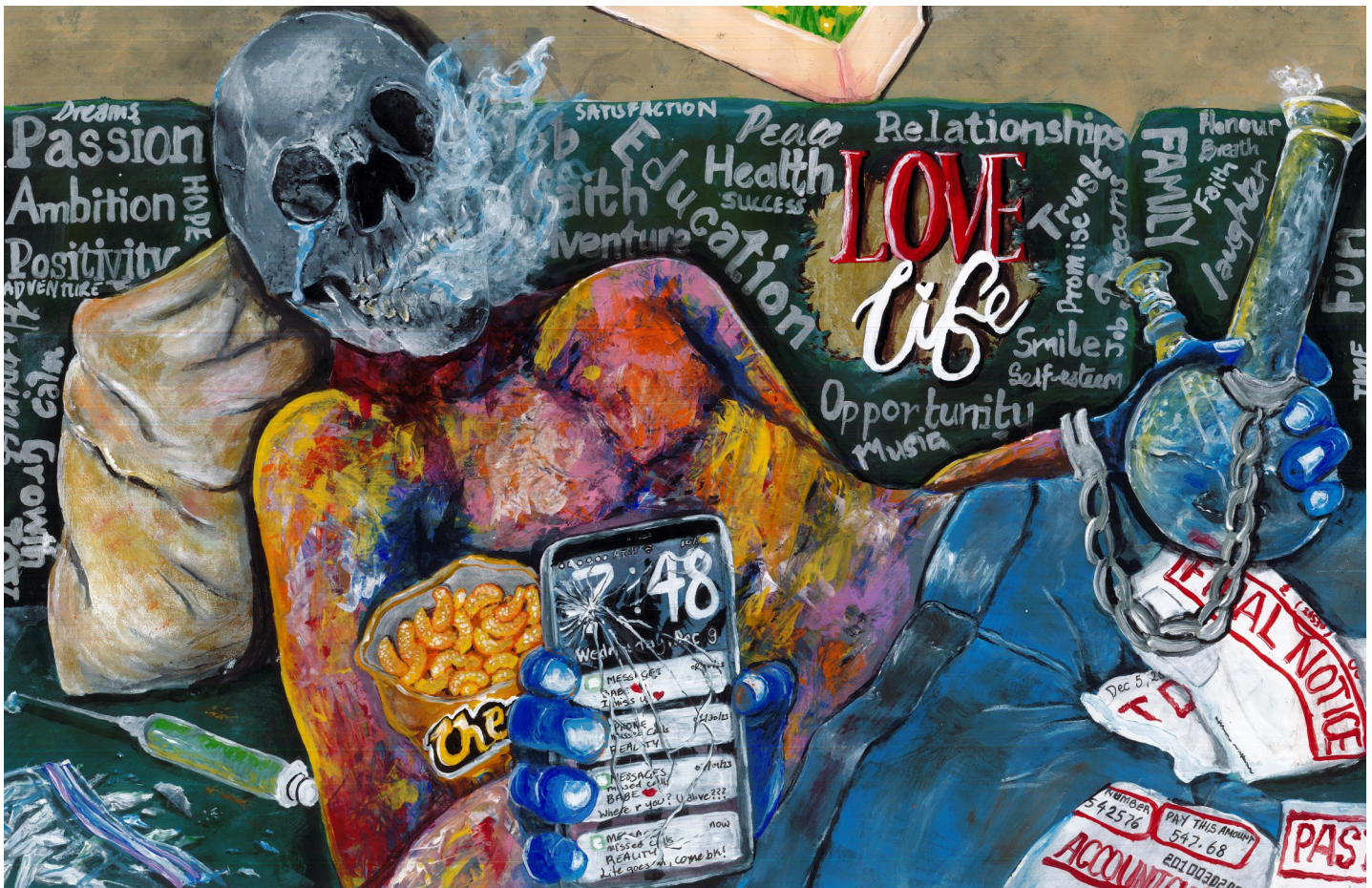
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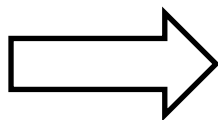
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Training	Disease	Exercise	Medicine
Relaxation	Protein	Diabetes	Stress
Muscles	Diet	Cycling	Heart
Fitness	Fat	Fiber	Health
Energy	Jogging	Nutrition	Flexibility

COOL2BKIDS



**DON'T METH IT UP WINNING POSTER: By Anya Greaves**



[On Drugs You are Not In Control - YouTube](#)

[Bardin Stats on Drug Use! - YouTube](#)

[Don't Meth it Up - YouTube](#)

## MATTERS OF SUBSTANCE

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