

EUROPEAN CITIES AGAINST DRUGS

10TH ANNIVERSARY MAYORS' CONFERENCE – MAY 15 – 17 2003

Hosted by the City Of Stockholm

A Report by Cr Carol Mackintosh, City Of Joondalup.

Welcoming speech by: Catharina Tarras-Wahlberg, Deputy Mayor
Jim Corr, Chairman of the ECAD Advisory Board

Moderator: Tomas Hallberg, Director, ECAD
Moderator: Torgny Peterson, Ass. Director, ECAD

SPEAKERS:

SWEDEN:	Bjorn Fries, National Drug Co-ordinator
ITALY:	Pietro Soggiu, Commissario Straordinario del Governo per il Coordinamento delle Politiche Antidroga
ENGLAND:	Keith Hellawell, former National Drug Co-ordinator
RUSSIA:	Alexander Strebkov, Prof. Chair of Conflict Studies, Saint Petersburg State University
SWEDEN:	Christer Brannerud, Superintendent of Police, Swedish National Criminal Investigation Department, Drugs Intelligence Unit
SWEDEN:	Margareta Olofsson, Vice Mayor for Social Affairs Morgan Johansson, Minister for Public Health and Social Welfare
ITALY:	Andrea Muccioli, Director, San Patrignano, Italy
U.K:	Peter Stoker, Director, National Drug Alliance, UK
SPAIN:	Montse Rafel, Presidenta, Dianovqa International, Spain
SWEDEN:	Vivianne Ronneman, Director Of Treatment, Checkpoint, Sweden Christer Karlsson, Chairman, C.R.I.S (Criminals Return Into Society)

EUROPEAN CITIES AGAINST DRUGS

10th Anniversary Mayor's Conference - Hosted by The City Of Stockholm
May 15-17, 2003

A report on the conference by Carol Mackintosh, Councillor City Of Joondalup.
W.A (Whitfords Ward)

In 1993, the Cities of Stockholm and Paris jointly took the initiative to establish an organization to co-ordinate the fight against narcotics. When the organization was launched in 1994, there were 21 member cities. Today, ECAD has 100 signatory towns and cities throughout Europe. ECAD is today one of the strongest organizations supporting the UN Conventions on Drugs and the UN Convention on the Rights Of The Child.

There were 261 delegates at the Conference. They were attending from countries all over Europe.

The following countries participated:

Sweden, Denmark, Lithuania, Malta, Russian Federation, Italy, Bosnia-Herzegovina, Finland, Iceland, Latvia, Norway, Switzerland, Estonia, Northern Ireland, Finland, Ireland, United Kingdom, Cyprus, Spain, The Netherlands and Germany.

There was also a delegate from United States Of America and myself, from Australia.

Key- note speakers came from Sweden, Italy, U.K, and Russia.

Her Majesty, Queen Silvia of Sweden, made the opening address within whose speech can be found the important and underlying reasons for this gathering of nations.

I quote " During many years, strong pressure has been made on developing countries, to reduce the production of illicit drugs, as a way of countering the international drug problem. We must ask ourselves how the opinions in some consumer countries, in favour of legalization – or of liberalization of drug control – rimes wit this demand of a reduced production. This type of tolerance is a violation of the UN Conventions and shows a lack of respect for the efforts made in developing countries to reduce production.

The tolerant policy concerning the consumption of drugs, including cannabis, is not only a threat to public health, but also to international solidarity and the idea of shared responsibility."

"Two months ago, the most prominent researchers of cannabis were gathered for a conference here in Stockholm. They concluded that cannabis is a much more harmful drug than it has been claimed to be. Evidence shows that it has lasting effects on the brain and that it can contribute to depression and schizophrenia."

'We HAVE NO RIGHT TO EXPERIMENT WITH THE HEALTH OF FUTURE GENERATIONS. We should behave as if we were parents – of all children and teenagers, not only our own.'

"The world drug problem needs to be addressed in the fight against all illicit drugs; heroin, amphetamine, cocaine, crack, synthetic drugs – and cannabis.

We ALL have a personal and collective responsibility to prevent young people from starting to use drugs"

(A copy of the Queen's opening speech is attached for your perusal. It can also be found on ECAD website www.ecad.com)

THE 'SWEDISH MODEL' AND WHY SWEDEN 'does it best'

Sweden did not always have such strict drug laws. Back in the 1960's, Sweden practiced very liberal drug policies, similar to those in Netherlands today.

But as drug use and its associated problems became more prevalent, the community of Sweden spoke out against the Governments liberal policies.

450,000 signatures were collected in a few months, and an opinion poll showed that 95% of the people supported the idea to make consumption illegal. The present government of the day, still rejected the will of the people. In 1998, under severe pressure, the government made a law to criminalize consumption, with further changes in 1993 permitting the Police to take urine and blood samples.

Now Sweden's position on Drugs is one of strictest in Europe.

THE 'SWEDISH MODEL'

Best known as the "Swedish Model", the Swedish success can be attributed to a combination of the following:

- a) Preventive actions in schools including education about drugs and the hazards of taking them.
- b) A wide spectrum of treatment programs in hospitals and special clinics, including compulsory treatment for limited periods of time after special court decisions.
- c) Organized cooperation between different authorities, for example the police and the social authorities, in order to detect and intervene as early as possible when drug abuse occurs among young people.
- d) Even consumption of illicit drugs is criminalized which makes it possible for the police to intervene very early.
- e) An active police force and a legal system that does not accept even the smallest crimes related to handling illicit drugs. Special police units have been organized specifically to fight street level trafficking of drugs.
- f) International cooperation with a system of police officers working at embassies and consulates in many countries all around the world exchanging information about drug related crimes.

Note:

Where I have underlined, it is to highlight where Swedish policy and Law differs from our own in Australia. A strong emphasis is put on the importance of law enforcement. Without the strong implementation of the drug laws, and a strong focus on small drug crimes, Sweden believes it would not have the success it has today.

In b) we see that full use is made of the Drug Court (which we do have in W.A but is not fully utilized.) Swedish laws also allow for compulsory detention and treatment for offenders/users of illicit drugs. Which is also highlighted in c).

I would like to add that Sweden has NO Street kids.

With no Needle Exchange Programmes, Swedish does NOT have the HIV problems as seen in Australia and other countries. There are a couple of highly debated syringe exchange programmes in the South Of Sweden.

(Information obtained from address to The Select Health Committee of the New Zealand Parliament in Wellington, held by Per Johansson, Secretary General of National Association for a Drug Free Society, RNS, of Sweden, November 7, 2001)

There have been many successes, and some more moderate successes, in the many countries throughout Europe who have decided to embark on the very difficult road to obtain a DRUG FREE community.

ITALY

One of the many success stories is San Patrignano in Italy.

It is a drug rehabilitation community, set in the countryside of Italy, which was founded in 1978 by Vincenzo Mucciolo (who opened the doors of his home to help some needy members of his village) and today, the work is continued by his son, Andrea Muccioli, who is the Director of the Community at San Patrignano.

The community of San Patrignano hosts today more than 1800 people.

ICELAND

In 1997, Iceland, Þorsteinn Pálsson, Minister Of Justice, on behalf of the Government and Torgny Pettersson, Director of ECAD, signed a Co-operation Agreement on 6th February on the Programme **Drug –free Iceland 2002**. The agreement was for five years, and embarked on the difficult road of (amongst others) seeking out new and targeted ways to prevent the importation, distribution, selling and use of illegal substances. The main objective of the programme was to unite the nation in an effort to combat illegal drugs, strengthen preventive work and organize projects and actions with that as its aim.

It is ambitious to even consider that a country could become Drug-Free in a short span of 5 years, and this was clearly never their belief. The project (which was renamed Drug-Free Iceland) has been hailed as a success although there is always room for improvement. A full copy of this project (Final Report) can be viewed on ECAD website (www.ecad.com)

STUDY VISITS

There were several study visits available, but unfortunately were all scheduled for the same afternoon at the close of the conference. I was fortunate to be able to visit KRIS, Criminals' Return Into Society, on the evening of the 16th.

The Chairman is Christer Karlsson, who is himself an ex prisoner who has spent many years of his life in and out of prison. C.R.I.S consist solely of former addicts and ex-prisoners, fighting drugs and criminality. It has become a sizeable network across Sweden and internationally. Ironically, Mr Karlsson was recently awarded an award by United States Of America, but was unable to receive it in person as having a criminal record, was prevented from entering the United States. It was collected on his behalf.

It is good to hear that there are several drug free **prisons** in Sweden, running rehabilitation programs for drug addicts.

The KRIS centre welcomes ex-prisoners and their families. There is no alcohol, smoking or drugs permitted on the premises.

(A paper from KRIS, is attached)

I visited the Maria Youth Clinic whose main target was Youth under 20 years, with drug abuse or suspected drug abuse problems, and their families.

Their service area covers 18 district councils in the City Of Stockholm, 14 other municipalities that have agreements (and 10 who do not), and the entire Stockholm County Council.

Client base has increased from 75 girls, 405 boys in 1970 to 635 girls and 904 boys in 2001. Children come to this clinic by various means (as I have stated previously, Police have the right by law, to compulsorily detain and refer a child to the clinic for treatment). In 2001, 7% individuals came under own steam, 2% accompanied by a concerned friend, 11% by the Police, 13% by Welfare services, 7% by ambulance, 3% by school, 15 from recreation centre and 56% were brought to the clinic by their own families.

I have attached a paper that outlines the main reasons for drug abuse and the way in which the Maria clinic has huge successes with its patients. The key to its success is its total involvement. The families are always included in both the treatment and consultation. Very often the problem stems from a family history of drug abuse, violence or problems in the home. Off course there are many other reasons like difficulties and bullying at school, teenage emotion problems, etc. After full and extensive treatment, the clinic follows up with visits to the home, and continues to do so on an on-going basis. Where payment will not or cannot be met by the family, it is provided for by the State. (Government of Stockholm)

It is interesting to note that like Australia, the main drug abuse amongst our young, is that where Alcohol and cannabis are involved.

Between 1994 – 2002 the following cases were referred to Maria Clinic:

Cannabis	1994 = 371 cases	-	2002 = 623 cases
Alcohol	1994 = 929 cases	-	2002 = 855 cases
Amfetamin	1994 = 121 cases	-	2002 = 178 cases
Ecstasy	1994 = 35 cases	-	2002 = 172 cases
Cocaine	1994 = 41 cases	-	2002 = 83 cases
Hallucinogenic (i.e LSD)	1994 = 39	-	2002 = 26
Heroin	1994 = 58 cases	-	2002 = 16 cases
Sniffing	1994 = 97 cases	-	2002 = 41 cases

There are many other treatment centers, programmes and solutions for treating drug and alcohol addicts, in Sweden.

Amongst them, I would like to mention "Checkpoint". A lady called Vivianne Ronneman is the co-founder. Vivianne was born in Sydney, Australia, and moved to Sweden in 1987. She was the initiator of NA (Narcotics Anonymous) movement in Sweden. "Checkpoint" was among the first in Sweden using a 12-step open treatment for younger drug and alcohol addicts.

UNITED KINGDOM

In U.K, there is a prevention and social education programme with the particular aim of encouraging young people to choose a lifestyle free of drug and alcohol abuse. It is known as **TEENEX**. The name denotes the age group (15-20 years) and also refers to *Experiential Learning*, the educational technique of involving participants through discussion, workshops, role-play, etc rather than making them listen to lectures.

The Institute on Drug Use in America has heralded their programme. The main training event is the Teenex residential camp. The first was held in West London in 1988 and has since been replicated in Portugal, Germany and Poland. It is a 6-day camp programme, which has a group of approx. 30 – 40 young people with 4-8 adults in residence.

(Details of this can be obtained on e-mail: [youth @teenex.org](mailto:youth@teenex.org) or website www.drugprevent.org.uk)

The U.K also brought home to the assembly how the Home Secretary had made a big mistake when he re-scheduled cannabis (relaxation of drug laws, along the lines proposed by the Gallop Government's Cannabis Control Bill. There is a detailed paper which reports on the "Lambeth Experiment" (as it has come to be known) where cannabis is now smoked openly in the streets and dealers accost passers by to try and sell them drugs – and not only cannabis. The residents of Lambeth and parents all over the country are now coming forward and speaking out about the law changes.

The fact that in U.K 50% of 14-20 year olds never use and another 33% only ever try once or twice, giving a total of **83%** of youth who are not committed users - why should the existing laws be changed to suit a small minority use?

(Further info. Can be obtained on website www.drugprevent.org.uk or e-mail NDPA@drugprevent.org.uk)

Report from
Mr Christer Brannerud, Superintendent, Swedish National C.I.D, Drugs Intelligence
Unit and former in service of Interpol

Projects "CASE" (Comprehensive Actions against Synthetic drugs in Europe)"
And 'NHERO' (Northern Heroin Route)

I have attached a report of particular interest which outlines two projects which demonstrate the work being undertaken to track the trafficking routes of "white heroin" from Afghanistan via the Central Asian countries over the Russian land road and into Europe (NHERO) and (CASE) which focuses on the amphetamine situation within the European Union.

