



‘NCSA: STRENGTHENING PREVENTION’



Drug Awareness Month 2024 got off to a start with over 500 members of the Barbados Boy Scouts Association and the Girl Guides Association of Barbados participating in a two day online Substance Abuse Badge Day event.

This badge was developed by the NCSA for uniformed groups. During the Badge Days, participants had an opportunity to learn about the effects of various substances including alcohol, tobacco, household products and medication.

They also explored some of the effects of drugs on society as they learnt preventative techniques and drug refusal skills.



**NCSA Chairman
Hadford Howell**

Chairman of National Council on Substance Abuse Hadford Howell in delivering remarks at the opening told the Cub Scouts to remember that their motto requires that they **‘Do Your Best – to God and to your Country’**, while The Brownie Guide Law requires that they **‘Think of Others Before Yourself, and Do a Good Turn Every Day’**.

“As Cubs and Brownies participating in this Barbados Substance Abuse Awareness Badge course, you are complying with these requests. The course will allow you to encourage yourselves, family members and other people you know to stay away from the effects of harmful drugs – an example of which is alcohol if used excessively by adults, or by under-aged children,” he said.

He also encouraged them to listen carefully to the presenters, teachers and leaders, while they completed the tasks set for them during the course.

One of the advantages of being a **Scout** is that your child will spend a lot of time outdoors learning new skills. Your child's likely to grow in self-confidence as they learn to make new friends and they'll be proud of the badges they achieve. They'll develop resilience and a growth mindset.

Source: www.twinkl.com

Guiding **helps girls and young women develop their leadership skills**. Guiding helps girls and young women develop a sense of responsibility and independence. Guiding empowers girls and young women to discover and develop the very best within themselves while having fun.

Source: www.guidesontario.org

Special Edition Drug Awareness Month 2024 Newsletter
A Publication of The National Council on Substance Abuse
Design and Layout By PR Consultant ~~ Editor Mrs. Betty Hunte NCSA Manager

Mornin Barbados Helped Us To Spread The Message



The team at NCSA was featured during the month of January as we observed our Drug Awareness Month Activities. Substance Abuse Prevention Officer Mrs. Wendy Greenidge and Deputy Manager Troy Wickham were the first two on the show held on January 3rd 2024. Mr. Wickham focused on the overall objectives of the month and the ongoing work at the Council, while Mrs. Greenidge brought awareness of Substance Abuse Badge Day and other interventions.

Mrs. Greenidge and Mr. Wickham during their interview with host Ms. Wendy Burke



On January 9th, Substance Abuse Prevention Officers Mrs. Makeada Bourne and Mrs. Paulavette Atkinson, were the guests on the show. They made the public aware of the upcoming Community Drive Through held on January 12th 2024 and the Church Service which was held on January 14th 2024.

Mrs. Bourne and Mrs. Atkinson during their interview with host Ms. Wendy Burke



On January 16th 2024, Counsellors Mrs. Natalia Corbin Ifill and Counsellor Mr. Mosiah Hoyte appeared on the show and shed light on upcoming webinars and also the NCSA Secondary Schools Speech Contest.

Mrs. Ifill and Mr. Hoyte during their interview with host Ms. Wendy Burke



Manager Mrs. Betty Hunte brought down the curtains on the shows on January 23rd 2024. The public learnt more about our Give Back Programme and how we continue to help many families impacted by Substance Abuse issues. Mrs. Laura Foster, Research and Information Officer, informed the viewers of the release of findings from The Barbados Drug Information Network (BARDIN) an activity that took place on January 31st

2024.

Thank you

The Board of Directors, Management and Staff at NCSA Would Like To Say Thanks To Team CBC & Its Mornin Barbados Crew For Having Us On The Programme During Drug Awareness Month 2024!

Importance of Community Interventions - Jan12th

Communities in St. Michael and Christ Church heard our messages and many engaged with us during our Community Drive Through during January.

