



**DEALING IN
SOLUTIONS**
Kuala Lumpur June 1989

**CONFERENCE
REPORT**



A Commonwealth Youth Programme Initiative

Conference report

Dealing in Solutions:

**A Commonwealth conference for
young people working in
the drugs field**

**The International Youth Centre
Kuala Lumpur 12-16 June 1989**

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Asian Youth Council

The Management and Staff of the International Youth Centre

For their tremendous administrative support in organising the conference.

Commonwealth Youth Programme

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From the Planning Team:

This conference was designed to encourage people to share their ideas about the drugs issues that they felt were important and programme and policy ideas to respond to those issues. With the exception of the recommendations included in the Conference Statement to Commonwealth Heads of Government there was no attempt to design perfect programmes or to declare the winners in debates on issues.

This approach recognised the reality that Commonwealth countries have different cultures, histories and traditions. Their experiences in the use and abuse of all drugs and trafficking in illicit drugs are not always comparable. Consequently what is considered to be a good workable programme idea in one setting may not work in another. A major issue for one country may be a minor concern in another. Positions and perspectives differ.

This report recognises that situation. It is a compendium of the variety of issues and ideas discussed. We have not given any weight to one idea over another. The presentation is designed to provide participants and other readers with a range of programme and issue options from which they can choose the ones that are most applicable to them in their setting.

We hope that it acts not just as a report of the Conference but as a valuable resource for action on drug issues and concerns.

**“ A Compendium of ideas
and issues discussed.”**

**Mohd. Ali Abu Bakar
Victoria Martin
Rudolf Ferguson
Frances Phiri
Andrew Ball**

Introduction

Dealing in Solutions, a Commonwealth Conference for young people involved in the drugs field, involved participants from 46 Commonwealth countries and dependencies sharing their experiences and opinions about effective policies and practices to counter drugs problems.

The serious international nature of this issue was reflected by Mr Shridath S. Ramphal (Commonwealth Secretary General), in his letter of invitation to countries to send participants.

'If Commonwealth citizens were asked to identify the most important issues facing their countries, it is likely that the problem of drugs would be prominent along with unemployment, poverty, rural deprivation and destruction of the environment. It is an issue of genuine concern to all people, including the young, who recognise the destructive capacity of drug abuse.

We have been exploring ways of reflecting the general Commonwealth wish that greater attention be paid to this issue. As part of this response, the Commonwealth Youth Affairs Council has now agreed that the Commonwealth Youth Programme should give priority in its work plan to the abuse of drugs by young people. An important element is a pan-Commonwealth Conference entitled 'Dealing in Solutions' especially planned for young people working in the drugs field.'

This concern has been reflected in a number of Commonwealth forums. Commonwealth Heads of Government considered a variety of actions to stem the tide of drugs problems in their meetings in Nassau (1985) and Vancouver (1987). Health Ministers and Law Ministers had considered medical and legal aspects of the issue at their respective annual meetings.

Recognising the importance of the youth perspective on what is, essentially, a young person's issue, the Commonwealth Youth Affairs Council at their meeting in Apia (1988) asked CYP staff to organise a conference for young people involved in the drugs field. The Malaysian Government offered support for the initiative through the provision of the venue and administrative and technical support.

To provide the plan for the conference, CYP invited to London, in early January, 5 young people from the different regions of the Commonwealth. Between them, they had a richly varied perspective on drugs issues.

Mohd. Ali Abu Bakar (Malaysia), Director General of Youth, Government of Malaysia.

Dr. Andrew Ball (Australia), a doctor specialising in the treatment of drug addictions.

Mr Rudi Ferguson (Bahamas), a Customs and Immigration Official in the Bahamas Government.

Ms Victoria Martin (Canada), an outreach worker with a YM/YWCA drugs programme in Victoria, Canada.

Mr Francis Phiri (Zambia), a college lecturer who, in a voluntary capacity, began an early intervention programme with young people in a compound in Lusaka.

This group, supported by CYP London staff, worked for 3 days to develop a conference plan that would ensure maximum attention to the important drugs issues and full participation of the people that attended.

72 young people gathered together at the International Youth Centre, in Cheras, Kuala Lumpur on the morning of June 12, 1989 to put the plan into action. They came from a mixture of backgrounds, including youth workers, doctors, psychologists, policy makers, probation officers, police, outreach workers, voluntary organisation staff, health workers, prevention specialists and narcotics officials. That rich mix of experiences, perspectives and opinions greatly enhanced the value of the 5 days that followed.

They were asked to work to the following objectives, as set by the Planning Group:

- (a) That participants return home with (at least two) relevant and practical ideas that they can develop to tackle specific drug issues in their countries.
- (b) That participants return home with (at least two) relevant policy ideas they feel enthused about proposing for adoption by policy makers in their countries.
- (c) That the conference agrees on a communique to the Commonwealth Heads of Government meeting in Malaysia (October 1989) for pan-Commonwealth action on this issue.

These objectives reflect the intended focus of the conference. The primary emphasis was to be on the participants exchanging views and opinions about appropriate down-to-earth actions that could be taken. This was to be backed up with consideration of appropriate policies that could support that ground-level action. However, there was also a recognition that the drugs problem had to be tackled as a major political problem. As such the youth perspective on broad policy initiatives needed to be communicated to Government leaders. The meeting of Commonwealth Heads of Government in Kuala Lumpur five months after the conference provided an ideal opportunity for this. It was on these objectives that participants went 'to work'.

The content of this report follows the structure of the conference.

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Each section of the conference followed a particular format that was developed by the planning group. The first part of each section of this report outlines what that format was. The ideas and issues developed and discussed by the participants follow and form the major component of each section.

As has already been indicated, this was not a conference that was designed to produce agreement on the perfect approach to drugs problems. There is no such thing. So, the style of the conference was participative. People were given maximum opportunity to share ideas, discuss issues and contemplate new approaches to the problem.

To assist the process it was the participants who played the important roles in the conference. They chaired plenary sessions, formed the panels, facilitated regional and work groups, took the notes and wrote the communique. With the exception of the opening ceremony there were no outside speakers. Participants were fully involved.

This approach is reflected in the content of the report. It comprehensively records the variety of contributions made by the participants in their working group, regional group and plenary discussions. Consequently, some of the points contradict each other and there are no, with the exception of the communique, formal sets of recommendations. Each individual took what was relevant to them in their situation.

The report is completed by appendices that provide background information about the event:

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This was a dynamic, relevant and exciting event.
We hope that this report conveys those qualities.



Conference Opening

All participants and invited guests of the Malaysian Government gathered in the Dewan Kampo (Main Hall) to open the Conference.

Format

With all the participants and guests seated in the hall, the official party entered to the sound of traditional Malay music and took their places on the stage.

The four speakers, in order, were:

Mr Rusanuar Hj. Ismail—Deputy Director General of Youth, Ministry of Youth and Sport

Mr Raja Gomez—Director, Commonwealth Youth Programme

Mr Moni Malhoutra—Assistant Secretary General, Commonwealth Secretariat

Honourable Dato' Sri Mohd. Najib bin Tun Abdul Razak, Minister, Youth and Sport, Malaysian Government

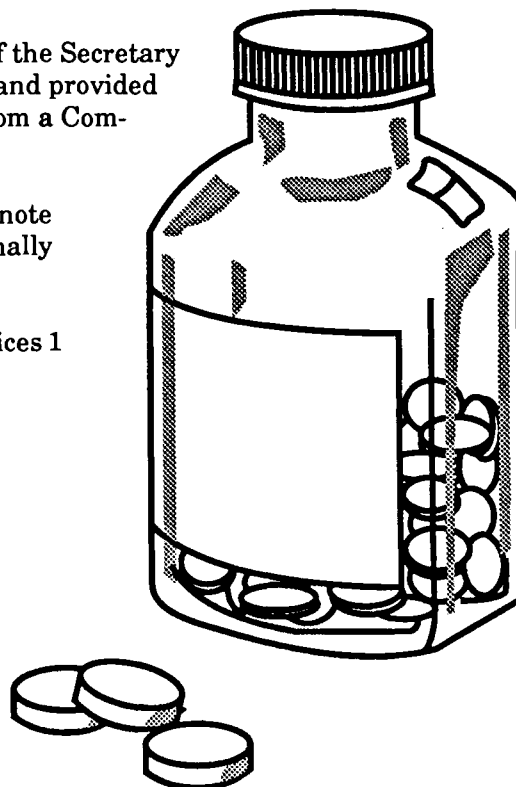
The Minister made the keynote address and officially opened the conference.

Mr Rusanuar and Mr Gomez welcomed participants on behalf of the Ministry of Youth and Sports, Malaysian Government and CYP, respectively. Both speakers encouraged participants to make full use of the opportunity provided to take a pan-Commonwealth perspective on what could be done on this very important issue.

Mr Malhoutra welcomed people on behalf of the Secretary General of the Commonwealth Secretariat and provided some observations on the drugs question from a Commonwealth perspective.

The Honourable Minister delivered the keynote address to conference participants and formally opened the conference.

Their two speeches are included in Appendices 1 and 2.



ISSUES & Ideas

An Overview of the Drugs Situation.

Format

Prior to attending the conference all participants received a set of background materials that provided an overview of the drugs situation and related issues. These included short articles by members of the planning team on the antecedents of drug use, a front-line workers' perspective on drugs work in a community setting, selected materials of interest from a variety of publications and the collected views and opinions of conference participants on four specific drugs questions. The latter were submitted as part of the registration process.

The planning group composed an opening address to participants that was delivered by Victoria Martin. In it, she highlighted the fact that this was a working conference and encouraged participants to 'go to work'. On drugs issues, Victoria highlighted a number of the issues discussed during the planning phase in London.

Following the speech, participants moved into pre-arranged discussion groups, that ensured a mix of people from different regions and different backgrounds. This was the first opportunity to share general views about the drugs situation and appropriate responses. These groups were facilitated by participants at the conference, who had been briefed the previous evening.

All groups then reported back to a brief plenary chaired by Mr Saudagar Singh of the Malaysian group of participants.

In her delivery of the planning group's address, Victoria Martin highlighted some of the issues they had considered at their planning meeting.

a) On the Supply Side:

- the link between the drug industry/economies of various countries
- seizure of assets
- legal exporting of substances from one country to another
- extradition of people involved in the illicit drug business
- the exchange of information between police and customs organisations
- frontier controls
- distribution techniques used for the drugs supply
- trans-shipment of drugs
- pricing of drugs
- smuggling techniques
- the confiscation of the assets of drugs
- crop substitution
- crop destruction
- marketing, advertising and availability
- distribution
- types of outlets (e.g. buying alcohol in supermarkets)
- the skills and resources available for the drugs supply
- export markets
- the controversy over human rights and punishment (harsh penalties vs. rights of individuals)
- the availability of manufacturing equipment for traffickers
- the cost of justice (how prepared are societies to spend money and resources on a system of justice and incarceration?)
- community/cultural/religious attitudes

b) On the Demand Side:

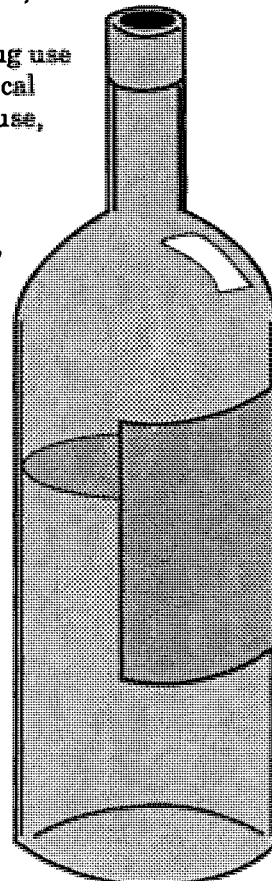
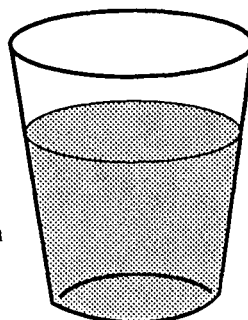
- psychotherapy
- group therapy
- substitution
- work training
- social skills training
- recreation/diversion therapy
- social integration
- role modelling
- behaviour modification
- parent education
- self-help groups
- attitude based training
- education for family, schools and communities
- employment assistance programming
- information vs. education
- mandatory vs. voluntary programmes
- should parents/families be involved in treatment?
- use of 'scare tactics'
- self-esteem
- looking at the broader issues of poverty, unemployment, racial minorities, housing, general health care.

c) Harm Minimisation

- the link between harm minimisation and AIDS (e.g. needle exchanges)
- safe sexual practices and sexually transmitted diseases
- the ethics of additives to alcohol (for example Thiamine added to beer)
- controlled drinking programs
- strategies to minimise the harm of drug use to families, communities and workplace
- medical management of health damage related to drug use (e.g. treatment of alcohol related brain damage, medical treatment of motor vehicle accidents related to drug use, medical de-toxification)

The groups that were formed to discuss these issues, focussed in on particular aspects of the drugs situation. These included the:

- problem of illicit brewing in much of Africa where alcohol is the major problem
- trend in Hong Kong which is away from hard drugs towards soft drugs
- movement in Malaysia's policy towards prevention
- role of the Rastafarian movement in the Caribbean in encouraging the use of marijuana
- growing heroin problem in Sri Lanka
- major emphasis on advertising and promoting alcohol, with a particular emphasis on rum, in many Caribbean islands



- need for flexible prevention programmes that redirect the energies of young people away from the misuse and abuse of drugs
- focus of education and prevention programmes being on the family as that is the social unit that is likely to have most effect
- strong roles played by unemployment, lack of skills and negative media coverage of young people in creating an environment conducive to drug use
- normalisation of drug use in many countries through the acceptance of tobacco and alcohol as being normal
- importance of a comprehensive, wholistic approach to tackling the drugs problem
- motive for drugs trafficking being the high profit margins that the 'pushers' can attain

All groups became aware that the problems varied from country to country. Some had major illicit (e.g. cocaine, heroin, crack) drugs problems, whilst others were solely concerned about alcohol and tobacco. Some viewed marijuana as a problem; others did not. A number of countries reported that they were being used as trans-shipment and/or banking venues whilst others were end-users or missed out on the shipping lanes altogether.

