

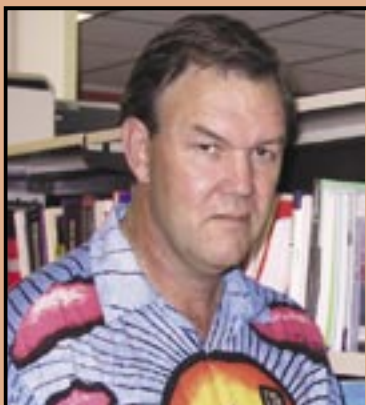
ADAC NEWS

Decade of Survival

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Decade of Survival Edition 2003

Scott Wilson
ADAC Director



Welcome to the
“**Decade of Survival**”
Edition 2003,
newsletter of the
Aboriginal Drug and
Alcohol Council (SA)
Inc. (ADAC) .

We hope this gives you a better understanding of some of the work ADAC carries out on behalf of the South Australian Aboriginal community.

Throughout 2003 ADAC will be developing and involving the community in a range of activities around substance misuse to celebrate the formation and survival of ADAC as an organisation. ADAC was formally incorporated on the 28th February 1993.

ADAC has developed and grown over the past decade into an organisation that I am proud to be employed by. It is still the only Indigenous organisation of its kind that deals solely with substance misuse on a statewide basis in Australia.

Since its inception and incorporation in 1993, ADAC has grown from a two person operation, to one that employs 15 fulltime staff on a variety of tasks that have had, and continue to have an impact.

Some of the highlights of our success over the past decade are mentioned below.

Advocacy and action

(please see the last paragraph listing the current Committees, Boards and Council's that I, the Director, and Isabel Norvill, the Chairperson, are also members of, and where we have constantly advocated on substance misuse issues on behalf of South Australian Aboriginal organisations).

As part of our advocacy role, ADAC has twice hosted the House of Representatives Select Inquiry into Substance Misuse in Australia. We have also been in front of the Victorian Parliament's Committees looking into Solvent Abuse and Public Drunkenness. The ACT Legislative Assembly also invited ADAC to their meeting in Adelaide looking at cannabis issues.

ADAC has also been involved in most areas of substance misuse policy debate, including the South Australian Drug Summit, helping to develop the National Substance Misuse Complementary Strategy for Aboriginal and Torres Strait Islander People, the National Mental Health Strategy, Co-Morbidity, Social Emotional Well Being, all National Drug Strategy strategies and have had input into most of the Office of Aboriginal and Torres Strait Islander Health (OATSIH) strategies.

Information and advice

ADAC is constantly providing advice and information to Aboriginal communities and individuals across the state. For example we recently conducted Community Substance Misuse Awareness and BBQs in the following areas:(cont pg 3)

International Federation of Non Government Organisations Gives ADAC an Award

Exciting News for ADAC the IFNGO International Conference on 15th August 2003 gave ADAC the Citation for the IFNGO Award for Outstanding New Project 2003.

Dear Colleagues,

Assalamau Alaikum w.b.t. May God's Blessings of Peace be with you.

Please join me to congratulate:

1. SARDA Hong Kong SAR China - Society for the Aid and Rehabilitation of Drug Abusers, for winning the IFNGO Award for Outstanding New Project 2003. The Winning Project is entitled "SUPPORTED EMPLOYMENT SERVICE FOR REHABILITATED DRUG ABUSERS".
2. ADAC - Aboriginal Drug and Alcohol Council (SA) Inc., Australia for being Awarded the IFNGO Commendation Certificates for its Project entitled "Educating the Community about Substance Abuse", and
3. The Mithuru Mithuro Movement, Pelmadulla of Sri Lanka for being awarded the IFNGO Commendation Certificate for their project "Integrated Approach for Youth Development in Drug & Substance Prevention".

The Hon'ble Karu Jayasuriya, Minister of Power and Energy and Chairman of the Health Committee, Government of Sri Lanka gave away the Award and the Special Commendation Certificates at the Closing Ceremony of the 20th IFNGO International Conference on Friday, 15th August, 2003.

I have the pleasure to append below for your information the Citation for the IFNGO Award for Outstanding New Project 2003.

With my best wishes always. "LET'S TALK ABOUT DRUGS"
"ONE WORLD, ONE OBJECTIVE, ONE LOGO - DRUG-FREE"

Sincerely,

(Dato Haji Mustapha Ma) Hon. Secretary, IFNGO. 16th August, 2003.

(Director cont.)

Iwantja, Fregon, Mimili, Ernabella, Mutitjula, Papunya, Aryonga, Oodnadatta, Coober Pedy, Leigh Creek/Copley, Port Augusta/Davenport, Port Pirie, Point Pearce, Raukkan, Murray Bridge, Gerrard, Berri, Port Lincoln, Whyalla, Ceduna/Koonibba, Yalata, the Wiltja Program at Hampstead, Kuarna Plains Primary School, Tauondi College and Warriappendi.

ADAC hosts an annual conference on drug and alcohol issues and has done so since 1995. We have also distributed thousands of resources produced by ADAC that include:

In 1997, ADAC hosted the first South Australian Indigenous Youth Health Conference. We also developed the first colour Hepatitis C posters and calendars in Australia.

1997/98 saw ADAC conduct a poster competition with school children across the state, the resulting posters have since been used as part of our health promotion activities, which has seen us distribute close to 100,000 copies both in South Australia and nationally.

ADAC has also developed or been involved in the following resources:

Substance misuse posters by school children - a series of five

Substance misuse diaries

Posters and cards on alcohol and cannabis in collaboration with Drug & Alcohol Services Council (DASC)

Posters, pamphlets and T Shirts on 'Drugs in Pregnancy'

Resources around alcohol, heroin, amphetamines, tobacco and cannabis

Help Cards for community members and IDU help cards for Aboriginal people who inject drugs. Newsletters are produced a number of times a year and budget permitting are posted to every Aboriginal funded house across South Australia.

Facilitating research

to improve policies etc. ADAC was the first state body to develop the "Bringing It All Together" South Australian State Substance Misuse Strategy that is now being used by the South Australian Aboriginal Health Partnership as the basis for a Whole of Government State

Substance Misuse Strategy.

ADAC undertook the first major research into injecting drug use in a rural community in 1998, and conducted the largest research of its kind with over 300 Aboriginal people who inject drugs in Adelaide in 2001. This research was used by myself, the Director, as keynote speaker at the opening of the South Australian Drug Summit in 2002, which resulted in a unanimous vote of Drug Summit delegates for the establishment of an Illicit Drug Rehabilitation Service in Adelaide and some facility for petrol sniffers in the far north of the state.

In 1996 ADAC conducted research and was able to provide the National Drug Strategy with a report on "Education and Training for Aboriginal Substance Misuse Workers".

ADAC conducted Road Safety research in the far west of the state in 1997 due to the high rate of road fatalities among Aboriginal people. Further in 1997, ADAC conducted research into "Therapeutic Models of Intervention for Aboriginal Problem Gamblers", which looked at the problem of gambling and tried to suggest ways of helping that were beneficial to Aboriginal people. Also in 1997, ADAC was commissioned by the Aboriginal Sobriety Group (ASG) to rewrite their program at Kaingani Tumbetin Wal, formerly Frahn's Farm.

In 2002, ADAC was involved in research with Flinders University looking at Young Aboriginal Women and their drinking issues. We have also been involved with Flinders in the Quality Use of Medication Education Project (QUMEP) project. This project looked at how Aboriginal people with a mental issue take their medication, and what supports their family and carers have.

Reports from the QUMEP research have been launched by the Aboriginal Affairs Minister at Muna Paiendi and Pika Wiya, with reports from Coober Pedy, Port Lincoln and the Riverland to be released this financial year. All ADAC research is provided to policy makers and presented at conferences to ensure that the information is widely distributed and is available to facilitate the development of appropriate resources and policies.

In 2002 ADAC was one of the only Aboriginal organisations in Australia to be published in the

World Health Organisations Compendium (Index) of World Indigenous Research Organisations. In 2003 ADAC put in a submission to the Federal Government to provide a tender document to Evaluate the National COMGAS (AVGAS used by some communities to combat petrol sniffing) Scheme, that currently operates in 33 Aboriginal communities. In May 2003, ADAC was successfully awarded the project by OATSIH.