(See attached report)

RESOLUTION

It was a honor and a privilege to be invited to put a Resolution before the General Assembly.

Attached is a copy of the Resolution, supported unanimously. Signed and Dated 16th May 2003.

A copy of which will be sent to Dr Geoff Gallop, Premier Of West Australia.

IN CONCLUSION

The daunting dream of a Drug Free Australia, seemed nearer reality for attending the Conference. Sweden has shown what can be achieved in such a short time. All that is needed is the commitment of a Government, working in close liaison with the Police, Social Services, Schools and the family.

The public must be made aware that Narcotics cause death, are addictive, cause mental and physical damage, generate violence and other types of criminality, harm children and young people, affect the addict's immediate surroundings, pose a serious danger in traffic and working life.

There is a worldwide consensus that narcotics should be banned AND THAT NARCOTICS CAN BE FOUGHT.

"The increasing use of cannabis among young people is not solved by a loosening of existing regulations. To me, it seems obvious, that you don't reduce the use of a drug by making it more available," H.R.H. Queen Silvia of Sweden.

I now believe that it is possible to fight this 'cancer' in Australia.

West Australia has been successful with its anti-smoking laws (banning smoking in all public places, shopping centers, hotels, restaurants, etc. This is something Sweden has yet to achieve.)

Our "gun laws" are yet another example of what we can achieve.

Inevitably, the best efforts to educate our children about the dangers of drugs, is in the home. These efforts should continue in the schools and places of recreation. I have found through this conference, that we are not alone. There are many Cities and Countries throughout Europe and the World who are taking the "bull by the horns" and giving the problem their best shot.

I would like to thank the City Of Joondalup for the opportunity to attend the ECAD Conference. I believe much invaluable information was gained.

This information can be used to save the lives of our children.

Our children are our future. We owe it to them.

Thankyou for listening.

Cr. Carol Mackintosh
City Of Joondalup.

Resolution from ECAD (European Cities Against Drugs)

Stockholm Conference: 14th – 17th May 2003-05-16

This conference of drugs professionals and Local Authority members, across and beyond Europe, expresses its serious concern at proposals for Western Australia's drug policy, including but not limited to :

- Permitted possession of up to 30 grams of cannabis, and home cultivation of two cannabis plants of any size.
-
- Penalty for the above reduced to a 'ticket' fine or verbal warning, with no criminal record.
-
- Altered emphasis away from prevention and towards harm reduction.'

Scientific and observational evidence increasingly shows significant harm from cannabis use. High prevalence of youth suicide in Western Australia, known to be often linked to cannabis-induced psychoses and depression, heightens our concerns.

This conference deplores these proposals, and strongly recommends the Western Australian State Government to utilise instead a strategy based on integrated prevention, enforcement and treatment. Harm reduction should be confined to known users undergoing intervention or treatment, which itself has cessation of use as its eventual goal.

Supported by General Assembly of the Conference, 16th May 2003

Signed on behalf of ECAD Mayors Conference

.....*Jim Barry*.....Date.....*16/05/2003*.....

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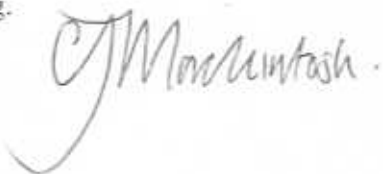
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Cr. Carol Mackintosh
City Of Joondalup.



**Opening speech by Her Majesty the Queen of Sweden at the ECAD
10th Anniversary Mayors' Conference in Stockholm, May 15 2003**

Ladies and gentlemen,

According to this year's review of the economic consequences of the illicit drug cultivation and trade, made by the International Narcotics Control Board, the lin parts of the profit made from illicit drug trafficking, occurs in the countries where the drugs are consumed and not where they are grown.

During many years, strong pressure has been made on developing countries, to reduce the production of illicit drugs, as a way of countering the international drug problem. We must ask ourselves how the opinions in some consumer countries, in favour of legalization – or of liberalisation of drug control – rimes wit this demand of a reduced production. This type of tolerance is a violation of the UN Conventions and shows a lack of respect for the efforts made in developing countries to reduce production.

A tolerant policy concerning the consumption of drugs, including cannabis, is not only a threat to public health, but also to international solidarity and the idea of shared responsibility.

The truly global dimension of the present drug situations calls for further action of the international community. We should find more effective ways of reducing the production and consumption of illicit drugs. We should make strong efforts to develop strategies of alternative production. And we should, as responsible members of wealthy nations, focus even more on the reduction of poverty. If we mutually respect each other and our respective efforts, we will be more successful in our common fight against drugs. And I mean all drugs, including cannabis.

So far, I have not heard of any good arguments for a more liberal attitude towards cannabis. According to statistics from the UNODC (United Nations Office Drugs and Crime) as many as 147 million people use cannabis on a yearly basis. Sadly enough, its use is on the rise, especially among teenagers.

Two months ago, the most prominent researchers of cannabis were gathered for a conference here in Stockholm. They concluded that cannabis is a much more harmful drug than it has been claimed to be. Evidence shows that it has lasting effects on the brain and that it can contribute to depression and schizophrenia.

The increasing use of cannabis among young people is not solved by a loosening of existing regulations. To me, it seems obvious, that you don't reduce the use of a drug by making it more available. To my surprise, there are some opinions that claim that the international drug control treaties should be relaxed. The international conventions are based on international consensus. They are in fact excellent and flexible instruments that can help us to limit the production and the use of narcotic drugs and psychotropic substances to medical and scientific purposes.

We have no right to experiment with the health of future generations. We should behave as if we were parents – o f all children and teenagers, not only our own. Therefore, the burden of proof that some drugs should be harmless does not lie on those of us who are in favour of the conventions. Such evidence should be presented by those who are in favour of a relaxation of the

drug control regime.

Statistics show that drug abuse is on the rise among young people. In some environments where young people meet, there is a glorification of the use of drugs, especially synthetic drugs and cannabis. We must all join in efforts to prevent future generations, boys and girls, to fall for the pressure of those who mean that it is cool to try drugs.

These efforts start at home. It is us, as parents, who have the most important responsibility to educate and inform our children about drugs. The efforts should be continued in school – and in a broad approach – followed up in environments where adolescents spend their free time. Only with such a broad approach, we can help our most loved ones to build up the barrier that they will have to cross before they start experimenting with drugs.

The fight against drugs should be characterized by humanity and dignity. That goes for all the three pillars of drug policy – prevention, law enforcement and treatment.

Of course treatment and law enforcement are perfect measures to prevent drug abuse. But it is also the other way around. If we prevent drug abuse, less effort need to be focused on supply reduction and fewer people will be in need of treatment. Drug addicts recruit new ones. Drug addicts often finance their own abuse by selling drugs to others. Therefore we need an integrated approach in the fight against drugs.

The world drug problem needs to be addressed in the fight against all illicit drugs: heroin, amphetamine, cocaine, crack, synthetic drugs – and – cannabis. We all have a personal and collective responsibility to prevent young people from starting to use drugs.

A month ago the Commission on Narcotic Drugs had its ministerial meeting in Vienna. A big delegation of NGOs took part in the event. They handed over 1,3 million signatures of people and organizations who wanted to express their support for the international drug control treaties and for the Convention on the Rights of the Child. One member of the group was a fifteen-year-old girl from Sweden, Ellinor Frisk. She had the courage to hold a speech in front of ministers and delegates from 148 countries.

She told very openly that she had started using drugs when she was thirteen years old. She started with cannabis. After a while she added ecstasy and rohypnol. She ran away from home, slept outdoors with other drug addicts and stopped going to school. I am sure you can imagine all the horrifying things that happened to this child during two years in the street. Now she has been saved by a treatment centre for youngsters in Gotland.

She said very categorically that cannabis was definitely the big 'gate-way' to drug addiction, and she urged the ministers and delegates to do all they could to live up to the UN conventions that they had signed.

We adults, politicians and parents should show the same courage as did Ellinor, and join efforts to do what she urged us to do.

Thank you.

Criminals Return into Society (CRIS)



We've been there. We know how to change it.

CRIS is a non-profit organization consisting of former criminals and drug abusers. Our main aim is to help people to leave their criminal lifestyles and drug addiction by offering a strong social network, practical support and guidance, for example.:

- Prison visits
- Meet up at prison release
- Social activities
- Contacts with authorities and self-help groups
- Programs and activities for young people
- Employment services
- Competence development courses
- Housing assistance

We also carry out preventative work – lobbying, hold lectures, attending conferences and debates, etc.

The organization was founded in 1997 and today has over 3500 members and 27 local organizations across Sweden as well as international presence in several countries in Europe.

Our work and unique concept have received recognition nationally as well as internationally and we cooperate with organizations, authorities and various other groups around Europe.

CRIS is an important complement to the existing crime and drug treatment alternatives and our work has helped thousands of people.

For more information about CRIS.

Contact persons:

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E-mail: nationell.samordnare@kris.a.se

Internet site: www.kris.a.se

What is KRIS?

KRIS is an brother/sisterhood that stands for:

- Drug free
- Honesty
- Fellowship
- Solidarity

The keywords gives fellowship and safety.

Drug-free...

Means that *you* strive after a drug-free life and that *you* are not coming into premises, or to the activities when intoxicated. That includes alcohol and all prescriptions and non prescriptions substances.

Honesty...

Means that *you* can not commit any crimes. That *you* are honest to your self and others and that *you* strive after beeing an example for other people like your self.

Fellowship...

Means that *you* care for your fellow men and sisters, and that *you* treat and respect other people as *you* want to be treated and respected no matter what religion or origin they might have.

Solidarity...

Means that *you* stand up for you friends, sometimes even 24 hours a day. Giving a helping hand at the association, work idealistic. And if needed that *you* sometimes give away little bit of you spear time to and your lending hand for your friends at KRIS.

KRIS straighten to the ex convicted and/or addicts those whom have decided to quit and change life style and regain back their status in the society. Our goal is to help those people that are released from Correctional Institutions and try to keep them away from getting back in side the walls again to keep these people away from drug and crime by offering them a new decent and honest social network.

KRIS is a free and independent organization that has no affiliations with a political party but we do work together with several authorities and other similar organizations. Our activities are today financed by the General Inheritance Fund, Department of correctional, City of Stockholm, other sponsors and private people. We also get practical help among others from Department of Correctional with two auditors and from the Crime Prevention Center with help of the structure of KRIS. We dispose a car and gasoline card from Department of Correctional to be able to make settled visits to remand prison and prisons to inform the inmates that there is ways to change there live style to better if they really want to.

KRIS

Can and do organize different activities to our members depending on desires and we try to go true with them if we have the capacity to do so. As a member you have the instant access to our premises on Tjärhovsgatan 34. We have a café, Internet, Tv-room, pool. We serve food Monday thru Friday from 17:00 for only 20:- SEK. As a member you have the opportunity to train for free of charge at Fryshuset gym. Membership fee is 75:- SEK for you that have a criminal background and 150:- SEK for support member per year.

Pick up - help after your release

Can be done after some consultation and visits with the inmate. If you have the motivation and will to change your life to the right track we will do anything in our power to help you to do so and give you all the help and support you might need upon your release. We can help you with contacting different authority's and help you to build social network.

Our location

Tjärhovsgatan 34, Södermalm. Subway station: Medborgarplatsen. Our openings hours are Monday thru Friday from 08:30 – 21:00. The café is open everyday from 15:00 to our members. NOTICE: *requirements to enter the KRIS premises are that you respect our none tolerance to drugs and alcohol* and of course that you are honest.

Strength of KRIS

Is that we have experienced the same things and most likely have the same background and that way we can support each other in the way that the society can't. We know the feelings that can come in to your head after your release and how worried and afraid it could be. We also know the difficulties having to contact authorities and if it is necessary we can help you with that. At KRIS there is always someone you can turn and talk to about anything. Everyone is welcome as long as they are drug-free and honest.

During daytime at KRIS

Aaron Teditecle	0702-92 90 10	Youth program
Anette Riipinen	0736-88 19 06	Prison women/staff supervisor
Gith Jonssom	0736-88 19 14	Youth program
Gun Holmström	08 – 615 19 20	Economics
Göran Axelsson	08 – 615 19 20	Webbmaster
Kurt Bengtsson	0736-88 19 72	Culture – leisure
Markku Rehnback	0736-88 19 08	Informer/Finnish rep.
Massoud Beik	0736-88 19 04	Remand prison men
Michael Thyberg	0736-88 19 17	Secretary – Coordinate
Minica Paavilainen	0704-58 12 99	Kris – Bryggan
Patty Severino	0736-88 19 05	Youth program

BAKSIDAN

Peder Sundqvist	0736-88 19 19	Labour Services
Peter Söderlund	0704-61 22 47	Chairman – Marketing
Uffe Henriksson	0736-88 19 01	Public Affairs
Uffe Sporrang	0736-88 19 20	Premises Answerable

Criminal Revenge in Society

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Phone:+46 (0)8 615 19 20 Fax:+46(0)8 643 29 60

www.kris.a.se E-mail: stockholm@kris.a.se

Material for the Utvägen magazine: utvagen@kris.a.se

Information:

We organize information courses about our activities for groups and individuals and even for organizations and companies.