Demand Side Policies and Programmes

The conference moved on to consider policies and programmes that would reduce the demand for drugs by young people.

Format

Each participant had registered for two of the three following workshops:

- Early intervention strategies
- Management of Dependency
- Prevention Techniques

Each workshop was held twice to allow participants to attend two of the three. These workshops were facilitated by members of the planning teams (Francis Phiri—Early Intervention; Andrew Ball—Dependency; Victoria Martin—Prevention). In the prevention workshop Nancy Comeau, also from Canada, assisted Victoria Martin.

On the completion of the second workshop, a plenary session was held, with 4 participants providing personal feedback on their preferred initiatives in the demand field.

After lunch, regional groupings met to consider policies and programmes relevant to their area.

1. Early Intervention Strategies:

This workshop focussed on programmes working with young people in the early stages of drug abuse.

- a) Some of the important **issues** that arose in the course of the workshop included
- If intervention is to be early and appropriate it is necessary to be able to identify the 'at risk' group. But this is not easy because by the very nature of early drug use, it is low profile.
 - The need to clarify and appreciate that different people see the 'problem' in different ways. The youth's perspective may be different to the adult. What is accepted in one culture might be condemned in another. So, one person's perception of a need for intervention might be inappropriate.
 - An understanding of who's problem this is. A person from one set of values might consider that another person has a problem, when the person in question considers it normal behaviour.
 - If an agency sets out to target groups of young people in order to detect drug use and intervene at an early stage, it's strategies need to take into account the nature and situation of the group. Is it inner city or rural; from which culture or racial background; is the group male or female?
 - Whether the intervention of an agency might not actually confirm the drug use of a young person as that person reacts against someone interfering in their life and their life decisions.

Ideas & Programmes

- The danger of focussing on the drug as the problem when everyone recognised that it is the factors behind the drug usage that are most vital.
- b) Some of the **ideas** developed and **programmes** considered, included:
 - Using questionnaires, observation and surveys, on a confidential basis, to establish the group of young people that were 'at risk'.
 - Involving young people themselves in identifying the real problems as opposed to the 'presenting' problem.
 - Creating in young people, through media campaigns, an awareness of the risks that they are taking if they continue their initial drug use and outlining the options available to them should they require assistance. If the young person him/herself makes the choice to join a programme that is preferable.
 - Co-ordinating the prevention/early intervention and management of dependency strategies at all governmental and non-governmental levels.
 - Developing programmes that focus on increasing young people's self-esteem through their full involvement in decision making within the programmes they are involved in. Decision-making involvement in programmes that affect them, should increase commitment to the outcomes.
 - Adjusting a country's regulations to control drinking and smoking.
 - Placing the emphasis on engaging with young people to discuss drug related issues when they arise rather than lecturing or admonishing them.
 - Involving young people using drugs in surveying the levels of drug abuse and its effect within their own communities.
 - Working with young people to identify and discuss some of the ways of resolving the factors which affect drug abuse:
 - e.g. family breakdown
 - poverty
 - wealth
 - illiteracy
 - school drop-out
 - irrelevancy of the school curriculum
 - inappropriate media coverage
 - too much leisure time
 - negative peer group influences
 - Peer counselling programmes with young people working one-to-one with other young people.
 - Ensuring young people gain alternative 'highs' through risky sports activities, 'clean' social events, and so on.
 - Encouraging young people to complete their own personal self-inventories so that they can understand themselves better.
 - Joining with parents so that they can understand and develop ways to react which will not compound or entrench the difficulty.

- Using youth workers in a more focussed approach to drugs problems.

c) General observations

- There is no perfect programme. As each situation is different due to cultural and geographical factors and each individual is different, a variety of responses are required.

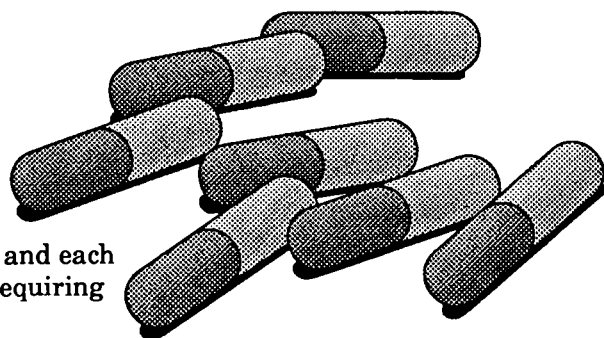
2. The Management of Dependency

This workshop focussed on working with people who could be commonly described as 'addicted'.

a) Some of the important **issues** that arose include

- Can people dependent on drugs be helped if:
 - i) they deny they have a problem in the first place?
 - ii) they don't want to change even if they do have a problem?
- Re-integration and rehabilitation are essential if the individual is not simply to begin again but what resources and facilities are needed to help people in the long term when they could be returning to no job, a broken home and poverty?
- Geographic differences will have a particular influence on the amount of drugs available and, therefore, on the need for treatment programmes. The position of the Caribbean between Columbia and the USA and the proximity of some Asian countries to the Golden Triangle ensure significant usage in those countries. At the other end of the spectrum the remoteness of a country such as the Maldives ensures a degree of protection.
- Differing religious and cultural values are likely to influence perceptions about appropriate ways to manage dependency. Choices about dependency management techniques are not solely based on relevant scientific or medical facts. They are culturally and religiously influenced. It may be difficult, for example, for some groups and countries to accept a philosophy where a drug free state is not the goal.
- Dependency management needs to be seen on a continuum of prevention through rehabilitation,

e.g. prevention
early intervention
treatment
—detoxification
—rehabilitation
—relapse prevention
harm minimisation
- It is important to offer different management of dependency options as there is no one single effective treatment. Each situation and each person will be different, therefore, requiring potentially different approaches.



- What is success and how do you measure it? Success may mean different things for different people in different programmes and communities:

e.g.

create a situation in which a person is completely drug free

or

ensure that the person is minimising the harm that they do to themselves through their drug use

a positive outcome for the individual drug user

a community that benefits from control of the drugs problem

improved individual health

reduced criminal activity

- In any consideration of management of dependency issues it is necessary to consider the link between AIDS and Intravenous Drug Use. There appear to be different levels of recognition. In one group, participants from Malta, the UK and Australia considered it a major issue whilst those from Malaysia and India did not. This issue is compounded by the different routes of transmission. In the Bahamas, there is not a major IV drugs problem. AIDS is more likely to be spread sexually. High levels of unsafe sex are associated with the use of 'crack'. In Australia and the UK the greatest risk of AIDS transmission is through dirty needles/syringes.

b) Some of the **ideas** developed and **programmes** considered, included:

- Separate 3-6 month treatment programmes for drug users of illicit substances, such as heroin and cocaine, consisting of 3 phases:

i) pre-admission assessment

ii) detoxification

iii) support and after-care to maintain sobriety

The approach staffed by medics and counsellors is multi-disciplinary and wholistic. All involvement is voluntary.

- Separating the treatments of those with an alcohol dependency and other drug dependencies.
- Crisis intervention centres for illicit drug users with 15-20 detoxification beds.
- Rehabilitation involving follow-up at day care centres for up to 3 years.
- A therapeutic community for those who have social problems.
- Compulsory treatment for illicit drug users because the problem is considered to be a security problem in the country.
- Family therapy and home visits as important parts of any programme.
- Banning of alcohol consumption by the local population in countries which are Muslim but making alcohol available to tourists in tourist resorts. Punishment for consumption by the local population includes heavy fines.
- Strong family and community feeling and support are important in any dependency management programmes.
- Religion can be an important part of any programme.

- The Voluntary Sector is important in providing programmes.
- Tailoring of programmes to the individual is necessary because each person and every problem differs.
- Programmes using a range of strategies including medication , psychotherapy, group and family therapy, behaviour modification techniques, self-help groups such as AA and alternative therapy such as acupuncture, have a stronger chance of working. Some of these might not be recognised by orthodox medical institutions.
- There is a need to recognise that many of the factors involved in adolescent drug use differ greatly from those involved in adult drug use. For example, issues of normal adolescent development need to be dealt with when treating adolescents for drugs problems. This could mean that it is appropriate to establish separate adolescent and adult detoxification and rehabilitation programmes.
- Alconfrontation is worth considering. This involves a careful understanding of the history of and an assessment of the present position in relation to alcohol use, including any associated problems. The individual is then confronted with the facts and implications of that use.
- Methadone maintenance programmes can provide an effective and much less harmful substitution for heroin dependants.
- Outreach programmes that meet and treat the drug user on their own territory ensure an environment which may be more conducive to encouraging the user to stop using.
- It is recognised that the small population and island nature of some countries make it difficult to either attract or justify resources for specific drug/alcohol problems. Lobbying of politicians and government officials is also difficult because of the risk of being seen to be aligned with one political party.
- Non-government organisations and voluntary community groups may spearhead developments by initiating programmes.
- Community action groups may be the most appropriate means of influencing government policy in small states.
- Regional treatment centres, established to service a group of countries in close proximity to each other may help to provide a quality service that can be afforded by governments.
- Many countries charge fees for medical treatment. For people with financial difficulties this is a problem. These are also the people who are likely to have a problem. Therefore governments should consider making free beds available for the detoxification and treatment of patients with drug/alcohol problems.
- Although prevention and early intervention strategies should be given the highest priority they should not be resourced at the expense of adequate treatment facilities.
- Motivational strategies should be used to encourage drug users to enter programmes voluntarily. This is the best atmosphere in which to begin treatment.

- Access to treatment should be made simple in order to maximise the number of people who may enter a programme. This can be done by making
 - i) information about treatment facilities readily available through resource directories and telephone information services
 - ii) beds available in hospitals or specialised treatment centres to treat people with drug related problems
 - iii) free or subsidised treatment. In the long term, it will save money
- Treatment programmes need to be integrated with other health care and community services to facilitate referral for treatment and follow-up care and support.
- Wider issues which influence drug problems also need to be addressed. These include loneliness, poverty, unemployment, family background, ethnic and cultural issues. Without addressing these, drug treatment strategies will fail.
- Both the government and non-government organisations should be involved in establishing, funding and developing innovative treatment programmes.
- International aid to developing countries should be sympathetic to funding requests for treatment programmes.
- An international fund should be established to pay for consultants to visit and advise developing countries. It should be noted that, in most cases, it is inappropriate to relocate a programme from one country to another.

3. Prevention

This workshop focussed on programmes and policies that could prevent young people experimenting with and abusing drugs.

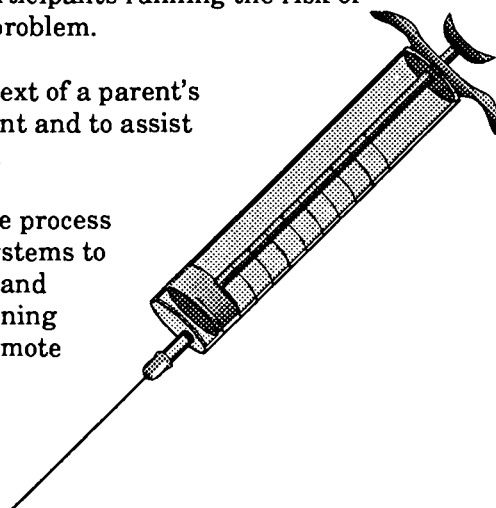
a) **Some of the important issues that arose include:**

- With what age groups should prevention programmes work?
- How can prevention programmes raise awareness of drugs among children and young people in a way that does not encourage use?
- Do scare tactics (frightening posters, etc.) work in either the short or long term?
- How effective are poster and other mass media campaigns? How is it possible to find out?
- Should the content and style of prevention programmes begin at young people's starting points or those of the government or non-governmental agencies involved?
- Should those working in the drugs field examine thoroughly their own use and attitudes to drugs? They will, inevitably, be role models and young people will be quick to recognise any inconsistency between message and action.

- Is the overall goal of prevention the creation of a drug-free society or a drug controlled/limited society?
- Do prevention strategies always need to focus on individuals and their behaviour or can they also concentrate on governments and organisations changing their 'behaviour'?
- Should alcohol and tobacco be included in any prevention work or should programmes only focus on illicit drugs?
- Do the Police have a role to play in prevention programmes?

b) **The workshop considered the following range of ideas and programmes:**

- Using a peer group approach with young people training and working with other young people
- Concentrating on participative approaches that engage young people in discussion and debate.
- Fitting any prevention strategies into broad based personal development, health education and social education programmes, including drugs as one element of that programme. This is preferable to drug specific programmes.
- Pitching the level of emphasis on drugs at the level of awareness that young people have of different drugs at different ages. The prevention should begin as the young person becomes aware of the substance.
- Involving young people who are dependent on drugs as they will be able to relate well to and understand other participants in the prevention programme.
- Clearly thinking through the purpose of the prevention programme, its target audience, the imagery and messages presented and the nature of any media campaign.
- Designing programmes so that they avoid glamorising drugs in any way.
- Ensuring that any prevention programme is part of a general education programme to avoid participants running the risk of being labelled as having a drugs problem.
- Using drugs education in the context of a parent's understanding of child development and to assist good communication with schools.
- Viewing prevention as a pro-active process that empowers individuals and systems to meet the challenges of life events and transitions by creating and sustaining supportive environments that promote healthy behaviour and lifestyles.
- Targeting programmes at the whole community not just the individual.



