

Glen Era Community Alcohol and Other Drugs Strategy 2003-2005

Contact:

Project Officer

Alcohol and Other Drugs Strategy

Bentleigh Bayside Community Health Service

Gardeners Road

Bentleigh East 3165

Phone: 9575 5333



Glen Eira Community Alcohol and Other Drugs Strategy 2003-2005

Introduction

The Glen Eira Community Alcohol and Other Drugs Strategy is a community strategy that has been prepared by the Glen Eira Alcohol and Other Drugs Implementation Committee following research into the alcohol and drug issues affecting the Glen Eira community.

The Glen Eira Alcohol and Other Drugs Implementation Committee consists of the following key agencies.

- Bentleigh Bayside Community Health Service
- Glen Eira City Council
- Central Bayside Community Health Service
- Caulfield Community Health Service
- Caulfield Police
- Jewish Care
- Self Help Addiction Resource Centre
- Taskforce Community Agency
- Windana Society

Bentleigh Bayside Community Health Service initiated research to identify current drug and alcohol issues within the Glen Eira community and to develop a drug and alcohol strategy. This research was undertaken by the Centre for Applied Drug and Alcohol Research, Monash University.

The Glen Eira Community Alcohol and Other Drugs Strategy was developed based on the findings of this research, including information collected from community consultations, interviews with key people in the community, extensive data gathering and research analysis.

The implementation of this strategy will be coordinated by Bentleigh Bayside Community Health Service working in conjunction with the many service providers within the City of Glen Eira.

The research shows that the types of drugs most commonly used in the Glen Eira community are: **alcohol, tobacco, cannabis and prescription drugs.**

The misuse of these drugs is an important public health and safety issue for our community. The outcomes of illegal and problematic legal drug use impact greatly on those directly affected and the wider community.

Combating the harms caused by drug misuse is a complex task and requires a combined effort. Together we must make a commitment to prevent the harms which may be associated with using alcohol and other drugs.

Glen Eira Community Alcohol and Other Drugs Strategy Principles

- *Harm minimisation* – strategies will be aimed at minimising and reducing the harm to individuals, families and the community caused by alcohol and other drugs.
- *Collaboration* – response to drug issues will be undertaken in partnership with residents, businesses, schools, users, clients, families, parents, community organisations, health, welfare and law enforcement services.
- *Evidence based approach* – an evidence based approach will be used to ensure that all actions are based on sound information drawn from reliable data.
- *Life stages* – development and implementation of intervention programs will be aimed at the four life stages, i.e. Children and Families, Young People, Adults and Older Persons.

Key facts

Research conducted by the Centre for Applied Drug and Alcohol Research, Monash University, found that the main drugs of concern within the Glen Eira community are: tobacco, alcohol, cannabis and prescribed drugs.

There is a widespread perception within the community that there are no serious drug related problems within Glen Eira. Many residents do not recognise problems associated with alcohol and tobacco as drug problems.

An important issue in designing an effective drug and alcohol strategy is recognising that the issues and problems associated with drug use within Glen Eira are less visible than in many other areas of Melbourne. This is because most drug use occurs within private settings rather than in public places.

The research also identified that there are differences in drug and alcohol use across different age groups. This requires strategies that address the specific drug use issues experienced by each group.

Drug-related programs and services

Residents within the municipality have access to a wide range of drug-related services including home-based withdrawal, residential services, counselling, outreach, self-help and peer support groups. Some of these services are available within the municipality, while access to other services requires travelling to various parts of Melbourne.

Alcohol

Alcohol is one of the most commonly used drugs within the Victorian community. The consumption of alcohol is associated with a wide range of health and social problems.

These include injuries, violence and road trauma caused by acute alcohol intoxication. They also include conditions associated with consuming large quantities of alcohol over an extended period, such as alcoholic liver cirrhosis, liver cancer, stroke and acute pancreatitis.

Other important public health issues related to alcohol use include negative effects of excessive alcohol consumption on families, relationships, and binge drinking among young people. Alcohol dependence is often associated with other health and social problems, such as dependence on other drugs, gambling problems and clinical depression.

Tobacco

Tobacco smoking is one of the most significant causes of death and disease in Australia, accounting for far more deaths than any other drug used by Australians.

The use of tobacco has been shown to be associated with a range of cancers and ischaemic heart disease. It has been estimated that smoking-related deaths account for 135 of every 1000 deaths of Glen Eira residents.

Despite an overall decline in the prevalence of tobacco use within the community it is clear that many school age students within Glen Eira use the drug during their teenage years. A significant issue in relation to youth is access to tobacco products.

Cannabis

Cannabis is the most widely used illicit drug within the Glen Eira community. Service providers consulted during this project reported an increasing incidence of health problems associated with regular cannabis use.

There is an increase in the number of people seeking assistance for dependence and other health problems associated with chronic use of the drug.

