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ALCOHOL ADVISORY COUNCIL OF NEW ZEALAND  
Kamihēra Whakatupato Waipiro o Aotearoa

## Features

When there's a little  
bit of a problem

New Drug Unit at  
Rimutaka Prison



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**The Alcohol Advisory Council of New Zealand** was established by a 1976 Act of Parliament, under the name the Alcoholic Liquor Advisory Council (ALAC), following a report by the Royal Commission of Inquiry into the Sale of Liquor.

The Commission recommended establishing a permanent council whose aim was to encourage responsible alcohol use and minimise misuse.

ALAC's aims are pursued through policy liaison and advocacy, information and communication, research, intersectoral and community initiatives, and treatment development. ALAC is funded by a levy on all liquor imported into, or manufactured in, New Zealand for sale and employs 30 staff. The Council currently has eight members and reports to the Minister of Health.

Kia ora, Kia orana, Ni sa bula, Namaste, Taloha ni,  
Malo e lelei, Fakaalofa atu, Halo olaketa,  
Talofa lava, Greetings...



Gerard Vaughan  
Chief Executive Officer

## WORDS FROM THE CEO

The last few months has felt like the conference season with ALAC hosting the Pacific Spirit Conference, our two Partnership Conferences and the YATA conference. I attended both Partnership Conferences and part of Pacific Spirit and came away yet again inspired by the dedication and insights of those working in New Zealand to reduce alcohol-related harm.

As well as our ALAC run conferences, I have also recently returned from the International Harm Reduction Association (IHRA) conference in Barcelona and meetings with alcohol agencies in Scotland.

Although the IHRA conference does have a strong focus on illicit drug use, there were a number of people also attending the conference with an interest in alcohol policies. Approximately 1300 people from 90 countries were at the conference including policy makers, frontline workers, police, researchers, educationalists and drug user advocates.

This mix resulted in a broad range of views being expressed on the various themes including human rights and the drug user and the criminal framework around illicit drugs. Alcohol specific themes considered in the conference were the Australian 'drunken' culture, young people and binge drinking, the night time economy and events, the relationship between alcohol and other drug use, women's drinking and the role of the World Health Organization (WHO).

In Scotland I meet with Alcohol Focus in Glasgow and the Scottish Executive and the Scottish Health Action on Alcohol Problems in Edinburgh. Alcohol is the number one health issue in Scotland and the Scottish Government recently launched a new approach to tackling alcohol misuse.

Key proposals include raising the minimum age for off-sales alcohol purchases to 21; setting a minimum price at which a unit of alcohol can be sold; ending 'three for the price of two' type promotions, which encourage impulse buying of extra alcohol; introducing a 'social responsibility fee' for some alcohol retailers to help pay for the consequences of alcohol misuse; introducing alcohol-only checkouts in large off-sales premises, so that alcohol, like cigarettes, is thought of as a special case and not 'just another product'; and a record £85 million increase in alcohol prevention, treatment and support services.

My impression on returning is that alcohol harm is increasingly being seen as an important priority in a number of countries. With recent developments in New Zealand, it is pleasing to see that we are also beginning to increase our efforts, which will hopefully stand up alongside what other countries are doing.

A handwritten signature in black ink, appearing to read 'Gerard Vaughan'. The signature is fluid and cursive, written over a white background.

Gerard Vaughan  
CEO

June 2008

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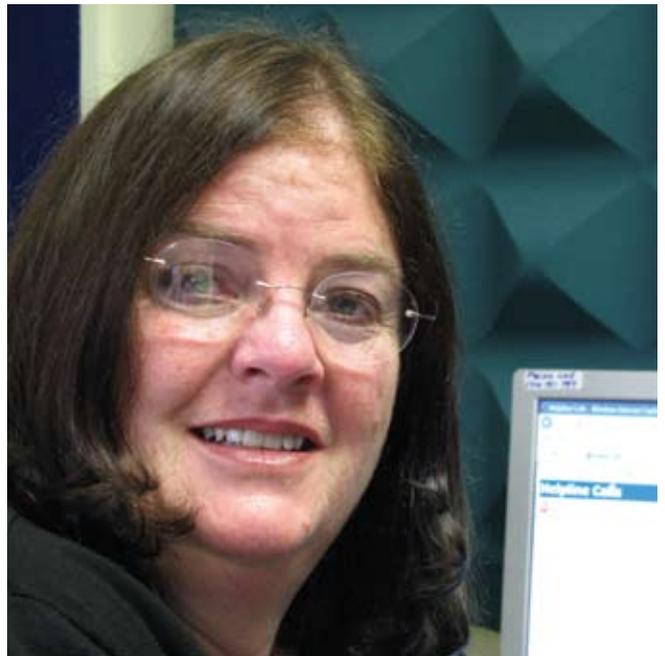
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# When there's a little

**“I think I’ve got a little bit of a problem.”**

**That’s how many callers to the Alcohol Drug Helpline bridge what, for them, is an immense gap between knowing they have a problem and actually taking steps to get some help.**

**It’s a sentence Carol Randal, Senior Brief Intervention Counsellor, has heard countless times since she started as a volunteer for the helpline seven years ago.**



While the words themselves are as meaningless as being “a little bit pregnant”, Carol knows it’s not the words but the action of calling the helpline that is important.

The Alcohol Drug Helpline is an early intervention service funded by the Alcohol Advisory Council and the Ministry of Health, which employs people experienced in health fields and counselling. Their role is to provide free, confidential information, insight and support on alcohol or drug-related problems or issues that may be affecting the caller or someone who cares about someone with a problem.

“We use the word ‘user’ to cover all callers with a drug or alcohol problem rather than any other label,” Carol says, “and they can range from 12 to 13-year-olds through to callers in their 80s.”

The total number of calls received by the helpline in the past 12 months was just over 16,000, an increase of around six percent over the last year.

Just over half of these callers were calling about their own problem with alcohol. It is this group of callers that has shown the greatest increase – 25 percent.

# bit of a problem...

By age, 12 percent of callers were up to 24 years; 20 percent between 25 and 34; 31 percent between 35 and 44; 27 percent between 45 and 60, and six percent were over the age of 60.

“Over the past year, there has been a slight increase in the older age groups with 64 percent of callers now being over 35, where a year ago it was 62 percent,” reports ADANZ (Alcohol Drug Association NZ) Quality Manager, Peter Cornes.

By gender, 59 percent of callers were female compared with 63 percent a year ago. Forty percent of calls were from males compared with 36 percent a year ago.

“The percentages are much closer for those calling about themselves, where 51 percent were female and 49 percent male,” Peter Cornes says.

Carol joined the service, as did a number of Helpline Brief Intervention Counsellors, known as BICs, because of a personal interest. Currently, there is a team of 11 permanent staff and seven casual staff who cover holidays and sickness leave.

When the Helpline began, it was a volunteer service. BICs underwent a 40-hour training programme during which they learned counselling micro skills in order to handle the broad variety of incoming calls. In July 2007, the Ministry of Health increased their funding and the Helpline is now a fully professional service.

Alcohol is the most called about substance, and most common are those calls that start with the admission of “a bit of a problem”.

“My response will most likely be, ‘so, it’s only a bit of a problem?’, after which people tend to gradually reveal the extent of their problem.

Callers often tell Carol they don’t know what to tell her, so she’ll simply ask them what’s happening in their lives.

The story might be stereotypical: a thirty-something man, multiple drink-drive convictions, whose wife has finally had enough.