Policy and planning

ADAC has continued to provide written comment to government agencies to ensure that Aboriginal issues are included in relevant policies for example:

National Aboriginal and Torres Strait Islander Complementary Drug and Alcohol Strategy, National Aboriginal and Torres Strait Islander Health Strategy, National and State Hepatitis C Strategy, National and State Mental Health Strategy, National Alcohol, Tobacco, Illicit Drugs and Heroin Overdose Strategies, National and State Foetal Alcohol Syndrome/Effects Strategy, National Co-Morbidity Strategy.

The continued development of a State Whole of Government Aboriginal Drug and Alcohol strategy. Both the Adelaide Dry Zone and Coober Pedy Alcohol Strategy. ADAC is the only community member of the Police Drug Diversion Initiative and we have continued to ensure that Aboriginal issues and needs are brought before this committee.

In terms of planning, ADAC has helped numerous community organisations in planning new and expanded services. In partnership with Kalparrin Inc., Kainggi Yuntuwarrin, Dunjiba and ASG, we have facilitated a national pilot for ensuring that Aboriginal Drug and Alcohol services provide a quality service to the community. So far some services have almost arrived at a stage where they could undertake a review against the National Standards for accreditation as Quality Endorsed Organisations.

This project is a result of an OATSIH initiative based on the Review of Aboriginal & Torres Strait Islander Substance Misuse services. On the 24th, 25th and 26th of March, ADAC underwent a three day external Review by Quality Management Services (QMS) from Sydney.

Education

ADAC has been heavily involved in educating the South Australian Aboriginal community about substance misuse for a decade. Our involvement includes:

A member of the Aboriginal Primary Health Care Certificates curriculum development and curricula review process, providing the National Drug Strategy with a "Training Needs Analysis of Aboriginal Workers Needs".

ADAC was also involved in the national report into Aboriginal Training Needs. ADAC jointly developed the National Training Package around Dementia and Alcohol Related Brain Damage, and continues to deliver training around South Australia.

During 1997 – 1999, ADAC developed and implemented Drug and Alcohol packages for Aboriginal people inside South Australian goals including Yatla, Northfield, Mobilong and Port Augusta prisons. This program has just been refunded and we started delivering it again in June 2003.

In 2000 ADAC developed and produced the nationally acclaimed Petrol Sniffing and Other Solvents Resource Package for Indigenous Communities. Training for communities using this package has occurred throughout South Australia and nationally. ADAC also produced a video so that communities unable to attend a training course could still gain the information.

In addition to my role as Director of ADAC, I was the Chairperson for the Curricula Review for the accreditation of the Narrative Therapy Certificate for the South Australian Regional Social and Emotional Well Being Centre at Nunkuwarrin Yunti.

In 2001 ADAC started the development of a National Training Package for Indigenous Workers in relation to illicit drugs. This package is currently being trialled nationally for production and distribution in October this year.

In 2003 ADAC was given a sum of money by the Prime Minister to redevelop the new Australian Alcohol Drinking Guidelines, to make them culturally appropriate and easily understood by the Aboriginal community. ADAC is also

developing, with Streetwise Communications from Sydney, an Aboriginal Illicit Drug Magazine with an education kit for use in the Aboriginal community.

In addition to the above, ADAC staff are constantly involved in Community Awareness Raising Workshops across South Australia, as well as giving lectures at Port Adelaide Institute of TAFE, and Flinders and Adelaide Universities.

ADAC is currently in Partnership with the Alzheimer's Association delivering training to community members across the state in areas of alcohol related brain damage, which is the major cause of Dementia among Aboriginal people. ADAC, in partnership with DASC, have just finished providing training to approximately 400 people throughout the state in relation to the Police Drug Diversion Initiative.

Submission writing

ADAC responds to all requests from community organisations for assistance to write funding submissions. These have included providing advice to Pika Wiya in relation to their submission for Rehabilitation in the north; Lower Murray Nungas Club for a Youth Officer; Kalparrin for funding for Drug and Alcohol Training; and ASG to rewrite their entire program in relation to Youth Rehabilitation at Frahns Farm. ADAC also developed and designed the database for ASG to use in their Mobile Assistance Patrol (MAP).

We are constantly writing submissions to various government bodies regarding rehabilitation in Adelaide and for petrol sniffing in the far north, as well as responding in writing to a variety of government agencies in relation to Aboriginal community substance misuse needs and resources.

ADAC also provides all information on funding that becomes available, from all sources, to all of our member organisations, via fax stream and through meetings. The Board are kept informed of any future funding initiatives, with the expectation they will provide the information to their communities.

Assisting communities as with all our work, ADAC believes it is our role to assist communities in attaining a drug and alcohol free lifestyle. For these reasons ADAC staff are constantly on the road to rural and remote communities to assist where we can. We have been to every Aboriginal community in South Australia on numerous occasions, where we have been invited to participate in helping communities address local drug and alcohol issues by re-empowering the communities.

As a result, ADAC staff are able to live in a community for extended periods, for example our Makin' Tracks staff have lived in Yalata on and off over a number of months.

In 1997, ADAC was awarded the South Australian NAIDOC Community Organisation of the Year Award and, I the Director of ADAC, was presented with an Australia Day Achievement Medallion from the Alcohol and Drug Council of Australia (ADCA). In 1999, the ADAC Chairperson, Isabel Norvill was awarded the South Australian NAIDOC Elder of the Year, and in 2000 she was recognised for her involvement of over 30 years in the area of substance misuse by being presented with the an Australia Day Achievement Medallion by ADCA.

In 2001, ADAC was awarded the National Ted Noffs Award for a Specialised Service.

All of the above, I believe, highlight a very effective organisation that continues to operate on behalf of all Aboriginal communities throughout South Australia. I trust you find the newsletter informative and we at ADAC look forward to providing the South Australian Aboriginal community with a range of quality resources over the next decade.

In 2003 the Director was presented with a Centenary Medal for Services to the Community.

ADAC Director, and Chairpersons' Committee Memberships where ADAC advocated for substance misuse issues on behalf of South Australian Aboriginal Communities.

State Based

Aboriginal Sobriety Group (ASG) - Board of Management
Aboriginal Health Council Ethics Research Committee
Aboriginal Justice Advisory Committee (AJAC)
Alcohol, Drugs, Crime Working Party
Australians for Reconciliation - Committee Member
Alcohol Related Brain Damage/Dementia - State Steering Committee
Elders Council - Council Member
Kalparrin Inc.
Liquor Licensing Review - Committee Member
Nunkuwarrin Yunti - Board Member
Police Drug Diversion Worker Training - Steering Committee
Emotional Social Well Being Regional Centre - Board Member
Social Inclusive Unit Dry Zone Committee
Quality Assurance Project Steering Committee (National Pilot)
Quality Use of Medicines Education Program (QUMEP) - Steering Committee Member

National

Alcohol and Other Drugs Council of Australia (ADCA) - Executive Director
Alcohol Education and Rehabilitation Foundation (AERF) - Deputy Chairperson
Australian National Council on Drugs (ANCD) - Executive Member
National Drug Strategy Reference Group for Aboriginal and Torres Strait Islander Peoples - Deputy Chairperson
National Suicide Council - Council Member
National Aboriginal and Torres Strait Islander Health Council
National Indigenous Substance Misuse Council (NISMIC) - Chairperson
National Drug Research Institute (NDRI) - Board Member
National Centre for Training and Education in Addictions (NCETA) - Board Member
National Illicit Drug Strategy (NIDS) - State Reference Committee (SA)
National Illicit Drug Strategy - Media Campaign Reference Committee
Policed Drug Diversion Program - State Reference Committee (SA)

Virginia (Ginny) McGowan PhD
Visiting Professor



I'm very pleased to be back in Adelaide again after two years absence. I am particularly pleased to be here as a scholar-in-residence at the Aboriginal Drug and Alcohol Council. I'm on

study leave from the University of Lethbridge, where I'm an Associate Professor in the Addictions Counselling Program. The University of Lethbridge is in the province of Alberta, western Canada. This degree program is the only one of its kind in Canada and, as the founding co-ordinator, I'm particularly proud of it, and our graduates.

