

# **NORTHAM SHIRE ALCOHOL AND OTHER DRUG MANAGEMENT PLAN**

**2015-2017**

**Long-term Outcome:**

**To reduce the normalisation of alcohol and other drug use in Northam**

## **PURPOSE**

The Northam Shire Alcohol and Other Drug Management Plan seeks to reduce the level of harmful alcohol and other drug use within the community by:

- Actively supporting partnerships between community and service providers to identify and address local issues.
- Provide a means to coordinate, implement and evaluate an evidence-based, whole of community approach in a timely and appropriate manner.

## **BACKGROUND**

The AODMP was developed using best practice principles (see appendix 1).

The analysis of several consultation documents and reports dating from 2011-2017 and two regional AOD planning workshops involving the Mental Health Commission and key Northam Shire AOD stakeholders (July and August 2015) have provided the context for the AODMP. These documents reflect the collective knowledge and experience of the Northam Shire AOD planning workshops and should be consulted if further development of the AODMP is required. Documents which inform the AODMP:

- The Shire of Northam Community Safety and Crime Prevention Plan 2011 – 2015
- Drug and Alcohol Office, State-wide stakeholder and Community Consultation: Summary of Findings April 2014
- WA Country Health Services, Wheatbelt Tobacco & Alcohol Health Promotion Strategic Plan 2014-2017
- Other Drug Indicator Report – Wheatbelt Health Region 2015
- The Shire of Northam, Safety and Security, Addressing Community Priorities Perception survey 2015
- Drug and Alcohol Office, Community Alcohol and Other Drug Profile Western Wheatbelt, December 2014.

These documents can be acquired by contacting the chair of the Northam Shire Alcohol and Other Drug sub-committee or The Mental Health Commission, Drug, Alcohol and Prevention Division - Community Programs.

## **LINKS TO EXISTING STRATEGIES**

The strategy acknowledges the existing strategic framework of:

**National Strategies:**

- National Drug Strategy 2010-2015.

**State Strategies:**

- Drug and Alcohol Interagency Strategic Framework for Western Australia 2011-2015.
- Strong Spirit Strong Mind - Aboriginal Drug and Alcohol Framework for Western Australia 2011- 2015.
- Alcohol Support Plan 2012 - 2015.
- Volatile Substance Use Support Plan 2012-2015.

**WORKING DOCUMENT**

The Northam AODMP is a **two year** plan. However, there may be cases where strategy and key priority areas will adopt some variation according to emerging trends in the community.

**LIST OF ACRONYMS USED IN THIS DOCUMENT**

<b>AOD</b>	Alcohol and other drugs
<b>ATA</b>	Alcohol Think Again
<b>AODMP</b>	Alcohol and Other Drug Management Plan
<b>CADS</b>	Community Alcohol and Other Drug Service
<b>CSCP</b>	Community Safety and Crime Prevention
<b>MHC</b>	Mental Health Commission
<b>DRGL</b>	Department of Racing, Gaming and Liquor
<b>LDAG</b>	Local Drug Action Group
<b>SDERA</b>	School Drug Education and Road Aware
<b>PO</b>	Prevention Officer (Holyoake)