Carol says that generally a caller in this situation is depressed and hopeless. It’s important, she says, to be calm, letting the caller tell their story, affirming they have done a good thing by calling and that it is possible to get help. It’s a balance of empathy and non-judgmental reassurance.

Occasionally, she says, she is so affected by the stories she hears she simply has to get up and get some fresh air. There is also the relief that comes from a debrief with colleagues. BICs receive monthly supervision and ongoing training – half of Carol’s working week is on the phones; the other half as training co-ordinator for the Helpline which operates the national service from its Christchurch base.

“It’s one of the great things about being part of the Helpline. You learn a lot from others and there’s a lot of peer support.”

Calls from the rural sector can involve problems with adult children, the callers often being concerned others of people of retirement age.

Or it might be a young mother; three children at school; who has a glass of wine with her lunch and another before picking up the kids. Then it’s a wine or two while cooking dinner then another with the meal.

Sometimes a little prompting is needed to get the real facts. Carol might ask for example, “What size is your glass? Is it a fishbowl?”

Where people are in doubt or unsure about the extent of their problem, Carol might ask questions designed to gauge problems with what are known as “the Four L’s” i.e. liver (health), lover (relationships), livelihood (job) and law.

“If you have a caller who is often unwell, whose spouse has left, whose job is on the line and who has been had up for a drink-drive or two, you can be pretty sure there’s a real problem.”

All the time, Carol is listening for some little difference in the talk that indicates the caller is thinking of making some changes: “We call it change talk.”

“I’ll ask them if after our talk what they think they might do. It is never our role to tell people what to do.”

As an early intervention service, the objective is to find out where things are at, if the caller is simply contemplating change or ready for action.

“We have a menu of options for actions and services that are available but it’s not just about giving someone a phone number. We tell the caller how the service works, what kind of assessment they can expect, how it will work; take the fear out of it.”

continued over

# When there's a little bit of a problem...continued

Carol might also offer some of the motivational and supportive resources produced by ALAC such as *The User Guide*, a self-intervention which encourages callers to keep a diary, set goals and learn about their triggers.

Calls are limited to 20 minutes, but on occasion go on longer.

"If someone is really distressed – and often when they're talking openly for what may be the first time about their problem, there are lots of tears – we won't cut them short."

As experienced by many social services, the Alcohol Drug Helpline has peaks and troughs of demand. Typically, calls are low at statutory holidays – the lowest level is around December 28 each year when the weekly average will drop to 30 calls per day.

The Helpline gets an increase in calls in response to media advertising campaigns. Most recent peaks of calling have been 92 in one day and a weekly average of 53 calls a day – both in April 2008, two weeks after the new ALAC mass advertising started. Call rates have since settled back to weekly averages of between 43 and 45 calls a day.

Carol says the radio commercials in particular, featuring the Helpline number, have had a great impact, most noticeably on males between 25 and 34 years calling about themselves rather than about others.

"Many callers have told me the radio advertisements caused an immediate reaction. If they were in their car, they'd pull over; others said 'every time I've heard that ad, I've turned the radio off – until now'."

At the end of each call, callers are asked where they heard about the Helpline number.

"One man said, 'Are you kidding, I've heard it over and over, it just sits in my head'."

Carol had some input in the making of the radio advertisements as a result of overhearing some of the proposed content.

"Some of it just didn't sound like what I hear all day on the phones. So I had some input such as, 'It's another Monday and I just can't go to work today' or 'If there's a bottle of wine in the house it calls me'."

"People say things like 'If I don't do something about this, I'm going to lose my family' or 'If I don't stop using, my life is over'."

Despite the prank calls and the odd abusive, distressing or upsetting call, Carol has never stopped loving her job from the day she started.

"After most calls, I just feel this is such a wonderful service; providing something nobody else does. It's so rewarding to be able to help and reassure callers that help is available to them and we hope, to make a difference in their lives."



# New Drug Unit at Rimutaka Prison

**New Zealand's first Drug Treatment Unit to provide treatment to prisoners with a high/medium security classification is now operating at Rimutaka Prison.**

**The man heading the addiction treatment programme, Care NZ Clinical Manager Kevin Pearce, is himself a recovering addict.**



"I used heroin and other drugs for over 30 years. Eight years ago, I made the decision to clean myself up. I did various programmes on the way though in my 'using life' and, in the end, I made a decision and eventually, it became a solid decision.

"I decided this was the field I wanted to work in. As most of my life had revolved around drugs, drugs were what I knew, so I flipped that over and turned it into a positive thing."

Kevin says he believes his background helps him to empathise with the inmates. "Addicts seem to connect with other addicts."

Kevin studied in the Waikato to become a social worker and then moved into counselling. He worked in a similar unit in Waikeria prison before moving to Rimutaka to set up the unit which opened in September last year.

A realist, Kevin acknowledges some inmates get on the programme simply to look good on their record for the parole board.

"Others are genuinely sick of what they have been doing and want to change."

The 28-week programme operates by creating a therapeutic community within the prison. It involves one-on-one and group cognitive-behavioural therapy, education on addiction and change, along with education about building new skills – especially social skills. The programme runs in three phases with a pre-commitment phase lasting two to four weeks, then phases one, two and three each lasting for eight weeks. To move through the phases, inmates need to pass assessments at each level.

"Those admitted to the programme have a history of substance abuse linked to their offending and are at high risk of reoffending," says Kevin.

Care NZ operates similar units at six other prisons throughout New Zealand. "Some of the content might be delivered a little bit differently but the structure of the programme is the same nationwide," he says.

"What is different about Rimutaka is we cater for the high/medium security category prisoner. That's our environment and that brings its own series of challenges. We are obviously limited by our environment; we only have the enclosed exercise yard, we can't take them outside as in units in other lower classification prisons.

**continued over**

# New Drug Unit at Rimut

“Prior to this place opening there wasn’t an opportunity for high/medium security rated prisoners to address their drug and alcohol use and their offending. I believe these guys should have the same opportunity to address their issues. To me they are the same guys that I experienced in Waikeria.”

Care NZ Chief Executive Officer Tim Harding, along with Care NZ’s Wellington Regional Manager Lynnette Knox, have been at the forefront of pushing for the setting up of therapeutic communities in prisons since the late 1990s.

“Research from New Zealand and overseas shows that many offenders have a substance abuse problem, and that alcohol and drug use is a factor in most serious offences,” Tim says.

New Zealand statistics showed that 89 percent of serious offenders have had a dependency at some point in their lives. Internationally, therapeutic communities have been shown to reduce drug dependence and assist with the reduction of recidivism in prisoners.

Tim was the Director of Programmes for Care NZ (then called National Society for Alcohol and Drugs Dependence) when they successfully negotiated with the Corrections Department to set up a one-year pilot at Arohata Prison.

“It was uncharted territory when we first started – it was quite scary.”

As Director of Programmes, he was involved with writing the programme, which was based on Care NZ’s community programme but with elements suited to the prison environment.

“We designed what is now called internationally a modified therapeutic community – modified for the prison environment.

You can’t have a purist therapeutic community in a prison because of the incarceration of the clients.”

Key elements of a therapeutic community were the staged model, allowing participants to move through the ranks to gain responsibility, privileges and status.

The one-year pilot was successful and is now operating in six prisons – Arohata, Waikeria, Christchurch Men’s and Hawke’s Bay Prisons, and at the Spring Hill Corrections Facility.