Injecting drug use

The available evidence suggests that the level of injecting drug use within the municipality is somewhat lower than that for the broader Melbourne metropolitan area. A major characteristic of injecting drug use within the municipality is its occurrence in private rather than public settings. As a consequence, this issue tends to be less visible than in municipalities in which there is a substantial level of selling and injecting of drugs in public spaces.

Prescription drugs

Two major issues were identified in the current study in relation to the use of pharmaceutical drugs in the City of Glen Eira. They are the misuse of pharmaceutical drugs by some groups within the community and the problems associated with the use of medications among older residents.

Priority Areas for Action

The key aims of the Glen Eira Community Alcohol and Other Drugs Strategy are to increase community awareness of the problems associated with the use of alcohol and other drugs within the Glen Eira community and to promote the use of support services and programs available through local service providers.

Building community connectedness to create a sense of belonging in the community was identified as one of the key strategies to prevent all members of the community, particularly young people, from experimenting with and misusing alcohol and other drugs.

Another key strategy of the Glen Eira Community Alcohol and Other Drugs Strategy is to identify and address gaps and challenges in relation to the effectiveness of existing services within the City of Glen Eira.

Objectives:	Consultation, Monitoring and Evaluation		
Provide an evidence-based framework for local action on issues arising from the misuse of alcohol and other drugs.	Identify local alcohol and drug issues and improve awareness of such issues within the community.	2004	
Establish key indicators of drug use and harm so that information about emerging issues is available.	Develop an information base through collecting and collating relevant drug and alcohol indicators	2004-05	
Monitor the implementation and evaluate the effectiveness of the strategies.	Provide feedback to relevant stakeholders and establish processes for monitoring trends in drug issues and related problems.	2004-05	
	Develop a mechanism for effective and representative ongoing community consultations.	2004	
	Evaluate the effectiveness of programs and services operating within the City of Glen Eira.	2004-05	

<p>Objective:</p> <p>Undertake initiatives that are directed towards raising community awareness of the problems associated with the use of alcohol, tobacco, pharmaceutical drugs and other drugs.</p>		
<p>Education and Prevention</p>		
<p>Children and families</p>		
<p>Provide parent education forums on issues associated with alcohol and other drugs.</p>	<p>2005</p>	
<p>Disseminate information on drug issues within Glen Eira.</p>	<p>2004-05</p>	
<p>Ensure the early identification of families experiencing alcohol and other drugs issues and offer appropriate support.</p>	<p>2005</p>	
<p>Young people</p>		
<p>Identify emerging issues and target funding to undertake education programs, e.g. hotels, sporting clubs.</p>	<p>2004</p>	
<p>Develop and implement programs that will promote responsible attitudes to alcohol use and serving practices within sporting groups.</p>	<p>2004-05</p>	
<p>Develop a 'life coaching' program for teenagers.</p>	<p>2004</p>	
<p>Support health promotion initiatives targeting alcohol, tobacco, heroin, cannabis use and chroming.</p>	<p>2004-05</p>	
<p>Develop programs that will engage at risk young people in positive community activities, including recreational, sporting, educational and vocational activities.</p>	<p>2004</p>	

Adults		
Provide health promotion activities regarding excessive alcohol consumption and tobacco use targeting at risk groups.		2005
Provide information on prescription medication management through health promotion activities.		2005
Provide information on the principles of a harm minimization approach to alcohol and drug users and their families.		2004
Provide information sessions addressing the risks associated with recreational drug use.		2005
Older Persons		
Provide health promotion activities regarding excessive alcohol consumption and tobacco use.		2005
Support community education initiatives on prescription medication management.		2005

Objectives:	Advocacy		
<p>To advocate for policies and programs that reduce the impact of licit and illicit drugs upon the local community.</p>	<p>Seek resources from the State and Commonwealth Government and other potential funding bodies to support the implementation of the Glen Eira Community Alcohol and Other Drugs Strategy.</p>	<p>2004-05</p>	
<p>To advocate for increased support for drug education and awareness programs targeting both legal and illegal drugs.</p>	<p>Seek additional funding opportunities from the State and Commonwealth Governments and other funding bodies to address emerging alcohol and drug issues within the Glen Eira community.</p>	<p>2005</p>	
<p>To obtain additional resources to fund new drug and alcohol initiatives and to meet the identified gaps in services.</p>	<p>Form partnerships with key stakeholders to maximize the potential to respond to funding opportunities that ensure the supply of services meets demonstrated demand.</p>	<p>2004-05</p>	

<p>Objective:</p> <p>To promote programs and services that are available for individuals and families who are experiencing problems associated with alcohol and other drugs use.</p>	<p>Community Access to Information</p> <p>Ensure information is available, current, accessible and culturally appropriate.</p>	<p>2005</p>
	<p>Strategies may include:</p> <ul style="list-style-type: none"> ■ Alcohol and Other Drugs Services in Glen Eira Community Directory. ■ Media, websites, fact sheets. 	