## AODMP – Development and Planning Checklist

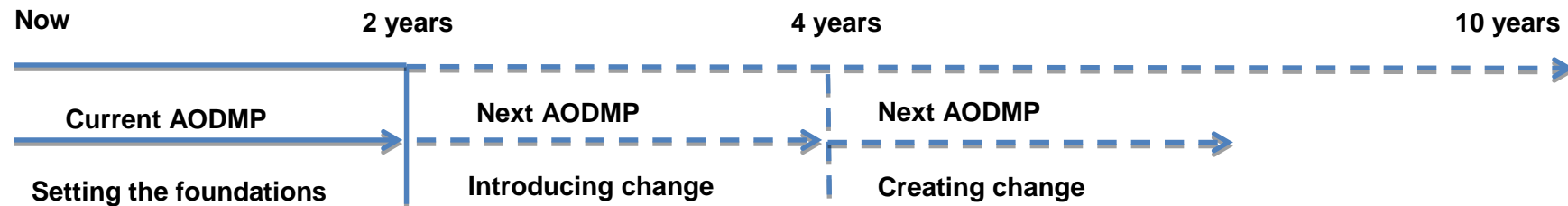
Steps	Task	Date	Done
1. Create AOD management group	<ul style="list-style-type: none"> <li>Identify management group members.</li> </ul>	3 July 2015	3 July 2015
	<ul style="list-style-type: none"> <li>Call first meeting to establish purpose and structure, including terms of reference, meeting structures, meeting schedules, reporting pathways, etc. (please refer to AODMP Committee development checklist)</li> </ul>	3 July 2015	Ongoing
2. Identify local needs	<ul style="list-style-type: none"> <li>Review existing information and research in relation to AOD related issues in the area.</li> <li>Conduct community/key stakeholder consultation around issues (if no existing information or research found).</li> </ul>	3 July 2015	3 July 2015
	<ul style="list-style-type: none"> <li>Confirm research/consultation findings with key stakeholders and the management group.</li> </ul>	3 July 2015	3 July 2015
3. Prioritise issues for action	<ul style="list-style-type: none"> <li>With management group, prioritise the top two or three issues for action.</li> </ul>	3 July 2015	3 July 2015
	<ul style="list-style-type: none"> <li>Work through each priority using the DAO '<i>mapping tool</i>' refine priorities by identifying target groups, community impact, contributing factors, etc.</li> </ul>	3 July 2015	3 July 2015
4. Develop actions and implement plan	<ul style="list-style-type: none"> <li>With management group agree on a broad range of actions to address each priority.</li> </ul>	21 Aug 2015	21 Aug 2015
	<ul style="list-style-type: none"> <li>Complete an AOD MP template for each priority issue which includes – actions, timeline, resources and evaluation.</li> </ul>		
	<ul style="list-style-type: none"> <li>Implement strategies and regularly report on progress to the AODMP management group.</li> </ul>		

## AODMP - Committee development checklist

Task	Lead	Status	Completed
<ul style="list-style-type: none"> <li>Formalise and establish a list of committee members for the Alcohol and Other Drug Management Plan.</li> </ul>	Holyoake PO		
<ul style="list-style-type: none"> <li>Develop a terms of reference (TOR) document for the AODMP Committee. Confirm signatories to the TOR.</li> </ul>	Holyoake PO		
<ul style="list-style-type: none"> <li>Develop a communication strategy to ensure that members of the committee and community are informed of AOD issues and related programs in the region.</li> </ul>	Holyoake PO		
<ul style="list-style-type: none"> <li>Facilitate the launch of the Alcohol and Other Management Plan to the community—create appropriate resources and host alcohol-free community event</li> </ul>	Committee		
<ul style="list-style-type: none"> <li>With committee input, identify a suitable date to establish the AODMP and appropriate communication pathways to enable regular feedback to community and key stakeholder groups.</li> </ul>	Committee		
<ul style="list-style-type: none"> <li>Ensure ongoing public relations exercises continue to build the profile of the Alcohol Management Project, through the implementation of the NAODMP and alcohol related issues and programs in the region.</li> </ul>	Committee		

## Priority Areas

1. Lack of awareness of alcohol use as a whole of community problem
2. Lack of awareness of other drug use as a whole of community problem
  - 2.1 Incorrect disposal of needles and syringes
3. Lack of coordination, collaboration and promotion of AOD prevention and treatment services



### Priority 1: Short-term Outcomes (next 24 months)

- 1.1 Community is more aware of the impact and harms caused by alcohol.

### Priority 2: Short-term Outcomes (next 24 months)

- 2.1 Community is more aware and knowledge of the harms associated with drug use.
  - 2.1.1 Incorrect disposal of needles and syringes

### Priority 3: Short-term Outcomes (next 24 months)

- 3.1 Community aware of AOD support services and how to access them
- 3.2 Increase stakeholders capacity to work collaboratively for effective services delivery between AOD services

## PRIORITY 1 Lack of awareness of alcohol use as a whole of community problem

The normalised culture of alcohol consumption in Northam Shire is impacting the general health and wellbeing of the community. This is a whole of community issue and the lack of acceptance and acknowledgment of this continues to contribute to alcohol related harms in the area.