A 2006 evaluation showed they have been very successful. Re-incarceration rates were reduced by 14 percent for those who completed the prison-based programme; general recidivism was reduced by 9 percent, violent recidivism was reduced by 11 percent and the speed of recidivism was significantly longer.

“In fact, the reduction in reoffending rates we are achieving are among the highest that Corrections is achieving in any of their rehabilitation services,” he says.

He believes the greatest hurdle to establishing therapeutic communities in prisons is changing the prison culture. “It’s a mission every time because you are taking the prison unit with all the prison-based culture in both the Corrections staff and the inmates and supporting that to move into a therapeutic community culture. People think that you just go in and it happens. It doesn’t – it takes a minimum of one to two years to really get that therapeutic community culture running properly.”

Tim is now pushing for more programmes to ensure the successful reintegration into society of prisoners.

“A key way to improve the effectiveness of a therapeutic community is the inclusion of an aftercare programme,” he says.



# aka Prison continued

In late April this year, 11 of the 15 of the prisoners who started the course in September graduated. Among them was 47-year-old Eric\*, a former methamphetamine dealer who had been using drugs since he was a teenager. For him, the incentive to get on the course was to look good for the Parole Board. But very early into the course he says something changed.

“I began to think about my addiction, why I started to use drugs and why I continued using.” He began to find a strength he never knew he had. “I developed self-confidence and self-esteem and a belief that I could change.”

He’s been inside for three and a half years and still has a year to go. But once released, he is determined to put the past behind him. “I’m not saying it’s going to be a breeze. But I know what I need to do and the triggers that could lead to a relapse.”

\* Names have been changed.

He is re-establishing contact with his family, healing old wounds and his family have made a pact to support him when he gets out. He is looking to do an automotive course once released.

Nineteen-year-old Hone has been inside since he was 16. He was convicted of armed robbery, a crime committed to fund his drug habit. He was sentenced to six and a half years and is facing another two and a half years behind bars although he could be paroled this year.

He was kicked out of school in the third form and got involved in drugs. Initially, he had a welding job but was sacked after using drugs at work.

He put himself forward to do the programme. Like Eric, he wanted to get on the course to increase his chances of getting parole. However, like Eric, once on the programme his attitude changed. “In here, I have had a lot of time to reflect.”

He believes he is a different person from what he was three years ago. “I feel I have matured, grown in confidence.”

When he gets out, he wants to do an agricultural course.

Thirty-year-old Sila initially started using cannabis then moved on to methamphetamine. He was convicted of burglary and sentenced to four and a half years. He has eight months left to serve.

He didn’t want to do the course. He is from Auckland and didn’t want to be so far from his family. When he began the course, “I didn’t like it. When I first got here, I wanted everything my way, I was a very aggressive person, I didn’t like anyone, the officers or the tutors.”

He says the course has helped him with his aggression and with his addiction. He credits the support from others on the course with helping him get through. “Eric was my life-saver,” he says. “He helped me get into thinking about the consequences of my behaviour.”

All three are now helping mentor the new intake to the course.

The man in charge of the programme, Kevin Pearce, says Eric, Hone and Sila were the guinea pigs for the course. They were the first intake, the first group to complete the programme so they had no-one to look up to. Now, they can help others to make an easier transition.

# LLA rejects a from supermarket giant

## **The Liquor Licensing Authority (LLA) has turned down an application from supermarket giant Progressive Enterprises to open a bottle store within the building footprint of its Countdown store in central Christchurch.**

The application was based on the 'store within a foyer' concept. However, the LLA ruled the new premises was not a separate entity and therefore contradicted Parliament's intention that supermarkets should only be allowed to sell wine, mead and beer.

Progressive argued two of its competitors – The Warehouse and Foodstuffs – had moved from selling only wine and beer to selling all types of liquor.

The Warehouse had established a 'store within a store' concept at several of its outlets, and Foodstuffs had established stand-alone bottle stores known as 'Duffy and Finn' and 'Henry's'.

The company acknowledged that sales of liquor other than beer and wine had been identified as an area in which the supermarket chain could expand its sales and profit growth.

The District Licensing Agency inspector, Police and the Medical Officer of Health all opposed the application, primarily on the grounds it went against the intent of the Sale of Liquor Act, and it would set a precedent for other supermarkets. ALAC and the Hospitality Association of New Zealand appeared at the hearing and made submissions opposing the issue of the licence.

The Authority said the application marked a test case.

In turning down the application, the LLA said Parliament's intentions were clear and the language unequivocal. Supermarkets and groceries will only be authorised to sell wine, mead, and beer.

The Authority said there may be a case for reviewing the Warehouse's licence.

"Its licence had been issued on the basis that the principal business was to be the sale of liquor. There was no suggestion

that the sale of groceries was a relevant factor. If groceries now represent 50 percent of the floor space, or 50 percent of the sales, or if they play a significant part in the business, this could prompt an application to vary the conditions of the licence. The issue of the correct style of licence could then be argued."

The Authority also said the contrast between the Countdown application and the 'Henry's Liquor Store' was stark.

"In our opinion the 'Henry's Liquor Store' is branded differently, and is in a different building many metres away from the supermarket. Although there may be a link to a common stock room it cannot be seen. Judging from our own experience, the public perception would be of two different and distinct businesses.

"The same cannot be said for the present proposal. We accept that the company has been transparent in what it is trying to achieve. However it is our firm view that the establishment of a standalone bottle store within the supermarket footprint, would lead to the inevitable conclusion that the Act had been liberalised further, to allow supermarkets to market and sell all types of liquor. It is of interest that one of the predominant displays seen on entering the supermarket is the current extensive array of permitted liquor, which it is understood will remain.

"In summary, the company has been unable (or unwilling) to achieve realistic separation. We believe that any proposal to establish a bottle store within the footprint of a building that hosts a supermarket, must be examined with great care, in case the provisions of the Act are circumvented or frustrated. In our view it would undermine the Act's integrity (as well as Parliament's intention), to allow a bottle store to be established within this supermarket. Furthermore, we believe that a grant of an off-licence in these circumstances would create a precedent fraught with licensing problems and practical difficulties."

The Authority said it was satisfied on the evidence that if the company is granted a full off-licence, there will be discounting of 'alco-pops' or 'RTDs'. That commercial initiative will, in turn, be unlikely to contribute to the reduction of liquor abuse.

ALAC welcomed the decision.

# Application to sell spirits



“We believed the application to sell spirits and spirit-based drinks is outside the intent of the law,” said ALAC Manager of Strategy and Research, Andrew Hearn. “When supermarkets were given the right to sell alcohol, Parliament specifically restricted sales to wine and beer.”

ALAC was also concerned that granting this type of off-licence could lead to other, similar premises opening, resulting in greater competition for the spirits’ market, and ultimately in increased alcohol-related harm to society, he said.

“Data obtained by ALAC showed that supermarkets sold beer and wine from 5 to 10 percent cheaper on average than traditional bottle stores.

“If supermarkets sell beer and wine cheaper on average than traditional bottle stores, it follows that, if given the opportunity to sell spirits and spirit-based drinks, supermarkets will heavily discount these as well.”

Alcohol Healthwatch director Rebecca Williams said the decision brought “huge relief to those with an interest in alcohol-harm prevention and put the brakes on the continuous undermining of the Sale of Liquor act by industry players.”

Since supermarkets had been allowed to sell wine and beer, price competition had been fierce, Ms Williams said.

Price was a key influencer of the amounts of alcohol people consumed, she said.