Reservations are made to +46(0)8615 1920 there is a 750 SEK an hour fee for the information services. Reservations on *external* lectures are only made after agreement others fees ably.

KRIS/SWEDEN

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Phone: +46 756881988

Treasurer: Peter Söderlund
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2 2400 København NV
Jan Christiansen jan.c@kris-danmark.dk

What is the way out?

The way out is the name of KRIS new magazine, which will be released during the later part of this fall. The way out is among other things an ambition to reach criminals and drug addicts, in and out of prison, where we want to inform them about the possibility of changing ones life. The way out also addresses other volunteer organisations, social authorities and people with a sense of justice. The way out is going to be commercial, cocky and ambitious.

At the beginning it will be published once a month and will be sold to subscribers and single copies. If there is any profit it will go to charitable purposes to the association KRIS' members and its work.

The way out will contain among other things:

- Journalistic articles that concern our area.
- A follow up of news that concern our area
- Interviews with people who have managed to change their lives
- Letters to the editor from prisoners, members and other interested people
- Interpretations of propositions
- Interviews with prisoners

Your participation

We are now searching for interesting material to the magazine. We are looking for you who want to write yourself. We are looking for your story that we can write about. We are looking for your sent-in contribution. The content of The Way Out is based on your participation, so grab the pen and write, or pick up the phone...

Contact KRIS The Way Out
E-mail: vagenut@kris.a.se or at KRIS address:
Tjärhovsgatan 34
116 21 STOCKHOLM
Sweden

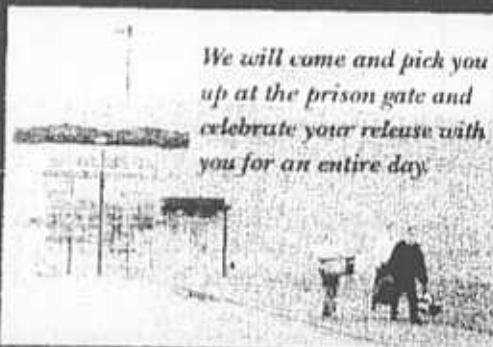


C.R.I.S.

Criminals Return Into Society
is a voluntary association of
ex-offenders who offer
support to those released
from prison.

We want to support others like us who are in need of fellowship in order to take the step out into society, or who are imprisoned in one of our penal institutions and can't get by without friends and something to do.

If you are in that position and don't know what you want to do with your life, contact us and we will show you an alter-



We will come and pick you up at the prison gate and celebrate your release with you for an entire day.

native. We are like you, criminals and addicts, and we have succeeded in putting that behind us, now we want to show you how we have done it.

We want to fill the gap between prison and society, show you that it's possible to take a place in that "bloody society" and show you that you can become content there.



Our basic principles are:

SOLIDARITY, CAMARADERIE, HONESTY, and TOTAL ABSTINENCE from drugs of all kinds.

We admire these principles and live according to them. These are the principles one needs to adopt if one wishes to be with us.



Our association has different activities which you can participate in:

- Physical Training at Fryshuset
- Football
- Father-Child Program
- Billiard, Televisionroom
- Theatre led by professionals
- Member gatherings with food and activities
- Computers and Internet
- Courses in Yoga, Informational techniques
- A clubhouse where you can have coffee, meet former addicts and criminals who have taken the step back into society and can help you find your way back.

We also have a pool of parole officers whom you can meet, get to know and then choose among, when acquiring your own parole officer.



We have also The Royal King and The Queen as members.

We believe that by socializing and doing things together with us you can find friends that are drugfree, who lead a good life today, and who do not need to commit crime. Here you can find your new friends and avoid returning to a life of crime.

We experience an overwhelming feeling of emptiness after quitting with drugs and crime. We know that with friends, comradeship and solidarity we all can completely fill that emptiness.

We had as of the 1st of September 2002, 3 800 members and the membership fee is 75 Crowns per year (Approximately 10\$.). If you join as a supporting member the fee is 150 Crowns. (Approximately 19\$.).

teenexpress



A WORD FROM THE EDITOR...

Happy New Year people! Well, the decorations are down, everyone is trying to shake off those turkey-filled waistlines, and you are all probably raiding the shops for winter bargains.

I know, I know, this issue does say Xmas special, but things didn't go to plan. Better late than never I say! Besides, I like the logo.

Please don't forget to keep sending me articles, photo's, advertisements, etc. This is your newsletter, lets keep it going!



Yes, it could be true very shortly people! 'Me old mucker' Steve McKenna, Scottish Celebrity of 'Radio 1' and 'Movie Chart Show' fame, will soon be taking the microphone for an upcoming NDPA project! Ann and Peter have written a 'Parents Guide' to keeping kids free of Drugs, this script is to become an audio CD that will be distributed Nationally early this year if all goes well.

I recently spoke to Steve asking him if he would be up to the challenge at such short notice, I got a speedy reply from the gent, saying "Drugs are a very misunderstood part of youth culture and so I'm very up for helping out in any way I can."

Now Ann and Peter are agreeing a time when Steve can break from his hectic schedule to do this wonderful favour. A true pro...

Steve can soon be seen in a new series on BBC2 this Winter, co-starring ex-'Blue Peter' and 'Live and Kicking' presenter Katie Hill, ...niiice! ;)

IN THIS ISSUE:

NDPA goes to Parliament!

Report inside >

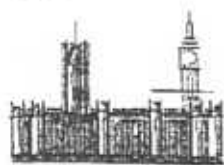
All the news from Teenex HQ!

Report and photos from TeeneXplus!

ENTERTAINMENT

NEWS AND REVIEWS!

AND MORE!



London's Calling... 024

On the 28th November a very important meeting was held in the Moses room in the House of Lords. Speakers at this event included (among others) three highly respected academics (Prof John Henry, Prof Colin Drummond and Prof Heather Ashton), a speaker from Holland and another from Sweden. Our own Peter Stoker, Director of the National Drug Prevention Alliance and three Teenex members: Hayley, John and Beth were all excellent – they had worked very hard on making a meaningful presentation in just 1.5 minutes each – and the audience were very impressed with the fact that three young people could stand up so confidently and speak out against the use of drugs. See facing page for summaries of our terrific trio's speeches. Following the meeting our three young Teenex members were chosen to present a petition to the Prime Minister at No.10 Downing Street. - *Ann Stoker*



The Stella's!

The Stella's are named after 81-year old Stella Liebeck who Spilled coffee on herself and successfully sued McDonalds. That case inspired the Stella Awards for the most frivolous successful lawsuits in the United States. The following are this year's candidates:
[DRUM ROLL PLEASE!]

Kathleen Robertson of Austin, Texas, was awarded \$780,000 by a jury of her peers after breaking her ankle tripping over a toddler who was running amuck inside a furniture store. The owners of the store were understandably surprised at the verdict, considering the misbehaving little toddler was Ms. Robertson's son.

DOOR NUMBER 1
DOOR NUMBER 2 next issue!

**The ultimate
travel and photography
web site!**



www.destinworld.com

FuzzyGram...

Linda and Tigger wish everyone
warm fuzzies - and great times
in 2003! XXXX

IF YOU WOULD LIKE A FUZZYGRAM PRINTED IN
TEENEXPRESS, SEND IT TO JOHN - SEE BACK
COVER FOR DETAILS

Photo



025

(ABOVE) The Gang of Slough 1999 (Easter)

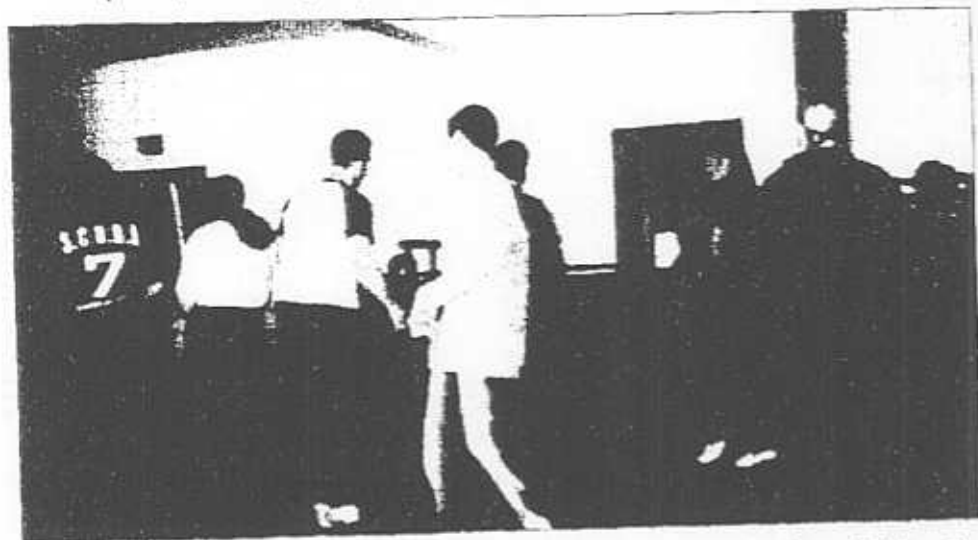
On the day I hacked up my finger while cutting the spuds for dinner! – Tim Miller



(ABOVE) Dan clearly enjoying himself playing Twister with the gals!



(ABOVE RIGHT) The girls trying to look as sexy as possible for the photo, ...as sexy as you can be making cheese sandwiches that is!



(ABOVE) The photographer didn't really take the photo in time did they?

(RIGHT) Tim demonstrates just how well he pulls off wearing 'the hat'!



SPECIAL THANKS TO DAN H. FOR HIS PATIENCE.
LENDING HIS PHOTO'S, CHEERS BUDDY!

Contributors: John Wright, Moira Morgan, Tim & Richie Johnston, Ann & Peter Stoker, Dan Howard, Harvey Daniels-Lake, Seth Fairweather, Linda Miles & Tigger, Tim Miller



If you have anything to contribute to teenExpress, please contact me below (any submitted photo's/material via post WILL be returned ASAP unharmed!):

John Wright (EDITOR)
219 Merridale Street West
Pennfields
Wolverhampton
WV3 0RP

Email: TeenExpress@teenex.org

I hope the New Year is bringing everyone closer to their potential and goals (how many gym, swimming pool and slimming club memberships?) Teenex volunteers and our good friends at the National Drug Prevention Alliance spent most of 2002 trying super hard to raise funds to continue. NDPA needs about £100 000 per year just to keep going, and that doesn't allow for special costs like printing big jobs. Ann wrote a very emotive letter in the last TeenExpress, asking for your help. If you want to see Teenex and NDPA continue, your help is needed. You will find with this issue an **Example Letter**. We have all experienced Teenex; we all get enthusiastic about gaining that 'natural high' from Teenex camps. Without subsidy, Teenex would become too expensive for participants. Try writing a letter to your boss, a member of your families' workplace – somewhere that you already have a 'foot in the door'. Please send a copy of your letter to the office, that way Peter knows who to write to and who has already been approached. You can, of course, continue handing out the regular donation forms from last issue – copies available from John, Tim and the office.

This is **your** magazine. You need to contribute otherwise it will become boring. If John doesn't get much input soon, he will start approaching people with specific topics to write about. I suggest that you choose a subject you are familiar with and enjoy, and get an article in pronto – who knows what you'll be assigned otherwise!!! (pencils, cabbage...)

Teenex e.V. (Berlin, Germany) will be celebrating their 10th anniversary and holding a camp in May this year. Anyone who wants to write a special fuzzygram or produce anything else, please feel free to do so and send it to Tim by 1st May 2003.

Finally, I'm sure you will echo my best wishes and support for the group of participants from East Yorkshire who are now working in their local area as a team. I'm sure they will work hard to spread the prevention message, and actively 'walk the walk', encouraging others to join the drug-free and positive majority! I look forward to reading more about their progress in the next issue.

Love 'n' fuzzy hugs, Big Tim ☺

Stop Press!!!

We are planning another international camp which will be in August this year. Full details next issue – start recruiting! - Neil

ATTENTION!



HAVE YOU SEEN THIS ANIMAL?

LAST SEEN IN NORTH YORKSHIRE
PLEASE CALL US IF YOU HAVE ANY INFORMATION.
ALL CALLS WILL BE HANDLED
IN STRICTEST CONFIDENCE.
ANSWERS TO THE NAME OF TIGGER.

NICE TO HEAR FROM YOU ALL!!!