Ideas & Programmes

- Training high school students to work with other students on drug related problems.
- Parents working with other parents about drugs in the context of child development and communication skills, using role play situations, action learning and making resource material available.
- Working with the Police to increase their knowledge of the social, as opposed to legal, aspects of the drugs problem, including, for example, the place of peer influence and self-esteem in encouraging drug use.
- Developing programmes that are general in their approach to drugs rather than having, for example, one programme for licit drugs and another for illicit drugs. This is because, whether licit or illicit, 'soft' or 'hard', all drugs act as depressants or stimulants to damage people. Therefore the preventive approach should be the same.
- Agreeing school policies on all drugs, including alcohol and tobacco that are binding on all adults, including teachers, as well as young people.
- Identifying the problem, at an early phase through the use of a co-ordinated network of agencies involved in drugs problems e.g. Social Workers, Judicial Staff, Church based workers, Youth workers. This should be complemented by the monitoring of vital statistics.
- Dealing with drugs in a way that, though focussed and intentional, is almost indifferent and lacking in emphasis in its actual style.
- Incorporating National Anti-Drugs weeks or Drugs Prevention days as part of an annual calendar of events. These can provide a focus to the general prevention work.
- Dealing with drugs issues within any religious teaching programmes.
- Countries without a serious drugs problem at present investing in resources to closely monitor the drugs misuse and abuse situation. This is vital because drug misuse and abuse can spread rapidly.
- Educating parents and teachers about the need to consider drug abuse as one of a range of causes of behaviour change in young people they are in contact with and ensuring that they are aware of where specialist assistance can be sought.
- Incorporating some strongly held core principles into any programme. For example, one programme worked to the following principles:
 - i) accurate information
 - ii) personal growth
 - iii) fun alternatives
 - iv) power of youth to make the difference
- Targeting particular groups for emphasis e.g. young people beginning to smoke tobacco.
- Conducting seminars with young people about the dangers of drug misuse and abuse.
- Involving employers in assisting ex-addicts to re-integrate into the work place, thereby helping to prevent them returning to drug use.

- Working in small groups with young people, focussing on developing their life skills in order to assist them to cope with situations and issues which might lead them to be tempted to experiment with drugs.
- Clarifying, because of potential conflicts of interest, the exact role of the police in any prevention work. Recognising that many young people will treat them suspiciously.
- Presenting prevention messages through media that young people are familiar and comfortable with e.g. modern music, contemporary poster design, and 'trendy' comic characters. Recognising that fashions change quickly.

The workshop divided into small groups to share local experiences and develop some agreed thoughts. Three examples of group feedback include:

Group 1—The holistic approach is most valuable.

- * Use of the media, seminars and outdoor education should take place.
- * Lifeskills are very important in all aspects.
- * Training for trainers modules should be developed
- * Preventive programmes should start as early as possible
- * Young people need to be involved at all stages

Group 2—Prevention programmes must happen in all countries:

- * educate the public
- * sell the benefits of 'no drug use' to the public
- * ensure there is governmental support
- * hold public meetings through local community organisations
- * train young people in all aspects of the dangers of drug misuse
- * focus prevention strategies on health in general

Group 3—Some countries do not yet have a problem, particularly with illicit drugs

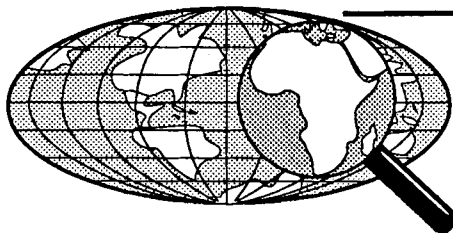
- * Social workers in these countries should educate and alert individuals and communities to the dangers of drug use and misuse without over-emphasising or dramatising the problem.

—This should be done in the context of a holistic approach.

—Recovering addicts should only be used in Rehabilitation programmes, not in an education role.

Regional Perspectives

Participants met in regional groupings to focus on programmes/policies, relevant to their regional setting. Some of the results include:



African Region

Statement from the African region:

‘We the participants of the Commonwealth Africa region recognise the present drug situation that affects the African region especially substance abuse/trafficking among our people especially the young.’

We therefore invite the attention of our fellow participants at this conference to the following:

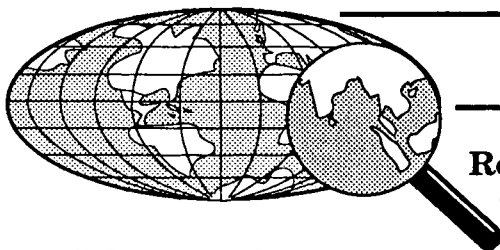
- Adopt the following policies and programs:

Policy - Improvement of basic social conditions of people with special reference to youth

Introduction/improvement of health education system at national and regional levels and increase public awareness (parents, peer-groups, schools, local community).

Programmes: Employment programs such as self-income generating enterprising schemes to provide both work experience and financial support to the youth.

Commonwealth Regional Centre should endeavour in conjunction with member governments to organise national training programs for youth workers (e.g. skill training, counselling, leadership training related to drug problems, audio visual aids, posters, pamphlets, related to the particular area).

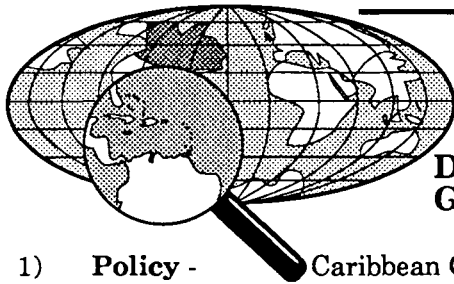


Asian Region

Recommendations to reduce demand

1. Religious Teachings
2. Compulsory Treatment—as it exists in Malaysia
3. Financial assistance by the Government for preventative programmes by non-Governmental organisations.
4. Self-help programmes to generate awareness about the potential which a drug addict possesses but lacks the initiative to use.
5. Get together of First Ladies working on the prevention of drug abuse in the Asian Region.

6. Training programmes for overall personality development.
7. Branches or offices of the **Commonwealth must come forward to assist all those voluntary organisations** who are working for the prevention of drug abuse.
8. Regional Secretariat to be established in India, to exchange information about anti-drug activities and to mobilise youth to work against drugs.
9. Laws should apply to diplomats in case they become involved in drugs trafficking.
10. Uniformity of death penalty in all the Asian countries.



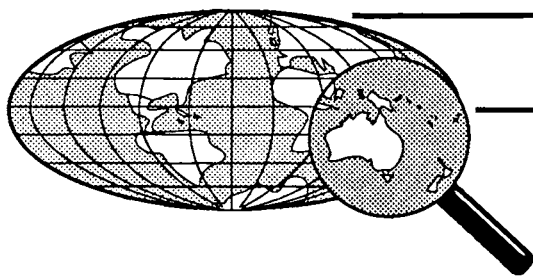
Caribbean Region

Demand Side—Caribbean Regional Group

- 1) **Policy -** Caribbean Governments to establish or intensify a drugs education programme.
Programmes: Inclusion of drugs education in school curriculum at primary and secondary level.
 Establishment of a peer counselling programme.
- 2) **Policy -** Caribbean Governments to establish or intensify an adult education programme to impact on drug abuse prevention.
Programmes: Provision of education material on drug abuse prevention. Education of parents and teachers through Parents-Teachers Associations and by means of workshops.
 Establishment of workshops organised by parent groups for other parents.
 Use of entire mass media to sensitise to the drug abuse issue.

Time constraints prevented the addition of further programme details. Earlier discussion had included mention of the following:

- sending out a questionnaire to young people asking about issues such as where they go in their free time, what they do, what music they listen to and so on, with a view to preparing material which would have particular relevance to young people and therefore be more effective.
- some countries in the region already had some of the proposals underway, but the point was made that the programme could be regarded as a 'shopping list' which countries could pick and choose from, as required.
- any children's education programme must be entertaining and fun for the participants.
- 60% of the Caribbean population was still at school, and there was therefore plenty of scope for education programmes.



South Pacific Region

Training/Policy: Commonwealth Youth Programme Youth and Development Diploma

Programme 1: As the 1990 Programme is soon to be planned could we suggest that an alcohol and other drugs component be included into the Diploma course.

Material for inclusion in the Diploma Course should be provided from the Pacific area where alcohol and other drug training is currently being used with young people.

Programme 2: A sub-regional workshop on a Bi-Annual basis for the Pacific Island Region should take place to bring together those working in the Drugs Prevention/Intervention area.

The CYP Programme should fund such a sub-regional workshop.

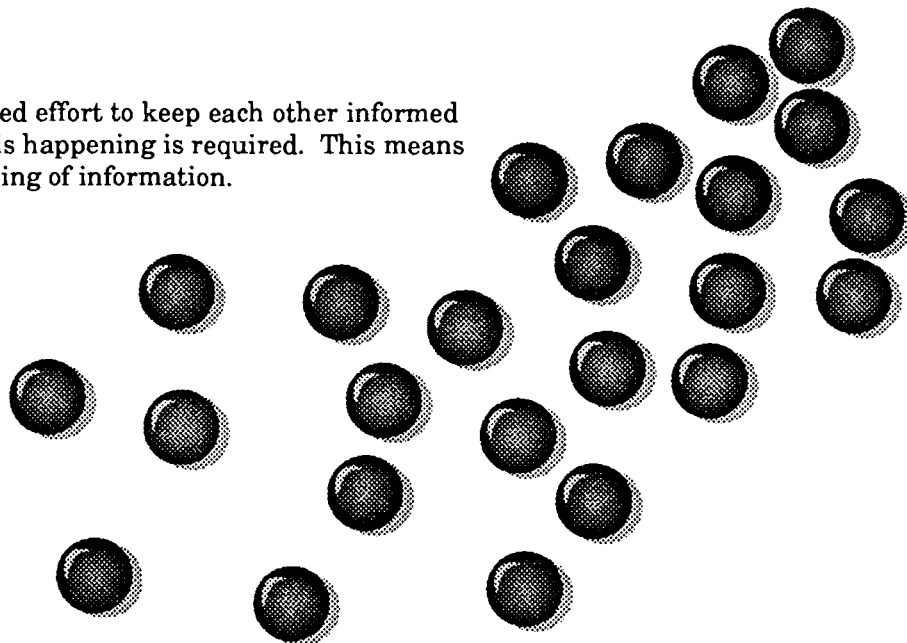
Programme 3: Dissemination of information

Recommendation:

1. That young people involved in the CYP Diploma course as part of the their course take responsibility for gathering available information and programme initiatives from the Pacific Island region.
2. Direct dissemination of information to Pacific Island communities through appropriate agencies identified by the Pacific Islands.

Note:

A co-ordinated effort to keep each other informed about what is happening is required. This means regular sharing of information.



Final Plenary—Demand Reduction

At the final plenary session on the demand reduction side the Chair introduced the session by explaining that the purpose of the plenary was to begin the process of thinking about action that should be taking place on the demand reduction side. A panel of four participants had been invited to give their perspectives.

The actions proposed were:

i) Skills Training,

e.g. communication skills leading to better relationships between parents and children. It was pointed out that young people who took to drugs considered them a solution to their problems of insecurity and being unloved.

ii) Family Approaches,

i.e. parents should spend more time with their children. Assistance was especially necessary at times of culture shock e.g. if a young student was travelling to a country in which drugs were a problem.

iii) Alternative Activities,

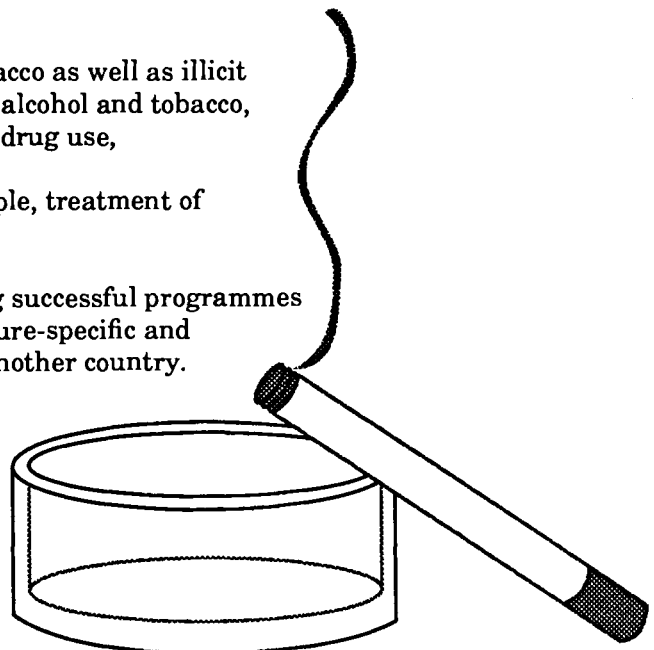
including games and relaxation in a happy atmosphere.

iv) Progress to Reach the Family

e.g. to point out to parents that their children will enquire and be curious about the pleasure they believe can be gained from alcohol.

From the floor, other suggestions were made including:

- i) the importance of heightening young people's interest in society and its problems,
- ii) the need for action to cover alcohol and tobacco as well as illicit drugs. By permitting the advertisement of alcohol and tobacco, governments could be said to be promoting drug use,
- iii) while prevention is mentioned by most people, treatment of dependants is a very important topic,
- iv) countries must be cautious about importing successful programmes from elsewhere because those could be culture-specific and therefore not appropriate programmes to another country.



Supply Side Programmes and Policies

The next area for concern in the drugs field that the conference addressed itself to was programmes and policies that would reduce the supply of drugs to young people.

Format

This section of the conference began in plenary. Four of the participants highlighted, from their own personal perspective, appropriate actions that they believed governments could take to control the supply of drugs.

On the following morning, participants met in the main hall in a series of small buzz groups (4-6 people). They were asked to reflect on yesterday's contributions, identify two key problems that needed to be addressed and to identify two actions that they would take if they were the Minister responsible for Drug Abuse in their country. Each group briefly reported these back to the plenary.

After refreshments everyone met in regional groupings to draft a set of programmes that they would propose for adoption by policy makers in their region. Some groups further divided into sub-regions for this discussion.

The focus on the Demand side was completed with a plenary session in which each group reported the results of its work.