# High Court decision on Queenstown

## ALAC has welcomed a recent High Court decision upholding a ruling by the Liquor Licensing Authority (LLA) restricting opening hours for licensed premises in Queenstown.

The Queenstown Lakes District Council adopted a new liquor licensing policy in May 2007 which clawed back the existing 'open all hours' policy to a 4am closing. The adoption of the new policy followed extensive public consultation including a series of public notices placed in local newspapers inviting submissions, a media release, and a media release reminding the community that the closing date for submissions was looming.

A total of 465 submissions were received throughout the district. Of these submissions, 368 related to Central Queenstown, 61 related to Wanaka and 33 were from outside the district. Three submissions related to the district as a whole. After submissions were heard, the final version of the policy was ratified and adopted by the full Council in May 2007.

This decision was appealed to the LLA but the decision was upheld by the authority.

Four applicants (all seeking renewals of licence) appealed the decision to the High Court. The appeals were mainly on the grounds that the LLA 'had erred in law because it allowed the Council's blanket policy to so dominate its thinking that it thereby fettered or abdicated its statutory decision making power and discretion'. A secondary argument advanced by the appellants was that there was no evidence to support the decision and/or that it was manifestly unreasonable.

Justice French, who heard the case in Christchurch on May 12 this year, has rejected the appeal and unless there is a successful appeal against the decision, the 4am curfew will take effect from August 4.

Justice French said there did not appear to be any dispute as to the existence of concerns about alcohol abuse in Queenstown, nor any dispute that those concerns were "well founded".

"The issue is as to the effectiveness of the policy to assist with reducing the problem. The Authority found the reduction of liquor abuse might well be achieved if there was a common closing time for all licensed premises."

Hon Justice French stated that the High Court would need "clear and convincing reasons for reversing a conclusion reached by a specialist tribunal".

He found the appellants had failed to demonstrate any error of law and therefore the appeal was dismissed.

ALAC Chief Executive Officer Gerard Vaughan says the decision was a precedent and would assist all councils in dealing with local alcohol-related harms.

"Essentially the High Court has upheld the view of the LLA that a liquor policy adopted by a territorial authority and supported by the reporting agencies can constitute a valid reason for making changes to licensing hours.

"And it has supported the LLA's view that it has the power to alter the conditions of a licence notwithstanding the absence of any specific problems associated with the operation of the particular premises such as noise or anti-social behaviour," said Mr Vaughan.

Mr Vaughan said other councils could follow suit and incorporate restrictions on opening hours within their liquor policies.

"There is evidence to show that there is a link between trading hours and alcohol-related harms – the more alcohol is available, the greater the potential for alcohol-related harms including crime and violence.

"However, prior to this decision councils have been hamstrung in their ability to alter opening hours in the absence of any specific problems associated with the operation of the particular premises such as noise or anti-social behaviour."

Mr Vaughan said the Queenstown council followed an extensive public consultation on its new policy and the decision showed that a quality and robust process and consultation would be upheld by the High Court.

# Pacific Spirit Conference 2008

“Me no change, you no change, you no change, nothing change” – this was the chant that reverberated round the sixth biennial Pacific Spirit Conference, ‘Winds of Change’, held in Auckland in early May. The conference was a colourful mix of song and drama, of tears and laughter and sharing of solutions to reducing alcohol-related harm for Pacific peoples.

Approximately 200 people attended the conference including young people, 20 delegates from Oceania Pacific and representatives from Pacific churches, communities and providers throughout New Zealand, as well as representatives from NGOs, Police, Justice, Corrections, Ministry of Youth Development and district health boards.

A key theme of the conference was a focus on youth. ALAC hosted a one-day youth symposium the day before the conference, with approximately 60 young people from around New Zealand coming together and sharing their experiences with alcohol. They translated their personal experiences into song and drama and presented these to the conference on the Friday to a standing and, in some cases tearful, ovation.

Earlier, tears had also been shed at the moving drama presented by TUPU, the Pacific Addictions Treatment Service of the Waitemata District Health Board.

There were some powerful presentations both in the workshops and in the key note addresses. Speakers included Dr Francis Agnew and Dr Siale Foliaki, both consultant psychiatrists; Allan Va’a of 274 Youth Core in Otara; Sandra Alofivae, Families Commissioner; and Labour MP, Su’a William Sio.

Workshops included a project branded Le Ala, using narrative to capture people’s real life stories about alcohol and drug use. The guided storytelling sessions enabled participants to reflect on the lessons and experiences of others, to aid them to change their own attitudes and behaviour. Pacific culture has a long oral tradition, something that has not been as prevalent in Western society.

Acknowledgement was made of the work of ALAC’s Pacific Council member, Fuimaono Karl Pulotu-Endemann, and tributes poured in from community leaders in New Zealand and the Pacific region.

Sponsorships were received from the Mental Health Commission, the Crime Prevention Unit of the Ministry of Justice and Le Va, Pacific unit of Te Pou (Mental Health Research and Workforce Development NGO).



Delegates from the Oceania Pacific region had recently spent three days at a WHO forum hosted by SHORE (Massey University) looking at policy, legislation, strategies and programmes to reduce alcohol-related harm in the Pacific region. They represented government and NGOs of the Pacific and hailed from the islands of Samoa, Cook Islands, Tonga, Niue, Fiji, Kiribati, Solomon Islands, Vanuatu and Papua New Guinea. Each of them spoke of their appreciation for the opportunity to be part of Winds of Change and the value of the information, networks and connections gained at Pacific Spirit.

Metua Faasisila, ALAC Manager Pacific Programmes, says the success of the conference was that ALAC facilitated the Pacific community coming to terms with the negative impacts of the presence of alcohol in our lives and effectively finding ‘our solutions, our way’.

“The best outcome is that all participants, especially young people and practitioners, will take the knowledge and conference experience back to their communities and continue with strategies to reduce alcohol-related harm for Pacific young people and their families and communities.

“Also, ALAC has taken on board the information shared and will use this knowledge to further plan strategies that impact the Pacific population of New Zealand, young and old.”

Metua says that since the conference, she has had direct feedback from participants, seen and experienced communities taking ownership for alcohol-related harms and talking together (talanoa) to discuss positive solutions for reducing alcohol-related harms.

“Tongan church communities who attended have already had their own follow-up meeting and are holding regular church meetings and looking to hold regional and national forums later in the year to progress positive changes regarding alcohol consumption amongst Tongan church congregations.

“Young people who attended were also inspired and left feeling excited about contributing to reducing alcohol-related harms among their peers and their community and others were also wanting to ‘work for ALAC’.

“Visitors from the Pacific remarked at how ‘at home’ they felt during the conference and with regard to the relevance of the issues and topics presented and portrayed through drama, truly a ‘Pacific’ conference they were proud to have been a part of’.”

# Pacific Spirit

## ‘Winds of Change’

By Louisa Timai



**The best three days of my life. Understatement? Indeed it is. Pacific Spirit Conference 08 was the most eye-opening, challenging, motivating, and fantastic three days so far in my life.**

It began with the Youth Symposium. This was a day for youth to mix and mingle and get to know each other. We had a busy schedule, filled with workshops and presentations, but we also had physical activities to balance it out.

The Amazing Race was a strategic race around the Auckland CBD. I was in the almighty Yellow Team, a team consisting of females only. We didn't have any boys in our team, but we had loads of teamwork, determination, motivation and plenty of perspiration. I ran like I had never run before, I exhaled like I had never exhaled before, I felt the burn in places I had never felt the burn before, I had blisters on top of blisters, and... I finally broke my new shoes in.

