

# Prevention & Treatment: The Barbados Approach

Regional Workshop on Drug Information  
Networks

St. John's, Antigua & Barbuda

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# PREVENTION

# The National Council on Substance Abuse

- Established in 1995 under aegis of the Ministry of Home Affairs
- Agency responsible for drug demand reduction activities & programmes
- Programmes & activities are coordinated & implemented via the agency's community, primary & secondary school programmes



# The NCSA Approach



# Primary School Programmes

- Life Education Centre (LEC) – (*Ages 3 – 11*)
- Safe and Unsafe – (*Ages 5 – 6*)
- Just the Facts – (*Ages 7 – 8*)
- Drugs & My World – (*Ages 8 – 9*)
- Facts & Issues – (*Ages 9 – 10*)
- Drugs and Decisions – (*Ages 10 – 11*)
- Write Off Drugs (Upcoming) – (*Ages 7 – 11*)

# Transition Programme

- Project SOFT - Transitional Programme for youth progressing from primary to secondary school.
- The Prevention First Club provides the opportunity for participants of Project SOFT to build upon their experiences.
- Also targets the parents of the children and provides practical guidance for them and their adolescent children.



# Secondary School Programmes

- Adolescent Outreach – (*Ages 11 – 16*)
- Peer Support Activities – (*Ages 13 – 16*)
- Write Off Drugs (Upcoming) – (*Ages 11 – 16*)
- Stop! Think! Choose! (*For the hearing impaired*)



# Parent Education Workshops

- Involve a combined range of evidence-based parent education components
- Interactive family drug education program where parents and children participate together in a range of drug education activities.



# Community Programmes

- Allow officers to interface directly with the general public in order to provide substance abuse education
- Sports Intervention Programme
- In de garage; Pun de driveway!! (Upcoming)
- Gender Empowerment Programme – “Eva Goes to Foreign” (Upcoming)
- Workplace Drug Prevention Programme – (NEW) NCSA has undertaken baseline research that will guide the design of workplace prevention strategies



# Approach to Treatment

- **NCSA continues to collaborate with treatment agencies in the areas of funding and other shared resources**
- **Recently acquired Counsellor to provide dedicated service**



# Challenges

- Under-financed
- Not enough staff
- Services centralised
- Hours of operation need to be reviewed





# Solutions

- Engage in more advocacy
- Encourage more dialogue between partners in other social service agencies
- Establish symbiotic relationships with the private sector to enhance program development



# TREATMENT



# Treatment Providers

## **Residential**

- Verdun House

## **Non-Residential**

- The Centre for Counselling Addiction Support Alternatives (CASA)
- Psychiatric Hospital (Drug Rehabilitation Unit)



# Verdun House

- 60-bed facility
- Caters to males only, 18+ years of age
- 90 day treatment programme with 12 step-orientation
- Half-way house option to help re-integrate persons navigating early stages of sobriety (up to 180 days)
- Multiple treatment modalities used:
  - Individual & Group Counselling
  - Family therapy
  - Social Skills Training
  - Chemical Dependency Education
  - Attendance at AA and NA meetings
  - Relapse-prevention & After-care planning

# CASA

- Caters to males & females, 12+ years of age
- Multiple services offered:
  - Assessment
  - Non-residential detoxification
  - Referral to support groups (AA, NA)
  - Individual & family counselling
  - After-care
  - The provision of skills training & drug-education programs for children & adolescents

# Psychiatric Hospital

- Out-patient/day-release facility
- Caters primarily to adults
- Provides referrals for treatment at other agencies





# Challenges

- **Lack of residential facilities for females**
- **Limited treatment facilities for adolescents**
- **Lack of regulations regarding certification of treatment providers and facilities**



# Solutions

- Verdun House to offer treatment to females
- Substance Abuse Programme for Children & Adolescents (SAPCA)
- OAS/CICAD's Training and Certification Program for Drug and Violence Prevention, Treatment, and Rehabilitation (PROCCER)



# The End

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