Opening Contributions

Four people made opening contributions to a plenary. Some of the points they made included:

- Papua New Guinea is an ideal place for the trans-shipment of Drugs, so it is necessary to tighten up on surveillance techniques in order to prevent trafficking taking place.
- Though illicit drugs are a primary concern there is also a major worry over the misuse of licit drugs, in particular medicinal drugs available through pharmacies. There is, therefore, a need for regulations to control the importation of such goods.
- Regional co-operation is obviously of major importance and a regional forum for the island nations to exchange ideas and information about the supply of drugs would be valuable.
- Singapore is close to Thailand which is the main source of narcotics in the region, so extreme vigilance is required.
- The Singaporean view is that all it has, as a country, is human resources. It is necessary to treasure those resources. Drugs are a threat to them, so harsh laws, in particular the death sentence, are required.
- Countries need to consider harsh penalties so that, with each country playing an active role, there are no hideouts for drugs' traffickers.
- These harsher penalties should also include criminal law detention (detention without trial). It is considered necessary to detain people who the State do not

have enough evidence to prosecute but whom they are convinced are involved in drugs trafficking.

- Lastly, detection skills are needed and the USA Drug Enforcement Agency staff should be called upon to run courses to equip local staff with the necessary skills.

The Chair stressed issues of legislation and up-to-date equipment as necessary needs, highlighted the fact that there is a debate about the death penalty and asked people to remember, in the course of the discussion that was to follow, that drugs kill.

Contributions to the ensuing discussion included:

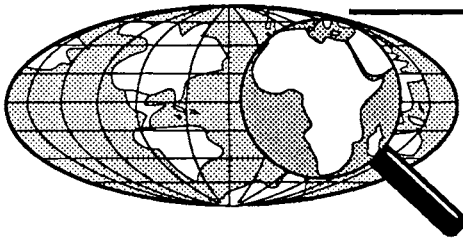
- The fact is that the drugs situation boosts the economies of a lot of these countries so how realistic is it to expect governments to stop the supply when it benefits the economy?
- Drugs trading can also provide personal security. It provides money for cars and houses and a source of income for single mothers. This is wrong, but it is not possible to wipe the trade out without being realistic about the implications.
- The concentration has been on illicit drugs but the supply of legal drugs is also a problem. Such issues as:
 - i) Alcohol available through an increasingly wide range of outlets.
 - ii) Pricing policies concerning alcohol and tobacco, where there is evidence that increased costs result in decreased use by adolescents.
 - iii) How the money raised from taxation on alcohol and tobacco is used.
 - iv) The need to 'fight' the propaganda of the alcohol and tobacco industries.
- The wealthy countries should be giving more technical assistance to the poorer countries, which are often the trans-shipment ports to wealthier countries. Necessary up-to-date equipment and the technical skills to operate them are particularly important.
- In some countries the skill levels are so low that even officials struggle to tell the difference between sugar and heroin and there are no trained dogs to sniff out drugs supplies. This leaves a country, particularly one close to the golden triangle, particularly vulnerable.
- There is often a mismatch. The trans-shipment points are through 'developing' countries whilst the resources are in developed countries.
- Westerners, including airline personnel, have often misused their wealth and privileges in developing countries to introduce drugs. Therefore, for developing countries they are legitimate, priority groups for attention.
- With regard to the Death Penalty, who is it that is executed? Often it is the courier, a person who, in the eyes of the major trafficker, is expendable anyway. The major players in this field never get caught.
- It is vital for participants to lobby their governments to accede to and ratify the UN Conventions against illicit trafficking.

- Why not hang the importers of alcohol and cigarettes? They do more harm!
- Should human rights exist for drugs traffickers? After all, they interfere with other people's human rights. Amnesty International, and other organisations such as that should concentrate on the Human Rights abrogated by drugs dealers rather than the governments trying to control drugs.
- Need to look at the issue of human rights subjectively and protect the rights of people who are subjected to drugs. The death penalty may not be appropriate in a small country because one life in a country of 8000 is more important than one life in a country the size of India.
- In the end cocaine addiction is much more destructive than alcohol.
- In my country, 80% of deaths are caused by tobacco, 17% by alcohol and 3% by others. So who sells misery?
- There is a problem with detention laws. A basic human right requires that someone is proven guilty.
- Question—Whose rights most need protecting?
Answer—The local people in any country.

The ideas developed in the buzz group discussions, included:

- Increased surveillance, through liaison between country's customs services, airline and shipping companies, on a national, regional and international basis.
- Directing the proceeds of taxation directly to surveillance, treatment, education and related programmes.
- Enforcing asset seizures. Property or goods should be sold and money used for education, treatment and surveillance.
- Enforcement of levies on alcohol and tobacco.
- Compulsory capital punishment.
- Restricting the sale of licit drugs, even by registered pharmacies.
- Prosecuting heavily suspected drug dealers irrespective of the cost. If this is known it acts as a deterrent to others.
- Formation of national drug control boards to supervise the actions of law enforcement agencies.
- Forbidding the sale of alcohol to minors.
- Harsher incarceration penalties for dealers and traffickers.
- More attention to the religious convictions of the community.
- Advocating uniform and mandatory drug penalties.

The Regional Groupings developed the following packages:



African Region

We the participants of the Commonwealth African Region recognise the present drug situation that affects the African region especially substance abuse/trafficking among our people, particularly the young.

We therefore invite the attention of our fellow participants at this conference to the following key components of any supply side policies and programmes.

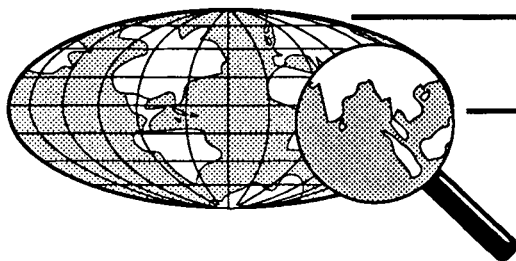
1. National Police and Customs should receive:
 - Proper remuneration and incentives to discourage corruption.
 - Proper equipment.
 - Specialised training & education.
 - Support for International co-operation and feedback including:
 - i) Inter-regional drug squads on the same lines as Interpol
 - ii) International co-operation with countries in Europe

2. All governments should start to address the drug issue as a national security risk other than a social issue.

So they must institute:

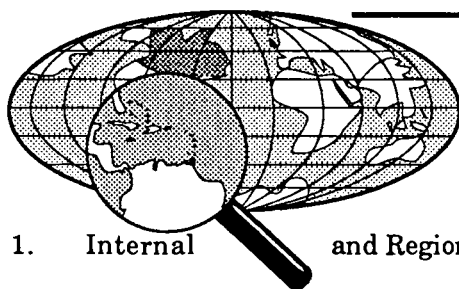
 - i) proper legislation
 - ii) severe punishment that should include seizure of the assets/properties of drug dealers and/or the introduction of a Criminal Law Detention Act.
 - iii) the formation of a specialised drug squad
 - iv) the accession to and ratification of the Vienna Convention on Illicit Trafficking
 - v) consideration of the South African issue. There is a problem here as no bi-lateral relations exist, but South Africa acts as a transit region for drugs to other parts of Africa.

3. Formation of Drug Control Committees, on national and regional levels, to control and monitor the outlets of psychotropic drugs.
4. Review of the position regarding diplomatic immunity for Embassy Staff.
5. Encouragement of parental education through religious organisations, schools, radio and other media. This could act as a deterrent.
6. There should be research on existing international bodies present in the African region with a view to co-ordinating their activities on drugs issues.



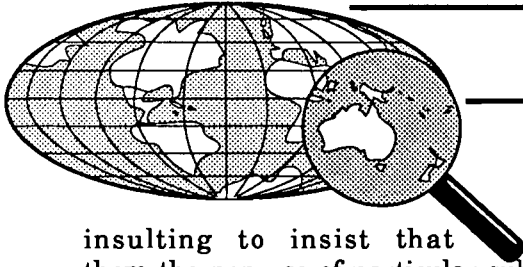
Asian Region

1. Regional co-operation to curb the problem.
2. Exchange of experiences to accelerate anti-drug supply programmes.
3. Government should ban all advertisements of cigarettes, alcohol, etc.
4. Cigarettes or alcohol should not be sold to those who are below 18 years of age.
5. Ban on smoking and drinking in public places.



Caribbean Region

1. Internal and Regional Co-operation should be encouraged through:
 - i) Formulating Regional Treaties.
 - ii) Seeking assistance from other developing countries.
 - iii) Ratifying the United Nations Convention in order for it to be implemented.
 - iv) Asking the U.N. Fund for Drug Abuse Control for further assistance to help get the equipment we require to enhance drug control.
2. Internal Mobilisation
 - i) Drug Education for the general public including family and friends through schools and Drug Awareness weeks, etc.
 - ii) Governments could offer programmes to control the problems associated with unemployment in order to reduce this as a reason for drug use.
 - iii) Incentives should be offered to enforcement agencies to increase their vigilance in apprehending traffickers.
 - iv) Increased fines and penalties should be implemented to eliminate the importation of drugs.
 - v) Anti-Corruption Squad should be formed.
 - vi) Increased penalties for law enforcement officers who are involved in drugs trafficking should be enacted.
 - vii) Commissions of 'decent people' should be constituted to monitor the drugs problem and advise government on appropriate actions to stem the flow of drugs.



South Pacific Region

NB The group consider it would be insulting to insist that Pacific Island Countries have imposed on them the non-use of particular substances that are used for traditional ceremonies.

1. Eliminate the targeting of the advertising of alcohol and tobacco and other drugs on young people, in particular, reduce advertising that relates to sporting and social functions.
2. There is a need to effectively control the supply and use of various substances through legislation, but this has to be done at a national level.
3. Effectively use the current networks within the community and strengthen the different groups in the community to take appropriate action, Women's, cultural, youth and church groups provide an ideal base for this action.

The final plenary reflected on a number of these issues, but in particular the following debates emerged.

- a) The importance of the death penalty as an appropriate punishment for drugs traffickers. It is argued that drugs dealers cause death to others and that this is a deterrent act.

v.

A fundamental belief that no human being had the right to take the life of another, no matter what they had done. At a pragmatic level there is an objection to capital punishment because mistaken convictions do happen and the 'big players' never get caught.

- b) A belief that harsh prison style regimes are necessary to develop the self-discipline in young people that is necessary to equip them with the skills to say 'no' to drugs.

v.

An understanding that if you take people out of their community any programme becomes an artificial one. When they are placed back in that community the same pressures on them and the reasons for their drug use will still exist. The root causes of the problem will not have been tackled.

- c) An acceptance that drugs are such a threat that normal rules of justice (e.g. the onus of proof is on the prosecution and habeus corpus) can be suspended.

v.

Such practices are dangerous when allowed in the hands of any government.

- d) An assumption that major drug traffickers are essentially evil people who do not deserve to be treated as ordinary human beings.

v.

No-one is born a criminal, including traffickers. For a number of reasons, people come to act that way. It is, therefore, necessary to understand the reasons why and tackle the root cause rather than the presenting problem.

Harm Minimisation Approaches

One afternoon of the conference was devoted to the concept of harm minimisation in working with people on drugs. This controversial concept argues that, as only the person on drugs can make a decision to stop using them, it is important to ensure that they do themselves no extra harm whilst using.

Format

In the free time available at the conference, three of the participants with interest and experience in this area developed a presentation. They delivered their thoughts to the conference in a plenary session.

Following a brief discussion after the presentation, participants met in small groups to consider the material put in front of them. They reported their views back to the plenary.

The summary of the presentation by the three participants is recorded here. The full text of their contribution is available as a separate document. The five areas they concentrated on were the minimisation of harm to:

- a) The individual drug user
- b) The drug worker
- c) The family and friends of drug users
- d) The community and society
- e) The workplace and economy

a) To the Individual Drug User

Techniques which could be used to minimise the harm of the drug to the drug user, include:

- i) Controlled drinking programmes, in which participants learn ways to control their drinking behaviour, including changing from high to low alcohol drinks, counting drinks, pacing drinks, alternating alcoholic and non-alcoholic drinks.
- ii) Safe drug use, as many of the problems of drug use are related to the techniques of using and the situations in which drugs are used. If people continue using they should be advised and encouraged to, for example, snort rather than inject cocaine, use clean needles if they do inject, use in a safe environment (not the street or with strangers), have a telephone ready, not indulge in binge drug-taking, use only one drug at a time, eat a healthy diet, not inject during pregnancy.

b) To the Alcohol and Drug Worker

Burn Out is a common occurrence for workers in this field. The worker is often the last person to whom attention is given. Workers need to avoid taking on the role of 'God' and trying to solve everyone's problems. They should know their own limitations and tolerances. It is important to maintain a degree of 'normal existence' and stress management sessions should be provided to both the worker and his/her family.

c) To the Drug User's Family & Friends

Family harmony is disturbed when it becomes known that one of the family is using drugs. An important part of the dysfunction that occurs involves the family taking on the behaviour of the addict even though they, themselves, are not using drugs. They often feel guilt. This can result in verbal and physical abuse, sometimes sexual abuse and other destructive behaviour. Through groups, individual therapy and stress management the family can learn how to detach themselves emotionally from the addict.

d) To the Community and Society

- i) Substitution therapy involves the replacement of one drug with that of a less harmful alternative. Methadone is the most widely used. The aim is to minimise the use of illicit drugs and, therefore, minimise the harm to the individual and community related to illegal drug use.
- ii) Needle exchange schemes and safe sex programmes have been introduced because the threat of HIV is greater than the threat of drug misuse. Sharing of needles is a major passage for the contracting of HIV. Sex involving needle users further compounds the risk of AIDS. Therefore, needle exchange schemes and safe sex programmes are essential to protect the community from the spread of AIDS.
- iii) Alcohol and other drugs are a major cause of death associated with traffic accidents. In many countries, the major cause of drug related deaths is road accidents. Random breath testing can help reduce drink-driving levels.
- iv) Decriminalisation of certain drugs should be considered, as there is evidence that drug use usually progresses from legal drugs to cannabis to other illicit drugs such as heroin and cocaine. The argument for decriminalising certain drugs is:
 - to prevent the individual going on to more serious drug use
 - to flush the individual out into the open in order that they can receive help without fear of legal repercussions
 - to remove them from a criminal environment

e) To the Workplace and Economy

Minimising harm in the workplace/economy is necessary as considerable personal harm and financial damage can be done by drug users in their place of work. Absenteeism, lateness, the dangerous use of equipment and a failure to use his/her talents to the full all place economic improvement at risk.