The next two amazing days at the conference were just that. Meeting new people, and having them present their ideas and stories were really moving, and really struck a place in my heart. Some issues that were voiced, I had not even perceived before, and hearing them truly made me understand the purpose of having this conference.

*Afakasi Project: I feel like a Coconut in a Hangi.* This was a workshop I really felt connected with. I greatly appreciated the Youthline Team for bringing this issue up, for many youth, including myself, have been through or are going through this in our life.

I have always been very fair skinned, but no one would've thought that I was three quarters Samoan and one quarter Palagi. I attended primary and intermediate school with mainly Palagi pupils and I was always considered too brown to be white. Now that I am at high school, I am now considered the opposite – too white to be brown. After being in this workshop, I now realise that I have the best of both worlds and I should embrace it, as this is what makes me, me.

I am so grateful to have been a part of this conference and being able to contribute my ideas and opinions towards it. The workers from ALAC and other organisations were such fun people to work alongside and they really did a great job in putting this together. There are so many things I can take away from this conference, not only knowledge, but some new skills I have gained that I can apply at school and in other areas of my life. I encourage youth to step up and grab the bull by the horns and take the opportunity to make a difference in our communities, it is not only a great experience but it is also very rewarding.

I find it hard to unearth words to describe what I learnt at this conference, but I feel this might come close...

*Pacific Spirit 08 – Winds of Change: Me no change, you no change, you no change, NOTHING change.*

# Conference 2008

## A youth perspective

By Catherine Tamaseu-Russell



**This year I was privileged to be part of the ALAC Pacific Spirit Youth Symposium and Conference.**

On Wednesday at the youth symposium, we had an overview of ANAMATA 2007 and discussed in groups issues that were raised, and with the help of a professional playwright, came up with a script and role play to help represent those issues.

There were some incredible role plays by the youth and the best part of the drama workshop was when some youth members came out and told their personal stories of friends' and family members' experiences with alcohol and the effect it had on everyone around them. For many of the youth, it brought home the reality that things need to be changed.

After the drama workshop, we got prepared for the Amazing Race – ALAC style. It was a challenging yet rewarding experience. We travelled around Auckland City and had to complete tasks such as finding the alcohol ban signs on Queen Street, creating a 30 second ad on teenage drinking, and interviewing people on their views of the alcohol ban in the city.

On Thursday, we attended the Pacific Spirit Conference, where we presented to the conference what happened at the Youth Symposium. Many of our youth stood and expressed what they enjoyed about the symposium and the messages and ideas that came from our group discussions. It was a proud moment for us all. Finally, we were being heard.

The highlight for many of the youth on Thursday was the TUPU drama, it was very moving and such a reality for many of us, and I believe there was not a single dry eye in the room. We walked away inspired and determined. We were performing our dramas the following day. We had just found the wood to set our fire ablaze.

After the TUPU drama, we attended the workshops where we learnt about different initiatives in our communities. It was an eye-opening experience for a lot of us, and we walked away enlightened.

That night, there was a formal dinner and lots of our youth met some amazing people, such as Fuimaono Karl Pulotu-Endemann, who was honoured for his work on the ALAC Council. The food was delicious and no one went home hungry.

On Friday, we opened up the Conference day with our role plays; we had rehearsed all night and this was our moment to shine. Our three role plays were based around the effects of alcohol and stress, drink-driving and the role of parents in giving alcohol to their teenagers. They went really well and the conference was very impressed. We had done ourselves proud.

The rest of the day consisted of another set of workshops and amazing speeches by Sandra Alofivae and Allan Va'a.

Before we knew it, the day had come to an end and we were giving our last accounts of the conference and giving our thanks to all those who had organised everything. We parted ways, leaving with each other emails, phone numbers and promises to meet again.

I want to say thank you on behalf of all the youth to Jodie Robertson and the rest of the ALAC team that organised the symposium, Youthtown for their facilities, and all the adults who made the effort to talk to us at the conference. Thank you for taking notice of us and helping us gain our voice.

# Partnership

ALAC's recent Partnerships Conferences attracted more than 300 participants. The Rotorua conference focused on The Sale of Liquor Act 1989. This is a complex and technical piece of legislation to enforce. There are almost always limits on the amount of resources available to effectively monitor and enforce the Act. For those agencies charged with ensuring compliance with the Act, working together in partnership has now become a prerequisite for effective enforcement, compliance activities and projects.

The conference was opened by the Mayor of Rotorua and welcomed by a Mihi Whakataua from local kaumātua. Along with a keynote address from ALAC CEO Gerard Vaughan and NZ Police Assistant Commissioner Bill Serle, the first morning of the conference saw an address from the new Associate Minister of Justice with the responsibility for the SOLA, Lianne Dalziel. Highlights of the second day included an address from Sandra Alofivae from the Families Commission on the impact of alcohol on the family, and addresses from Assistant Commissioner Steve Fontana from Victoria Police and local Youth Health Specialist Dr. Tania Pinfold.

The Nelson conference focused on local government. The conference showcased work that has been done in the area of planning for alcohol in the community, and specifically how Local Government and other organisations can use the legislation to better plan for and control the sale, supply and consumption alcohol in their communities.

Following the welcome from the Deputy Mayor and Mihi Whakataua from local kaumātua, the morning of the first day consisted of an address from the ALAC CEO, Associate Health Minister Damien O'Connor and an interesting presentation from Dr. Tanya Chikritzhs, a well known researcher from the National Drug Research Institute, Curtin University, Perth. Tanya addressed the conference with her findings from a feasibility study on licensed premises outcomes density. Dr Paul Quigley from the Wellington Hospital Emergency Department provided a summary of alcohol related presentations in under 20's with a focus on what we miss.

The final day of the conference started with an address from the Deputy Mayor of Manukau City, and newly appointed MP, Su'a William Sio, who provided a perspective from an elected member. Following this – a presentation from the Problem Gambling Foundation, a resource management planner from the Auckland Regional Public Health Service and an international perspective discussed the tools that we might need for controlling alcohol in the community. A keynote address from two lawyers from DLA Phillips Fox followed, looking at options for territorial authorities to control liquor outlets.

## Working group to examine Sale of Liquor Act suggested by Minister



Associate Justice Minister Lianne Dalziel told the conference a working group to look at the Sale of Liquor Act was an option worth exploring. She said New Zealand's current legislative framework was not fundamentally flawed but she thought it did require a "first principles review".

The Minister said the environment had changed. There was now a new generation of drinkers, who did not grow up with the constraints imposed by the previous framework and who had the 'in your face' advertising of alcohol. This, combined with the impact of loss-leading wine sales in supermarkets, the advent of the youth oriented RTDs and the explosion of what is described as binge drinking, meant "we have a problem; we need to face up to it and we need to implement the objective of the original act – we need to make it work to reduce the abuse of liquor."

The minister said part of the problem surrounding the SOLA was it has been subject to ad hoc changes over the past 20 years without the substantive input that the 1989 Act had from the Laking Report.

"The approach adopted in establishing the Working Group back in 1986 might be one that is worthy of exploration today, in order to provide an evidence-based approach to addressing societal concerns, while ensuring that the regulatory framework is proportionate in its response to the nature of the risk the particular activities pose."

# Conferences

## Domestic violence linked to new liquor licences

A recent Australian study has found increased domestic violence linked to new liquor licences, the Nelson conference was told.