Well, we're into another year now. Time & tide waits for no man I'm told. Thanks for the emails I've been getting - especially the one from Dan at Christmas. It was great fun. Glad you appreciated the boobs. I am just about to become a 'MAMGU' (as the welsh say) in my own right. Wonder if you bright sparks out there know what a Mamgu is? Email me and tell me - no prizes for knowing!! I'll give you a clue - I got adopted as one last Teenex!! See you all at next Teenex - Do I hear groans? Love & fuzzies to everyone, Moira

CALLING ALL MUSICIANS!

Lead Vocals and Guitarist needed
for new Band to join with
Richie Johnston and Greg Hammond!

Contact/text Richie on 07791 136445

Entertainment World

027

Well, it looks like 2003 will be the year of the Superhero, whilst Brett Ratner works on the new **'Superman'** movie (up to now starring **Anthony Hopkins** as Jor-El) and Sam Raimi's sequel to **'Spiderman'** (currently under the working title of **'The Amazing Spiderman'**) we will have a feast of superhero action to get through! First up will be **Ben Affleck** as **'Daredevil'**, based on the blind Marvel comics superhero. Response to the Matrix-esque trailers have been promising, so lets see if **Michael Clarke Duncan** can pull it off as bad-guy 'KingPin'.



One of next summers most eagerly awaited blockbusters is **'The Incredible Hulk'** directed by Ang Lee. There has been a lot of speculation as to what visual form the radioactive monster will take.

Now the secret is out! Thanks to aintitcool.com we now have the first sneak peek at the green guy himself, okay they are a little fuzzy, but they're actual screen shots!



**ALL NEWS AND
REVIEWS
ARE TAKEN FROM**

**DOWN
the
RABBIT
hole.**

**WWW.
geocities.com
/saakfbi**

DVD REVIEW - DOG SOLDIERS

Its about high time that we had a decent UK horror/action movie. Thank god for Dog Soldiers. Following a small group of squaddies on what is supposed to be a routine training exercise across the Scottish highlands, we soon find out that the natural balance is not exactly right. Some blood here, some entrails there, our heroes soon find themselves fending off a pack of werewolves along with the help of a sexy zoologist.

It just goes to prove that you don't need CGI-filled effects, a bank-breaking cast, and a budget worth more than some countries to make a great movie. Fine acting from a bunch of relative unknowns, with the exception of Sean Pertwee (and a familiar face from Trainspotting), this is fun at its best. If you like black toilet humour, masses of gore and guns, this is definitely for you! Please, buy it or rent it, its worth every penny! One of my movies of 2002, and yes that's putting it up against everything else! **9/10**

THIS JUST IN...

Kylie Minogue has officially signed on to star in Grease 3! You read that right guys, set 20 years on, it will also have cameos from John and Olivia!

Speech! Speech!! Speech!!! What Teenex Said...

028

John Paul Wright

As part of a national programme within St. John Ambulance, I went on my first NDPA drug prevention course in 1998. Since then, I've been increasingly involved, running/performing road shows and workshops, and writing educational material. Looking back to the so-called drug awareness programmes within secondary school, the lack of effort and content was horrifying. Teachers did not know the subject, and the sum total was one hour – to cover my entire secondary school career!

What I've learned has spurred me on to continue with the NDPA, expanding on my knowledge and trying to help other young people of various ages by getting them involved in Teenex, an experience I know to be very rewarding for EVERY SINGLE PERSON who attends – including me. **Facts**, nothing exaggerated, nothing made up; positive change in the people who attend, they have fun and take away the knowledge that they have had the time of their life in a drug-FREE environment. It's second nature to me now, and I pass it on to peers, family and the general public by setting an example, 'walking the walk' – not just 'talking the talk'. Throughout my teen life, especially in University, I've seen drug abuse; I don't count myself an expert on drugs, but I know there's no way I need to use them to enjoy myself.

Laws are important because they help to discourage, but the key thing is PREVENTION – we need to get to the ones on the nursery slopes of drug abuse; wake them up and straighten them up. No brainwashing. Just truth and awareness. It's something I believe in with a passion, along with many, many other people I could introduce you to, if you had the time.

Age 22yrs. From Eaglescliffe, Stockton-on-Tees. Recently graduated from Wolverhampton University with a Degree in Illustration.

Hayley Daniels-Lake

One friend says she uses cannabis because 'it helps her to relax'. Others claim it 'helps them work'. I get my relaxation other ways, such as music, and I got into university without cannabis 'helping me work' – so why should I need it now? I'd rather 'Get High Naturally' from things like stage performance, or dancing – or just from going out with lots of friends, to all sorts of places, including clubbing.

I used to believe the hype that everybody my age was doing drugs, and although I now know that's just a fallacy, you never hear the truth. It's time the media rediscovered what truth is. Did I get drug education at school in Luton? If I did, I don't remember any of it. Some pupils were using drugs, but many more were not using.

I have no intention of using, and that is my decision, not something I'm saying just to please Mum and Dad. I want a clear head in my studies, and if I get the job I want in Social Work in future, I can better help clients with social problems if I am not a social problem myself!

Age 18yrs. From Luton, Bedfordshire, currently at Canterbury University, studying Psychology and Early Childhood.

Beth Fairweather

All you see and hear in the papers, magazines and on TV are headlines like 'All kids do drugs' or 'Legalising drugs is the only solution'. You'd think from this that we are all doing drugs all the time. This is absolutely not true and I am fed up and angry at hearing it. A small minority use to any real extent, is that a sensible reason to legalise drugs? I don't think so – neither is it a reason for going to sleep about the subject either.

In Teenex I learnt the real facts about drugs. What cannabis can really do for you ... mess up your learning skills and your memory – maybe that's why they call it dope? Drugs are easy to start but hard to stop – they damage more than the person using – when someone uses drugs their family also suffers in various ways ... and in the end we all suffer. Stress and broken relationships cost money too – it is not just crime that wastes money.

So how can we prevent this? I've learnt how. You might think that everyone on the Teenex training camps has been like me, but you would be wrong – 30 or 40 youth at a time attend the camps and they come from inner cities, or villages, from schools or factories – some even came from travelling families.

We learnt some very important things, like:

- ✓ you don't get your personality from a pill or a bottle.
- ✓ it's better to go through problems, not around them, and friends can help.
- ✓ you don't need drugs to have fun.
- ✓ you don't have to do what others around you are doing – if they all jumped off a cliff would you?
- ✓ most of all, I learnt that whatever drugs are worth, I am worth more.

Adults have to stop avoiding the issue – say they care, and feel strongly about what we do – not leave it as a choice. If they don't want us to do drugs they need to say so – and say why. They don't ask us to choose whether to steal, or to attack people, so why leave us to choose about drugs?

Some people say that they do drugs to escape reality. Whatever reality is for them, I think it is better to improve it than escape it. There are lots of things a government can tackle to improve reality and if they do enough of it, they may give us the future we deserve.

Age 17yrs. Educated at the Green School for Girls, Isleworth, now studying 'Technical Theatre' at Kingston College.

Maria Ungdom



Target group/Service area



◆ Target group

Youth under 20 with drug abuse or suspected drug abuse problems, and their families

◆ Service area

• City of Stockholm:

18 district councils
Appropriations

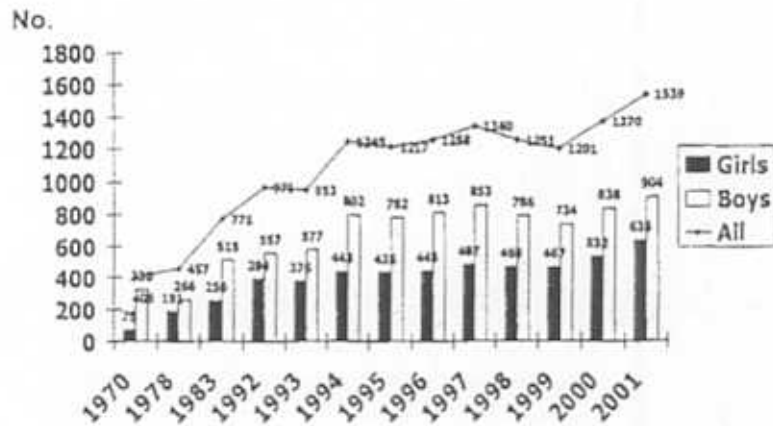
• County:

14 municipalities
have agreements
10 municipalities
do not have agreements

• Stockholm Co. Council

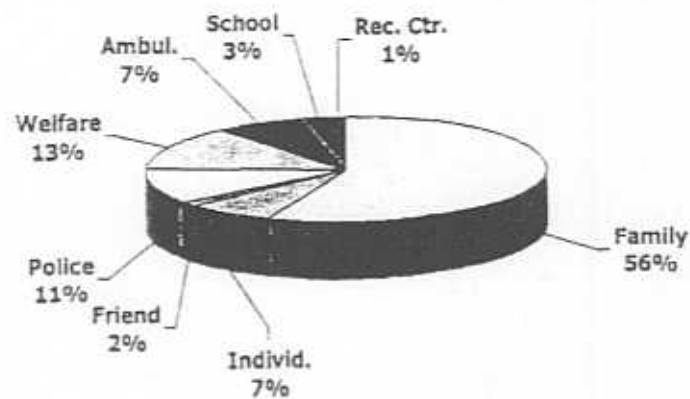
Entire county
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New clients, 1989-2001

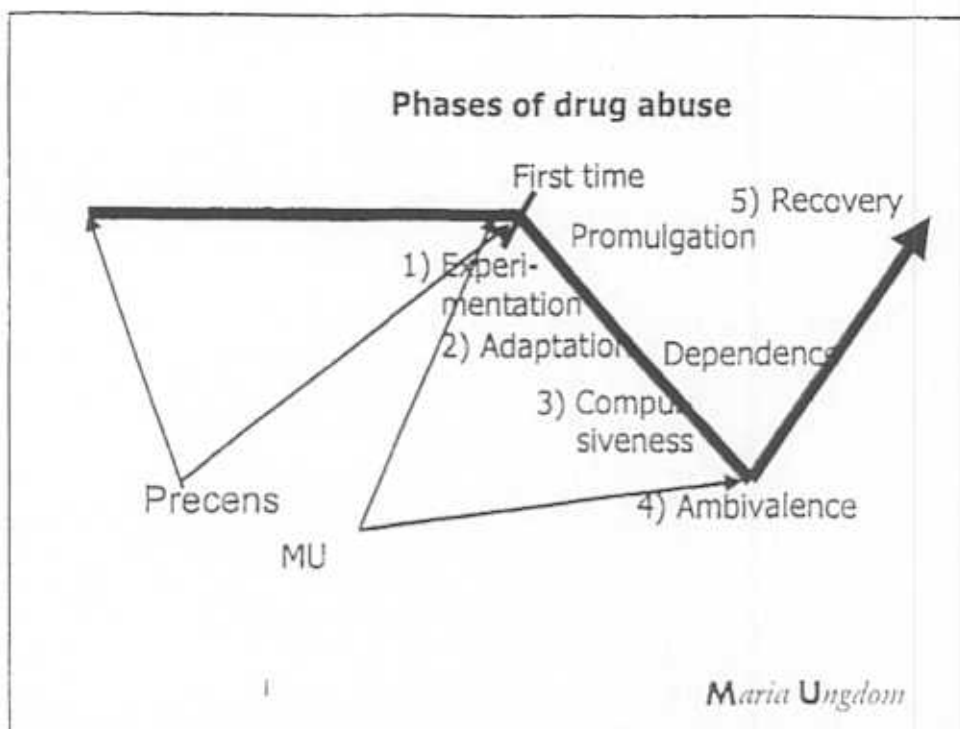


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Came in 2001



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♦ **Key preventive measures**

- parents know what's going on
- children confide in their parents

♦ **Biggest risks**

- bully
- early first-time drug use
- boy

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Risk factors, drug problems

The individual

- Hereditary (studies on twins, etc.)
- Aggressiveness / acting out
- Bad company
- Alienation and rebelliousness
- Early first-time alcohol and drug use

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Risk factors, drug problems

Social

- Drug use in the family
- Access to drugs at home
- Weak parenting
- Family conflicts
- Tenuous family relationships
- Difficulties at school

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Formula for success 1

- Collaboration between social welfare services and council council – all expertise under the same roof
 - Professions: Social workers, doctors , nurses, mental orderlies, psychologists, special educators, study & vocational guidance officers
- Combined in-patient and out-patient care
- Accessibility (24 hours)
- Family counseling

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Formula for success 2

- Take advantage of willingness to change during crises by means of rapid intervention
- Short waiting periods
- Close collaboration with other agencies and care providers
- Large number of treatment options

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Drug abuse inquiry

- Social/drugs
 - Family situation
 - Function of the symptom
 - Function of the drug
 - Attitude of parents and relatives to alcohol and drugs
 - Extent of abuse
- School background
 - How well is school performing?
 - Contact with school health service
- Recreation
 - Friends
 - Interests
- Delinquency
- Medical checkup
- Previous inquiries and corrective measures – and their results
- Psychiatric evaluation/inquiry
- Psychological evaluation/inquiry

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Treatment at Maria Ungdom

Based on needs of patients and their families

- Family therapy with in-patient or out-patient care
- Networks
- Solution-oriented therapy
- Individual therapy
- Psychiatric care
- Environmental therapy
 - Youth group in the ward
- Program for teenagers
- Program for adults
- Cannabis program
- Correctional system program
- Consultation with doctors
- Consultation with psychologists

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Family therapy

♦ Goals

- Maintain status of parents as guardians
- Strengthen collaboration between spouses
- Reconcile parents and children

♦ Method

- Strategic family therapy (Jay Haley, etc.)
- Structural family therapy (Minuchin)
- Experiential family therapy (Whitaker)
- Communication family therapy (Satir)
- Reward-oriented family therapy (de Shazer, Furman, etc.)