The university is located in a small community bordered by the United States (Montana) to the south, the Rocky Mountains to the west, Calgary to the north, and wide open prairie in the east. The region is famous for cattle and horse ranching, wheat farming, and wind - the famous "Chinook" (snow-eater) wind roars regularly down the slopes of the Rocky Mountains, melting any snow in its path. This is the traditional land of the people of the Blackfoot Confederacy, the People of the Buffalo, which includes the Kainai (Blood) Tribe, the Pii'kani (Peigan) Nation, the Siksika, and (in the United States) the Blackfeet. The Kainai Reserve near Lethbridge is the largest First Nations reserve in Canada.

The main project I am working on while resident at ADAC for six months is concerned with how Indigenous organisations such as ADAC work with communities to address alcohol and other drug misuse and related problems. I'm particularly interested in the place of Indigenous knowledge and processes in ADAC's education and training programs and activities. It's a comparative project about non-mainstream ways of dealing with addiction and related problems, and it involves a First Nations organisation based in southwest Alberta and a Maori program in Aotearoa/New Zealand, in addition to ADAC. Over the six months of my study leave, I'll be

observing and participating in ADAC's many activities and talking to the various individuals and groups associated with ADAC. This work will take me into many of your communities with ADAC staff as they work on their various projects. I look forward to talking with you about what you do and your perspectives on preparing people to deal with substance misuse in your community.

I have a few other projects to work on as well while I'm here—all those bits and pieces that need finishing up! One project that is ongoing focuses on how First Nations women tell their stories of addiction and recovery, a collaborative project with a colleague from the Pii'kani Nation Health Services. Other projects that I'm writing up look at the practical component of our Addictions Counselling Education Program, such as Cultural Competency Development (one of my favourite topics) and how students learn from their field placement settings and supervisors. Finally, I'm also involved in research on problem gambling, so my colleagues at home are sending me transcripts of interviews to review as we explore how Indigenous and non-Indigenous people give meaning to their gambling experiences.

My family (husband Rick Forsyth and two daughters, Meghan and Laurie Forsyth) accompanied me on this trip. They're having a wonderful experience in Australia and are 'learning heaps'. Rick teaches at a local community college and a college on the Kainai Reserve, so he must return to Canada in mid-August. The girls will remain in Australia until December 21st when we return home in time for Christmas.

I'm looking forward to catching up with those of you whom I met on previous trips, and I hope as well to meet new people, to learn about your work and share experiences and ideas. If you visit Adelaide, I hope that you will look me up at the ADAC office and drop in for a chat.

MAKIN TRACKS Project

Jimmy Perry



Wai Palya,

It's me again
Jimmy,

We've had lots of changes again this year with Sarah Betts moving on to further study and Paul Elliott coming from Shine SA.

I'll miss Sarah, however I'm looking forward to working with Paul.

Since the last newsletter I've been kept very busy going to lots of different communities, travelling all over.

I have been involved in the training of future assessors from across the state in the Police Drug Diversion Initiative. The training was in conjunction with Toni Hanna from DASC. Some of the communities are: Ceduna, Port Lincoln, Clare, Mount Gambier, Naracoorte, Murray Bridge and Port Augusta.

I have just returned from running education sessions in the Anangu Pitjantjatjara Lands on marijuana use, focusing on the social problems associated with smoking. I was also promoting ADAC's Ten Year Anniversary program.

I look forward to working with your mob in the future. Hope to see you all soon.

Nukkan Ya
Jimmy

Paul Elliott

Makin Tracks Project,



Since I last spoke to you, I have mainly spent my time in a community in the far west, Yalata. I have been supporting the drug and alcohol workers here. It has been a

wonderful experience for me. I have been invited to, and been involved in a number of community activities and projects. The sniffers camp is one, I have been a part of the planning for this project from the early stages, like the way it is to be set up and run, and how the Blue House will work and support the clients that go through these programs.

The Drug and Alcohol Program here is called the Blue House because it's in a blue house. Together the workers and I have been involved in developing a program of activities for community members to join in with. The workers have been working out ways it can support other projects that are dealing with the same issues. The Drug and Alcohol worker will also interview people the police give a diversion notice too. They also provide community awareness sessions at the Blue House and the school.

I have been co-opted onto the committee, planning the Diversionary Program and a Sniffers Camp. I have also attended meetings with the committee looking to develop a Multi Function Centre that's looking at being built in Yalata. I have built into the Blue House programs ways we can support these projects when they get off the ground.

I have consulted with many stakeholders in Yalata and developed programs that are firstly wanted, are culturally acceptable and if participants apply themselves can make some money from. I have also built a lot of other factors into the programs and session plans that will give people incentives too. We have bought many of the resources required to run these programs, the programs will be able to start running very soon.

This has been a busy time for these workers, we have also had a trail camp with some sniffers, which the workers were able to gain some experience from. We have advertised and chosen a person to run the camp and provide training and ongoing support for D & A worker's here.

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the programs and session plans that will give people incentives too. We have bought many of the resources required to run these programs, these programs will be able to start running very soon.

I will then spend some more time in Yalata running the programs with their workers so they can gain the work experience to run them themselves competently, at which time my job there will come to an end. I will be taking a back seat more now as I will be leaving Yalata soon and these fellows will need to run it. I will impart whatever training and knowledge I can to them before I go.

Yalata will have some basic programs running which will complement community life, and the participants will be able to apply their talents and make some money as well.

Some of the sessions for any one who is interested are:

Music, Artefact Making, Painting, School Program, Fishing, Hunting, Camping, House & Yard Maintenance and Healing Camp; and for the women: Music, Fishing, Cooking & Nutrition Program, Bush Tucker Gathering, Cultural Dancing, Traditional Story Telling, Camping and Woman's School Program.

I will also be a support for their acquiring whatever resources or help they need in the future. I have enjoyed my time here and made many new friends. I look forward to the future wherever it may take me. More news to come from me in the future, bye for now. Paul.

Andrew Biven
Special Projects Officer



ADAC has been involved with DASC in delivering the training for Assessors who are an important part of the Police Drug Diversion Initiative. This is a new program

that diverts minor drug offenders away from the criminal justice system and into health and

counselling services.

When a person is picked up for a minor drug offence – called 'simple possession' – they are not arrested by the police but are told to go and see an Assessor. Assessors are usually trained counsellors working for drug and alcohol programs. However, in the case of Indigenous Assessors, they may work in a variety of health related services.

I have been involved with drug diversion for many years and for this reason ADAC and DASC were able to successfully tender to provide the training of other Assessors, both Indigenous and non-Indigenous. The training program lasted for two days and covered both general drug and alcohol information and specific details of what is required under the Police Drug Diversion Initiative. Topics covered included the Stages of Change model, doing an assessment, motivational interviewing and brief interventions. Jimmy Perry of ADAC's Makin' Tracks team was also involved and presented a section of the training on drugs and their effects. His detailed knowledge and humorous presentation style were appreciated by the audiences.

Over two hundred people attended this training across South Australia. A number of Indigenous counsellors attended and are now eligible to become Assessors for this new initiative. Training was done at Ceduna, Port Lincoln, Port Augusta, Port Pirie, Adelaide, Murray Bridge, Mount Gambier, Renmark and Clare. Indigenous services who sent workers included, Ceduna/Koonibba Aboriginal Health Service, Tullawon Health Service (Yalata), Port Lincoln Health Aboriginal Service, Kainggi Yuntuwarrin (Riverland) and Pika Wiya.

This joint provision of training marks another aspect of the collaboration between ADAC and DASC which was marked by the signing of a memorandum of collaboration between the two organisations in 2002.



Byron Wright Diversion Project Officer

Since the last newsletter over the past six months, my experience at ADAC has been vast and varied in so many ways. Working within

the Police Drug Diversion Initiative under the guidance of Andrew Biven at ADAC, has enabled me to experience Drug Diversion meetings and Work Shops within Adelaide and country areas, at the same time being involved with client follow ups for Diversion appointments. Although there is still not a full understanding of the Police Drug Diversion Initiative - it may start with something as small as a brief chat, depending at what 'Stage of Change' the individual may be at.

I have also had a lot of involvement with 'Meeting and Greeting' people of many organisations so as to enlighten myself of the areas they are involved in, and the boundaries in which they themselves must adhere to.