Possible actions include:

- Employee Assistance Programmes
- On-site counsellors
- Managers and supervisors trained to notice behaviour that could be drug related and knowing where they can refer people.
- Close supervision of drug users in the work place.

In the course of small group discussions and the plenary session, the points and issues listed below were raised. Harm Minimisation was regarded as a constructive but controversial approach.

- a drug is a drug is a drug!
- the approach is OK in principle but cultural and legal differences mean that its implementation would be extremely difficult in some countries
- with regard to HIV, would a better approach not be, as is the case in some countries, to isolate people who are infected, from the community
- professional, medical and psychiatric treatment for 'heavy' drug users (e.g. heroin) is preferable to harm minimisation
- does this approach not encourage drug use?

The Outside Visits

The planning group felt it important that participants experienced more of Malaysia than the inside of a conference centre. The Ministry of Youth and Sports, Malaysian Government agreed and organised a trip to Melaka (Malacca) for a cultural evening, overnight camp at a campsite in a jungle setting, tour of the historic city of Malacca (Melaka) and a visit to the Drugs Treatment Centre at Tanglin, south of Kuala Lumpur.

Though this report deals with the content of the conference, the camp and visit played such an important role in developing the atmosphere of the event that they are recorded here.

Cultural Evening in Malacca

One participant's view:

"The walk from the buses to the arena was down a dark narrow path through dripping wet jungle—and was accompanied by fearsome animal noises (emanating exclusively from the participants).

After a welcoming speech (on behalf of the State Government of Melaka) and response from CYP Director Raja Gomez, the participants descended ravenously upon the numerous 'hawker stalls' each offering different mouth-watering delicacies. Having eaten our fill we were entertained by a magnificent display of Malaysian folk dancing performed beautifully by local young people, and a short play warning of the perils of 'dada' (drugs).

The participants were then invited to entertain the audience by singing songs from their own regions which they performed with remarkable enthusiasm and co-ordination. In order the groups from the South Pacific, Caribbean, Africa and Asia sang beautifully, and the formal entertainment ended with the African contingent continuing after the microphone had been switched off!

We were all taken along candlelit paths to the tents and cabins where we were to spend the night."

Visit to the 'One Stop Centre', a drugs rehabilitation and treatment centre run by the Malaysian Government.

The participants visited one of the Drugs Treatment and Rehabilitation Centres run by the Malaysian Government. They were addressed by the Commandant of the Camp, heard his assistant provide an explanation of how the camp operated and then toured the facilities. The visit concluded with lunch and music from a band made up of young people who were in the centre.

Agreement of the Communique and Preparation for Returning Home

The conference met for a final time in plenary to discuss the conference statement and to engage in a short exercise that would prepare them for pursuing policy initiatives on their return home.

Format

Overnight a small group of participants from the conference were involved in writing and checking a potential conference statement.

The draft of this was then taken to a full plenary session of the conference for discussion and amendment.

In the remaining hour before the closing ceremony, Warren Feek conducted a short session during which the participants thought about and agreed on 2 practice and 2 policy ideas that they would take home with them. They then practised communicating these to the relevant Government Minister or official.

Outcomes

The conference statement is a separate document which is available from CYP. The participants asked the Commonwealth Secretary-General to forward this to Commonwealth Heads of Government at their meeting in Kuala Lumpur in October, 1989.

The Policy and Practice ideas remain personal to the participants.

Conference Closing

At 11.00 am on Friday, 16th June, participants gathered in the Dewan Kampo for the closing of the Conference. They were particularly pleased to welcome to the Chair Mr Mohd. Ali Abu Bakar, Director General of Youth for the Government of Malaysia. Ali, a member of the planning group had unfortunately been ill throughout the event. He had been sadly missed by all who had worked with him.

Format and Content

Ms Cecily Stead and Mr Joseph Bwembya made speeches of thanks on behalf of the participants.

They stressed that the conference had succeeded in being practical and relevant in its orientation, the tremendous conference spirit that had been developed, the freedom of debate and discussion and the way in which all participants had been challenged. Everyone, they stressed must be returning home with new ideas and a new resolve to be creative and purposeful in their work on drugs issues.

For all of this, they thanked the planning group, the Malaysian Government staff, CYP and Commonwealth Secretariat personnel, the staff of the International Youth Centre and all of 'us participants'.

These speeches were endorsed by all participants.

Mr Raja Gomez, Director of CYP thanked all of the participants for attending and participating in the event in such a spirited and dedicated manner. The success of the event, he commented, was primarily due to their efforts and initiative. He also thanked the Planning Group, for their conceptualisation of the programme and their support throughout the conference; the CYP staff, for their hard work and commitment throughout the event; the staff of the IYC, for their hospitality and co-operation and, most importantly, the dedicated and enthusiastic support of the staff of the Ministry of Youth and Sports.

Mr Mohd Ali Abu Bakar closed the conference. He had been sad to have missed it but, under Doctor's orders, had no option but to remain in hospital and at home. He was greatly encouraged by all of the comments he had heard about how successful the conference had been and was very proud of the way in which all his staff had performed. He thanked the CYP staff for their invitation to the Conference, choice of Malaysia as host and the close and warm co-operation with his own staff. Lastly he thanked the participants expressing his hope that the conference had helped to formulate their views and opinions on effective strategies to tackle this important issue.

Ali then moved around each participant, presenting them with a gift from the Government of Malaysia and a Certificate recording their attendance at the conference.

As a finale, all participants sang the conference song, written by two participants and sung to the tune of 'Chariots of Fire'.

Conference song

*Stronger! Stronger!
Stronger! Stronger!*

*It's clear that we're stronger
For we've come as one
United we'll conquer the drugs in our lands
The Youths—they are drifting away hopelessly
And if we don't help them
They'll never be free.
So let's share our thoughts with each other
Let's look at the problems
For we're gathered here just to deal in solutions
We know we're a force to reckon with
And here we must take a stand
And rally our forces to fight drug pollution*

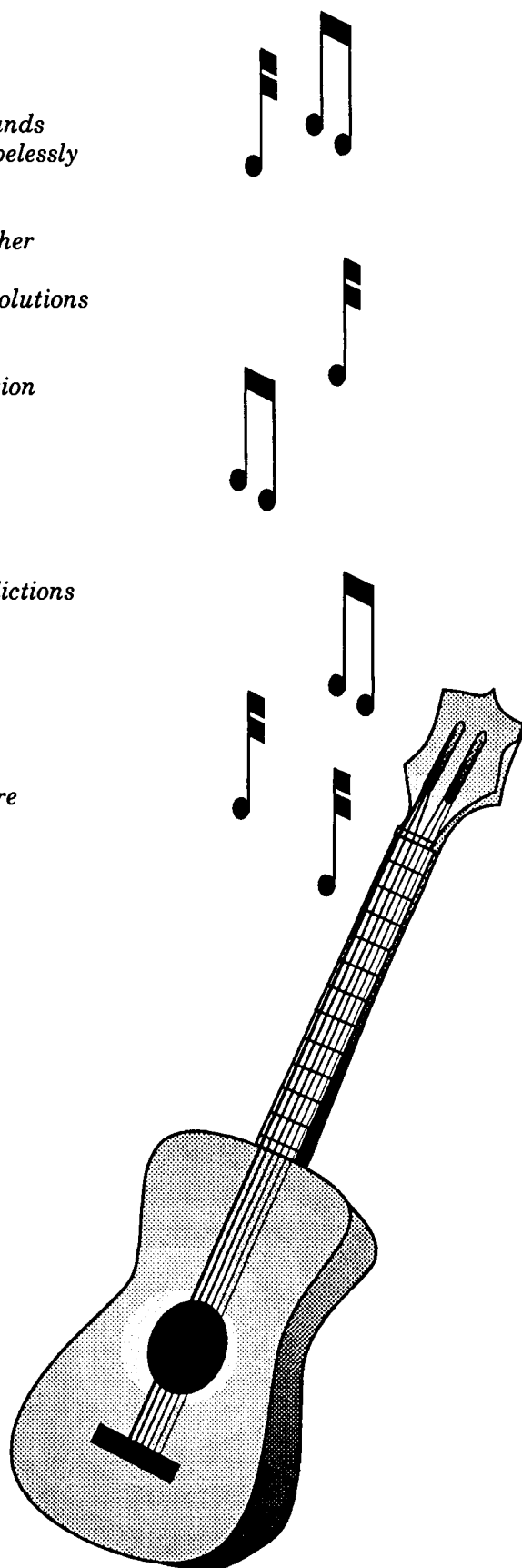
*Stronger! Stronger!
Stronger! Stronger!*

*Together we're stronger
The swords in our hands
To fight all drug pushers and drug addictions
The emblem of vict'ry
The strength to frighten
Are locked in our motto
'A drug free nation'
This whole world will be a better place
If all drugs are never misused
And no one will walk our streets no more
Destroying our youths
And if we will plan accordingly
To give youths alternatives
Then surely they'll find a worthwhile
Cause for which to live*

*Stronger! Stronger!
Stronger! Stronger!*

*We're sure we are stronger
For we've sung this song
Which binds our spirits
Together as one
We sure we are stronger
Indeed we are free
To make our Nations
The type they should be
Together we'll walk hands in hands
And deal in solutions
Malaysia we're glad that we can be
Here in your land*

*Stronger! Stronger!
Stronger! Stronger!*



Appendices

Speech and Keynote Address by Hon'ble Dato' Sri Mohd. Najib Bin Tun Haji Abdul Razak, Minister of Youth and Sports, Malaysia.

First of all, allow me the privilege to acknowledge the invitation to give the keynote address at this conference with a sincere thank you to the Commonwealth Youth Programme. The honour is even greater for this is the second time I have been invited to speak at a Commonwealth Youth Programme conference held to discuss the problem of drug abuse amongst youths.

Two years ago, the Commonwealth Youth Programme successfully held a conference for the Asia-Pacific region. It further shows the concern and emphasis the Commonwealth Secretariat attaches towards resolving the problem of drug abuse amongst youth in its member countries.

Ladies and gentlemen

I would also take this opportunity to formally say *SELAMAT DATANG* to all participants from member countries of the Commonwealth to Malaysia. I am sure you will be given ample opportunity to see Malaysia in all its beauty and warmth to make your visit a memorable one.

Ladies and gentlemen

The abuse of a variety of drugs remains serious and continues to threaten all countries and all segments of society. Drug abuse has invaded homes, workplaces, educational institutions and so forth. Health hazards are heightened by the simultaneous consumption of two or more drugs, by the emergence of more potent drugs and their being taken in ever more dangerous ways. Drug abuse causes physical, psychological and social problems. It also results in criminal behaviour amongst abusers causing undue stress to the community. Intravenous use exposes addicts to the fatal acquired immune deficiency syndrome or AIDS. A sizeable number of intravenous drug users have been found to be afflicted with this incurable disease. They in turn have infected other healthy individuals, both female and male, through sexual liaisons. Illicit production, manufacture and trafficking of drugs are carried out by criminal organisations having links

within countries, regions, inter-regionally, very often joining forces with terrorist groups that spread violence and corruption, threaten political institutions, undermine national integrity and economy and imperil the very security of countries. The victims of these nefarious and insidious activities are youth -the source of our future growth and development. Drug abuse has no boundaries and has enticed and enslaved youth all over the world regardless of race, class or sex. The cost of drug abuse manifests in lost productivity, escalating health costs but most profoundly in the senseless waste of lives - more specifically young lives.

“ The abuse of a variety of drugs remains serious and continues to threaten all countries and all segments of society. ”

Ladies and gentlemen

A review of reports from the Commonwealth countries bears out the above point. Hong Kong continues to be a transshipment point for heroin and cannabis. 400 kilograms of heroin were seized in the first six months of 1988 alone. In India, 32 tonnes of opium poppy, 3 tonnes of opium, 2.7

tonnes of heroin, 14 tonnes of cannabis resin and 54 tonnes of cannabis were seized in 1987. Bombay has now become a choice route for drug traffickers. The drug situation in Australia too remains serious with 4 tonnes of cannabis and 9.5 tonnes of cannabis resin seized in 1987. 61 deaths related to drug abuse too were reported. A high point of the drug problem in Australia was the assassination of a senior police officer by traffickers early this year. Cannabis cultivation in African states too, was observed. Reports indicate the tetrahydrocannabinol content of the species cultivated in Africa is much higher. Another ominous development is the using of African countries as transshipment routes for cocaine, mainly for the European market. Some of the cocaine is used in Africa. The Caribbean states continue to be used as transshipment points for drugs and to launder money. The spillover from the illicit traffic and the use of narcotic drugs for in-kind payment of smuggling services to Bahamians has resulted in great availability and an alarming increase in cannabis and cocaine abuse.

The grave drug addiction problem further adds to the glum scenario. In Malaysia, we have from 1970 to 1988 identified approximately 140,000 drug dependents - 67% of whom are between the ages of 15 to 30 years. In India, there were 31,714 registered opium addicts in 1987. But, police estimates show that there could be more than half a million heroin addicts in the four major cities. An unknown number of 'crack' addicts are menacing the Caribbean states. Addicts in Australia and Great Britain are now using cocaine and its more dangerous derivative 'crack' to satiate their craving for drugs.

The methadone maintenance programmes in Great Britain and Hong Kong do not seem to have provided relief towards reducing the number of heroin addicts. Drug abuse has indeed enslaved our youth and shortened their lives. The time to act is now.

Ladies and Gentlemen

The youth of today still face the age old problem of growing up. This process is increasingly getting complicated with each new generation. We, today, live in a society in which information is readily available. At the switch of a button, we are exposed to a million events happening throughout the world. This has led to the transformation of basic cultural, social and economic patterns of our society. Values have taken new orientations. It has become increasingly difficult to contain youths within conventional moulds as practised by the community previously.