The research, which is from the National Drug Research Institute (NDRI) at Curtin University in Perth and was published in February, involved examining the effects of liquor licence approvals on alcohol-related problems. Researchers created a model predicting the likely impact of granting new liquor licences anywhere in Australia on alcohol-related assaults, hospitalisations, deaths and road crashes.

Chief investigator in the study and Senior Research Fellow at the institute, Dr Tanya Chikritzhs told the conference the research showed decisions of liquor licensing authorities had a significant impact on communities' health and safety.

The new research confirmed that an increase in the number of liquor outlets (hotels and/or bottleshops) was associated with an increase in alcohol-related violence and assault in the surrounding area. An unexpected finding, however, was that – regardless of the type of new liquor outlet – most of this increased violence occurred in private homes rather than at licensed premises.

“The model developed in this study allows us, for the first time, to predict the social impacts of any new liquor outlet anywhere in Australia,” Dr Chikritzhs said. “Liquor licensing authorities should be obliged to consider these impacts when deciding whether to grant a new licence.”

“A common perception is that most alcohol-related violence happens in and around licensed premises, but the reality is that much of it goes on behind closed doors either following a night out at the pub or after drinking ‘takeaways’ at home. We can assume that the domestic assault figures in this study are just the tip of the iceberg because many alcohol-related violent incidents, particularly domestic, go unreported,” Dr Chikritzhs said.

The report, Predicting alcohol-related harms from licensed outlet density, is available at: [www.ndlrf.gov.au](http://www.ndlrf.gov.au)



## Women leading increase in alcohol-related hospital admissions

Alcohol-related youth admissions to Wellington Hospital have shot up and young women are leading the increase.

New figures presented to the ALAC's conference in Nelson showed a six-fold increase from previous statistics, with 600 patients under 20 being admitted for intoxication or alcohol-related injuries in the past year.

Wellington Hospital emergency medicine specialist Paul Quigley said the increase was a “six-fold blowout” on the previously calculated 100 cases.

In particular, Dr Quigley said, females aged 14 or 15 were leading the increase and, if current rates continued, they would account for 60 percent of all alcohol admissions under 20 by the end of the year.

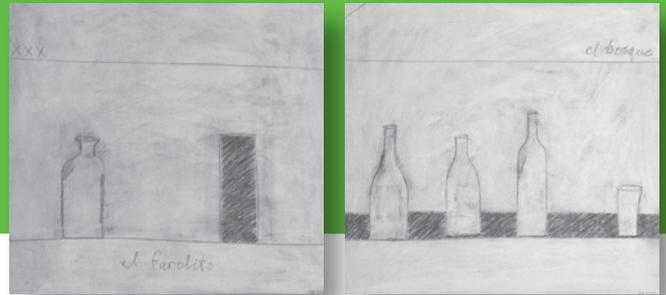
“The common perception is that being smashed is a male-dominated activity, but we are now seeing more young women than men presenting with severe intoxication,” he said.

Alcohol admissions for under-20s at the hospital now accounted for 40 per cent of all alcohol-related cases, and children as young as 11 were being treated.

Previous studies have focused on hospital admissions where alcohol was the primary cause of admission, however, the new figures include alcohol-related injuries such as facial injuries, concussion and fractured hands.



# Art addresses alcoholism



It was a chance moment, unnoticed in the crowded restaurant, but for Christchurch poet and artist Roger Hickin it was momentous.

“I went over to another table to talk to someone. I was leaning over the table” – tall and rangy, Roger Hickin acts out the moment – “and then I noticed an open bottle of wine, right under my nose, and I realised it didn’t bother me at all.”

Now, nearly thirty years since he last had an alcoholic drink, that moment stands out as a milestone in a long and difficult struggle with alcoholism.

Hickin was in his second year of an honours degree at the University of Otago when he realised he had no idea why he was there or where he was heading. Following a chance meeting with poet James K. Baxter at Dunedin’s Globe Theatre, he hitchhiked to the then barely known settlement of Jerusalem on the Whanganui River, hoping to find some direction, some new sense of self. From there he travelled the country, restless, unsettled, and lost. Back in Dunedin, he worked as a dishwasher, hospital orderly and advertising copywriter. And he started drinking, heavily. His marriage had ended; he had begun working in bars “to get closer to the source of supply”.

After moving to Christchurch, the drinking got worse. He was living in cheap boarding houses, working in public bars, delighting in the easy availability of whisky and the vast crop of stories recounted by the old war veterans who frequented the hotels.

“I was a plateau drinker – I had to keep topped up. I kept a whisky bottle beside the bed so I could take a couple of slugs during the night so I wouldn’t wake up with the shakes. I don’t know how apparent it was to other people, I was a voluble drunk, never a violent drunk, but your whole system goes haywire after a while. Part of you thinks you’ve had enough but another part makes you want to keep drinking. I started to feel like I was losing everything.”

There were attempts to stop. He admitted himself to Sunnyside Hospital’s Mahu Clinic for three months. Later, he travelled north to Hanmer Springs (a bottle of whisky in his pocket) for a two-month live-in course at Queen Mary Hospital.

On returning to Christchurch, despite initial reservations about joining Alcoholics Anonymous (AA) – “I couldn’t accept the religious aspect to it” – he eventually found their approach to be a lifeline to recovery.

“I began to think, who the hell was I to be so fussy? This thing worked. I knew I had to do something if I wanted to go on living.”

He began attending AA meetings, as many as he could, secure in the knowledge that as long as he was there, he was not drinking. After six months, he went on a two-week bender. It was then, he says, “that I realised I had really hit rock bottom.”

In desperation, he phoned the AA.

“It’s like something cracked and let the light in. You can accept that you’re an alcoholic intellectually, but accepting it totally, admitting that your life had become unmanageable and that you can’t control it, with all that that implies, is an enormous step. I knew that if I took it just one day at a time I need never drink again. And from that point, it became easier. I continued going to AA meetings but after a few months not so obsessively.”

Looking back now he believes that, as a young man steeped in poetry, he had romanticised the figure of the drunken bard.

“I identified with the alcoholic poets – Baxter, Glover, Dylan Thomas, and Malcolm Lowry – and had a notion of being an alcoholic poet myself. But the more I got into alcohol, the less able I was to write – I just couldn’t sort out the chaos in my head. When I stopped drinking, I had a lot to write.”

Since then, however, he has established his own place in the world as a table maker, a poet, and an artist. Beginning with early collaborations with Dunedin artist Ralph Hotere, Hickin has developed his own unique practice imbued with the simple physicality of rudimentary materials, as seen in the rough hewn or found timber and metal in his sculptural works, and the spare beauty of his drawn still lifes.

Then, “Earlier this year a friend of a friend asked me how my alcoholism had influenced my art. A few days later I found myself drawing bottles and glasses, and attempting to address, for almost the first time in my visual work, the particular experience of alcoholism.”

The result is seen in *The Drink Inside the Empty Bottle*, a recent exhibition at City Art Gallery in Christchurch. The exhibition comprises a series of still lifes, graphite pencil on acrylic paint, understated contrasts between light and dark, line and shadow, serving as subtle metaphors for death (the past, addiction) and new life.

# Groundbreaking approach to reducing alcohol-related harm

A groundbreaking approach to addressing and reducing alcohol related harm in the Far North was launched in May this year.

The Far North District Council, Northland Police and Northland District Health Board Public Health Unit have joined forces to provide services under one roof at the council's new Butler Centre offices in Kerikeri.