Many of these people have shown enlightenment and encouragement in the way organisations are endeavouring to communicate and work together, including government organisations that are listening, and at the same time, hearing the need for implementations that result in positive actions.

ADAC has also kept me busy with inhouse commitments, designing and producing pamphlets and correspondence to be distributed to clients and Police Stations throughout South Australia for the Diversion Project.

Learning the processes of the development of the Resources Package to Enhance the Education & Training of Aboriginal and Torres Strait Islander Workers in the Illicit Drug Field.

As well, I have been involved with an ADAC initiative to have a BBQ at the West Parklands on West Terrace in Adelaide, every Friday. This is an opportunity to hear the needs of the People from the People. As an advisory organisation we are able to direct people to organisations that may be able to help them.

I've been collaborating with team members in the organising and arrangements of a State Wide Health Promotion Tour, including Alcohol and Drug Awareness, a harm minimisation approach and a poster competition connecting with twenty five schools and communities celebrating ADAC's Decade of Survival.

At this stage of the State Wide Health Promotion Tour, I have attended Kuarna Plains School, Warraipendi School and Port Pirie Health Centre with Paul Elliott, joining up with Andrew Biven and Jimmy Perry at the Pt Augusta events. Paul Elliott and Jimmy Perry make up the Makin' Tracks Project team. We also visited Coober Pedy, Indulkana, Mimili, Fregon, Ernabella, Amata, Yulara, Mutitjulu, Papanya and Glendambo, then home for a week, then out to Leigh Creek, Nepabunna and Marree to mention a few.

I have also attended or visited: Care and Protection Unit Youth meeting, Community Health Centres, Double Story Youth, Drug Action Team meetings, Drug Summit, Family Well Being Course, Indigenous Focus meeting, Kinship meetings, Parent Awareness meeting, Seminar on Party Drugs, Senior First Aid Course, Shopfront and Kalparrin Inc.

I am currently assisting other community groups looking at the formation of an Indigenous Drug Action Team and the Youth Network Team. I am also involved in ongoing discussions with both Magill Remand Centre and Yatala Prison, talking about program needs.

I thank all that have welcomed and worked with me, yours sincerely Byron Wright

Gambling and Youth – Australian Medical Association

Gambling is high amongst youth, and those who become problem gamblers are more likely to begin gambling younger than non-problem gamblers.[i] In fact, 90 per cent of problem gamblers begin gambling before the age of 20,[ii] which highlights the necessity to include gambling related questions when taking a psychosocial history of young patients. An Australian study found that two-thirds of Year 10 Melbourne students already gamble.[iii]

In the USA, gambling amongst juveniles is more common than the use of cigarettes, hard liquor or marijuana,[iv] and most 12-year-old Americans have already gambled. In fact, the incidence of problem gambling amongst teens is over three times that of adults in the USA.³

Problems associated with gambling may include:

Physical health problems such as: headaches, cardiovascular problems, insomnia, substance misuse, back and neck pain;
Depression/anxiety, dyspepsia and personality changes;
Legal problems as a result of criminal activity in order to support their gambling;
Work problems such as loss of productivity, disinterest in work, or loss of job;
Financial stress; and/or
Relationship problems.

A study of youth who used marijuana found 20 per cent had gambling problems and they:

Used more drugs and alcohol;
Had a more intensive use of marijuana;
Engaged in more illegal activity;
Experienced more somatisation;
Experienced more anxiety and victimisation;
Had more recent sexual partners;
Were more likely to trade sex for drugs or money; and
Were less likely to use contraception.

Alarming, less than 8 per cent received treatment.[v]

Screening is an important step in helping problem gamblers. It should eventually ascertain the nature, severity and other problems associated with their gambling. How long has the person been gambling, what are their current behaviour patterns, and how does their behaviour change in times of stress? Initial conversation may simply ascertain the frequency and duration of gambling, how they felt after a gambling episode, if they have been honest to others about their gambling, and if they have gambled to chase a win, or pay back debts. The "Eight Screen" patient self-assessment survey is designed to help identify patients who are problem gamblers. The AMA (SA) recently distributed a package to all GPs in

South Australia to assist in this process.

If gambling is not identified early as the primary health issue and intervention not possible, the patient's physical and mental health is in jeopardy of continuing to deteriorate.

"If my life was a tree, one branch would be that I'm a thief, another branch is that I'm a liar, another being that I'm no longer in school, and another being that I no longer have my parents trust and respect, and I'm not permitted to live in their home. But if you cut off each of the branches you still haven't gotten to the root of the problem which is my gambling." (Quote from an anonymous youth.)⁴

Gambling in our youth is an increasing problem, which health professionals must work together to address.

[i] eGambling. The Electronic Journal of Gambling Issues Issue 5 Oct 2001
www.camh.net

[ii] Identifying and Treating Problem Gambling. Prof Alex Blaszczynski (School of Psychology, The University of Sydney and the Head, Department of Medical Psychology, Westmead Hospital, Sydney). Speech notes from medical practitioners dinner for the AMA (SA) 6 August 2002.

[iii] Gambling common among marijuana-smoking teens. (What's new in Research.) The Brown University Child and Adolescent Behaviour Letter. December 2001.
www.findarticles.com/m0537/12_17/81102671/p1/article.jhtml

[iv] Adolescent Gambling and Problem Gambling Fact Sheet, www.ncpgambling.org

[v] Gambling common among marijuana-smoking teens. (What's new in Research) The Brown University Child and Adolescent Behaviour Letter. December 2001.
www.findarticles.com/m0537/12_17/81102671/p1/article.jhtml

Warren Parfoot Educational Manager Quality Assurance



This project is now in its final stages and is due to be complete by October this year. As part of the QA project I participated in a review of Odyssey House, a therapeutic

community, in Sydney. This was a four day review and proved very worthwhile. There is a very strong community spirit and approach evident at Odyssey House. The quality review process is very thorough and it was an interesting learning experience working on a review of such a large organisation.

At the end of March ADAC underwent a quality accreditation review and was successful in meeting 21 of the 24 essential requirements. Two of the essential requirements are not applicable to ADAC and we have subsequently completed the work to meet the remaining requirement. This involved the development of policy and practices to ensure the safety of staff in relation to home visits and long distance travel.

The review report will be finalised by the end of June with ADAC then gaining accreditation through the Quality Improvement Council (QIC). Currently we are involved in the trialling of a combination of standards for Quality Management Systems (QMS). Quality Improvement is always about growth and looking for better ways to do things, particularly in making the use of the standards more appropriate to primary health care settings.

We are still working towards all the major substance misuse services, ASG, Kalparrin and Kainggi Yuntuwarrin, undertaking accreditation reviews by October. Quality Management Systems continue to provide support to the project through Stephanie Pope and this is still very beneficial for the project. Mark Waters continues to be involved as the independent reviewer and is about to publish his review findings for last year. A development from this project has been the provision of funding by the Alcohol Education Rehabilitation Fund (AERF),

to support organisations to employ people, to support quality accreditation through .5 appointments.

Quality Use of Medicines Evaluation Project

This project is also reaching the end of its four year period. It is a valuable project which has had to contend with a number of staff changes in all areas of the project. The final report will be available around August 2003 and should provide invaluable evidence to inform practice around the prescribing and use of medications.

This project has attempted to gain information from all health regions in South Australia and to respond to needs as they are identified. This has seen the development and delivery of training programs about safe medication and support to a number of Aboriginal Community Controlled Organisations. At the completion of the work in each health region, the findings have been published and launched by the local Aboriginal Health organisation. Most recently the Minister for Aboriginal Affairs and Reconciliation, the Hon Terry Roberts, attended the launch at the Port Lincoln Aboriginal Health Service. The findings from the research are providing valuable information for services to develop programs to meet the needs identified, and to use as evidence in applying for increased funding.

Dementia Training

This project has been funded to deliver training around the state, and Amanda Bosworth has started a round of training that will cover all of South Australia. There has been a good response from individuals and organisations. Amanda will follow up the training with community workshops and support where this is required.

The package has been reviewed to ensure that it maps onto the VET dementia competency, this will allow participants to undertake assessment and have the training recognised as part of a community services and health training award. This process has been helped through the involvement of Mark Waters. Mark is also providing an assessment of the training and the package. This review will help the development of resources to support the training. It is intended to review and revise the package, based on feedback we have been collecting, and that

Amanda is gaining through this round of training. in South Australia!