We shared information on matters surrounding substance use/abuse, with a focus on drug education activities and sharing information on treatment and rehabilitation, all with a view of strengthening prevention.



More Parental Training Programmes Needed - Jan 14th



L-R: NCSA Chairman Hadford Howell, Permanent Secretary in the Ministry of Home Affairs and Information, Yvette Goddard & NCSA Deputy Manager Troy Wickham

The National Council on Substance Abuse (NCSA) is being encouraged to develop and build more behavioral parent training programmes.

The call was made by Permanent Secretary in the Ministry of Home Affairs and Information, Mrs. Yvette Goddard as she delivered the Minister's address during a service for NCSA Drug Awareness Month at the Christ Church Parish Church in Church Hill, Christ Church.

She said this is important since there is an increase in substance use amongst young people in the last decade, in part because of a worldwide pro-drug youth culture.

"Another staunch factor is the increased vulnerability of the family unit and absence of traditional community support, a fact that we cannot afford to ignore. We are known to have many single-parent homes without the traditional extended family and/or community support resulting in fewer children existing in stable and safe living environments," she said.

She stated that parents and guardians are working longer hours and some appear to demon-

strate little concern or focus towards their children's exposure or illegal drug use or activity. This, according to her, may be a direct result of said parents/guardians own misuse of drugs at some stage of their lives or because they themselves are presently using.

She believes that the NCSA can also develop family skills training programmes, increase in-home family support activities, effective family therapy and personal development and self-care coping tools.

The organization has also been mandated to conduct more local research on the drug phenomenon to ensure that factual and timely information is disseminated to all persons, especially families, to equip them with the knowledge needed to make positive healthy choices and increase productivity and economic prosperity.

Rector of the Church, Reverend Mark Harewood, in delivering his sermon said both the church and the NCSA can work together in curbing the issues of substance abuse.

"If you are in partnership with the church we can draw from the work that you're doing and that concerted effort. We can share throughout areas, information and the ideas that persons would be able to work out issues beyond the walls of the church," he said.



Rector of the Church, Reverend Mark Harewood

We Popped Up At Accra! - Jan 24th



The NCSA conducted a Pop-up activity at The Accra Beach Hotel and Spa, Christ Church, as part of our workplace interventions.

Several employees participated in activities which included quizzes, wearing of drug impairment goggles to test how the effects of using illegal drugs or overdosing on prescription medication would impact their ability to walk, write, clean, and execute other tasks,

as well as a presentation done on the harms and effects of drugs in the workplace.

Substance Abuse Prevention Officer at the National Council on Substance Abuse (NCSA) Wendy Greenidge said this was important since many workplaces still do not have drug use policies in place which is vital.

She believes developing and implementing these policies would help employees who may be dealing with substance abuse issues, get help.



The NCSA, she said, is ready to work with employers to develop drug workplace policies so they would be familiar with the options at their disposal should an employee be affected by a substance use disorder.

Group Human Resources Manager at Accra and The Abidjah by Accra Tricia Yearwood said the activity was well received and was informative and will help to sensitize their staff about issues surrounding substance abuse.



An Employee Using The Drug Impaired Goggles



This Journalist Was Intrigued By The Effects Of The Goggles

Your Donations Enable Us To GIVE BACK - Jan 27th

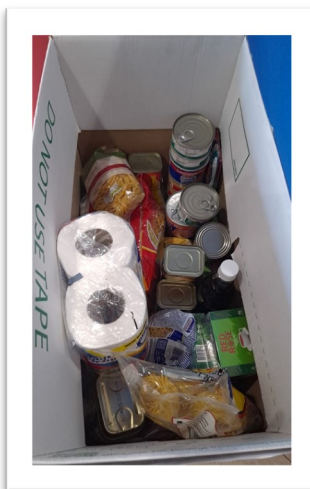
As the government agency responsible for drug demand reduction in Barbados, The National Council on Substance Abuse conducts drug prevention programming within schools, communities and workplaces and offers counseling free- of- cost to individuals affected by drug addiction.