Objectives:	Service Provision		
<p>To promote knowledge of services and programs amongst service providers.</p>	<p>Link into local services and programs in order to map data which identifies relevant agencies, services and programs.</p>		2003
<p>To identify and respond to emerging community needs with respect to alcohol and other drugs issues in a culturally appropriate way.</p>	<p>Identify gaps in alcohol and other drugs service provision.</p>		2004
<p>To enhance linkages and promote a partnership approach between services.</p>	<p>Encourage participation of stakeholders in the implementation of the alcohol and other drugs action plan.</p>		2003

Objective:	Public Spaces		
<p>To develop initiatives that are directed towards the prevention of problems associated with alcohol and other drugs use in public spaces.</p>	<p>Build on the outcomes of the Place and Space Project and the Needle Syringe Disposal Research Project.</p>		2005
	<p>Maintain networks established through the Place and Space, Needle Syringe Disposal Research Projects and through other Community Safety Plans.</p>		2005
	<p>Maintain a harm minimization approach in addressing the issues arising in public spaces such as railway stations, parks, shopping centers.</p>		2005

Local Alcohol and Drug Services

A range of local organizations provide alcohol and drug services for the Glen Eira Community. They can be contacted for information, support, advice, education and treatment options.

Central Bayside Community Health Service

Alcohol and Drug Services

 8587 0200

335 Nepean Highway, Parkdale 3195.

Provides a free, confidential counselling and withdrawal service for individuals experiencing problems with their alcohol and drug use.

Needle and Syringe Program

 9781 9333

23 Bath Street, Chelsea 3195.

A free, confidential needle exchange program that provides syringes, swabs, condoms, lubricant and disposal for used syringes.

Bentleigh Bayside Community Health Service

Alcohol and Drug Services

 9575 5333

Gardeners Road, Bentleigh East 3165

Provides a free, confidential counselling and withdrawal service for individuals experiencing problems with their alcohol and drug use.

Needle and Syringe Program

 9575 5333

Gardeners Road, Bentleigh East 3165

A free, confidential needle exchange program that provides syringes, swabs, condoms, lubricant and disposal for used syringes.

Drink Drive Program

 9575 5333

Gardeners Road, Bentleigh East 3165.

A government accredited drink-driving program for people convicted of drink drive offences.

Drink driving assessments and education courses are available by appointment for driving licence restoration.

Caulfield Community Health Service

Counselling Services

 9523 6666

240 Kooyong Road, Caulfield 3162.

Counselling caseworkers are available for assessment, referrals and support for individuals and families affected by alcohol and drug use.

Needle Syringe Exchange

 9523 6666

240 Kooyong Road, Caulfield 3162.

A free, confidential needle exchange program that provides syringes, swabs, condoms, lubricants and disposal for used syringes.

Inner South Community Health Service

Inkerman Street Centre

 9534 8166

10 Inkerman Street, St Kilda 3182.

Drug and Alcohol Counselling and Consultancy, centre-based and outreach services for people with issues about their own or others substance use including legal and illegal drugs.

Jewish Care (Victoria)

 8517 5777

619 St Kilda Road, St Kilda 3182.

Provides information for drug users and families about relevant services for families and consultations for professionals working with Jewish drug users. Community languages spoken include Russian and Yiddish.

Windana Society

 9529 7955

88 Alma Road, St Kilda East 3182.

The Drug Withdrawal Unit provides accommodation for people requiring a residential setting to undertake withdrawal safely. Length of stay is assessed on an individual basis.

Self-Help Addiction Resource Centre

Family Drug Help

 1300 660 068 24 hour

1242 Glen Huntly Road, Glen Huntly 3163.

A peer-based information and support service for family members and friends of people using alcohol and/or drugs.

Taskforce Community Agency

 9532 0811

421 South Road, Moorabbin 3189.

Alcohol and drug programs for young people and adults including assessment, support for individuals and group counselling. Referrals to drug, medical, housing, legal, educational, employment, material aid services including emergency food, crisis intervention, court representation and community education.

Anglicare

South Bridge

 9523 1999

24 – 26 Riddell Parade, Elsternwick 3185.

Adolescent community placement. Adolescent support and referrals to alcohol and other drugs services.

Gateway Counselling

 9527 5151

173 Balaclava Road, Caulfield North 3161.

Consultants are available for personal, family and parenting counselling, family mediation, cult intervention, counselling for alcohol and drug abuse, behavioural problems and eating disorders.

Salvation Army

The Bridge Centre

 9521 2770

12 Chapel Street, St Kilda 3182.

Salvation Army provides outpatient, residential treatment services and outreach services.

24 Hour Telephone Support

- Direct Line (Drug and Alcohol)
☎ 1800 888 236
- Life Line
☎ 13 11 14
- Kids Help Line
☎ 1800 551 800
- QuitLine
☎ 9663 7777