Additional

The last six months we have continued a strong involvement with Kainggi Yuntuwarrin, the State Substance Misuse Strategy, Community Education and Prevention, the C Clearly Project, the Hepatitis C Council, Douglas Mawson Institute of TAFE, and provided input to various national developments.

ADAC has just completed its 10th year of operation and intends this year to celebrate this achievement with a number of events. In October we intend to host a conference to highlight the Indigenous success in relation to Alcohol and Other Drugs. More details will be provided via our website, www.adac.org.au, and email.

Mandy Watson Research Administration Assistant

Hi again! With this year being the 10th



Anniversary since the incorporation of ADAC, many activities have, and continue to be planned for 2003. These include Health Awareness Days throughout the state and including many schools,

a conference entitled 'National Indigenous Responses to Drugs and Addiction' to be held in October this year, and regular BBQs in the West Parklands. Look out for information at your school or health service, or contact the ADAC office for more information about any of the above.

Quality Assurance

The Quality Assurance process continues at ADAC, with the systems that support the work of the organisation being constantly reviewed and improved as a result. In June, ADAC underwent an accreditation review by Quality Management Services (QMS), and confident that we will achieve Quality Assured status from the Quality Improvement Council of Australia (QIC). This is an exciting achievement for ADAC because ADAC is the first stand alone Aboriginal substance misuse organisation to gain this status

Web site

If you haven't already done so, check out ADAC's ever expanding web site at <http://www.adac.org.au>. I have recently updated the 2003 Conference information. There are also many of the ADAC resources and reports available for download, and you can easily contact ADAC staff members via email from the site. I am also building up the links section of the site, which leads to many other useful and informative sites. If there is anything else you would like to see made available from the site, why not drop us a line and let us know! We like to think that the website is user friendly and interesting, and we welcome suggestions from the community.

Library

The library here continues to expand and we will soon have a searchable catalogue available from our website. While we do not provide a borrowing service as yet, all are welcome to come in and browse through the collection. If you require any assistance while you are at ADAC please don't hesitate to come and ask me! We have many new reports and I am happy to assist you with your search!

Carol Holly IDU Project Officer

The last few months of last year were spent



working on the report of the IDU project. The survey was the largest survey of Indigenous drug users in Australia so there was a lot of writing to do. By the time this newsletter is sent out the report

should be getting printed.

Surveys are a great way of collecting statistics and percentages, but numbers don't mean much on their own. We needed to spend time interpreting the survey results - for example, what does this result mean, what are the implications of that result. Lots of Aboriginal families in Adelaide have been affected by the impact of injecting drug use so it was really important to

interpret the survey results accurately. I also continued to present the results of the project at conferences - Jodie (the worker from NCETA also involved in the project) and I discussed some of the issues facing Aboriginal people who inject drugs at the Australian Professional Society of Alcohol and Drugs (APSAD) 2002 conference. I also presented some of the results at the National Indigenous Substance Misuse Council (NISMC) conference.

Although my original contract finished once the project report was written, I was lucky to be re-employed for another 6 months. My new job (still IDU focussed) relates to the recommendations that came out of the IDU project. Broadly, my job is to look at ways that ADAC can support Aboriginal people who inject drugs, and support their families and the Aboriginal community.

Initially, I have been spending time talking about Indigenous IDU issues to other services and organisations, encouraging them to respond to Indigenous IDU issues and offering support. I have also been networking with workers from drug and alcohol organisations. Some services have already started responding to Aboriginal IDU issues, and we have been looking at ways these services can work with ADAC in their response.

The survey found that many Aboriginal people who inject drugs felt they did not have enough information on how to keep themselves and others safe when injecting. I have been working on developing resources to provide information on safer injecting, overdose, hepatitis C and drug treatment. The resources will be developed in consultation with Aboriginal injectors, through focus groups, so the information and the way it is presented is appropriate for this group. I have already held 3 focus groups with Indigenous injectors – at The Parks and Port Adelaide Community Health Centres and the Noarlunga Health Village.

There are a number of organisations currently developing resources for Indigenous people who inject drugs, for example the Hepatitis C Council of SA and the Drug and Alcohol Services Council (DASC). It is important not to duplicate information that is already available, so I have been working closely with other services so that our resources complement each other. Many

of these resources are quite small cards or pamphlets so ADAC is also developing a wallet-style holder that Indigenous injectors can keep these resources in. The holder will be discreet, with nothing on it that relates to injecting drug use. Max Mansell, ADAC's resident artist, is designing the graphic for the wallet.

A final note - In the past 2 years that I have been with ADAC, I have noticed that services and organisations are beginning to work together more. There are more collaborative projects happening and more sharing of information and resources. Mainstream organisations still have a long way to go, in terms of collaborating with Indigenous organisations, but I believe that we all need to encourage and support this positive trend of organisations working together.

Sharyn Watts **Senior Project Officer**

Development of Resources to Enhance the



Education and Training of Aboriginal and Torres Strait Islander Workers in the Illicit Drug Field

What's been happening with

this project?

At the beginning of this project, we gathered information from workers around the country about their education and training needs. Then we put together a Resource Package about illicit drugs, based on worker's ideas and opinions and our own knowledge of what might assist workers who were trying to help people with drug-related problems.

Once the package had been put together, we went back and consulted workers in several different locations around Australia about the work we had done. Some of the questions we asked were:

Did they like what was in the Resource Package?
Would it be useful for Indigenous workers as a resource about illicit drugs?
What else would they like to see included?

Currently, the Resource Package includes:
A 'Resource Manual'. This manual provides detailed information about the most common illicit drugs (heroin, cannabis, amphetamines and ecstasy) and the models and ideas that are current in the alcohol and drug field (eg harm minimisation). It also has 'lessons' on helping people with drug problems that cover issues such as building relationships, how to 'raise the issue' of drug use, the 'stages of change' and relapse prevention.

A 'Workbook'. Each lesson in the Resource Manual has several workbook exercises. These exercises can help workers to develop knowledge about illicit drugs and information resources and networks. They also encourage them to find out more about drug-related issues, and to practice the skills that go along with helping people with drug problems.

A counselling demonstration video – 'Therapeutic Journeys – Counselling Aboriginal Clients and their Families'. Many of the workbook exercises are based around this video.

Several pamphlets and booklets about illicit drugs and drug-related issues (eg. Safer Injecting). Some of these pamphlets have been designed to accompany the Resource Package, others are examples of 'main-stream' pamphlets and booklets.

A 'Worker's Manual'. This Manual is basically a brief guide to the information contained in the Resource Manual.

We are now working with several organisations and individuals who will 'pilot' or 'try out' the Resource Package. We want to know whether it works – does it help workers to develop their knowledge about illicit drugs and their skills in helping people with drug-related problems? By mid - 2003, we are hoping to be able to report back on the results of the pilot. After this, we will be spending time on the design and production of the Resource Package.

Linnell Barelli **Project Officer**



Australian Alcohol
guidelines:
Communicating
to Indigenous
communities

There have been new alcohol guidelines produced by the National Health and Medical Research Council (NHMRC). These guidelines provide information about the health risks of alcohol use and the benefits of alcohol use. They also include guidelines for safe drinking.

I am the Project Officer employed to modify these new guidelines to be more appropriate for Indigenous people and communities. I am working with Max, who is doing all the artwork for the project.

The idea behind this project is to increase awareness and understanding of the new guidelines amongst Indigenous people. The project also aims to increase the understanding of 'standard' drinks. The information that we include will cover the following:

What is a 'standard' drink?

What are the guidelines for drinking alcohol if you:

- are pregnant or planning to become pregnant
- are under 18 years
- are over 18 and under 25 years
- have a health problem related to alcohol
- are on medication or other drugs
- are an older person
- have a mental health problem
- choose not to drink alcohol

We will be talking with people in local communities about the best ways to make the guidelines relevant and meaningful. At this stage the guidelines will be in a booklet format with lots of artwork throughout.

The project should be completed around September.

The cost of cigarettes to the individual smoker: 2003

These figures are based on the most popular brand among young people in South Australia ie. Escort 35's costing \$12.05 RRP per pack. The figures assume there is no price rise in cigarettes over the ten year period which is highly unlikely.