The three organisations combine alcohol enforcement, education and licensing responsibilities and it's expected they will achieve results in and around on and off-licensed premises and out in the wider community.

The initiative is being project managed by the Alcohol Advisory Council, which will facilitate, co-ordinate and evaluate what it describes as "an exciting new way of working in a collective effort to reduce alcohol-related harm".

ALAC Northern Project Manager Shirleyanne Brown says it's hoped the collaborative approach to dealing with alcohol-related issues will make serious inroads into prevention, enforcement and education around the sale and use of alcohol in the Far North communities.

"We'll be active throughout the district – educating people about the risks of excessive home drinking, tackling the problem of supply to minors, and dealing with issues around public supply and consumption," Ms Brown said.

"We believe this interagency approach will enable us to work more effectively to promote and ensure host responsibility and the reduction of alcohol-related harm."

Northland Police District Commander Superintendent Mike Rusbatch said that between 50 and 70 percent of all police work has a connection with the misuse or abuse of alcohol.

"This initiative provides a powerful opportunity to work in an integrated way as a multi-disciplinary team to reduce alcohol-related harm and make Northland safer."

Far North District Council Chief Executive Clive Manley said the council was pleased to take a lead role in the initiative by providing a place for representatives of the three organisations to work together.

"The integrated and collaborative approach to managing alcohol-related issues is known to work, and has already had success with such things as alcohol accords, interagency controlled purchase operations and public education campaigns," he said.

"Now we want to build on this through even closer collaboration among the core agencies; we think this will improve and extend the function and delivery of existing projects and initiatives related to alcohol issues."

The new team will be based alongside the council's development consents department in Kerikeri but will work around the mid and Far North within agency premises at Kaikohe and Kaitaia as required.



Anticipating a positive new approach to reducing alcohol related harm in the Far North are, from left, (back row) Far North Mayor Wayne Brown; FNDC liquor licensing inspector John Thorne; FNDC liquor licensing administration support Jan Russell; Alcohol Advisory Council national project manager Andrew Galloway; FNDC chief executive officer Clive Manley; Far North Area Commander Inspector Chris Scahill; Northland DHB health promotion practitioner David Hookway;

Alcohol Advisory Council northern project manager Shirleyanne Brown. From left, (front row) Northland Police District Commander Superintendent Mike Rusbatch; Northland DHB technical officer Wendy Antrobus; Northland DHB public and population health service manager Marion Weaver; Evaluation Solutions Mandi Hardie; Senior Constable Graeme Wright and Northland Police communications officer Sarah Kennett.

# ALAC binge drinking ads to play later

**ALAC has limited the screening of all three of its controversial binge drinking television ads to adult viewing times.**

The move follows a ruling from the Advertising Standards Authority (ASA) upholding complaints against one of the ads that features an intoxicated man in the pub accidentally elbowing a barmaid. The concerns related to the time the ad played with complainants arguing the ads contained scenes of violence not suitable for children. The ASA has asked ALAC to limit screening of the ad to after 8.30pm.

The ASA dismissed complaints about another ad featuring a drunken woman being dragged by a man down an alley way. The ASA noted the third ALAC ad where a child was accidentally hit against a cupboard after being swung around by the intoxicated man had already been rescheduled to adult viewing after discussions between the TV channels, ALAC and its advertising agency.

“ALAC is disappointed that the commercials won’t be seen more widely,” said ALAC acting Chief Executive Andrew Hearn. “However, the rating process is not carried out by us and is therefore beyond our control.”

Dr Hearn said ALAC had thought long and hard about the approach taken by these commercials. ALAC believed it had done all it could to be socially responsible but would agree to the ASA’s request and in fact would ensure all three ads played after 8.30pm.

“We believe they needed to be hard-hitting to make people realise just how destructive and dangerous binge drinking is,” he said. “We acknowledge these commercials are unpleasant but so are the consequences of binge drinking. The ads mirror what is happening, unfortunately, every week around this country.”

Dr Hearn said the original rating for the commercials was decided by the TVCAB which is a regulatory body that helps guide advertisers as to what is appropriate to go to air and when.

TVCAB’s ruling, which guided ALAC’s placement of the ads, specified that the ads could play at any time except during programmes specially designed for children under 10 years old, he said.

“During focus testing of the commercials, participants, who included parents, were asked whether they thought the commercials should be shown during prime time. While some were uncomfortable with very young children seeing the ads, all felt that screening the ads during family viewing time had the advantage of providing a talking point to educate older children and teens about the harmful effects of drinking too much.”

“As the ads are part of an integrated package getting New Zealanders to realise that binge drinking affects all sectors of the population, we have decided to also only play the third ad after 8.30.

“To leave the ad featuring an intoxicated woman playing during general viewing time could result in some people thinking that binge drinking was only related to women.”

In a split decision the ASA upheld the complaint against the man in the pub ad. The majority of the Complaints Board agreed that, in screening before 8.30 pm, the ad breached the Code of Social Responsibility. They felt that screening after 8.30pm did not breach the code. A minority of the board believed it had been prepared with a due sense of social responsibility and did not breach the code even when played in the earlier timeslot. They noted restriction to adult viewing would stop day viewing during ‘G’ classification when a large part of the target audience was watching.

Complaints against a second ad featuring a man accidentally hitting a child against a cupboard were ruled as settled. The ASA noted that after discussions between TVCAB, the television channels, ALAC and its advertising agency it had been agreed the ad would only play after 8.30. The board “noted the socially responsible self-regulatory action taken to reclassify the ad and agreed this addressed the concerns of the complaints.”

Complaints against a third ad featuring an intoxicated woman leaving a pub being pulled down an alley way by a man were not upheld.

# Cutting Edge Conference 2008

**This year's annual Cutting Edge Conference will be held in Christchurch from September 4-6. Cutting Edge was initiated by ALAC through former staff member Ian MacEwan in 1995, and the National Addiction Centre (NAC) came on board in 1997.**

Initially envisioned to be a biennial event, it developed as an annual conference and proved to be a highly successful meeting, consistently attracting over 300 addiction workers, which represents about 40 percent of the workforce. It has provided the sector with an annual update on cutting edge research and development, as well as focus and a sense of national identity. ALAC has been the principal sponsor of the conference since 1995 and will once again be supporting this year's conference in this way.

The past venues for Cutting Edge have covered much of the country from Waitangi to Dunedin as follows: 1995 Auckland, 1997 Auckland, 1998 Wellington, 1999 Christchurch, 2000 Rotorua, 2001 Napier, 2002 Nelson, 2003 Waitangi, 2004 Palmerston North, 2005 Dunedin, 2006 Wellington, 2007 Auckland.

This year's theme is "Life and Death" and there are going to be 10 keynote speakers who will be addressing this in various ways related to addiction organised into five seminars as follows:

**The Fragrance of Life** – Dr Sue Bagshaw, Bruce Levi/  
Josephine Jackson

**Drug Policy: A Life and Death Issue** – Dr Sally Casswell,  
Thailand Speaker TBA

**Death: Gradual and Abrupt** – Mr Charles Henderson, Assoc Prof  
Annette Beutrais

**Life Pathways** – Professor Richie Poulton, Professor David  
Fergusson

**Life and Death** – Dr Alex Wodak, Mr Paraire Huata

Other features of Cutting Edge 2008 will be a political debate, welcome reception, workshops, free paper sessions, special interest group meetings, John Dobson memorial foundation fundraising cocktail party and auction, and an ending Hakari (feast).