In particular, alcohol consumption is generally accepted and often expected at most occasions and events in the Northam community – sporting clubs, celebrations, parties, camping, summer, Public holidays etc.

Other contributing factors include:

- Boredom and lack of employment opportunities
- Young people's perceptions of drinking – 'rite of passage', alleviate boredom, a 'right to drink' and pressure on parents to agree with these perceptions.
- Availability of alcohol – the number of liquor outlets in the area and incentives from establishments promoting alcohol consumption.
- The drinking culture of sporting clubs and role modelling through sports.

The drinking culture of sporting clubs and how reducing alcohol reports:					
SHORT-TERM OUTCOME/S (next 24 months)	KEY PERFORMANCE INDICATOR	COLLECTION TOOL		COLLECTED BY	
Community is more aware of the impact and harms caused by alcohol.	An increase in the number of people aware of the impacts and harms caused by alcohol	Perception survey(pre/post)		Committee/MHC	
ACTIONS		LEAD	RESOURCES	WHO WILL CONTRIBUTE	BY WHEN
Short-term Outcome: 1.1 Community is more aware of the impact and harms caused by alcohol					
Demand Reduction (educate/persuade/design/control)					
Committee to engage and liaise with Northam Good sports officer (GSO), the Northam Shire Community Development officer (CDO) and Club Development		GSO CDO		Police Committee	1 <sup>st</sup> Nov 2015

Officer and an officer from the Department of Sport and Recreation (ODSR).	ODSR		NLDAG DRGL MHC	
The committee in collaboration with GSO,CDO and ODSR to engage with local sporting clubs and organise/co-ordinate education/training sessions re; evidence based strategies to reduce alcohol related harm in sporting clubs(RSA, licencing requirements, standard drinks ,posters, etc.)	Committee GSO CDO ODSR		Police NLDAG RoadWise DRGL MHC	30 June 2016
Committee to support and promote the Top Club and Good Sports programs where appropriate.	Committee		GSO CDO ODSR	Ongoing
Develop a localised media and community awareness campaign on Alcohol incorporating the Alcohol think Again messages. The campaign will include media schedule, print, radio etc.). The campaign will focus on the following target groups; <ul style="list-style-type: none"> <li>• parents</li> <li>• sporting clubs,</li> <li>• 18-30 males,</li> <li>• Youth 16-18 and,</li> <li>• the wider community.</li> </ul>	Holyoake PO	grant	Committee	Duration of the plan
Deliver AOD activities (media/events) in Northam to raise community awareness of the harms associated with high risk alcohol use.	NLDAG		Committee	
Advocate for and promote community involvement in LDAG's where appropriate.	NLDAG Committee			
Identify training needs/opportunities for committee members and local key stakeholders to increase their understanding of AOD area.	Holyoake PO		Shire NLDAG	Duration of the plan



Support the implementation and promotion of Prevent Alcohol and Risk-Related Trauma in Youth (P.A.R.T.Y.)Program	WACHS	RAC Funding	SDERA	December
<b>Supply Reduction (design/control)</b>				
Subject to reformation of the committee, a nominated committee member to attend the Northam Liquor Accord meetings and provide feedback to the committee on meeting outcomes.	Police/Committee		Committee	
Support the creation of low risk drinking environments. This includes engaging with the community and other stakeholders to increase knowledge/awareness about the role of alcohol accessibility as a factor that can contribute to harm, and local response options.	Police WACHS		MHC DRGL	
Shire to engage with WALGA regarding the WALGA guidelines for alcohol outlets resource.	Shire		WALGA MHC	
<b>Harm Reduction (educate/persuade)</b>				
Review current Shire events package and include AOD harm ministration strategies.	Shire		MHC DRGL	
Support Foetal Alcohol Spectrum Disorders (FASD) promotional material.	NLDAG		MHC	
Support the implementation and promotion of the School Drug Education and Road Aware (SDERA) program where appropriate. (Supply information for newsletter).	SDERA		Committee	Ongoing
Support the implementation and promotion of the RoadWise program drink/drug driving community education initiatives.	RoadWise		Committee	Ongoing