The youth of today enjoy a far greater level of freedom - they are mobile, they are not inhibited by traditional norms of behaviour and they enjoy a greater affluence as compared to youth of yesteryears. Rapid social changes and accelerated growth of industrial and urban programmes have contributed to the breakdown of the traditional family structures, thus giving rise to inter-generational conflict and tension.

Such rapid changes inevitably result in adjustment problems amongst youth. Rapid environmental changes alongside with physical growth result in adjustment and coping problems. Such problems among youth, unfortunately, commit a large body of adult opinion to the assumption that the present generation of youth are out of control and that their problems are more serious than they were previously. The picture is not all that gloomy. While there will always be a small minority of youth, who will be insufficiently equipped to meet the stress and strain of daily

demand of living, the large majority go about leading normal and productive lives.

Economic demands on the parents of today allow little time to be spent with growing children. There is an increasing tendency amongst parents to send their growing children to nurseries and childminders. This arrangement may provide relief to parents, but, nurseries and childminders are unable to provide the quality of family life, love, affection and care to these children as the parents will be able to if they raise them directly. Youth of today grow up deficient in love, caring for others and understanding their roles and functions as members of a family and future parents. This consequently results in the social and psychological problems of our youth in the community today.

Ladies and Gentlemen

The crippling effects of drug abuse has torn apart the youth of all nations, creating severe problems of epidemic proportions and it must be stopped. The question is - how do we go about it?

The approach must be on a basis of the progressive involvement of youth with the adult community in establishing more progressive goals for an already good situation. Youth must be allowed to play a greater role in the decisions made for, and in society. The participation of youth in such an exercise produces intergenerational communication allowing a building on a culture of continuity. Youth must be made responsible for their actions. Presently youth are allowed to participate in various activities/ actions, but, there is limited direct involvement in the decision making process that will allow youth to be accountable for their actions. Such lack of participation not only hinders the development of youth as individuals and as responsible citizens, but, it also denies society the benefits of the constructive contributions of youth.

Studies show that refractory and other undesirable behaviour, including drug abuse, are precursored by unsatisfactory home conditions; inability to cope with stress, undesirable associates; inadequate, inconsistent and ineffective parental supervision and guidance, when such situations are extrapolated onto a rapidly changing and competitive society, drug abuse is not far off. Anything that strengthens the family and community life, has a tendency to prevent or reduce moral delinquency. Short or radical

changes in these basic institutions, or a return to a more traditional and pre-industrial way of life, what can and must be done, is to find ways and means to strengthen the family life within the community. We have to now seriously review the effects of a nuclear family system vis-a-vis the extended family system. Youths need to understand the meaning of family living to be able to function as its member. Youth need to be extolled on the strength which emanates from other family members when facing problems together. Youth organisations thus need to seriously review strategies to assist youths to understand this role and contribute towards a healthy family living.

Ladies and Gentlemen

To effectively face the drug abuse problem, what is required is a comprehensive national anti-drug policy. The government of the day needs to ensure that its public is healthy and free from any malady - especially drug abuse. The government should provide the necessary leadership in propagating action against drug abuse. A national anti-drug abuse policy fills this need. This need is increasingly felt by all countries that are facing this menace. Much to their consternation, these countries only discovered their problem too late and were lost for action at the onset of their drug abuse prevention efforts. The situation has since changed. A number of countries have experimented with a variety of approaches towards eradicating the drug problem with varying degrees of success. The experiences now form a compendium of possible methods and strategies for combatting the nefarious problem - drug abuse.

We, in Malaysia, have used demand and supply reduction as our basis to formulate an anti-drug abuse policy. Experience in many countries has shown that when supply and demand reduction strategies are used separately, they have not produced any significant result. Both of these strategies have to be applied complimentary to one another. To curb the supply of drugs in Malaysia, tough laws have been enacted and stringently enforced. A war has been declared against drug traffickers of whatever colour or creed. We do not apologise for our actions, which are aimed at ensuring that 60% of our population who comprise youth, stay free from drugs.

This tough stance has borne significant results, and Malaysia, to a degree, is now being avoided as a transit route for drugs. The amount of drugs seized too has increased due to increased vigilance on the part of enforcement agencies.

Ladies and gentlemen

The long term approach for eradicating drug abuse is demand reduction. Demand reduction focuses on moulding the attitudes of youths to abstain from using drugs. Under this approach, the strategies used are:

- a) **Primary prevention** which seeks to insulate those not involved with drugs not to begin their use: and
- b) **Secondary prevention** which seeks to treat and rehabilitate drug dependants so that they do not go back to their habit. Current prevention efforts focus on primary prevention. Allow me to delve a bit further on this subject.

“ We do not apologise for our actions, which are aimed at ensuring that 60% of our population who comprise youth, stay free from drugs. ”

Primary prevention is basically undertaken through preventative education and information in schools, workplaces and community organisations. Preventative education is both short and long term. It is a continuing process of educating the community on the causes, effects and consequences of drug abuse. We need to get the community informed and educated on the dangers and consequences of drug abuse. Drug education hence can be generally defined as ‘A learning process that influences an individual emotionally, intellectually, psychologically and socially and may result in the modification of attitudes that influences drug taking behaviour.’ Hence it is imperative for us to focus on current prevention education efforts towards providing factual information and not only for scaring the audience. **Scare tactics**, though effective in the short-term to jolt the community, in the long-term, undermines our credibility. We should stop exaggerating the power and importance of drugs. We must show the public that people can control drug abuse much more than drug effects can control people. The schools have a role in bringing this about, amongst the young population. The media probably has an ever greater responsibility to teach these facts to the majority of the public, including youths, who are no

longer in school. Youth organisations have a moral responsibility to educate the members of their respective organisations to stay away from drugs by providing them with activities that bring about awareness on the dangers and consequences of drug abuse.

Ladies and gentlemen

We must also recognise the importance of positive self-esteem, affectionate relations and stress coping skills in the avoidance of drug abuse. Drug abuse prevention is inevitably tied to the promotion of mental health. Communications skills and stress coping skills can be taught and should become part of a required programme of health education in every school. Such skills can also be offered through adult continuing education programmes undertaken by religious, community, civic and youth organisations. Some of the necessary conditions for healthy emotional and social development of adolescents/youths are:

- a) Participation as citizens, as members of a household, as workers and as responsible members of society.
- b) Exposure to and experience in decision making.
- c) Interaction with peers and gaining a sense of belonging.
- d) Reflection on self in relation to others and self-discovery by looking outwards as well as within oneself.
- e) Discussion of conflicting values and formulating value systems.
- f) Development of a feeling of accountability for one's own behaviour.

The educational system too has been for the most part slanted towards materialistic aspects. The acquisition of knowledge on science and mathematics has been emphasised and knowledge on the humanities has been largely downplayed. Until very recently, little attention has been given to moral and religious education. Recognising that a society unguided by moral, religious and cultural values can hardly be expected to remain cohesive under stress. There is a need for a greater emphasis on these aspects. To immunise our youth of the future against drug abuse, we must ensure that moral, spiritual and cultural programmes are provided

to the youth of today. Community organisations, especially those specialised in bringing to the fore religious and moral issues, need to involve youths in their activities to inculcate sound spiritual and moral values amongst them. These qualities are necessary for the wholesome development of the personalities of our youth.

Youth too need to develop skills to overcome problems amongst themselves. They require skills to be able to identify, comprehend and overcome shortcomings. It is often difficult for adults to enter this realm. There is a need for youths to form peer support groups who possess these skills to assist other youths overcome problems. It is obvious that the best source of support for youth involved with drugs, are fellow youths. The adults would probably be too hurt to be in an unbiased position to assist them. Thus in training peer-support groups, it is not only the participants who will be recipients of the anti-drug message, but, they in turn will be active agents in imparting that knowledge to their peers, fellow youth, who are in need of support to stay free from drugs. Rehabilitating drug dependents need constant positive peer support to stay free from drugs. When this support is not forthcoming, they have a much greater chance of relapse. The involvement of such persons in youth organisations or alternatively activities sponsored by youth organisations, serves to provide positive peer influence.

Ladies and gentlemen

We cannot take the view that somehow the problems of drugs and drug abuse will not continue to persist or emerge in new forms in years to come. It is by way of immunising our youth against this uncertain future that we hope to fight this scourge. The success of this effort will depend on the intimate participation and wholehearted support of all sectors of society and in the context of the youth. The commitment of the youth is vital in the all out war against drug abuse. With this, it is my fervent wish that you will delve and deliberate diligently over the next few days and propose concrete measures to involve youth and all members of the society to effectively eradicate drug abuse. I wish you every success and be assured that my thoughts will be with you throughout the conference.

I now have great pleasure in officially declaring open this conference very aptly named 'The Commonwealth Conference for young people working in the drug field - dealing in solutions.'

Thank you.

Welcome Speech by Mr Moni Malhoutra, Assistant Secretary General, Commonwealth Secretariat

Honourable Minister, Your Excellencies, Commonwealth Colleagues

It is my pleasure and privilege to welcome you to this conference on behalf of the Commonwealth Secretary-General, who will be following your deliberations with interest, on behalf of the Commonwealth Youth Programme, which has responsibility for organising this meeting, and on my own behalf.

It is not often that young people from the Commonwealth are able to gather together to tackle a specific problem; much less, one which is so obviously a central threat to the well-being of their generation, and to future generations. The full attendance, with participants drawn from virtually every member country, vividly demonstrates the seriousness with which drug abuse and illicit trafficking is viewed across the Commonwealth.

We are particularly fortunate that Malaysia should be our hosts. No traveller to Malaysia can fail to be aware of the severe penalties the Malaysian Government has decreed for the possession, the peddling and the use of illicit drugs. It may be a controversial policy - but no one can doubt the resolve of the Malaysian Government in overcoming what is a growing evil touching the lives of too many, here as well as elsewhere. It is not Malaysia which made illicit drugs a life-or-death matter; that it already is - for those caught in its grip.

But the Malaysian government's efforts to combat the drug problem transcend its own laws. The leadership and personal commitment of Prime Minister Mahathir has also included his Chairmanship of the International Conference on Drug Abuse and Illicit Trafficking in Vienna, in 1987, and the International Convention which was adopted as a result. Today the Malaysian government's concern is manifest in yet a different way, namely in the invaluable support given by the Ministry of Youth and Sports to this meeting. I thank you, Minister, for the help and co-operation we have received.

Many of you will be aware that in four months' time, Kuala Lumpur will again be the venue for a Commonwealth occasion namely, the forthcoming meeting of Commonwealth Heads of Govern-

ment, with Prime Minister Mahathir in the chair. I have no doubt that Heads of Government will once more return to the issues of drug abuse and drug trafficking; and no doubt either, that if the young people of the Commonwealth speak clearly and imaginatively at this Conference, their voices will be heard in October, at the Putra World Trade Centre where our Heads of Government will meet.

There is a sense in which the awful realities of the drug problem run far ahead of common perception. Although in some cultures and religions, the consumption of drugs has long been tolerated, on a controlled and limited basis, it bears no relation to the uncontrolled and remorseless spread of drug usage today. Until confronted with the consequences of drug abuse, (and then when it is sometimes far too late) parents, families, schools and youth organisations and agencies have often been slow to detect warning signals, because these were so unfamiliar. What knowledge there has been, has, in the past, been too often wrapped in the glamourised aura of pill popping, pot and pop music. But in place of these frivolities, there is now a deadly seriousness.

Serious, because the drug problem is all-pervasive. It is spreading through the age groups, into schools and affecting even the very young and most vulnerable. It knows no boundaries of social strata or socio-economic grouping and, most important of all, it is a problem that is manifest world-wide. All countries, developing and developed, North and South, island and continental are under assault. No longer is it a problem confined to a small group of people living in the industrialised world. Its insidious growth is everywhere.

In Pakistan, in 1982, there were 300,000 known heroin addicts. Just seven years later, it is estimated that there are 2 million. - almost a seven fold increase. That experience is by no means unique. In late 1987, the UN Bulletin on Narcotics recorded a striking and universal escalation in heroin and cocaine abuse, accompanied by a remorseless spread in the use of cannabis and various types of psychotropic substances. It noted the beginnings of cocaine abuse in Nigeria, mainly by young males. It showed heroin abuse in Britain in 1985, some 25% higher than the

year before. And it recorded a deteriorating situation here in Asia. For example, in Sri Lanka, heroin abuse had not appeared as a problem prior to 1982; by 1985, there were an estimated 24,000 users.

This rapid-fire spread in drug-usage is not only serious, it is deadly, killing young lives through addiction and overdose, but now also destroying lives, especially of the intravenous user, through the new scourge of AIDS.

The victims of this growing drugs pandemic are not outcasts, far removed from society. They are ordinary people, like you or me. Anyone who has seen the personal ravages endured by the heroin user and the excruciating physical and mental pain involved in attempting to shake loose the habit will be only too aware of the impact of drugs. You will have seen the promising career nipped in the bud by cocaine addiction, or the bubbling young personality whose senses have been dulled by a craving for 'crack'. It is they who are in the front-line. It is those primary victims who rightly need our help and support.

But societies and countries can be victims too. A poison has been injected into too many communities and countries in the Commonwealth and the wider world, corrupting the institutions of law, order and democracy; stimulating criminality and violence; corroding financial probity and integrity; sapping the energies, the vitality and the lives of drugs users themselves. It is a problem which devours resources. Money spent on preventing and treating drug addiction and on increased policing and surveillance is money not spent on reducing infant mortality, building houses, providing clean water or furnishing schools with books.

The majority of Commonwealth countries are small states and their smallness carries with it particular problems of vulnerability. The traffic in drugs is big business and big money and the capacity of small states, where systems are fragile, to resist the destabilising impact of drugs both within, and transiting their territories is small. But whether big or small, all are vulnerable in varying degree. More and more countries feel threatened or simply unable to cope.

Like the spread of AIDS, or the threat of envi-

ronmental collapse, the response cannot possibly be solely on a national level. That is why the menace of drug abuse has, with dramatic speed, become one of the priority issues on the global agenda. A worldwide problem must be met by a package of measures which are concerted, comprehensive and global.