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Program for teenagers

♦ GOAL

- impart new and useful information that permits teenagers to:
- break unhealthy habits
- make better choices in life
- understand their own limited role in the family
- feel less guilty

♦ Method

- 2 hours once a week
- Education
- One theme each time group meets
- Collage, writing, homework sometimes
- Both with and without the opposite sex
- At least two individual dialogs per semester
- Each participant is entitled remain anonymous



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Program for parents

♦ GOALS

- Explain what is happening in the program for teenagers
- Help parents understand what their teenagers might discover and how it can affect their thoughts, feelings and behavior
- Motivate parents to participate in self-help groups and get in touch with other parents
- Suggest ways to communicate at home based on new information

♦ Method

- Meet once a week for 2 hours
- Different theme at each meeting
- Education
- Break the big group down into smaller groups



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Cannabis program

♦ Target group

- Youth under 20 who have abused cannabis for many years, who want to quit and who have the motivation to undergo treatment

♦ 6-week program

- individualized
- structured
- instructive



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Cannabis program, phases I & II

- ♦ Phase I, weeks 1 and 2
 - Medical focus, facts about cannabis. Dialog 3 times a week
- ♦ Phase II, weeks 3 and 4
 - Sorting out and dealing with emotions. Dialog 3 times a week



1

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Cannabis program, phase III & follow-up

- ♦ Phase III, weeks 5 and 6
 - Social focus and ongoing planning, preventing relapses. Dialog twice a week
- ♦ Follow-up, 6 weeks
 - How relapses occur
 - Proper attitude to remain drug-free
 - Dialog based on individual agreements

*Maria Ungdom*

Evaluation



After 12 months



Function of the drug

Youth drink alcohol or take drugs
for the effect they produce

- Excitement/kick
- An altered state of consciousness
- Experience feelings you ordinarily try to escape from
- Defense against aggressive impulses and overwhelming feelings
- Acceptance by friends and peer group
- Easier to deal with sex
- Satisfy a longing for intimacy and dependence



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Function of the drug 2

- Children who have problems with dependence on their parents become dependent on drugs instead
- Helps with the transition to adulthood
- Provides a sense of security
- Makes you feel that you can maintain your self-respect
- Makes you feel that you can control your life
- Gives you a sense of autonomy
- A last-ditch effort to resolve emotional problems



Maria Ungdom

Sobering up – those who bring in intoxicated youth (police, field workers, parents)

- ♦ Important that youth are not simply brought in, those who bring them in must be listened to
 - The people who bring in youth can provide key information about what happened (were they assaulted, did they fall, another trauma, who was there, a school dance, party, circle of friends. etc.?)
 - An intoxicated youth is not a one-time occurrence. Experienced police and field workers etc. can tell when youth are in the risk zone. Lots of information.

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Sobering-up - youth

- ♦ Medical care
 - Change of clothes, etc.
- ♦ Emergency medical diagnosis
 - Pro mille content
 - Urine specimen – to detect other drugs
- ♦ Personal – non-judgmental approach
 - Talk about exactly what happened
 - Deal with nervousness and anxiety
 - Important to listen – take youth seriously - identify patterns – see intoxication as an attempt to communicate
 - Crisis reactions

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Sobering-up – youth

- ♦ Some youth don't want us to call their parents – don't think that anyone will listen
 - They'll kill me
 - I found a bottle in the woods
 - It was the police's fault
 - If you don't call my parents, I promise never to do it again, but if you call, there will be so many problems that I'll turn into an alkie

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Sobering-up Parents (1)

- ♦ Parents must be called in as soon as possible, particularly for the medical assessment
 - Info about epilepsy, asthma, medication, injuries
 - Similar to car accidents
- ♦ Parents must be involved in the emergency phase
 - Important to see their children
 - Crisis must be put in its proper perspective
- ♦ Parents feel less guilty if they can help
 - Staff and parents understand each other much better when they work together
- ♦ Better for them to be there for a while than not at all

Maria Ungdom

Sobering-up Parents (2)

- ♦ If the parents don't want to come
 - Important to be insistent without losing the chance for future contact
 - Parents might change their minds after a couple of days
 - Important to tell parents about local social services – that gives parents a chance to make up their minds
 - Don't make judgments – they may be afraid of public agencies
- ♦ Important to tell parents the reason that we got in touch with them

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Sobering-up Parents (3)

- ♦ If parents are angry
 - Accept the anger at first and then help the parents understand the situation that the child is in
- ♦ If parents are about to strike the child
 - Stop them immediately – use the alarm to obtain help from other staff members
 - Try to get them to talk
 - Crisis reaction

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Sobering-up Discharge

- ♦ Go through what has happened
 - Try to place the intoxication in a larger context
- ♦ Review the facts
 - Pro mille content compared to how the youth was when he or she came
 - Blood pressure report
 - Doctor's assessment
 - What the police said
 - What the teenager said
- ♦ Take advantage of the crisis reaction
- ♦ Time for follow-up

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Follow-up: within 10 days

- ♦ How has the family handled the crisis?
 - What has the family been thinking about?
 - Have the parents changed any rules?
 - Have they had contact with other parents?
 - Have the parents reached any conclusions?
 - Has the teenager reached any conclusions?
- ♦ Continuation? Conclusion?

Maria Ungdom

Drugs Lib: The tr

Is UK drug law liberalisation part

The pressure on drug laws and enforcement, seen most recently in the UK with the downgrading of Cannabis to Class 'C', is not unique - nor is it a popular uprising. A brief overview of the world scene may explain what is happening here - but to say it makes sense of it would be a travesty.

PETER STOKER of the National Drug Prevention Alliance (NDPA) reports.

In the early 80s in the UK there was relatively little visible libertarian ('lib') action around drugs, radicalism focused more on issues such as children's rights, and varied sexuality. Then a group of activists, mainly in northwest England but with national - and crucially - international links, conceived a way to advance their cause. By their own admission, they hijacked the term 'Harm Reduction' - and the tragic coincidence of AIDS gave an unexpected, if macabre, additional impetus to a model those activists in many other countries would follow.

What's wrong with Harm Reduction anyway? The answer is that depends on what you mean by the term. Traditionally, in drug agencies, it was and still is intervening with a known user, on a one-to-one basis, to reduce the harm they are doing to themselves and others, whilst they are considering giving up. No problem there.

But this is not the 'lib's' gambit. 'New Harm Reduction' decrees firstly, don't try to prevent - (a) because it's 'immoral' and (b) because it's futile. Secondly, don't educate against drugs, only educate about them. Thirdly, tell everybody - users or not - less risky ways of using drugs (misconstrued by youth as 'safe use'). Fourthly, trivialise drugs in the eyes of the law and glamorise them in the media. And lastly, press for law relaxation, starting with the 'softer' drugs. And when use goes up as a result of this corrupt approach, blame the increase on 'the failed war on drugs' - citing this as justification for more Harm Reduction.

As this movement gathered pace, the links between activists in UK, America and Europe led to the *Murphy Drugs Journal* becoming the

International Journal on Drug Policy, gathering 'libs' from all corners of the globe. Next came the International Conferences on the Reduction of Drug-Related Harm, launched in Liverpool and on world tour to this day. A big money operation, mainly confined to the drugs professions.

In 1994 all this changed in the UK, with the first serious attempt to woo the public at large. 'Reefer Rowie' Boycott launched a campaign to legalise cannabis, through the pages of the *Independent* on Sunday. A year later Channel 4 screened their 'For Night' eulogy on the herb, and since then there has been a steadily growing, media-supported campaign - with perhaps one major skirmish per year. This pattern continued until the run-up to the 2001 General Election, when events such as the humiliation of Ann Widdecombe after the Conservative party conference caused the 'libs' to smell blood in the water. An unprecedented frenzy of lobbying then took place, in which the debacle in Lambeth about Commander Paddock was but one factor. The media and others made wild claims about what the voters wanted, and in retrospect it would seem that this might have unduly influenced the incoming Home Secretary. Without having time to 'read himself in' to his new post, Mr. Blunkett announced that he was 'minded' to reclassify cannabis. Later suggestions that his Department felt this concession would take the heat out of the drug lobby can now be seen to have been a major miscalculation.

Any review of the world 'lib' movement has to begin in America, the birthplace of pot politics. Starting in the Sixties with NORML (National

Organisation for the Reform of Marijuana Laws) bankrolled for its first ten years by Playboy Hugh Hefner, almost all the arguments still being trotted out now were cooked up then. For example, 'We will use the medical marijuana argument as a red herring to give pot a good name'. In the Sixties they floated something called 'Responsible Use' - the forerunner of today's hijacked version of 'Harm Reduction' use soared.

As 1980 approached, ordinary moms and dads in America were on the warpath, pressing government and professions to relinquish liability and go for prevention across schools and communities. The results were salutary: over the next 12 years, 5% of all drugs was cut by a staggering 60%, equivalent to 13 million fewer users. The 'libs' retired, re-thought and rehearsed new tactics in places like Europe, as a prelude to renewing hostilities in America. Revival came around 1990, with so-called 'medical use' still the main lever.

But this time they had something different. Money. By far the largest tranche of funds came from futures speculator George Soros, name UK stockbrokers will recall. By his own published estimate George has put almost \$100 million 'into weakening drug laws' - including paying collectors to get signatures on petitions. Sadly for George, many recent referenda went against him. And scepticism has replaced for many appraisals of 'needle giveaways' (not exchanges) in cities such as Seattle and Baltimore, prompted by their achieving nation-high levels of drug abuse, addiction and HIV. 'Harm Reduction' can damage your health.

On the positive side, America has many fine prevention pro-

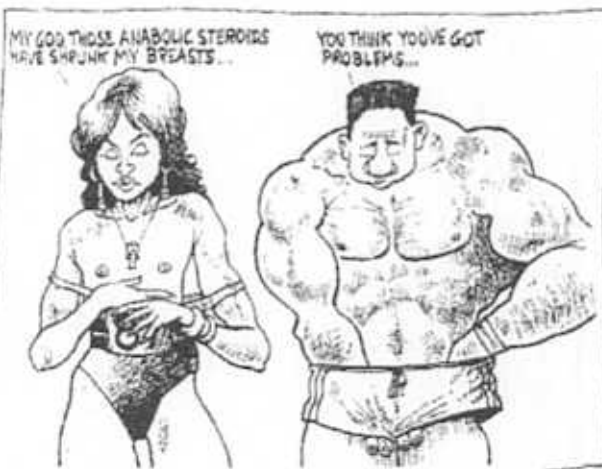
uth is out there

of a wider pattern?

grammes, models of good practice. The largest also happens to be the most attacked. DARE (Drug Abuse Resistance Education) reaches some 30 million pupils a year - all delivered by police officers. Doubly repugnant, therefore, to some e.g. "Getting rid of DARE may be very effective activity for drug reform activists..." said *New Age Patriot* magazine in 1997. Assaults on DARE in the UK assert that teachers are better at drug education than police, given that few teachers are trained in the subject - and subjected to doctrine which challenges rather than upholds the law, this has to be highly dubious - a question of which "PC" you would prefer. And yet DARE continues to grow, its curriculum newly upgraded by independent experts. Seven UK forces use it already; more are interested.

"The school must not be allowed to continue fostering the immorality of morality. An entirely different set of values must be fostered".
Professor Sydney Simon
in Values Clarification.

its own prevention workers describe Canada as 'going to hell in a handcart'. A huge country, unlimited roof space for hydroponics, and wide expanses ideal for growing cannabis unobserved... Now a major export crop to the USA. Harm Reduction has now upstaged drug prevention. Recent pronouncements by Canada's Senate Committee make our Select Committee sound



to the right of Attila the Hun. But not everyone buys into this approach: a World Summit Conference on Prevention was held in Vancouver earlier this year, where one of the most striking presentations was by a unit called the Odd Squad. Nothing to do with the way they walk, the Odd Squad are Vancouver Police frontline officers who cover the odd days on the roster, particularly in the heavy drug areas of the city. With the permission of the addicts, they have been keeping a video diary; this gripping portrayal has been edited by the National Film Board of Canada and screened on national TV. (See *Through a Blue Lens*, January 2002 issue of *POLICE*, Ed.)