Cigs per	Day \$	Week \$	Month \$	Year \$	3 Years \$	5 Years \$	10 Years \$
5	1.72	12.05	52.22	626.6	1,879.80	3,133.00	6,266.00
10	3.44	24.10	104.43	1,253.20	3,759.60	6,266.00	12,532.00
15	5.16	36.15	156.65	1,879.80	5,639.40	9,399.00	18,798
20	6.89	48.20	208.87	2,506.40	7519.20	12,532.00	25,064.00
25	8.60	60.25	261.08	3,133.00	9,399.00	15,665.00	31,330.00
30	10.33	72.30	313.30	3,759.60	11,278.80	18,798.00	37,596.00
35(one pack)	12.05	84.35	365.52	4,386.20	13,158.60	21,931.00	43,862.00

Helen Wilson Office Manager



Hi, well this year we haven't been able to see our feet touch the ground. This is a year of celebration for the Aboriginal Drug and Alcohol Council (SA) Inc. with our "Decade of Survival"

Max Mansell, Geoffrey Hawkins and myself have begun our new project and that is the Indigenous Substance Misuse Health Promotion Unit (ISMHPU).

This is an exciting development for ADAC, we have been producing our own resources in house for a while now, ie the Petrol Sniffing and other Solvents Manual, Hep C Posters, Pregnancy T-shirt – "wait till I reach eighteen", this has enabled us to sell our resources at virtually cost price where they have been widely accepted and used across the country.

With the ISMHPU we have begun by producing for the Decade of Survival; tote bags, rulers, yo-yo's, T-shirts and frisbees, which we have been distributing at barbeques throughout the state.

The ISMHPU will be producing and delivering culturally appropriate material in relation to substance misuse within Aboriginal communities. We are also doing work outside of ADAC to raise money so we can keep producing resources about substance misuse for the Aboriginal people in South Australia.

We have had our first project for the Unit, that was to Aboriginalise two leaflets for AIVL on cleaning fits and safer injecting.

The Prime Minister has also asked ADAC to make the Australian Alcohol Guidelines more culturally appropriate; we have employed a Linnel Barrel to work with Max and myself to produce this.

Quality Management

Well we've done it, we have finally gone through the last stage to get accredited for the QMS process. A lot of changes have happened in ADAC over the last 3-4 years while we have been going through the process. The final stage was not as scary as I thought, in fact it was quite exciting to realise that, hey we must be doing a quality job because we were able to answer all the questions we were given, and quite well if I do say so myself. There is a real team effort here at ADAC and I think

that will be demonstrated in our final report.

Child Sexual Abuse: Justice Response or Alternative Resolution.

On May the 1st and 2nd in Adelaide Max and I attended the Child Sexual Abuse: Justice Response or Alternative Resolution that was hosted by the Australian Institute of Criminology. It was a long conference and quite an emotional time for some of us. On the second day there were three anonymous mothers who got up and told their, and their child's personal horror stories of the Judiciary system and how their children were not protected, and that the paedophile parents, usually the father, still has access to the child, and in one case even has custody of the child, and are still hurting their children.

It saddens me somewhat that as a survivor of Child Sexual Abuse (CSA) some 30 odd years later, the system for protecting innocent children is still not in place.

In the last few years, the issue of child abuse has been discussed around many a table. I have spoken to Aboriginal males and females and the issue is just as serious in their communities. I believe quite strongly that a resource of some kind is needed. The most valuable lesson I have learnt is there is a need for us adult survivors to talk about our abuse. Anecdotally I have spoken to different people and I believe there is quite a strong link between Drug and Alcohol misuse and Child Sexual Abuse (CSA) for survivors of CSA.

Just before the conference I borrowed a few books from the State Library about CSA that had been written by Freeda Briggs, and was quite impressed at the conference that Emeritus Professor Freeda Briggs was one of the speakers.

"It was her experiences of cases in the Family Court and criminal justice system that led Professor Briggs to persuade the Australian Institute of Criminology to hold this conference." Program Guide

One of the main themes I picked up from the Conference is the gaps between the State and Federal powers, and that each state has different laws and powers. It sounded like Western Australia has the best system to protect children from the Judiciary system. It is possible for all

children to video tape their statements if they want. This reduces the stress on the child, they do not have to be interrogated by the legal system over and over again, facing their abusers in court and do ridiculous things like draw the offending penis for the interrogating lawyer.

I certainly don't suggest I know the answers, but I believe one system Australia wide is the only way to go. The Western Australian system actually sees children are protected from further abuse by the Judiciary system at least. One speaker also pointed out survey results taken with children who had been through the system, and a large amount of those children, if abused again, would not go through that torture again.

An Aboriginal lady, Pam Greer, ran a session on what she is doing in Aboriginal communities and showed us slides of Wilcannia and the community there, and how the women worked together to rally against child abuse, the women looked strong and determined.

I think the main suggestion I can give all adult survivors is to let out the secret, talk about it again and again until you have told so many people that eventually the need to talk about it subsides because finally some one can hear you. I had counselling for my CSA and I remember my counsellor telling me that she had just finished a session with a lady who was 82 years old and had told her secret for the first time. Don't wait till you are 80 years old to tell your secret.

Max Mansell Design Co-ordinator



Hello my name is Max Mansell, I am a professional artist and I have been employed as the design co-ordinator of the Indigenous Substance Misuse Health Promotions Unit.

I have been constantly producing designs and artwork for the Unit to use as promotional material and for information packages.

Once the artwork is completed it is passed to

Helen Wilson who then transforms the work into digital data for printing (ie. design & layout) Helen is a great team player and is responsible for the great posters and material produced at ADAC that you may see in the community, schools and other organisations.

The petrol sniffing video's animation is part of Helens great work.

The Unit has completed its first job with excellent feedback on the finished and final product for AIVL, a pamphlet on safer injecting.

I have been attending the BBQs in the parklands at West Terrace so I can begin producing images of this project initiated by ADAC for future reference in relation to the well being of the people in the park and the lack of support given to these people by other Aboriginal organisations.

I have also begun producing images titled "is your child in safe hands", for the Unit, relating to child abuse and substance misuse in the community.

Helen and myself have attended conferences on health promotion and child abuse.

As a survivor of childhood sexual abuse I am convinced that this area must without any questions be given absolute priority, as it is our children, and their future, which are at great risk.

I have found ADAC to be a very committed, efficient organisation in the area of substance misuse. I am looking forwards to a busy year ahead working with Helen.

I must say that all the staff at ADAC are a great mob to work with and I have enjoyed every moment working at ADAC.

Before I go just a simple thought "Love is a beautiful word share it, respect it and love it."

Sofia Rivera **Admin/Finance Officer**



Hi, its that time of the year again! As you all know by now, my name is Sofia Rivera and I am the Administration Finance Officer here at ADAC.

I have been very busy with my

administrative and financial duties

Most of my time is taken up with cheque writing, most of these cheques are for Salary Sacrifice, which is why as of July 2003, we will introduce a whole new system for Salary Sacrifice, which will allow me more time, so I can spend this time on the other exciting things that ADAC is involved in.

Apart from writing cheques my finance duties involve in Accounting to Trial Balance. Which are Accounts Payable, invoices, and Accounts Receivable, Business Activity Statement, Bank Reconciliation. Basically

I am responsible for keeping the books up to date for the Office Manager. I am also responsible for the development of new databases, during the last six months Geoffrey Hawkins has been using a resource database which I developed to keep track of outgoing and incoming resources. This Database allows us to maintain a record of resources produced by ADAC. Most importantly it allows ADAC to keep a record of where our resources are being distributed and the number of resources remaining, so we can evenly distribute them, and apply for funding to reproduce them.

One of the most important Administration duties is to maintain the ADAC Assets Register, which means any assets purchased need to be reported to our insurance company and recorded appropriately.

Apart form my Admin/Finance duties I am also involved in the History Committee, which was established to celebrate ADAC's 10 years Anniversary of service to the community. I Chair this committee and so far we set up a Makin'

Tracks road tour travelling around the state and into the Pitlands.

I have also received MYOB one on one training, this training will help me to set up the finance system better and use more of the program to assist ADAC.