All this helps to explain why the Commonwealth feels impelled to act. There are, at the international level, many agencies attempting to tackle the drugs issue, through a range of strategies and forums. Many of those we are glad to support in whatever ways we can, and it is certainly not our task to duplicate work, or cut across the efforts of others. But there is a distinctive, almost unique contribution which the Commonwealth can make. First, it is virtually the only international association which can bring together young people to address what is, after all, a young person's issue, worldwide. In one or two

“ The victims of this growing drugs pandemic are not outcasts, far removed from society. They are ordinary people, like you or me. ”

cases, I may be unduly flattering, but essentially this meeting involves young people. It is your understanding and your insights which will be needed to cut through some of the problems that affect your peers. Of course, there are a number of different dimensions to the drugs questions - questions of law, of financial flows, of health, of customs regulation, of immigration, and so on. I do not believe that the genie can be put back into the bottle and the drug trade altogether eliminated. But if the problem is to be at the very least contained, young people will be needed in the fight to combat it. If young people are part of the problem, they must also be part of the solution.

More than that, the Commonwealth is a unique web of linkages; of all continents, regions, religions and power groups. The contagion of drugs has been no respecter of the artificial divisions which separate the globe. The Commonwealth provides a key to unlocking those barriers, to bridging division and to bringing together the wealth of diverse experience which a meeting such as this is capable of gathering and sharing.

The Commonwealth can also offer a different approach in terms of style. From the biennial summit of Commonwealth Heads of Government to a relatively small meeting such as this, the watchword is flexibility, innovation and informality. Through dialogue - through providing all with the opportunity to contribute and question,

to listen and reflect, to propose and challenge - a common way forward can be found. This is not a meeting of experts propounding views to be regarded as sacrosanct, or of resolutions and majority votes. Rather, it is a process which I hope will be participatory, creative and dynamic, based on an acknowledgement that there are no easy or universal solutions, that this is a field requiring innovation and, if you will excuse the word, experimentation. More than anything else, it seems to me, there is a need to bring the issue out of the closet, as it were, in all our educational systems, by making education about drugs part of the core curriculum in schools.

I should like to conclude by reminding you that this meeting is not an isolated, one-off event. It is part of a concerted Secretariat attack on the drugs problem. That programme of action currently includes the Health and Legal Divisions of the Commonwealth Secretariat, the Women and Development Programme, no less

than the Commonwealth Youth Programme, and it has already produced practical results, most notably in the Scheme for Mutual Legal Assistance in Criminal Matters between Commonwealth jurisdictions and the specific assistance that we can provide to small states concerned about the laundering of money through their banking systems. But we would like to do more, and we look to you for new leads and ideas which could be translated into programmes of co-operative action.

This conference will be 'Dealing in Solutions', and I wish your deliberations well. I hope you will find the meeting enjoyable, as well as stimulating and enlightening; but, above all, there is a wider Commonwealth constituency, and most particularly a constituency of young people, who will earnestly hope that your deliberations do indeed result in solutions. In that respect, you have a stake in their future; let us ensure by our actions that they **have** a future.

Appendix 3—The 'On Line' Project

Back in the early planning stages of the drugs conference the planning group expressed concern that, although events such as these are of benefit to the people who attend, information, ideas and issues are likely to be lost to the wider group of people interested in the topic. They therefore recommended the development of the 'On Line' project to collect information from participants during the formal and informal sessions of the conference for translation into a set of training materials and an informal conference report. The project involved four members of staff, Thom Sandiford, Padma Ratnayake, Kawaka Obbo, Augustine Meti and Phil Hope (a freelance consultant).

They comprehensively covered the conference, recording the exhibition materials, sitting in on the group sessions, attending the regional meetings, interviewing participants and meeting as a team to identify the key issues that were emerging, and interesting people that should be talked to.

The training materials will comprise the following sections:

- What are drugs and why do people abuse them?
- Planning an overall drugs policy and strategy;
- Preventing the use of drugs;
- Making early interventions amongst drug users;
- Managing people who are dependent on drugs;
- Controlling the supply of drugs;
- Minimising the harm drugs do;
- Information, training and support for drugs workers;
- Evaluating success in drugs work;
- Taking action and creating change;
- Evaluating your drugs training.

Funding for this initiative has been generously provided by the Canadian International Development Agency (CIDA).

The presence of this group and the sensitive, committed and professional way in which they went about their work was an important factor in the working of the conference. Participants received a considerable boost from the knowledge that their formal and informal deliberations and ideas were to have an ongoing value.

The materials will be available in the latter half of 1989.

Appendix 4—Conference Exhibition and Country Reports

One of the important requests to participants, prior to arriving at the conference was to please bring with them information relating to drugs and youth issues and programmes in their countries. Two particular requests were made:

- a) for a country report that:
 - described the nature of the drugs and youth problem in their country,
 - analysed their understanding of the reasons why that problem existed,
 - outlined the policies and the programmes responding to the situation

- b) for materials that would contribute to a conference exhibition. These could include:
 - posters
 - training materials
 - manuals
 - leaflets
 - videos
 - etc.

Country reports were completed by 36 countries. Each of them provided succinct summaries under the 3 headings described. The information in them is considered to be so valuable that the compilation of country reports will be produced as a separate document.

Participants brought a voluminous and outstanding array of exhibition materials with them. The conference foyer, halls, corridors and lobbies overflowed with a varied and comprehensive array of youth and drug related works. Posters covered the walls and there were large quantities of manuals, leaflets, books, booklets and brochures.

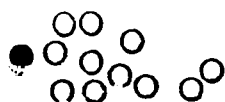
This greatly added to the information base of the conference.

Appendix 5—'The Daily Dose', the Conference Newspaper

To help create a positive conference spirit and a way in which communication could take place between participants themselves and the organisers, a conference newspaper—'The Daily Dose' was initiated.

This was made available at breakfast every morning and was looked forward to eagerly by all conference participants. It was compiled overnight, by a mixture of participants and CYP staff.

Attached, by way of example are numbers one and three.



DEALING IN
SOLUTIONS

Kuala Lumpur 12 - 16 June, 1989

THE DAILY DOSE

COMMONWEALTH DRUGS CONFERENCE NEWSLETTER

NO. 1

Sunday 11 June

Your Newsletter

Welcome to Malaysia and to the pan-Commonwealth Drugs Conference. The Daily Dose is a news sheet to keep you informed about what's happening in and around the Conference and to enable you to share your impressions and experiences, good and bad, with the rest of us. So quickly put pen to paper now and let's have your news. (Yes please. I can't do this all on my own! - Ed.) Please hand in your submissions to Roy Chalmers at the Conference Secretariat on the second floor by 2.00 p.m. for inclusion in the following day's issue.

Exhibition

Tables and display boards have been set up in the foyer to Kampo Hall and in the entrance hall for you to exhibit your books, pamphlets, posters and training materials. So get together and set up your exhibition and share your country's ideas and initiatives with others.

Graffiti Wall

Some of you may have done it. Some of you may nurture a secret desire to plaster walls in public places with your opinions. Well now's your chance! Go mad with a felt tip pen and plaster the graffiti board on the first floor with your views of the conference; what's good, what's bad and what's funny.

T-shirts and Hats

Aren't the T-shirts and hats just great? Let's see you wearing them with pride over the next week.

Explore-(s) of the Day (or who did what where)

While most of you were busy doing things like arriving by plane, registering and unpacking, one group of intrepid explorers decided to get the ball rolling by exploring the unknown parts of K.L.

The Saturday night explorers (or liners if you're from the Caribbean) were Augustine Meti, CYP South Pacific Centre tutor Debbie Ransome, Caribbean journalist covering the conference, and Maxime Tirant, a police sub-inspector in the Seychelles. The venue was Jalan Tuanku Abdul Rahman, a street of shops, vendors, and foodstall operators who come out every Saturday night to sell their wares. The object was to shop, shop more, eat, and find some beers.

We can report that our mission was highly successful. The food was excellent and the beers we'll get to later.

There's much to see in this area and any obliging taxi driver will take you there. Between 8.00 pm and 11.00 pm you can buy anything from spicy peanuts to paintings, from Bermuda shorts to Samosas.

Clothes are extremely cheap and we'll not tell you how many pairs of shorts Maxime bought but look out for a well-dressed police sub-inspector from the Seychelles!

The range of food is simply amazing and you can buy all sorts of fruit juices.

There are other things to see at the Jalan Tuanku Abdul Rahman. Peek over the shoulders of one crowd and you'll see a man apparently in the middle of a comical monologue. He has the crowd holding onto one another with laughter.

There are many vendors selling cassette tapes blasting out the usual Madonna, etc..you'd think you were in a Landon record shop or Frederick Street in Trinidad if you closed your eyes.

And, of course, there's the chance to barter...(Editor's note: anyone in doubt about how to get into this activity, ask Augustine...he established himself as something of an expert on Saturday night...it was a joy to watch, I'm told).

What else is there? Of course, Kentucky Fried Chicken...the Colonel gets everywhere.

Did we find the bar?...I hear some of the less teetotal members of the group ask.....

Yes, we did. But not where you'd expect it. At the end of this busy shopping street,

outside a cinema, we found a couple of stalls that appeared to be only selling soft drinks of the 7-up and Coca Cola type...Hey, what the heck we say...a drink is a drink and we're too thirsty to continue the hunt for alcohol..but what is this...in between the Sprite and Coke and lime juice, a tin of Carlsberg, an Anchor (local) beer.

So we ignored decorum and tables and other aspects of the beer drinking scenario and stood up outside the cinema and drank our quota of beers then it was back to the IYC...by the way, don't travel with the sleeping taxi drivers...try and choose one with his eyes open!

Any other suggestions or tales to relate as you settle in...write in to cop the EXPLORER OF THE DAY (OR NIGHT) AWARD...we can't guarantee a prize but you certainly have a lot of fun winning the title.

Shops

There are a number of shops on the ground floor selling stationary, stamps, toiletries confectionary and souvenirs.

Money Changing

Money can be changed in the shop next to the reception desk.

Information Board

There is an information board on the first floor landing for personal messages. Make sure you check it regularly.

STOP PRESS

After a considerable struggle, Africa has successfully taken control of the Grafitti Wall for promotional purposes! However, you can now have the pleasure of scrawling on the pillars nearby. On the paper of course.

PROGRAMME

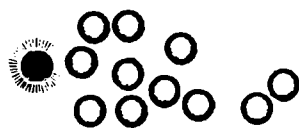
Monday 12 June

Inauguration Ceremony

- 8.30 a.m. - Participants arrival in the hall.
- 8.45 a.m. - Invited guest arrival in the hall.
- 9.00 a.m. - Welcome statement from Mohd. Ali Abu Bakar, Director General of Youth, Malaysian Government.
- 9.05 a.m. - Welcome statement from Mr Raja Gomez, Director of Commonwealth Youth Programme.
- 9.05 a.m. - Official Commonwealth Secretariat welcome to the Conference by Mr Moni Malhoutra, Assistant Secretary General, Commonwealth Secretariat.
- 9.30 a.m. - Hon. Dato Sri Mohd Najib bin Tun Abdul Razak will officially open the Conference.
- 10.00 a.m. - Refreshments.
- 10.30 a.m. - Plenary Sessions in the Dewan Kampo. Ms Victoria Martin, a member of the Planning Group for the Conference will introduce a number of the issues covered by the Planning Group, in order to set the scene for the forthcoming deliberations.
- 11.00 a.m. - Small discussion groups.

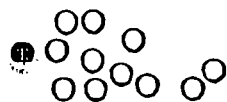
- 12.15 a.m. - Plenary Session in the Dewan Kampo, to both discuss the contributions so far, and to raise issues covered in the small group discussions.
- 1.00 p.m. - Lunch.
- 2.15 p.m. - Three seminars on the Demand Side
 A. Early Intevention Strategies (Main Meeting Room)
 B. The Management of Dependency (Flower Arrangement Room)
 C. Preventive Work (Language Class One and Two)
- 4.00 p.m. - Refreshment
- 4.30 p.m. - Seminars continue
- 5.30 p.m. - Close of Day's session.
- 7.45 p.m. - Dinner to be hosted by Minister of Youth and Sports, Malaysia.

N.B. For the location of venues check your Building Layout document.



DEALING IN
SOLUTIONS

Kuala Lumpur 12 - 16 June, 1989



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THE DAILY DOSE

COMMONWEALTH DRUGS CONFERENCE NEWSLETTER

NO. 3

WEDNESDAY 14, JUNE

Round and About (Our About Conference Column)

The official openings and receptions are over and we're getting into the real meat of the conference.

So what's going on?

There have been some lively sessions as the larger group began to break into smaller workshops. On Monday afternoon and Tuesday morning participants got into the demand side of the drug problem.

For lively group management, check out Australia's Cecily Stead's handling of the Early Intervention Strategies session (good on ya, Cecily....) beginning with an interesting ice-breaking session.

The small but lively Management of Dependency group held an interesting session Tuesday morning. High marks must go to Kenya's Eva Gituku who bolstered up the spirits of this group with a morale boosting speech on the need for optimism in community work in drugs. (that's the spirit, Eva).

The issue of adding alcohol and tobacco use to the terms of reference of this conference continues to pop up in the corridors, in the plenary sessions, and in the workshops (see yesterday's editorial) all proving what a lively time everyone's having.

Now, talking about lively times.... what have the participants been getting up

to in their free time?

Much thanks first of all to the Youth and Sports Ministry for that luscious Chinese dinner last night.

The cultural show was also great and, we understand, quite a rare treat even for the Malaysians in our group and at the hotel.

Also congratulations to those who managed all nine courses. 'The Daily Dose' understands that all this eating was not a problem for the large numbers who decided to exercise off those calories by moving to the Club next door afterwards.

There were apparently two groups of wanderers-one group went to a show upstairs while their colleagues boogied the night away on the disco floor.

Now we come to the don't-mention-who-did-what-part of this column (Don't worry, discretion is the watchword of this newsletter).