## PRIORITY 2 LACK OF AWARENESS OF OTHER DRUG USE AS A WHOLE OF COMMUNITY PROBLEM

Current perceptions in the Northam Shire indicate an increase in the use of illicit drugs which is resulting in increased drug related harms to the community this includes crime, aggression (towards careers), suicide and self-harm and predatory behaviour of users (in higher age groups).

*\*Due to the lack of local data it is difficult to determine the actual extent of illicit drug use in Northam. In line with best practice principles to help inform the implementation of broad-based prevention strategies in the community further research needs to be conducted at the local level to determine current illicit drug use in the community.*

SHORT-TERM OUTCOME/S (next 24 months)	KEY PERFORMANCE INDICATOR	COLLECTION TOOL		COLLECTED BY	
Community is more aware and knowledgeable of the harms associated with drug use	Increase in community awareness and knowledge of the harms associated with drug use.	Pre and post perception survey			
ACTIONS		LEAD	RESOURCES	WHO WILL CONTRIBUTE	BY WHEN
Short-term Outcome: 2.1 Community is more aware and knowledgeable of the harms associated with drug use					
Demand Reduction (educate/persuade/design/control)					
Identify a range of key drug use indicators to measure drug use in Northam: <ul style="list-style-type: none"><li>Identify resource and dedicate a period of time to collect information against each indicator.</li><li>Information is compiled into a report and distributed to the Northam Shire AOD Management Group.</li></ul>		Police Holyoake/Shire		MHC Committee	June 2016

Localise the current State-wide Drug Aware campaign and promote locally through a number of avenues including; banners, print, radio, newsletters, posters, events. (possible funding required)	Holyoake		Committee	Duration of plan
Support schools with the delivery of drug education to young people and parents using the Principals of Best Drug Education and the School Alcohol and Other Drug Education on WA – Finding form the Panel of Peak Stakeholders and Researchers March 2015 document.	SDERA		Holyoake	
Engage and establish a working relationship with local youth providers	Shire			
Support and promote youth events being run in Northam.	CDO		Committee	
<b>Supply Reduction (design/control)</b>				
Support and promote E-Watch	Police		Committee	
Educate community about the process/feedback when reporting drug use activity.	Police		Committee	
<b>Harm Reduction (educate/persuade)</b>				
Needle Syringe Program <ul style="list-style-type: none"> <li>educate community about disposal locations – flyer attached Fit pack locations.</li> <li>investigate if further disposal units are required.</li> </ul>	Shire WACHS		Committee	
Support/ implement community awareness-raising events/ activities.	Holyoake PO		WAPHA Committee NLDAG	

## Priority Area 2.1 Incorrect Disposal of Needles and Syringes

The inappropriate disposal of needles has been a developing problem within the Shire of Northam throughout the duration of the NSAODMP 2015-2017, therefore was officially made a part of the AODMP in May 2017. Key contributing factors leading to the incorrect disposal of needles and syringes were identified as lack of community education re: BBV and disposal unit locations, and the stigma associated with accessing NSP distribution sites within community.

SHORT-TERM OUTCOME/S (next 24 months)	KEY PERFORMANCE INDICATOR		COLLECTION TOOL		COLLECTED BY
Reduction of the number of needles and syringes found incorrectly disposed in the Northam Shire.	Increase in the proportion of individuals accessing NSP distribution site and correctly using disposal units within the Shire of Northam		Client Survey (pre and post)		WACHS Fresh Start
ACTIONS	LEAD	RESCOURCES	WHO WILL CONTRIBUTE	BY WHEN	
Harm Reduction (educate/persuade)					
Identify pharmacy price mark ups and investigate alternative fitpack sizes	Savemore Pharmacy Northam		Committee	July 2017	
Staff training at NSP distribution site (Northam Hospital and local pharmacies) on: - appropriate behaviour/attitudes as a NSP distributor - Blood Borne Viruses. To assist with education at point of exchange	WACHS (HPO and NSP Coordinator)		Committee	December 2017	