When South Australia decriminalised cannabis in the late 80s, the immediate consequence was a substantial increase in youth use compared to other states, ergo, an excuse to make Harm Reduction the main policy. Australian Tibs spent much time studying world powers, particularly proud of persuading the media to refer to prevention workers as 'prohibitionists' and to them

selves as 'reformers'. The imagery associated with these two words is of course invaluable to a lobby. On the positive side, Australia has given birth to one of the largest prevention programmes in the world - Life Education Centres, now widely used to excellent effect in UK and several other countries.

Switzerland may be known more for its heroin trials, but the associated cultural changes have affected the consumption of all drugs. The heroin trials themselves are the subject of deep suspicion, not least because the trial supervisor was also the president of the Swiss lodge of the International Anti-Prohibition League - ardent legalisation campaigners. Despite WHO and INCB rejecting the trials and recommending that other countries should not use them as a model, they are still sold hard in other countries - and some have fallen for it. Our own Home Affairs Select Committee included

Both the United Nations and

...continued on page 6

Drugs Lib: The truth is out there

Is UK drug law liberalisation part of a wider pattern?

the EC have a disproportionate contingent of Jibs, as does the Lisbon-based Monitoring Centre that advises them. The latest initiative, which is extremely worrying, is an attempt to dismantle the UN Conventions on drugs. The Conventions have been the final and often deciding rampart against liberalisation in many countries; were dismantling to happen, this would precipitate worldwide deterioration in drug policy.

The Netherlands has hardly shunned publicity. Less well known is that in a recent public opinion poll more than 70 per cent of its citizens were against their current relaxed drug laws and the government's ambivalent stance, cynically nicknamed *gedogen* which means *to tolerate* officially what is officially prohibited. Dutch drug expert Frans Koopmans recommends a switch to 'zero nonchalance' - and the new prime minister seems to agree, pledging to take a stronger line. Another reason for this might be unfavourable comparisons with another country further north. Sweden. Lifetime prevalence of cannabis in the Netherlands is 29% compared to just 7% in Sweden; 10% use in the last year in the Netherlands - 1% in Sweden. Amongst 15 to 20 year-olds in the Netherlands, seven times as many had used in the last month as had in Sweden. The age of problem users is flattening off in Sweden but becoming younger in the Netherlands. Sweden also outstrips South Australia to a broadly similar degree. Overall, Sweden is way ahead - and, conceivably, the way ahead.

Elsewhere in Europe, drug policy is a 'curate's egg'. Some provinces in Germany have decriminalised cannabis possession, the most radical defining the allowable 'personal use' possession amount as 8 kilograms! Belgium and Portugal may have decriminalised but, in stark contrast, Italy's Premier Berlusconi has announced a drastic U-turn away from libertarian policies



and towards the Swedish-style approach.

Many other countries are a long way from hoisting the white flag. Arab countries take a prevention line, as do most other Middle East and Far East nations. The Caribbean is another strong prevention area. NIDA is currently bidding to assist Bulgaria in prevention training, having already trained teams in Poland, Germany and Portugal. Another four East European countries are interested in NIDA's work.

Prevention has been strong in New Zealand for decades, and possibly the most readable cannabis textbook in the world came from two Kiwis - Trevor Grace and Tom Scott. Entitled *Cannabis - The Great Brain Robbery* it is packed not just with facts and figures, but many photos and the product of Tom Scott's professional cartoonist talents.

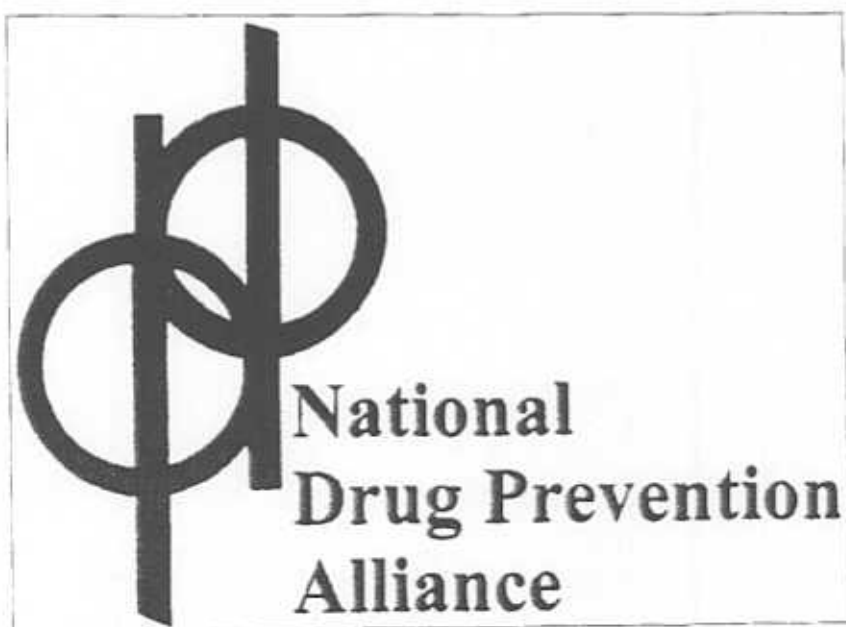
Bringing it back home this past year, under the combined effects of the Home Office and the Lambeth debate, much of the ground gained (600,000 fewer users than four years ago) has been eroded at a stroke of the Home Secretary's pen. But the news is not all bad: excellent prevention programmes like NIDA's *Teenex* are still producing, 15 years on, with similar pedigrees in Life Education and DARE.

Although the Select Committee ignored the Police Federation's evidence and endorsed the proposal to reclassify cannabis, the Committee ruled against decriminalisation or legalisation, and made other useful suggestions. Prevention-oriented education; an end to the funding of drug education literature which encourages use; abstinence as the goal of all treatment. Even the Advisory Council on the Misuse of Drugs, not short of 'lib' sympathisers, conceded that there are now clearly very significant harms to cannabis, and concluded, "...there may be worse news to come". In November the British Lung Foundation and the *British Medical Journal* published new research on serious harms from cannabis.

Taken together with the report by the Schools Health Education Unit, showing that there has been a 50% increase in use of cannabis by young men and women in the last year, one might have expected all this to give Mr Blunkett pause for thought. Sadly, when Police Federation officers joined this writer on 4th December, to hear Under-Secretary Bob Ainsworth unveil the 2002 'Updated National Drug Strategy', there was no sign, either of change of face, or loss thereof.

Formerly a Chartered Engineer, Peter Stoker's 15 years in the drugs field have spanned intervention, treatment, justice, education and prevention - including serving as a DFEE Drug Education Advisor. An author of papers and books, he frequently contributes to the broadcast and print media and is a member of the Global Institute for Drug Policy

*WHAT EXACTLY IS PREVENTION?
BLUNKETT IN BLUNDERLAND
HOW CAN I HELP?*



NATIONAL DRUG PREVENTION ALLIANCE

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E-mail: NDPA@drugprevent.org.uk

Internet: www.drugprevent.org.uk

Registered Charity: 1057513

It certainly isn't an hour a month in a classroom where the teacher is given a pack which promotes 'Informed Choices' and tells students that they can choose if they want to use drugs or not - and proceeds to teach them how to 'reduce the harm' from use.

It isn't someone wagging a finger at adolescents and telling them to just say no if someone offers them a drug.

Nor is it treatment and rehab for people who have developed problems from their drug use and who are now trying to get clean.

Prevention is much more than stopping something happening or working on the assumption that something is inevitable. In those countries where it has been decided that drug use is undesirable and should be avoided, for the good of society as a whole, excellent results have been achieved. The success in the USA has been quoted and Sweden has the lowest drug use per capita than any other European country.

Where the whole of society is engaged in drug prevention it is absolutely possible to turn the situation round and to get back to a position where drug use is very minimal and regarded as totally unacceptable. Young people should not be told that they can 'make their own informed choice' - they need guidance on this as many other subjects. We do not tell them they can 'decide for yourself' if they will drink at aged 14 or drive a car uninsured - we tell them these are the laws and expectations of society and we all have to abide by them. Mixed messages must be avoided. Here are some examples of what is prevention:

- **Government** could resource the development of effective prevention, taking examples of known good practice and success from all over the world.
- **Health departments** could address all kinds of health, not just the physical. They should be promoting mental, emotional, spiritual, and environmental health - not waiting for addiction and sickness to require treatment and rehab.
- **Education** could focus on promoting healthy and responsible lifestyles and on giving youth the most up to date scientific information about the risks of drug use as well as encouraging a positive attitude to life with natural ways to have fun and get high through sport, drama, music, adventure training, etc.
- **Colleges** could train teachers and youth workers in prevention technologies and help to produce teaching packs which promote a 'no use' message instead of a 'Harm reduction' approach.
- **Faith communities** need to give an unequivocal spiritual lead and to use their large and powerful networks to influence the culture of society.
- **Workplaces** could do much more to promote healthy lifestyles for their employees both in and out of hours. Random drug testing has been shown to reduce drug use and should be more widely used - particularly in any kind of job where the health and safety of others could be affected by an employees drug use. Cannabis stays in the body for weeks and studies have shown that pilots cannot safely land a flight simulator for 48 hours after smoking just one joint.
- **Pharmacies** have scope for becoming more proactive in prevention as well as in reducing harm for known users. The USA operates a model service.
- **The Voluntary Sector** in the United Kingdom is huge and covers many and varied groups and organisations from fishing clubs to flower arranging, from the WI to Yoga classes. These groups could use their informal approach to spread the prevention message throughout the community and begin to change the attitudes of their members towards drug-free lifestyles.
- **Drug Services** which are currently mostly focused on Intervention, Treatment and Rehab (all necessary and valuable for users with problems) could also be widened to promote and deliver much more in the way of prevention.
- **The Media** is hugely influential in promoting attitudes and changing the culture of society. Television, radio, newspapers, magazines, billboards, music, theatre - all have an input directly into our homes. There is undeniably a liberal bias in much of our media and this has been used to glamourise, trivialise, and normalise (and actively promote in some cases) drugs. Instead they should be promoting drug use as unacceptable, it should be cool to be clean, drug use should be seen as a fringe activity by the minority.
- **And, of course, PARENTS:**

The most valuable and important group of all. Research studies show again and again that young people are highly influenced by their family. In a family where the parents (or parent) have a set of values and boundaries where drugs are not acceptable; where parents take an interest in the child's schooling; where the family do things together (eat, watch TV, play cards, go for a walk, visit the cinema, have relatives to tea etc.); where children are exposed to fair and firm discipline; where children feel loved and valued; where they have dreams and ambitions which they share; where the family has rituals (like gathering for Christmas, eating rice pudding on a Saturday, having individual pet nicknames etc.) ... *these young people are much less likely to use drugs.*

Research studies also show that children do take notice of their family. They may listen to their peers but they also listen to parents. Where drugs are discussed openly and honestly and where children know they are loved and respected, and that drug use would devastate parents - they are much less likely to use. Parents are the number one drug prevention tool!

Tackle knowledge, attitudes and behaviour.

Hard-won experience in other countries shows that it is not enough to dish out 'knowledge' and then sit back and wait for young people to come to the 'right' conclusion. There are so many mixed messages out there - we need one simple message: drugs are unhealthy, unlawful and unnecessary and - ***you do not need drugs to have a good time!***

Blunkett in Blunderland

The Home Secretary made a big mistake when he re-scheduled cannabis. He was persuaded that this would be a sensible move to reduce valuable police time which, he said, would enable the police to concentrate more on the really harmful Class A drugs like heroin. This action has produced a far worse situation - with many people believing cannabis is now legal and in many places, particularly where the whole mess started in Lambeth, cannabis is being smoked openly on the streets. Dealers accost passers by to try to sell them drugs - and not only cannabis.

The residents of Lambeth and parents all over the country are incensed by the law changes. There are already groups coming together to rescind the changes and more and more people are speaking out against law relaxation. Of course there are some loud voices who approve - mostly those who are already users (or whose children are...) and who want to legitimise their habit. But - the majority of citizens of the UK do not do drugs - and the majority of our youth don't either.

Fact: 50% of 14-20 year olds never use and another 33% only ever try once or twice, giving a total of 83% of youth who are not committed users.

So why should the existing laws be changed to suit a small minority who use?

Mr. Blunkett and his advisers may consider cannabis to be a relatively harmless drug - compared to heroin or cocaine - but what they appear to have ignored totally is the new research which shows that for those who use cannabis more than just a few times, those who use it regularly and those who use it over a number of years the statistics show the majority will go on to use cocaine and/or heroin.

This 'Gateway Theory' is often tactically rubbished by libertarians - they declare that not everybody who uses cannabis will move on to other drugs - and that

is true. BUT users of heroin, cocaine or speed invariably started their drug use with pot. There is talk of separating the supply of 'hard drugs' from 'soft' drugs - but dealers of any substance will sell more than one - to whoever will buy.