Now, I ask....who "borrowed" a gin and tonic (glass and all) from CLUB 02 on Monday night?

Who started undressing on his way upstairs before the group could reach the first floor back at IYC?

Next...which group of participants accidentally missed the dining area at lunchtime and found themselves at Kentucky Fried Chicken on Tuesday....(Sorry, Ed, no answer to this but 'The Daily Dose' understands the Caribbean region afternoon session started a little late)

Another question.....which three participants have managed to blow up two irons and a blow dryer in the space of three days.....Guess that's what comes from pushing 120 volts into 240.... huh?

Anyway, folks.... our roving correspondent will continue to roam the corridors checking out the conference momentum.....

The sessions are lively, the evening clothes look great.... and you all seem to be both working and playing hard.....ENJOY.

Tuesday's Editorial provoked the following response from an anonymous participant:

"Dear Editor,

I must express my shock and complete amazement at your seeming willingness to sweep the issues of alcohol and tobacco abuse under the carpet. Sure, cocaine, crack and heroin grab all the headlines and the attention of our politicians. But it is precisely this fact that makes alcohol and tobacco so dangerous. Their insidious sub-surface workings always take second place to the more sensational drugs - to the extent that they have been able to take a stranglehold on our societies, as they gleefully squeeze the life from our youth.

Sir, your editorial has served to remind me also about the danger of our making distinction between 'hard' and 'soft' drugs. A drug is a drug - and is

defined as any substance which alters the psychological, chemical or physical state of a person - alcohol and tobacco included. While I trust there was no deliberate attempt to be maliciously apathetic about the problem of these socially acceptable drugs, you should know that you run the danger of being labelled hypocritical.

I was most upset to be at a drug conference and see beer flowing like water among supposedly committed participants. I was deeply hurt to see even the "DAILY DOSE" recounting the exploits of a band of intrepid explorers in their quest for alcohol (I guess these people do not consider themselves alcoholics!). So here we are sending mixed messages to our kids - Hey, stay away from coke-it kills! alcohol, well social drinking is okay - just don't overdo it! If I had not been so committed to the drug fight and read your first issue, I would get the impression that drinking is okay, its cool, it's fun-precisely the impression we don't want our youth to have!

'Exciting' politicians are not the answer - the only thing that really excites this particular animal is election returns. Politicians are a dime a dozen (both in availability and value) but our people are not. Let's try to sensitize the people about our problems. One thing we don't want is a junkie-free society that accepts social drinking-alcoholism. Try not to mix your messages to our people. Be careful not to advocate the crucial first step toward alcoholism - the

number one problem today.

Signed " Concerned and
Committed"

Get On Line

No doubt you are well aware of the five of us in the On Line Project who are hanging about all over the place. Believe it or not we're working ! We're gathering in your ideas, views, opinions and examples of work, so that after the conference we can produce information and training materials for you to use.

We want more! Please - if we don't find you - find us. Give us materials you think we can read and use later. Tell us about training institutions you are involved in. Let us know what kind of information or materials you would like to receive after the conference.

Contact any one of us, Phil, Padma, Augustine, Obbo or Thom or leave materials in the On-Line work room, Seminar Room 1.

A Night Out

The 90 or so people involved in the Conference converged on the Shangri La Hotel in the heart of Kuala Lumpur last night for a magnificent dinner hosted by Malaysia's Minister for Youth and Sports, Dato Sri Mohd Najib.

The 9 course Chinese meal was tackled tentatively by some of us as we attempted to grip wafer thin slices of fish and meat with our chopsticks. But

we were all eventually won over to the delicate and varied flavours as dish followed dish.

The meal was accompanied by a musical entertainment and a parade of graceful young women and men in a variety of beautiful costumes from different regions of the country, performing hypnotic traditional dances. These deservedly drew cheers and applause. Finally we were invited to join in the merriment. Some of the dancing which followed was truly indescribable! Our thanks to the Ministry for a great night.

The evening ended around 11.30 but most didn't get back to the Centre until gone 1 o'clock. What could they have got up to? We hear that dancing of a different kind was taking place nearby. Others went on a tour of the city by night. I believe 'Mr Warren' saw things that could not be found in his home town of Leicester. But that's another story for an altogether different type of publication.....

Locked Out

If you are sharing a room with one or more of your colleagues, please remember to leave your key at the reception if you are going out, either during the day or in the evening. On returning from the dinner at the Shangri La a number of weary participants were unable to get into the rooms. It's a simple procedure. Don't let's create bad feelings.

Lens Cap Found

A lens cap belonging to a Yashica camera has been found. If it's yours, please collect it from the Conference Secretariat Office on the 2nd floor.

Expenses

Final instalments of expenses will be paid (to all those who submitted a claim) during Wednesday morning.

John Fowler will be in the foyer from 0815 hrs- 0900 and again during morning refreshments from 10.00 to 10.30.

Some people have not collected their initial expenses - these will be available at the same times.

Repayment of costs of travel to/from home to London/Sydney.

Many people have now given photocopies of their tickets to John Fowler. If you have not yet done so please take your ticket to the Production Room at the top floor, take a photocopy, and give it to John.

Payment will be made by bank draft to your ministry/organisation unless you give alternative instructions.

These payments will not be made until end of June when the CYP team is back in London.

SUBMISSIONS TO THE DAILY DOSE SHOULD BE HANDED INTO THE CONFERENCE SECRETARIAT OFFICE ON THE TOP FLOOR BY 4.00PM.

PROGRAMME

Wednesday 14 June

Theme : The Supply Side

- 09.00 Small groups of people (4-6) including people from at least three regions will convene, in buzz group style, to -
 - (a) reflect on yesterday's contributions
 - (b) identify two key problems that need to be addressed
- 10.00 Refreshment
- 10.30 Participants meet in regional groupings to draft a set of programmes they would propose for adoption by the policy makers in their area. This could involve the regions

breaking down into sub-groupings.

12.30 A brief plenary session.

01.00 Lunch.

This section of the Conference will concentrate on approaches to the misuse of drugs and seek to minimise the harm that drug users do to themselves, their families, communities and countries.

14.15 In the course of the conference four participants will be asked to give four case studies of Harm Minimisation in action. These four case studies will be on the following themes:

- (a) to the drug-user eg. to minimise the risk of contracting Aids.
- (b) to the drug users family eg. to minimise the stress that they endure.
- (c) to the drug users family eg. to minimise the stress that they endure.
- (d) to the drug users work place e.g. to minimise the possibility of accidents.

15.00 Small groups (6-10) will be formed and asked to feed back in a creative fashion (e.g. role play, development of a poster, interview, writing and presentation of a poem) the issues they raised and the actions they recommend.

16.30 Presentation

17.30 Close and departure for Melaka (Malacca)

The evening will be spent at a camp, just outside Melaka (1 1/2 hrs from K.L), with a group of young people involved in a Drugs Prevention camp, organised by the Malaysian Government. There will be an informal dinner, entertainment (to which participants are most welcome to contribute) and supper (probably satay). We will all stay under canvas at the camp.

Appendix 6—List of Participants and Planning Group

Participants

Ms Daphne Hodge—Anguilla
 Mr Worthson Richards—Antigua
 Ms Cecily Stead—Australia
 Ms Rochelle Lighbourne—Bahamas
 Major (retd.) M.M. Iqbal—Bangladesh
 Mr Mohd. Anisul Kabir—Bangladesh
 Mr Richardo Marshall—Barbados
 Mr Edwin Small—Barbados
 Ms Diane Hall—Belize
 Mrs Mary Omphile—Botswana
 Ms Setshameko Toistere—Botswana
 Mr Dean Greenaway—British Virgin Islands
 Hj Latipah Hj Ali—Brunei Darussalam
 Mr Abo Manaf Haji Lampoy—Brunei Darussalam
 Pengiran Nordin Bin Pengiran Hj Mahmud—Brunei Darussalam
 Ms Nancy Comeau—Canada
 Mr Carl Herbert—St. Kitts
 Mr Teautuaine Maunga—Cook Islands
 Mr Pandeli Costa—Cyprus
 Mr Kwaku Arhim-Sam—Ghana
 Ms Rosy Bhola—Grenada
 Mr Tsui Ming Sum—Hong Kong
 Mr Gajendra Lakshkari—India
 Ms Zeenat Naquatee—India
 Ms Eva Gituku Wairimu—Kenya
 Mr Jamin Masasabi—Kenya
 Mr Joseph Katuli—Malawi
 Mr Mathias Thamusi—Malawi
 Miss Lee Saw Im—Malaysia
 Mohd. Mustafa B. Latif—Malaysia
 Ms Kalsom Abd. Wahab—Malaysia
 Ms Pathmalojani Selvarajah—Malaysia
 Mr Saifuddin Abdullah—Malaysia
 Mr Saudagar Singh—Malaysia
 Mr Z Bt. Haji Abdul Hamid—Malaysia
 Mr Hussain Rasheed—Maldives
 Ms Salma Fikry—Maldives
 Dr Baldacchino Alexander—Malta
 Mr Ghallu Anun Kumar—Mauritius

Mr Virendra Daby—Mauritius
 Mr Lloyd White—Montserrat
 Ms Vicky Rakuraku—New Zealand
 Ms Sandra Meredith—New Zealand
 Mr Latunde—Dada—Nigeria
 Mr Julian Paraha—Papua New Guinea
 Mr Karona Augera—Papua New Guinea
 Mr Maxime Tirant—Seychelles
 Ms Noelle Gontier—Seychelles
 Mr Josephus Williams—Sierra Leone
 Mr Low Wun Gong—Singapore
 Mr Rajab Bin Mohamed—Singapore
 Mr Mojela Shale—Lesotho
 Mr Sumana Banda—Sri Lanka
 Ms Chithranganie Perera—Sri Lanka
 Mr Jimmie Forde—St. Vincent
 Mr Jim Xavier—St. Lucia
 Mr Philip Charles—St. Vincent
 Mr Michael Shongwe—Swaziland
 Mr Ndallamah Saeid—Tanzania
 Mr Ousman Sillah—The Gambia
 Ms Susan Baldeh—The Gambia
 Mr Kamelia Lino—Tonga
 Mr Junior Lopez—Trinidad
 Mr Earle Fulford—Turk and Caicos Islands
 Ms Adella Williams—Turk and Caicos Islands
 Rev. Suamalie Nt Iosefa—Tuvalu
 Mrs Hilary Tarrant—United Kingdom
 Ms Geraldine Nolan—United Kingdom
 Mr Harold Thompson—Vanuatu
 Mr Joseph Bwembya—Zambia
 Mr Ronald Ingram—Zimbabwe
 Ms Ronicka Gapare—Zimbabwe

Planning Group

Mr Mohd. Ali Abu Bakar—Malaysia
 Ms Victoria Martin—Canada
 Mr Rudolf Ferguson—Bahamas
 Mr Frances Phiri—Zambia
 Dr Andrew Ball—Australia

Appendix 7—List of CYP and Malaysian Government Support Staff

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|--|--|
| 1. Y.H. Dato' Abu Bakar Haji Mohd. Said
Secretary General
Ministry of Youth and Sports | 12. Mr Rosli Ismail
Assistant Secretary
Ministry of Foreign Affairs |
| 2. Mr Raja Gomez
Director
Commonwealth Youth Programme | 13. Mr Saudagar Singh
Senior Assistant Director
Anti-Drug Task Force
Prime Minister's Department |
| 3. Mr Mohd. Ali Abu Bakar
Director General of Youth
Ministry of Youth and Sports | 14. Mr Mohd. Isa Mansor
Head of Computer Division
University of Agriculture |
| 4. Mr Rusanuar Hj. Ismail
Deputy Director General of Youth
Ministry of Youth & Sports | 15. Mr Hj. Adenan Hj. Abd. Wahab
Director
Youth Movement Sector
Ministry of Youth and Sports |
| 5. Mr Warren Feek
Chief Project Officer
Commonwealth Youth Programme | 16. Mr Mohd. Khalid Hj. Mohd. Yusof
Director
Youth Training and Guidance
Ministry of Youth and Sports |
| 6. Mr Mohd. Aris Mohd. Amir
Deputy Director
Youth Unity Sector
Ministry of Youth and Sports | 17. Mr Ahmad Farok Hj. Mohd. Amin
Director
Research and International Affairs
Ministry of Youth and Sports |
| 7. Mr Suroya Selamat
Assistant Director
Research and International Affairs
Ministry of Youth and Sports | 18. Mr Raja Ruslan Raja Samah
Director
Economic Development Sector
Ministry of Youth and Sports |
| 8. Mr John Fowler
Project Officer
Commonwealth Youth Programme | 19. Mr Syed Abu Bakar Syed Abd. Kadir
Executive Committee
Malaysian Youth Council |
| 9. Mr Roy Chalmers
Executive Officer
Commonwealth Youth Programme | 20. Mr Ong Ang Ieam
Deputy Director
Training and Guidance Sector
Ministry of Youth and Sports |
| 10. Mrs Mariam Ujang
Director
Youth Unity Sector
Ministry of Youth and Sports | 21. Mr Mohd. Nawawi Hj. Mohd. Arshad
Deputy Director
Economic Development Sector
Ministry of Youth and Sports |
| 11. Mr Hj. Abd. Aziz Haji Awang
Principle Assistant Director
Anti Drug Task Force
Prime Minister's Office | 22. Mr Mohd. Zafri Hj. Mohd. Ali
Assistant Director
Youth Unity Sector
Ministry of Youth and Sports |

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| 23. Mr Mohd. Ghani Mohd. Yusuf
Assistant Director
Youth Unity Sector
Ministry of Youth and Sports | 26. Mr Kamal Majid
Executive Secretary
Malaysian Youth Council |
| 24. Mr Resat Salleh
Ministry of Information | 27. Mrs Shanti Kathriaratchi
Secretary
Commonwealth Youth Programme |
| 25. Mr Osman Ahmad
Programme Officer
International Youth Centre | 28. Ms Florence Kireta
Clerical Officer
Commonwealth Youth Programme |

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