Carrolyn Lowe
Administration Assistant



My name is Carrolyn Lowe, I have been employed by the Aboriginal Drug and Alcohol Council since late 2000. During my time here I have been involved in most areas of

ADAC's busy office.

As everyone is by now aware, ADAC has developed a Petrol Sniffing & Other Solvents Kit, which is proving to be very popular. I am involved with the supply and distribution of the manual, which is keeping me pretty busy, and at this point in time we have almost sold out of a second print. To date we have sold almost 1500 copies in less than 18 months. We have also developed a video to accompany the kit, which can be used on it's own as a workshop tool, or in conjunction with the kit.

The video was launched on 27/6/2002 in conjunction with Drug Action Week's Indigenous Day at the Drug Summit held at the Entertainment Centre.

On the 27th of June we held a BBQ in Victoria Square to celebrate the Indigenous aspect of Drug Action Week, unfortunately the Gods were not smiling on us and it was somewhat of a cold and miserable day – but a good day was had by all, with a visit from the Koori Mail, despite the inclement weather.

In August of 2002 I was fortunate enough to attend the Healing Our Spirit Worldwide Conference in Albuquerque where we had, as a workforce, many presentations to make on substance misuse, and it afforded us the opportunity to show off our own resources that

we have developed.

Since the 10th of January this year we have been holding a BBQ on Fridays at the West Parklands in support of the homeless, these BBQs on are probably the highlight of my working week. The people who come to the BBQs have come to expect us and are always very happy and helpful and really appreciate the fact that we come to help them.

On March 3rd we held a display stall at the SAPOL Police Expo with the Drug Action Teams and related areas of the police and communities. This was a big day out for the Police, with many interesting and fun activities, and a great day out was had by all who attended with rock climbing, wall scaling, driving tests and several different food stalls to cater to the needs of all in attendance.

Later in March Geoffrey, Scott & I went out to Wiltja Hostel and held a BBQ with the students there, while we were there we could hear some of the students practicing their music – they are incredibly talented!

Earlier in the year I accompanied Geoffrey Hawkins and Paul Elliot to Point Pearce. Geoffrey and I prepared the BBQ and Paul held a Health Promotion Workshop with the school afterwards. It was a very happy day, the weather was excellent, and I managed to match a few faces to names I'd only spoken to over the phone previously.

I also accompanied our Chairperson, Isabel Norvill, to Port Augusta earlier this year for the launch of the Rotary Report, which ADAC did in conjunction with Flinders University. Minister for Aboriginal Affairs Hon Terry Roberts was also there to launch the report.

Flinders University School of Midwifery held its First International Alcohol, Tobacco and Other Drugs Conference in mid April, we held a display stall at the conference, again displaying the resources ADAC has produced with, and independently of Flinders University.

ADAC was also involved in the National Indigenous Substance Misuse Council (NISMIC) "Healing the Spirits" Conference held in Adelaide in May of this year, which had people from all

over Australia come and tell their stories. Parts of this conference were very touching.

I am also on the Publishing Committee at ADAC, the role of this committee is to proof read any documents, resources or papers that are produced by ADAC for distribution. It is important to us at ADAC, that all materials are of the highest standard to reflect positively the attitude of perfection we endeavour to maintain.

My administrative duties and other related tasks, include keeping an eye on the servicing and turnover of company vehicles, accommodation and travel arrangements for relevant staff, keeping up with our resources, and the extra little chores that staff may require, offer me a full and interesting day in and out of the office.

Geoffrey Hawkins **Administration Assistant**



Another 6 months has passed us by, and now we are well into another year with a calendar that is quickly filling with events. My year and a half with ADAC has slipped by so fast and I'm not sure where the

time has gone, but the work, the people, and the experiences have made this time very enjoyable.

I am being kept very busy with my administration duties and I sit on a number of committees. I also take the minutes for the Executive, Office, Health Promotion Unit, Publishing and History committee's and assist in the organisation of our Annual General Meeting. I enjoy this position as it keeps me informed as to what ADAC is involved in, who we are working with, and the opportunity to meet and talk with workers and community members.

A lot of my work involves assisting the Director and Office Manager in a variety of administration tasks as needed, and this keeps my position interesting and challenging. I enjoy working in this team environment and the diversity of different skills that I have gained.

I assist Carolyn with the tracking of resources, and Sofia and I have developed a computer program which allows us to track where, and to who our resources are being sent. This will be invaluable information to support future submissions for the funding bodies, and provide the information we need to deliver these resources more efficiently.

Carolyn and I also organise the display of resources at meetings and conferences, this year will be no exception with a full calendar of events already planned. The First Tobacco and Other Drug Nursing and Midwifery Conference took place in Adelaide recently and the National Indigenous Substance Misuse Conference. Both events were very successful and there was a very good response from people wanting information and resources from ADAC.

I am also responsible for keeping records of funding submissions and the maintenance of these files to track and ensure that payments are made on time.

This year ADAC is celebrating it's 10-year Anniversary and I have been busy assisting in organising Health Awareness Days and BBQ's in metropolitan and remote schools and communities. We have had a very good response to these days and we have already held a number of events, which have been very successful. I don't usually get the opportunity to participate in these events but because of the busy schedule of staff, I did get to attend a number of the Health Awareness Days and BBQs, which was a very good way of meeting up with some of the community members who I have previously only spoken to on the phone.

It's shaping up to be a very busy year and I will be looking forward to meeting up with some of you in Our Struggle to make a difference.

Don Hayward
Prison Education Project Officer



I have recently been employed by ADAC as their Prison Education Project Officer. I am an Aboriginal man from the south west corner of Western Australia and I have been

involved in Aboriginal Community organisations in South Australia for the past twenty years.

I was recently employed as a Senior Client Service Worker at Aboriginal Prisoners & Offenders Support Service (APOSS), and it's great to be on board.

I am married to Kali, and I have three children Joshua, Caleb and Isaac. Kali is currently in her fourth year of Medicine.

My role within ADAC is to facilitate the Alcohol Education Course for the Aboriginal Ending Offending Program. Firstly, I will start at Yatla Labour Prison, and over the next twelve months I will be a facilitator of the program in other Correctional Institutions in both the metropolitan and country regions. Over the next twelve months I will keep you posted in relation to what's happening with the Project.

Amanda Bosworth
Aboriginal Liaison Officer



Hi all, my name is Amanda Bosworth and I am the Aboriginal Liaison Officer for Alzheimer's Australia SA and ADAC. I have been travelling all over South Australia to deliver Dementia

Training for Indigenous Communities. Since February this year I have held 8 sessions in various Communities, including, Metro, Point Pearce, Coober Pedy, Port Augusta, Murray

Bridge, Ceduna, Mount Gambier and Port Lincoln. I have had great responses from all Communities with approximately 60 people attending my sessions. There are a variety of issues for each Community but three major issues that were common to all Communities includes, the lack of Community awareness of dementia, the lack of Culturally appropriate resources available for Communities and the need for ongoing support in the area of dementia.

Earlier this year Alzheimer's Australia employed Paul Elliot from ADAC to design a National Indigenous poster and brochure. This has proven to be very successful in all Communities and has highlighted the need for more Aboriginal specific information about dementia.

Thanks to all those people who have made my journey enjoyable and to those I haven't met yet I hope to see you out and about.

**ADAC Annual General
Meeting and Drug and Alcohol
Conference**

To be held at the Parks Community Centre
On: Monday 27th Tuesday 28th and
Wednesday 29th of October 2003.

All members are encouraged to attend to help
us celebrate 10yrs of survival.

The friendly administration staff will be
contacting your organisation soon to find
out who your ADAC representative will be
this year

Report on ADAC's 10year Celebration Community Awareness Tour

From February to April 2003 ADAC staff visited many rural and remote Aboriginal communities across South Australia and the Northern Territory. The aim of these visits was to:-

- Promote awareness of issues surrounding drug use in these communities
- Conduct prevention and awareness sessions in schools and with community members
- Work with schools to encourage students to participate in ADAC's poster competition
- Distribute a range of drug prevention resources – both ADAC's and from other organisations
- Highlight ADAC's 10 year anniversary and promote awareness of ADAC services and achievements
- Promote awareness of ADAC's Makin' Tracks project
- Work co-operatively with other health and community organisations in delivering prevention and awareness campaigns
- Put on BBQs for the school or community to publicise the event

ADAC staff who participated in the majority of visits include Jimmy Perry and Paul Elliot from Makin' Tracks, and Andrew Biven and Byron Wright. Other ADAC staff involved in these activities, include Scott Wilson, Carolyn Lowe and Geoffrey Hawkins.