Parents will know the pain and grief to their family when they have a user at home. They will experience first hand the deterioration of personality when a beloved child begins to smoke pot. They will see school or college grades drop - and the potential of a bright youngster remain unmet.

Residents of an area where drug users live will find that petty crime rises - even if your own child is not involved your post code will tell the insurers and your house insurance costs will rise. It could be your car radio that is stolen, your mother who is mugged, your child who is robbed by older youngsters who will sell the bike to buy drugs.

The government talk of the need for more treatment for drug users. They say that prison is not the answer. They fund organisations that help drug users and sponsor conferences that help to find work and homes for those recovering from drug addiction. All this costs a lot of money - as do the increased costs to our health service of illness and accidents caused through drug use ... In any tolerant society we have to take care of the weakest, of the sick, of the inadequate - but shouldn't we be trying to prevent these things from happening? Isn't it time we changed our priorities?

Instead of promoting Harm Reduction and extra treatment and help for users why not look at prevention? There are great examples of effective prevention from all over the world. If you are reading this leaflet you will almost certainly have heard the phrase 'The War on Drugs' and 'The Just Say No approach didn't work ... Wrong!!! In the late 1970's in the USA drug use had reach epidemic proportions. The schools were following a Harm Reduction

approach - then called 'Responsible Use' - and the parents were being marginalised and told to leave drug education to the experts at schools. Finally the parents got mad - they began to fight back. They formed over 8 000 parent groups and the Just Say No Clubs started. By 1990 - around ten years later, the use of ALL drugs, by ALL age groups had dropped by 60%. This was a huge success in public health terms - and it was only in 1991 that drug use again began to rise.

Why did use begin to rise again? Because parents, politicians and educators took their eyes off the ball - they thought they had solved the drug problem - and because three very wealthy business men set up an organisation called the Drug Policy Foundation. George Soros alone contributed many millions of dollars to that and other groups who were promoting the Harm Reduction / Legalisation of drugs agenda. Once again America is having to fight the drugs issue - only this time it is harder because the pro-drugs movement has become international. There are literally thousands of Internet websites promoting drugs. There are groups like the International Anti-Prohibition Party, the Legalise Cannabis Campaign and dozens more who have been influencing politicians and the liberal elite for some years. The result is seen in the UK in the decision Mr. Blunkett made to re-schedule cannabis. Mr. Keith Hellawell the first Anti-Drugs CoOrdinator was removed from his post when the new Home Secretary was appointed. Keith later resigned and spoke publicly about his disagreement over the new policy. The Home Affairs Select Committee was told before they even received papers that Mr. Blunkett wanted to re-schedule cannabis - and almost all those called to give evidence were promoting legalisation. It would be most interesting to learn exactly who decided on which witnesses were to be called to give evidence?

But what can I do? I can't make much difference, can I?

You can make a big difference! The situation with drugs in Britain is going to get worse unless we can get ordinary people at the grass roots level to help us. No one person can do everything by themselves ... But every journey begins with just one step, and the greatest of social changes begin with just one committed person. You.

The National Drug Prevention Alliance has existed now for almost ten years and in that time it has significantly impacted the situation - even though we have only ever had a small staff team and some dedicated volunteers. It has sustained a broad array arrange of technical services throughout this time and has developed a sound reputation for professionalism, expertise and - not least - energy. We have around 20 regular volunteers - including some committed and enthusiastic youth between the ages of 16 and 25 years of age. From 1996 to 2000 a lottery grant enabled the NDPA to grow into a viable organisation and since then smaller grants have enabled us to continue our services.

Our total salary bill for a year for five staff was only £30 000 - mostly because our staff were paid a fraction of a salary but worked full time for it! Here are just a few of our 'battle honours':

- A doctorate level research project at Brunel University
- A residential peer-prevention programme developed in the UK and adopted in several other European countries; (currently we have been asked to help in Hungary, Russia and Bulgaria amongst others)
- Trainings in a wide variety of settings
- A website (www.drugprevent.org.uk) which has won a first prize in an international competition
- An acknowledged impact on the Home Affairs Select Committee findings
- Technical evidence to the BMA, the Lords' Science and Technology Committee, the Police Foundation, and others
- We have a very high profile in the broadcast and print media - for example, and made over 60 contributions to TV programmes, radio, newspapers and magazines over a 5 month period in 2002
- Recently our director or members have also been interviewed and quoted in the BBC World Service, the Washington Post, on Air Jamaica, Canadian Broadcasting Corporation and on South African national radio

Now we have a crisis. The NDPA has been refused a lottery grant and every other application for funding has so far been declined. Observers suggest this is because we promote a healthy, drug-free lifestyle, rather than acquiescence and harm reduction.

Since the lottery, and the trust funds we have applied to so far, have declined to support us we can only continue if we are able to raise the money the Alliance needs from individuals. If you believe that society would be a better place for you and your children if drug misuse were to be prevented, then we would ask you - please will you help this vital work?

We currently have just a handful of people who make us a monthly contribution by standing order. During the next three months we need to find 1 000 people who will commit to giving a small sum to the NDPA. For the price of one starbucks coffee a week, one video rental or half a gallon of petrol you could enable us to survive. We will have to close our doors in December 2002 if the general public cannot see the crying need for our services.

Some of the people who will receive this leaflet have been sent information by us when they requested it, some may have been on our of our courses, some may have attended a training course in their teens and are now married with children of their own! Whatever your situation, if you care about your children and their future, please help us to make a difference.

We do not like sending out begging letters but we now have no choice. We asked the lottery for £180 000 per year for 3 years - this provides 5 staff, an office, all printing, phones and research costs. We were refused, but lifeline, an organisation which produced a leaflet telling young people how to hide drug use from their parents, and whose author says "I like drugs. I've scarfed them up indiscriminately my whole adult life ... I loved every minute of it" - were given more than £700 000. Also, you have probably heard of the current inquiries into the lottery funding an organisation which encourages unauthorised asylum seekers to press their cause.

If you are willing to help us we need you to complete and send the form enclosed (a copy will do, especially if you want to copy it to friends). It asks you to commit to giving the NDPA a small monthly sum of £5 or £10. This would come to us by standing order every month until you cancel. Without this assured income we will be unable to continue and will have to close our doors.

PLEASE WILL YOU HELP US TO HELP YOU, AND TO HELP SOCIETY?



TEENEX

A Youth Drug Prevention and Self-Development Programme

TEENEX - A BRIEFING PAPER

052

TEENEX is a prevention and social education programme with the particular aim of encouraging young people to choose a life style free of drug and alcohol abuse. It is principally designed for the 15-20 years age group. The word TEENEX indicates this age group and also refers to *Experiential Learning*, the educational technique of involving participants through discussion, workshops, role-play etc. rather than making them sit quietly and listen to lectures (didactic).

TEENEX is a registered charity - number 1000180. It has an Executive Committee, which involves adults and young people, and for the past ten years has had a succession of youth chairpersons.

TEENEX has been developed to suit British cultural conditions from similar programmes run in other countries, most notably in America where evaluation over many years has been very positive. The underlying philosophy is that young people can and do make sound decisions about life issues if they are properly equipped both with the facts, with relevant lifeskills, and with a social context of values, belief systems, behaviour and consequences for self and others (ranging from close 'family' all the way up to society at large). In the case of drug prevention these lifeskills include self-esteem, self-confidence, assertiveness, awareness of self and others, decision-making, trust, group-work and communication skills.

Training in these lifeskills and the life contexts as well as factual information about drugs forms the main content of the TEENEX curriculum but another important component is fun. Exploring ways to enjoy life and avoid boredom without resort to drugs is very much a part of the training experience.

Most reasons for using drugs can be synthesised into one or more of five categories - curiosity, peer pressure, boredom, escape and pleasure seeking. TEENEX tackles each of these reasons.

Another postulated model for reasoning behind use is Maslow's Hierarchy of Needs. This model leads to essentially the same prevention approach. Very detailed criteria (several pages long) for the 'components of effective prevention programmes' have been developed by the National Institute on Drug Abuse in America. TEENEX has been tested against each of these criteria and comes out with a very high score. The main training event is the TEENEX residential camp. It was first held in West London in 1988 and TEENEX programmes have also been replicated in Portugal, Germany and Poland; back in Britain Essex Police are very enthusiastic and run regular camps.

The 6-day camp programme has a group of between 30 and 40 young people and 4-8 adults in residence; nobody leaves the site during the week and every day is structured with a mix of whole-camp and small group activities. Small groups are formed at the beginning of the week comprising 5-7 young people and 1 or 2 adults; they stay in these for the whole week, developing a high degree of friendship and trust through simple ground-rules for behaviour.

It is remarkable how quickly this simple structure encourages opening-up by even the most reticent youngster.

The whole-camp activities include educational games and quizzes, workshops and seminars on a range of subjects including drug substances, assertiveness, sexuality and decision-making. The participants write short skits and learn songs / dances to present a show on the last night when parents come to collect them.

The transformation in the young people by the end of the week is in many cases quite striking. They are more self-confident and articulate, assertive without being 'pushy', positive in outlook and very clear in their rejection of the need to use drugs, including the reasons why. There is definitely no intention that these young people should become preachers, but rather that in conversation with other teenagers and by their actions they should be good role models for a drug-free lifestyle. Many go on to become peer educators in their own schools / colleges or places of work.

REASONS WHY PEOPLE USE DRUGS

053

Most reasons why young people use drugs can be synthesised in to one or more of five different categories: Curiosity, Peer Pressure, Boredom, Escape from problems and Pleasure seeking.

Successful prevention strategies must therefore tackle these problems. TEENEX tackles them in the following way.

- Curiosity - *Presentation of accurate facts, the short and long term benefits and consequences of using a drug, for the user and the society.*
- Boredom - *Demonstration of ways to live a full life and to gain stimulation from the people around you.*
- Peer Pressure - *Show ways of avoiding or reversing the pressure. Techniques are taught as to how to resist it without losing face with friends.*
- Escape - *The use of small group discussions can show how people can share their problems with others and learn to face up to the rather than having to escape from them.*
- Pleasure - *Show ways of achieving good natural highs without any risks involved.*

THE TEENEX FAMILY

Teenex has evolved over the past ten years, and now includes a collection of activities.

- TEENEX - The original 6-day residential lock-in. For 15-21 year old young people, this prevention experience has been tried and tested since 1988, and is recognised by many agencies both in the UK and worldwide. This course is approved by the Duke of Edinburgh's Award Scheme for the 'Residential' element of the Gold Award. Costs usually around £75-£100 per person.
- TEENEXPLUS - The weekend re-union, training and above all FUN event for graduates of the Teenex course. This event costs up to £25, though may be free depending on venue.
- TEENEXCEL - The Advanced Training Course. This is a 5-day residential lock-in for young people who have completed the Teenex course, and want to gain knowledge and skills to be even more active within their own communities, and of course to return and facilitate on Teenex courses.
- TEENEXCITE - The newest of our courses, this is fun-based activity for 12-14 year olds.

Positive Prevention Plus, the parent charity to TEENEX, can run courses for any group, provided that there is a minimum of 25 participants. Full details on these courses may be obtained from the contacts overleaf.

Got you interested?

054

Want to know more?

Here's a few options:

Internet: www.drugprevent.org.uk

E-mail: youth@teenex.org

Teenex / Positive Prevention Plus / NDPA Office:

Tel: +44 (0)1753 542296

Fax: +44 (0)1753 677917

E-mail: Teenex@drugprevent.org.uk

PO Box 594

SLOUGH

SL1 1AA

UK

Bristol Office (Tim Johnston & Sarah Hall)

Tel: +44 (0)7976 102068

Tel: +44 (0)7976 102069

Fax: +44 (0)117 941 4843

E-mail: Teenex@drugprevent.freeseve.co.uk

Beechwood House

Bell Hill

Stapleton

BRISTOL

BS16 1BE

UK



Christer Brännerud
Superintendent, Swedish National Criminal Investigation Dept.,
Drugs Intelligence Unit

Ladies and Gentlemen

First of all I would like to thank you Mr.Torgny Pettersson for the invitation. It is indeed an honour for me to stand here in front of such a distinguished audience. I think that we all in this room have the same target namely to fight back the legalisation movement in Europe. Therefore the work of the ECAD is so important and should rend the highest back up from politicians and law enforcement agencies within the European countries. Too many people expose their ignorance by supporting a legalisation of various drugs. Unfortunately several so-called "public personalities" can be counted into the selected group of the eager supporters of drug legalisation. So please continue your very important, appreciated and respected work against the drug legalisation movement. I'm one of your supporters and do not forget that you have a majority of the Europe population behind you.