In our line of work, we often encounter families who experience challenges meeting their basic needs including the provision of food and personal hygiene products. We know that people cannot focus on, or succeed in treatment if they are hungry. For this reason, the NCSA established a food bank to help clients in need.

We started by assisting 7 clients in 2020 during the height of the COVID-19 pandemic, and in December 2023, we were able to provide hampers to 50 families during the yuletide season.

During the month of January 2024 as part of our month of activities we held a Food Drive at Massy Stores Warrens, Holetown and Worthing.

The NCSA takes this opportunity to thank you for your donations as they will go a long way in helping persons on the road to recovery. We also want to thank Massy for their support since 2022 in this venture. Look for us again at the end of March, when we will be asking for your help in the provision of fresh fruit and vegetables.



Thank You!
FOR YOUR DONATION



Drug Information Disseminated - Jan 31st

Research and Information Officer
Mrs. Laura Foster



The 2022 report of the Barbados Drug Information Network (BARDIN) released during the month shows that in Barbados the main drug of use is marijuana.

Research and Information Officer at The National Council on Substance Abuse (NCSA), Mrs. Laura Foster, said although this is the case there are signs of some new drugs creeping in which she says should not be ignored.

FACTS

- Marijuana has captured the attention of treatment professionals and the supply control sector since the publication of the first BARDIN report in 2013.
- Eleven years later, the situation remains the same.
- Prior to the recent relaxation of marijuana-related legislation, the legal position required a zero-tolerance approach to the substance.
- The legislative changes, the increasing societal acceptance of marijuana, the declining perception of harm associated with the drug, and the ease of access necessitate a different approach

MAIN TAKE AWAY FROM THE REPORT

- The 2022 drug situation was similar to that presented in each of the 11 preceding reports, with alcohol, marijuana and cocaine being most prevalent.
- The continued dominance of marijuana suggests the need for a new approach with harm reduction and the use of protective strategies being possible alternatives.
- Recent developments on the local drug scene point to the emergence of NPS and nontraditional drugs, creating an urgent need for information about these substances which can be satisfied through appropriate research methods and drug testing.
- There has been a steady increase in the percentage of women seeking treatment but work still needs to be done to close the gender gap in treatment admissions – and this should include a focus on treatment access and programme content/structure.
- Unemployment is a key feature of persons seeking treatment and should be reduced through the use of a multifaceted approach involving initiatives at the micro, meso and macro levels.

DRUG TIPS!

- When a group of people use the same amount of the same drug in the same way, they can each have very different reactions.
- Even if it's your first time using a drug and you think you're just experimenting, the drug still poses a risk to your physical and mental health.
- When someone is under the influence of drugs, what they see, feel, or think may appear unfamiliar or different.
- Drug use cause changes in the brain. An individual who has been using drugs can experience intense responses to situations which may lead to feelings of sadness, happiness or fear.
- Family expectations and responsibilities, social stigma and fear of losing custody of children are some of the barriers that stop women seeking drug treatment. What role do you play?

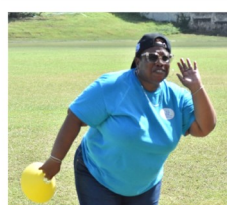
Let The Games Begin...

The NCSA Fun Fitness Friday & Olympics was indeed fun, as we took to the field with sprints, races, cricket, football among others. Cheers, laughter and sportsmanship were the order of the day!

The aim of this annual event which forms part of Drug Awareness Month **is to promote inter-agency collaboration by engagement in fun, healthy sports activities.**

NCSA Staff, personnel from the Judiciary, Ministry of Home Affairs & Information, Ministry of Youth, Sports & Community Empowerment, Barbados Fire Service, Post Office, Prisons and others came together at Carlton Club, Lower Carlton, Black Rock, St. Michael for a full day of FUN!

Here are some moments of the day. You may also visit our webpage to view more!