At all the locations visited, ADAC worked with one or more of the local services. ADAC would like to thank all those services and individuals who assisted in making this campaign a success. In particular, the principals, teachers and Aboriginal Education Workers in all the schools visited were vital in making our visits a success.

A huge amount of ADAC's and other services resources were distributed during the visits to communities:-

ADAC resources - approximately 1350 ADAC posters, 100 calendars, 2000 brochures, 600 pens, 300 frisbees, 375 rulers, 500 balloons, 500 tote bags, 700 yo-yos and 400 T-shirts were distributed

Other resources – 1000 'Yarndi' cards, 600 DASC Information Sheets, 400 DASC Services brochures, 100 Alcohol Go Easy campaign items and 1000 Overdose campaign items

Over 2100 people attended the various events sponsored by ADAC during this time. Most were school children attending BBQ's and awareness sessions. Parents, community leaders, community workers and elders also participated in many of the activities.

A short report on each visit follows:-

Marree – Feb 18th in conjunction with Pika Wiya Health Services Health Promotion Day. ADAC set up a stall and participated as one of the 'stations' students visited in the community hall. Students examined ADAC resources and discussed ideas for their prevention poster. Students also had time



and materials to commence and in some cases, complete their poster. Other stations included dental hygiene, nutrition, sport and recreation and health checks. Approximately 25 – 30 students attended (almost all were Indigenous students). About 20 community members also attended and had informal discussions with ADAC staff. ADAC also ran the BBQ outside the hall, which catered for about 70 people. ADAC staff visited the school at the conclusion of the Health Promotion and spoke to students in several of the classrooms.

Leigh Creek – Feb 19th also in conjunction with a Pika Wiya Health Promotion Day. Similar set up



and activities to the Marree day, but with many more students attending – approximately 120 – 150. A highlight of the collaboration between ADAC and Pika Wiya was the good working relationship that developed. We all agreed that Health Days that included various health promotion organisations and activities were better than single focus events. The services represented agreed to collaborate on future events. A BBQ for the students was held at lunch time.



Port Augusta/Davenport – Feb 25th again with Pika Wiya.

This was a big community event with an estimated 500 – 600 people attending. ADAC mounted a stall in the Davenport Community Hall along with other organisations. About 150 school kids attended the health expo in the hall as well as many people from the local Davenport community. We were fortunate to be assisted with the BBQ by a local Christian group who brought their own BBQ.



Kuarna Plains School – Feb 26th BBQ and awareness sessions in classes – junior and senior with about 80 kids attending. Resources distributed.





Coober Pedy/Umoona – March 6th a BBQ at the local covered basketball court which was attended by about 40 - 50 community members and service providers. A highlight was that the local Indigenous aged care service brought about 12 elders for the BBQ. Elders were all given a T shirt. In the afternoon ADAC Indigenous staff went to the school and talked to the kids in their classrooms – about 50 kids attended these.

Oodnadatta/Dunjiba – March 7th a BBQ and awareness sessions at the school. About 25 kids attended and some parents and elders came for the BBQ. Also some local service providers dropped in – police aides and youth workers.

AP Lands trip

A grant from the AERF was received to enable a local band – the Pukatja Band to accompany the ADAC team to each of the schools and into the NT. However, the band failed to materialise so this aspect of the tour was shelved.

BBQ, resources were distributed and awareness sessions were held in each of the following schools:-

Indulkana – March 17th approximately 70 kids

Mimili - March 18th approx 40 kids

Fregon – March 19th approx 80 kids

Ernabella – March 20th approx 100 kids

Amata – March 21st approx 80 kids

Mutitjulu – March 24th originally a BBQ and school session was scheduled but the school cancelled in the last week as they were attending a sports carnival at Areyonga. ADAC staff conducted an awareness session at the Nyangatjatjara Aboriginal College at Yulara for about 30 students.

Areyonga – March 25th district schools sports carnival attended by about 300 students from 12 local Indigenous schools such as Mutitjulu, Ipolera, Wallace Rockhole, Papunya, Utju etc. BBQ and evening information talk with



parents and teachers, distribution of resources to each of the schools. Informal conversations with students during the course of the sports day. ADAC staff assisted with some of the sports events.

Pananya – March 26th arrangements had been made to do a BBQ and talk with school kids, but on arrival we found out that most of the kids were away. We talked with two youth workers and were told about a program for the petrol sniffers. Several ADAC staff went out for the morning with the sniffers on a trip to collect brush to make shelters for some of the elders. Other ADAC staff remained at Papanya and helped prepare lunch for the sniffers. When all the sniffers returned we had lunch together, talked with the sniffers and distributed some resources. About 10 sniffers were involved.

Wiltja – March 26th BBQ and informal discussions with the kids. Resources distributed.

Berri – April 3rd organisation at Berri fell through but the situation was rescued with an impromptu gathering organised at Barmera with about 30 – 40 school kids, about 10 parents and some service providers. A BBQ was held and ADAC staff had a formal drug education session with the school kids. Resources distributed.

Gerrard – April 4th BBQ held in the community – about 30 – 40 community members attended – informal conversations about ADAC's role and resources distributed.

Whyalla – April 7th BBQ at Plaza Youth Centre. Education session for youth – both kids at school and some who frequented the Youth Centre. DASC workers also attended and presented. Other service providers also attended – police and youth workers. ADAC staff talked with young people and distributed resources. About 50 young people attended.

Point Pearce – April 8th BBQ in the community for 75 – 80 people. Education sessions at the primary school for about 15 kids. Resources distributed.

Port Lincoln – April 8th BBQ at "The Shed" after school program. About 40 young people attended and ADAC staff talked informally with them.

Koonibba – April 9th school session and BBQ. About 40 kids attended. DASC workers also attended and assisted. Resources distributed.

Ceduna – April 9th school session at the Lutheran School in the morning. Resources distributed.

Yalata – April 10th community BBQ at the Blue House – about 100 community members and kids attended. Last day of school term so no school program was possible but informal talks with community members and resources were distributed.



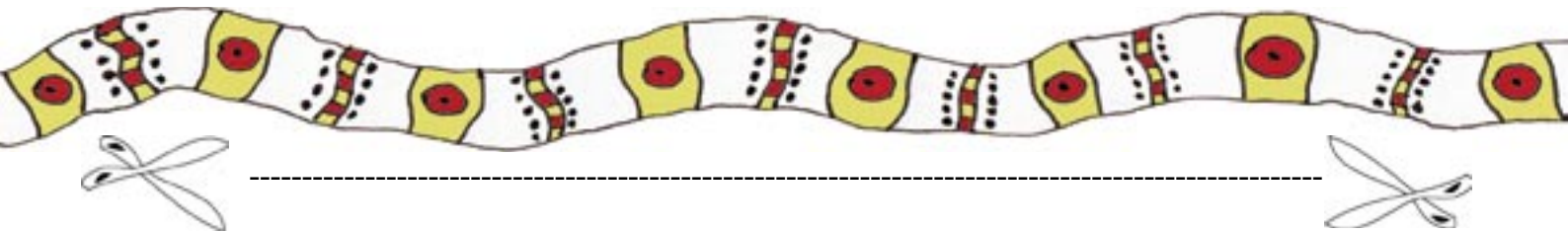


ADAC would like to present the Indigenous Substance Misuse Health Promotion Unit.

The creation of the Indigenous Substance Misuse Health Promotion Unit (ISMHPU) in the state of South Australia is a long overdue and very much in demand across the country.

ISMHPU will be producing and delivering culturally appropriate material in relation to substance misuse within Aboriginal communities.

The ISMHPU is also producing the work for other organisations. If you are interested in the ISMHPU helping you with some work that you may want in a leaflet, report, business cards, posters or any work that needs graphics or designs enquire at ADAC. Max Mansell an indigenous artist has joined the team at ADAC, he has lots of ideas and expertise with developing graphics for Indigenous communities.



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