Before I start my presentation, please let me shortly introduce myself. I am a Swedish police officer who returned to Sweden in January this year after a 7,5 years service at the Interpol Headquarters in Lyon, France. I have been fighting drug traffickers since 15 years. I started as a police officer in 1979. In 1987 I joined a drug squad in Stockholm from where I built up the basic platform for my future drug engagements. Since then I have almost exclusively worked with drug related topics. In 1995 I entered the international scene when I was assigned to the drug division at the Interpol Headquarters. During my time at Interpol I have co-ordinated innumerable operational drug cases all over the world focusing on various ethnic groups like Nigerian, Colombian, Albanian, and Turkish organisations to mention a few examples. My area of responsibility was, apart from the Nordic countries, Russia, Ukraine, Belarus, the Baltic States, and the Central East European countries. I worked three years at the Balkan Peninsula assisting countries to set up drug intelligence units with an analytical capacity.

Upon my return to the Swedish Police I was asked whether I would like to run a project named "CASE" that stands for "Comprehensive Actions against Synthetic drugs in Europe". It is a drug project started last year under the supervision of the Council of the European Union. I mention it for you since the creation of this project shows that the Council of the European Union is supporting efforts against drug trafficking activities

within the Union. I will come back to this issue at the end of my presentation.

During my last two years at the Interpol HQ, I focused my interest on the white heroin outflow from Afghanistan via the Central Asian countries over the Russian land road and into Europe. This trafficking route is known as the "Northern Route" which is also the reason for my presence here today. Torgny asked me to share with you my experiences from Central Asia and asked me to speak about the possible future threats from this "Northern Route". Instead of painting a black future I will try to convince you that there is in fact measures which we can take if we work together the law enforcement agencies, United Nations and Non Governmental Organisations. I will tell you about my preparations in order to create a ground for a joint co-operation among the affected source- transit- and destination countries. I've decided not to tire you with statistics or graphics and instead make my presentation, shall we say a little bit "operational". I will introduce a concept of a joint international co-operation known as the "Project Nhero". "Nhero" stands for the "Northern Heroin Route" and was born after a joint Finnish and Swedish initiative. The project will illustrate what kind of measures can be taken in order to try to fight back a new trafficking trend. But before I get you familiar with project "Nhero" I deem it appropriate to give you an update of the drug situation in Central Asia focusing on Afghanistan and Tajikistan.

Major changes took place after the events of the 11th September. After the collapse of the twin towers in New York, it became even more obvious that drug related activities in Afghanistan fuel terrorist organisations who are active at a global level. This is a reason good enough to prioritise drug control in Central Asia.

The presence of the US military forces in Afghanistan drastically changed the conditions for the local drug barons. A large number of clandestine heroin laboratories in the southeast part of the country were dismantled and destroyed by the allied forces. As a consequence the drug barons moved their laboratories up to the Northwest part of Afghanistan and placed them mainly along the 1400 kilometre border towards Tajikistan. Huge stockpiles of factory produced heroin were to be found on both side along this border. But were there any opportunities to create contacts across the border? Yes it was. It is estimated that approximately 70.000 Tajikistani left the country during the civil war in 1991-1992 and moved into Afghanistan where some of them came into contact with Afghani drug dealers. So, the network of contacts across the border was already existing.

The "Northern Route" has several advantages compared to the traditional "Balkan Route". For those who are not familiar with the "Balkan Route", this is the name of the "southern route" of heroin, morphine and opium leaving Afghanistan. By taking drugs from Afghanistan via Pakistan crossing the heavy militarised border to Iran and then further into Turkey and to the stockpiles within the Balkan countries like Bulgaria, Romania, Macedonia, Czech Republic before reaching West Europe, demands a lot of efforts and high risk taking from the traffickers. Since the Afghani drug barons were more or less forced to move their activities from the south up to the north, they seemed to have discovered that it is easier to take the heroin out via the "Northern Route" rather than the traditional "Balkan Route". The borders are more porous in Central Asia and in Russia. The linguistic advantage is another important aspect that facilitates the criminal activities. Have you thought about that all the way along the "Northern Route", one and the same language can be used from the border of Afghanistan to the border of Norway!

The last year's opium cultivation was probably one of the highest ever, record harvests. After the production downturn in 2001, following the Taliban ban on opium cultivation, production was up again in 2002. It was estimated (UN) that 3,200 and 3,600 tons of raw opium were harvested. Cultivation continued to rise along the northern Afghan border with the Central Asian states.

The following figures confirm the reports of an increase of the opium cultivation. Tajikistan seized in 2002 almost 4 tons of heroin, i.e. the same amount as from the previous year. As for 1st March 2003, more than 1,1 tons of heroin has been seized in Tajikistan to be compared with the previous year at the same time period when "only" 415 kilos of heroin was seized. A dramatic increases indeed. So where will it end at the end of this year? Nobody knows the trouble we've seen. This alarming reports and figures proves the necessity to focus and put priorities on this huge problem and take joint international efforts against it. Please keep in mind that only five years ago, in 1998 Tajikistan seized 271 kilos of heroin, to be followed by 700 kilos in 1999. Then in 2000 as much as 1900 kilos were seized and the amount doubled the following year when 4239 kilos was intercepted. What happened in Tajikistan? One explanation is that the United Nation drug control program has invested both money and staff in order to assist Tajikistan in drug fighting measures. A number of UN projects have been run in Central Asia since 1998 and up to date. I would like to especially mention and credit the UN Regional Office in Central Asia at Tashkent in Uzbekistan for their extraordinary and professional inputs in order to build up and equip various agencies in the combat against the regional

traffickers. Once again, working alone was not sufficient. An international joint effort between various law enforcement agencies and United Nations in order to find an agreement of future tactics and measures against the drug traffickers was in need.

So the time has come to introduce for you project "NHERO". It is a joint collaboration between Tajikistan and countries from the East and West Europe. The project was kicked off in Riga, Latvia in December 2000.

It all began in June 2000 when Finland rang in the alarm-bell. The presence of white heroin of an extremely high purity in combination with an increase of overdoses among the abusers came to the Finnish police attention. To give you an example; Finland reported about a case of a street seizure where the purity of the heroin was as high as 93%. The "normal" purity of heroin at a street level is between 10-18%. So everybody in this room can easily understand what happens when a drug abuser injects heroin with an almost pharmaceutical purity into his veins. He faces an immediate death.

Based on the information provided by Finland, I checked the situation in the neighbouring countries at the Baltic Sea region. The Baltic States and in particular Latvia and Lithuania reported about the same phenomenon and development as in Finland.

We could also see that the street price of white heroin was extremely low. In Latvia it was possible to obtain a gram of high purity heroin for approximately 30-40 US Dollars. A normal street price in Sweden is approximately 100-130 US Dollars while in Finland the price is around 135-200 Dollars. Reports from Germany showed the same trend i.e. white heroin of a very high purity and a sudden increase of overdoses. It seemed to be a kind of an "introduction phase" for white heroin coming from the Northern Route. The dealers also offered the heroin at various schoolyards in Latvia. This became not only a problem exclusively for the police but also for the entire society in the region.

I decided to initiate a joint effort together with the affected countries in order to make a common approach towards this serious threat. The conclusion from the first working meeting in Riga showed however that it was necessary to involve not only the destination countries but also the transit and the source countries. Therefore a second working meeting was held at Moscow in April last year. This meeting was attended by five different Russian law enforcement agencies, representatives for the Drug Control Agency under the Tajikistan Ministry of Interior and from the

UNODCP Regional Office in Central Asia and Moscow. The attendees at the meeting now covered the source- transit and destination areas. We agreed upon a concept of how to collaborate within the framework of Project NHERO. We came to the conclusion that;

- it was a necessity to create an immediate international co-operation and co-ordination on this issue
- to set up a system for the sharing and collection of information and intelligence for analytical purposes
- to focus different national interests on common international targets within the source-transit and destination areas

The targets and the aims of the project were to try to;

- disclose criminal structures and organisations
- determine the origin of the drugs
- disclose of modus operandi
- determine the final destinations within Europe
- support national ongoing drug investigations
- take joint operational law enforcement actions

The participating countries were the Baltic States, Tajikistan, Sweden, Finland, Norway, Denmark, Germany, the United Nation drug control offices in Uzbekistan, Tajikistan and in Russia.

In order to have an efficient and realistic approach towards this problem I tried to keep the group of participants as small as possible and to have the same case officers attending the forthcoming meetings. It was also important to mix the delegations in order to avoid a participation of only high ranked law enforcement officers in a chief position. I also deemed it important to have the field investigators present since they do possess the basic knowledge about the heroin situation within their respective region. It was also necessary to underline the importance of concentrating our efforts towards one project only and not be split up in other similar initiatives. I was simply trying to set up some regulations for the confidence and the continuity of the project and create a sense of "teamwork" and loyalty the same as we can find in a football team.

The sharing and exchange of data was extremely important. We agreed upon that the data should be send to my attention at Lyon. I created a special "Nhero-file" in the Interpol database. After the data collection phase it was planned that an analyst should analyse the available

information. What should be the added value for the participating countries?

- the possibility of having a structured approach towards a serious problem
- be assisted with a fulltime analysis
- that could complete their own national investigations
- visualisations via link charts from the analyst notebook software
- regularly been provided with reports containing updated information and latest news within the framework of Nhero

Nowadays we can see that the analytical tool is more and more used and accepted as a complement into investigations of a more complex nature. I am a trained analyst myself and very well aware of the advantages of having an analytical assistance to such cases. For those of you who are not familiar with crime analysis, please let me very briefly give you a short background.

There are two different types of analysis, the operational and the strategic one. In project Nhero we used the operational analysis. The definition of operational analysis is "When relating together a wide range of data connected to a specific offence or with crime in general". There are three different types of operational analysis;

1. Case analysis
2. Offender group analysis
3. Comparative case analysis

I choose the latter. Comparative case analysis fitted into the frame of project Nhero. We already decided to share intelligence in order to try to discover whether various cases of drug trafficking activities could be related to each other. The project planning for Nhero was already established. When I say project planning we are talking about the so-called "Intelligence Circle", a favourite expression among analysts worldwide. So, what did we achieve so far? We had;

- identified our aims
- identified the sources where information could be obtained
- identified our project partners, i.e. the participating countries
- started the process of the collection of data and the structured input into a database
- initiated the work of an analyst

- agreed upon the dissemination of the results in the form of an analytical report
- agreed upon the presentation and explanation of conclusions and hypothesis made by the analyst
- ACTION; that our common efforts finally should generate a joint operational action for the benefit of the participating countries

This example of an international co-operation has been given to you only in order to illustrate that it is not complicated to execute such a task. The difficulty is to "plant the idea" among the participants and explains that they hopefully will have some kind of a professional benefit or feedback out from their participation.

What type of information was required for the project? Look at the screen behind me. In fact it is not more complicated than this. What I basically needed was:

- statements from involved persons from the various investigations
- a description of the concealing methods
- telephone numbers, addresses, information of companies, email addresses etc
- additional information like passport and identity documents, bank accounts and road descriptions.

As you can see, a very basic information, easy to obtain and easy to share.

Where did I store this information? While working at Interpol in Lyon I had access to a huge database containing almost five hundred thousands different files of which almost 200.000 were so called nominal files. The information stays in the database for five years and is then deleted unless additional information has been added during this time period. Therefore the information is timely accurate and a valuable source to be used when cross checking information.

As you can see, the concept of the project is very clear and easy to design if only the political will is behind in combination with a professional engagement and knowledge from the participants. I would like to take this opportunity to mention and credit Russia, as a good example of the political will and its hundred percent back up for the project.

Today we can see that the white heroin situation in the Baltic Sea Region has changed. The purity of the heroin at street level has drastically decreased while the prices increased. Ukraine and Belarus are now targets

since the heroin export is destined to these countries for further transports into Europe.

What has happened with project Nhero? It is still ongoing. In fact this very day a working meeting is held at Interpol Lyon where the project is evaluated and hopefully decisions for future initiatives are to be taken.

Next week I will leave for Central Asia. I have been asked to execute an evaluation of some drug projects that have been run since a couple of year's back. During the next following weeks I will travel in the Central Asian region. I hope it will generate a genuine knowledge about the current situation in the area that I can share with my collaboration partners also within the ECAD.

Now a few words about another project named CASE as I initially mentioned about.

The project was born after a Swedish initiative during their chairmanship in the European Union. It focuses on the amphetamine situation within the Union. All seizures of amphetamine 500 grams and above will be reported to the project. The team players are the police, the customs, the National Forensic Laboratories and Europol. All member states in the European Union participate. The aim of the project is to trace the amphetamine production areas, laboratories and possible networks and organisations behind. Once again we can see the need of creating a concept for a joint international collaboration. Basically the structure is the same as for project Nhero namely the exchange of intelligence, the use of modern technique and equipment (analysis and computer softwares), to fight a common target that causes threats to societies. The unique with this project is the close collaboration with the forensics. If you are interested and would like to have more details about project CASE, please do not hesitate to contact me after my presentation.

I will conclude my speech by emphasising the importance of international co-operation and joint efforts if we shall have the slightest chance to influence and disturb the powerful interests behind the drug trafficking worldwide. After the "fall of the wall" between the East and the West we have every chance of succeeding, but we need to co-operate.

End.