NCSA's Inaugural Speech Competition Dec 5th - Training, Jan 25th - Semi Finals, Feb 8th - Finals



Twenty-six fourth and fifth-form students from public and private secondary schools across the island participated in The National Council on Substance Abuse (NCSA) 'Voices of the Youth Secondary Schools Speech Contest.'

The contest was a collaboration between the NCSA and the Barbados arm of Toastmasters International. As the Government agency responsible for drug demand reduction throughout Barbados, the NCSA encouraged participants to actively research the topic of substance abuse and provided the opportunity for them to share their perspectives through

the age-old art of public speaking.

In preparation for the competition, students completed a one-day training exercise which provided them with the opportunity to make short presentations. During that training, Distinguished Toastmaster, Ms. Beverly Parris spoke about the "World of Public Speaking" and "How to Deliver as a Boss", while Ms. Keisha Parris also of Toastmasters International spoke to the participants about "Effective Writing". Mrs. Laura Foster Information and Research Officer at the NCSA spoke of the "Power of Research".

In the qualifying stage students presented a 2–3-minute prepared speech on a selected topic specific to drugs and substance use/abuse. From this stage twelve students were selected for the finals. They each delivered a 5–7-minute speech.

Michaela Brathwaite from Foundation School emerged as the winner, Elisabeth Sampson representing St. Winifred's School was second and in third place was the Frederick Smith Secondary School representative Faith Holder - Hinkson.

Congratulations to the winners and to their teachers, parents and supporters. We look forward to a bigger competition next year!!



Michaela Brathwaite



Elisabeth Sampson



Faith Holder - Hinkson

We Made News!

The media plays a critical role in our outreach over the years. Our media partners have not only highlighted our prevention messages, but they have also promoted our other activities through which we seek to encourage persons in the fight against drug abuse through sports, healthy living and community support.

This drug awareness month was no different. Several media houses featured coverage on our various activities and we want to take a moment to thank them for engaging with us.

[Be innovative in drug fight, NCSA told - nationnews.com](http://nationnews.com)

NCSA to encourage more women to come for addiction help - Barbados Today

NCSA report: Unemployed Bajans turning to drug use - Barbados Today

VIDEO: NCSA on lookout for new drugs - nationnews.com

Barbados students take on substance abuse in public speaking contest (stvincenttimes.com)

Creating healthy schools with drug prevention - nationnews.com

Workplace Drug Policies Key In Fighting Addiction | GIS (gisbarbados.gov.bb)

Strengthening Drug Prevention By Helping Families | GIS (gisbarbados.gov.bb)

Gov't working to combat drug use among young people - Barbados Today

Youngsters told of importance of Cub Scouts, Brownies

THE IMPORTANCE of service organisations such as the Cub Scouts and Brownies cannot be underestimated.

Minister of Home Affairs and Information Wilfred Abrahams underscored this as he delivered a pre-recorded message to mark the start of a two-day online event hosted by the National Council on Substance Abuse (NCSA) for Cub Scouts and Brownies last Thursday.

More than 500 members of the Barbados Boy Scouts Association and the Girl Guides Association of Barbados between ages seven and 11 participated in the event.

“These organisations teach our children how to be self-disciplined, how to use their time constructively, to be supportive and how to be committed to learning,” Abrahams said.

However, he lamented that a 2020 survey conducted by the NCSA showed that only 11 per cent of those interviewed participated in such organisations. In addition, the minister noted that too many parents pulled their children from attending Cub Scouts and Brownies as they began preparations for the Common Entrance Examination, with a preference being given to lessons.

Acknowledging that lessons were also important, Abrahams added that regrettably the long-term effects of poor on- and off-campus life were often felt throughout our communities.

"Striking a balance is critical to the holistic development of our nation's future," he pointed out.

The minister told the Cub Scouts and Brownies in attendance that their organisations were preparing them for adult life by developing valuable skills, such as caring for their schools, communities, and service to others.

He further told them that each badge they earned showed the world that they knew what it meant to work

hard for what they wanted and that they were destined to achieve great things.