Development of a peer group for the distribution of safe disposal information amongst injecting drug users.	Holyoake Fresh Start		Committee	September 2017
Maintain updated information of the location of Disposal Units using the Safe Sharps App.	Committee		Committee	Ongoing
Collection of supporting evidence re: identified number of incorrectly disposed needles and syringes.	Shire		Committee	December 2017
Committee to advocate for the Mobile NSEP van to visit Northam	Committee			Ongoing
Investigate the legal consequences regarding the finding of trace amounts of illicit drugs in a needle/syringe	WAPOL		Committee	July 2017
Identify potential issues around compliance with correct disposal	WACHS Fresh Start Holyoake		Committee	December 2017

### PRIORITY 3 Lack of coordination, collaboration and promotion of AOD prevention and treatment

The Northam Shire has identified issues with coordination, collaboration of AOD service delivery and a lack of awareness of services among AOD works and the general community. A number of factors that have been identified that contribute to this include:

- Lack of good practices, protocol and communication processes between agencies
- Protocols of visiting regional towns/communities and the lack of promotion of visits
- Limitations to service for remote areas – housing issues, cost, distance

SHORT-TERM OUTCOME/S (next 24 months)	KEY PERFORMANCE INDICATOR	COLLECTION TOOL	COLLECTED BY	
Increase community awareness of AOD services and how to access relevant support services.	Increase in referrals to support services.	Number of referrals.		
	Increase in community awareness of support services.	Support service feedback.		
Increase stakeholders capacity to work collaboratively to coordinate effective service delivery between AOD services	Formal establishment of a group	Registration list		
	Bi – monthly meetings held	Minutes		
	Communication plan developed	Communicate plan		
		No. of events /displays		
		No. of media produced		
ACTIONS	LEAD	RESOURCES	WHO WILL CONTRIBUTE	BY WHEN

### Short-term Outcome: 3.1 Community is more aware of AOD support services and how to access them.

#### Harm Reduction (educate/persuade)

Investigate the development of an AODMP website	Shire		Committee	
Promotion of existing AOD services in Northam; <ul style="list-style-type: none"> <li>Add to local directory of existing services</li> <li>Promote local AOD services</li> <li>Including referral pathways all AOD services</li> <li>Promote the access of state-wide/national telephone/web AOD support services</li> </ul>	Shire		WAPHA Committee	
SDERA to conduct and GIT A Whole School Approach to Drug Education workshop with schools to focus on critical incident, intervention support and referral processes to AOD services ensuring DET policies are followed.	SDERA			Dec 2016

### Short-term Outcome: 3.2 Increase stakeholders capacity to work collaboratively together to coordinate effective services delivery between AOD services

#### Demand, Harm Reduction (educate/persuade/design/control)

NAODMP meetings	Holyoake PO			June 2016
Database of up-to-date service providers contact details	Holyoake PO		WAPHA	June 2016
Develop a communication plan between stakeholders including distribution list	Holyoake PO			June 2016
Commitment from each agency to participate	Holyoake PO	TOR	Committee	January 2016
Relevant position in each agency identified	Holyoake PO	TOR	Committee	January 2016

## APPENDIX 1

### PLANNING FOR AN EFFECTIVE PLAN

Creating a sustainable reduction in alcohol and other drug related harm is a complex and long-term process. Issues can be overwhelming and seen as too difficult to address at a local level. However, with some effective planning, it's at the local level where partnerships between communities and services can have the greatest impact.

Prior to establishing and implementing an alcohol and other drug management plan (AODMP), a number of steps need to happen to ensure the resulting plan has been developed in partnership to reflect the communities needs and has the best chance at creating sustainable change.

It is important that the community have a strong understanding of the issues and have ownership of the strategies developed to address them. To ensure this, processes should be put in place that allow community input into all stages of the development and implementation of the AODMP, including progress made against addressing the issues.