This is the final Cutting Edge Conference that the NAC will be involved in as the host organisation, which includes the Secretariat. A new host is being sought and an announcement about the future of the Cutting Edge Conference will be made at the conference.

The 2008 organising committee includes the following: Tuari Potiki, Gilbert Taurua, Ross Bell, Phillip Siataga, Eileen Varley and Claire Aitken. Lisa Andrews and Lindsay Stringer are once again the Secretariat and Michael Bird has been contracted to assist with the website and publicity.

For more information and updates, visit the website:  
[www.cuttingedge2008.org.nz](http://www.cuttingedge2008.org.nz)

Doug Sellman  
Chair, Organising Committee  
Cutting Edge 2008

# New faces at ALAC



## Gilbert Taurua

Gilbert Taurua hails from Ngai Puhī/Te Ati Hau Nui a Paparangi, having been born in Christchurch. Gilbert has recently been employed with He Oranga Pounamu, a Māori Development Organisation based in Christchurch and operating within the health and social service sectors. Prior to this role he was the Clinical Manager for He Waka Tapu Trust,

a kaupapa Māori health provider with a focus on domestic violence.

Gilbert has over 20 years' social work experience across the broader social services, health and mental health sectors. He brings several years' experience within the criminal, youth and family court systems and has relevant addictions-related experience. He brings extensive southern regional networks and AOD sector knowledge to his new role with ALAC.

Gilbert has PG Diploma and BA (Hons) degrees in Social Work from Canterbury University and is a member of the Australian New Zealand Association of Social Workers.



## Cathy Bruce

Cathy is ALAC's new Project Manager Local Government Relations. She comes with a wealth of experience in local government in both New Zealand and England. Between 1994 and 2005 she worked for Christchurch City Council in a number of roles.

For the last three years, Cathy has been in the United Kingdom

where she worked in a Crime and Disorder Reduction Partnership for a central London Borough. The role involved coordinating the development and implementation of an alcohol harm reduction strategy for the borough. This was done in conjunction with a number of partners including, Police, Fire Service, Health (including local hospitals, General Practitioners, Substance Misuse Commissioning), Victim Support, Voluntary Agencies, Treatment Services, Licensees and the general public. The job was very diverse and involved coordinating projects and partnerships over nine thematic areas – community safety, children and young people, housing and homelessness, licensing, workforce, workplace, health, treatment, and regeneration.



## Helen Cocker

Helen is ALAC's new accountant. She comes to ALAC from the private sector. For the past 10 years she was the Financial Controller for a company in Palmerston North, where she still lives.

She and her husband intend to move to Wellington in August. "We are looking forward to riding our mountain bikes on the tracks in this

area. We both enjoy the buzz of a bigger city – coffee and good food is very high on our agenda."

Helen and her husband have three children. The eldest is working overseas, the middle one is starting UCOL in June and the youngest lives in Masterton. "All of them fit into one of ALAC's priority populations and this does play on my mind," says Helen.

"I am really happy in this role, working with the different cultures and team members and starting to understand the many acronyms of this Crown entity. I am amazed at the quantity of alcohol-related reading that comes over my desk in any given day.



## Hamish Coney

Hamish is ALAC's new Senior Systems Advisor. He has been involved in Information Technology for 12 years. After graduating from university with a Bachelor of Arts in Education, he formed his own consulting company targeting small to medium businesses (SMEs). After three years he sold the company and took two years off to see the world.

On his return to New Zealand he was employed as an IT Coordinator for an electrical engineering company where he was responsible for the maintenance of the IT environment. After spending three years there, he took a job with an IT consulting company maintaining SMEs in the Wellington area.

Before joining ALAC, he was working for an IT Vendor as a Service Delivery Manager for the Wellington area. This job involved coordinating staff to maintain full coverage to all clients' sites and maintain strong customer relationships.

Hamish says he is a mad-keen fisherman. "I try to get out fishing on the weekends if the Wellington weather lets me." He is also a keen four-wheel driver – "great for the days when the weather is no good".

## Electronic mailing lists for the alcohol and drug field

Two electronic mailing lists have been set up to enable individuals to communicate via email with other alcohol and drug professionals in New Zealand.

You can either subscribe to a general mailing list or register to connect to a network of Māori alcohol and drug workers.

# SUBSCRIBE NOW

Contact other alcohol and drug professionals:

1. If you have access to the web, subscribe by going to <http://lists.iconz.co.nz/mailman/listinfo/aandd>

You will find a form to fill out. You will need to choose a password.

2. If you don't have access to the web, send an email message to [aandd-request@lists.iconz.co.nz](mailto:aandd-request@lists.iconz.co.nz) leaving the subject line blank.

In the body of the message, type:  
Subscribe \*\*\*\*\* (where \*\*\*\*\* is an alphanumeric password of your choice between 4 and 8 characters).

If you have any problems with the above, or for further information, please contact:

Email: [central@alac.org.nz](mailto:central@alac.org.nz)

Phone: 04 917 0060

Join a network of Māori alcohol and drug workers:

1. If you have access to the web, subscribe by going to [http://lists.iconz.co.nz/mailman/listinfo/te\\_kupenga\\_hauora](http://lists.iconz.co.nz/mailman/listinfo/te_kupenga_hauora)

You will find a form to fill out. You will need to choose a password.

2. If you don't have access to the web, send an email message to [central@alac.org.nz](mailto:central@alac.org.nz)

Phone: 04 917 0060

## REGIONAL OFFICES

AUCKLAND 09 916 0330 [northern@alac.org.nz](mailto:northern@alac.org.nz)

CHRISTCHURCH 03 365 8540 [southern@alac.org.nz](mailto:southern@alac.org.nz)

WELLINGTON 04 917 0060 [central@alac.org.nz](mailto:central@alac.org.nz)

CALL FREE 0508 258 258

**Know how much** alcohol you're really drinking

*A swill of old english bitter*

*A tumbler of gin and tonic*

*A wallop of blue curacao*

*A mouthful of vermouth*

*A guzzle of ice cold beer*

*A hint of coffee liqueur*

*A morsel of chardonnay*

*A sip of gewürztraminer*

*A swallow of triple-sec*

*A nip of peach schnapps*

*A refresher of riesling*

*A droplet of white rum*

*A savour of sangiovese*

*A smidgen of semillon*

*A try of red bordeaux*

*A taste of champagne*

*A touch of zinfandel*

*A taste of pinot noir*

*A tall rum and cola*

*A wee bit of absinthe*

*A sampler of scotch*

*A taster of sambuca*

*A snifter of brandy*

*A shot of advocaat*

*A whiff of bourbon*

*A tickle of sangria*

*A stein of pale ale*

*A dab of drambuie*

*A splash of bubbly*

*A swig of madeira*

*A little pinot gris*

*A wink of tequila*

*A jigger of vodka*

*A dash of cognac*

*A pitcher of wine*

*A drop of whisky*

*A scull of red ale*

*A quick draught*

*A quaff of stout*

*A tad of muscat*

*A vessel of lager*

*A tidbit of port*

*A tippie of rum*

*A tester of rosé*

*A wink of saké*

*A bit of shiraz*

*A spot of gin*

*A gulp of vodka and lemonade*

*A drizzle of peppermint schnapps*

It's easy, just look out for the **Standard Drinks** measure, on all bottles and cans of alcohol, or for more information visit [www.alac.org.nz](http://www.alac.org.nz) and check out the Straight Up Guide.