Abrams warned the children that as they grew into young adults, they will meet people who will try to encourage them to become involved in drugs, or they may face a challenge where they feel that using drugs is the only option to survive.

"When that time comes, I want you to reflect on what you learnt as a Brownie and as a Cub Scout, and I want you to remember the things you learnt in the sessions and make your choice from a position of knowledge and power," he said. (BGIS)



The Grenadian Voice Local News

“Strengthening Prevention – Supporting Healthy Schools”

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Contest

quished toastmaster Jerry Parris spoke publicly of public speaking how to deliver as a boss, the Keisha Parris, also of Toastmasters International, to the participants in effective writing.

Information and research at the NCSA, Laura spoke of the power research.

organizer of the contest, Al Hoyte, said it was important that all students be exposed to basic research and speaking skills before the start of the competition.

Students qualifying to use students presenting

Negative wron

CHANGING THE LANGUAGE in, or about people who are not as different as they appear to be.

26 students prepare for NCSA contest

TWENTY-SIX fourth and fifth-form students from public and private secondary schools across the island will seek to qualify for the finals in the National Council on Substance Abuse (NCSA) **Voices Of The Youth Secondary School Contest** on January 25.

The contest is a collaboration between the University of Barbados and Toastmasters International. As the Government agency responsible for drug and alcohol abuse throughout Barbados, the NCSA encouraged participants to actively research the topic of substance abuse and provided the opportunity for them to share their perspectives through the age-old art of public speaking.


In the run-up to the contest, the participants have been encouraged to exercise which provided them with the opportunity to make short presentations. Prior to the contest, Foster spoke of the power of research.

“The topic of the contest, Mosiah Hoyte, said it was important that all students be exposed to basic research and public speaking skills in the start of the competition.

The qualifying stage will see students presenting a three-minute prepared speech on a selected topic specific to drugs and substance abuse/health. The 12 students receiving the highest marks after adjudication, will proceed to the finals which will be held on February 8, where they will present five to seven minute prepared speeches.

DE

Negative labels 'send wrong message'

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Contest offers forum to address issues

YOUTH FROM ACROSS the island used their voice to address substance abuse at the inaugural Voices Of The Youth Secondary Schools Speech Contest, hosted by the National Council On Substance Abuse.

Fourth- and fifth-year students from private and public secondary schools gathered recently at Belvidere House, Harmony Hall, St Michael, to compete in the contest.



public speaking and communicating their thoughts on substance abuse and school values on the implementation of prevention programmes on the island.

"If we can get young people to be expressive from early then they are able to be assertive and the possibility of being forced or pressured into drugs would not be likely," he said.

Hoyle believes that the confidence built from youth will spill

NCSA tackling

Officials may be testing

Drug issue this Crop
g chemical toilets at fetes


Over

A photograph showing a man and a woman standing outdoors. The man, on the right, is wearing a light blue polo shirt and is gesturing with his right hand. The woman, on the left, is wearing a white t-shirt and is looking towards the man. They are standing in front of a grey stone wall. The background shows some green foliage.

NCSA tackling drug issue this Crop Over

Officials may be testing chemical toilets at fetes

Loop News | February 1, 2024 05:00 PM ET

[illegible][illegible]A woman with dark hair, wearing a red patterned top, is speaking at a podium. A microphone is in front of her, and a laptop is on the podium. The background is a blue curtain.

Magistrate has a 'field day' at sports

With two weeks and four days left to go before the start of the 2014-2015 school year, Magistrate is kicking off the school year with a bang. The school is holding a "field day" at the school's sports field, where students and staff will be participating in a variety of sports and activities. The day will be held on Wednesday, August 27, from 8:00 a.m. to 12:00 p.m. The day will be held at the school's sports field, which is located at 1000 S. 10th St. The day will be held at the school's sports field, which is located at 1000 S. 10th St. The day will be held at the school's sports field, which is located at 1000 S. 10th St.