

A COMMUNITY-BASED INHALANT PREVENTION EDUCATION PROGRAM IN A SELECTED AREA IN PENANG

Razak Hj. Lajis
*National Poison Centre
Universiti Sains Malaysia
USM, Penang*

*26th IFNGO World Conference - Dec 16-18, 2015
The Everly Putrajaya, Kuala Lumpur*

Main partners:

- a) Community Sport Club, Bayan Lepas, Penang
- b) National Antidrug Agency, Penang
- c) Drug Prevention Education Unit,
Department of Education, Penang

Other collaborators:-

- i) Government agencies (Health Department, Police Department, etc)
- ii) ~ 15 non-governmental organizations based in Teluk Kumbar, Penang

Introduction

- Inhalants are volatile substances that produce chemical vapours and when inhaled can induce a psychoactive or mind-altering effect.
- If abused, the substance can alter brain chemistry and may cause permanent damage to the brain and central nervous system.
- Lack of educational materials, information and activities acknowledging on the dangers of inhalants are some of the factors associated with the widespread abuse of inhalants.
- Other factors may include they are inexpensive to buy, easy to access and to hide, quickest and easiest way to get high and lack of regulatory control

Introduction

- A new approach in disseminating relevant information related to the issues need to be introduced to ensure sustainability of the program.
- Well-structured, properly organised community-based programs are required to engage and generate interest among members of the community to participate in the programs.
- Good cooperation between related government agencies and non-government organizations need to be instituted to curb the growing problem of inhalant abuse

Problem Statement

- In Malaysia, cases of inhalant abuse have been detected since 1980s
- Knowledge about the potential health and social risks of inhalant abuse are still lacking among the public
- Inhalants are popular because it is a legal product, readily available and cheaply priced, and has the ability to induce euphoria rapidly
- Currently, there is no legislation for the authorities to act on inhalant abusers.

Problem Statement

- In many occasions, drug (inhalant abuse) prevention education programs are carried out very much in *ad hoc* manner
- Hence - need to organize prevention education programs to foster ideas and strategies to curb inhalant abuse and create societal change to counter the exposure and use of inhalants in the community.

Objectives

- 1) To increase knowledge and awareness among the public about the hazardous effects of substance of abuse particularly inhalants
- 2) To disseminate information through various means of formal and non-formal communication
- 3) To assist member of community (youth) in achieving a balanced development in spiritual, mental, emotional and physical aspects
- 4) To encourage and foster good working relationship between community, non-governmental organizations and government agencies in curbing the problem

Specific Objectives

- To access community knowledge regarding substance of abuse (inhalants)
- To get community views and feedbacks on the issues
- To develop prevention education activities leading to development of educational tools to address this problem
- To organise activities, generate interest and encourage participation of the various stakeholders in the program

Process/ Methodology

Target Groups

- Various groups in the community
 - children from primary and secondary schools in Teluk Kumbar, Penang
 - more than 15 non-governmental organizations
 - government agencies
(Health Department, Police Department, Ikatan Relawan Rakyat {RELA} & others)

Process/ Methodology

The groups were actively engaged in:-

- Workshops & “train-of-trainers” sessions
- Formal & Informal meetings
- Focus group discussions
- Motivational camp for youth and
- Community out-reach

Process/ Methodology

Other activities carried out in the community:-

- Team Building Activities
- Physical Activities (e.g Jungle Trekking, water confidence etc)
- Involvement in community works
- Life Skill Training
- Refusal & Assertive skill
- Communication skill etc.
- Spiritual components

Launching of Programme by Deputy Vice Cancellor, Community and Industry Network, USM (July 17, 2012)



representatives of NGOs with the DVC

Members of the NGOs receiving banners and brochures from USM's Deputy Vice Cancellor of Community and Industry Network



Sessions with students

Booth I: Introduction to Inhalant



Booth 2: Hazardous Effects of Inhalants

“Sudden Sniffing Death Syndrome”



Booth 3: Short experiment on effect of inhalants



Booth 4 (National Antidrug Agency): Current Issues on Drugs and Regulation



“Train-of-trainers” session with the community



With staff of
National
Antidrug
Agency

Introduction
and how
inhalants
are abused



Prevention
& Treatment



May 12, 2012

Bad effects,
mechanism
of action &
SSDS



How to
identify
inhalant
abusers



Sharing of experiences with members of the community (June 25, 2012)



Sharing of experiences through VIPP method

Cabaran

Cuti

Kerjasama
Ibu bapa.

Tempoh
pemantauan
Pelajar terhadap

Mentaliti
Ibu bapa.

Kurang Kerjasama
Guru - Guru.
Lain

Aduan
Masyarakat
Setempat.

Kerjasama NGO
sdlurkan
maklumat kpd sek

Penglibatan
Semua

Libatkan
pelajar
Bermasalah
Libatkan
Ibu Bapa

Aktiviti
Sihat

Aktiviti Riadah
sebagai
Alternatif
Banteras dari
peringkat
Sekolah rendah
masukkan
elemen
spiritual / agama

Undang

Desakan
Mewujudkan
undang² khas

Gam hanya dijual
di kedai² khusus
bukan di K Runcit

Cadangan
Aktiviti

Buat Rondaan
Berkala

Ronda

Pantau / Pesan
Kedai Runcit y
menjual ~~laluan~~
kenalpasti 'pot'
aktiviti utk
rondaan

JPN Kumpul/
data pialahguna
bahan

Data dipamer
atas permintaan
& program khusus

Data dikongsi
dengan pihak
sekolah / umum

Wujudkan profil
pelajar

Statistik

Maklum k pd.
Balai Polis
Teluk Kumbar.

Focus Group Discussion (Oct 25, 2012)



Focus Group Discussion 2

Mac 14 & April 2, 2013



Community Out-reach Activity – (Nov 4, 2012)

Bersama Membanteras Tabiat Hidu Gam

“Curbing the inhalant abuse in our community”



Community Out-reach Activity Bersama Membanteras Tabiat Hidu Gam (Nov 4, 2012)



Workshop and activities with staffs and students of Seri Bayu Primary School– April 23, 2013



Students of Seri Bayu Primary School during sharing of experience and interview sessions (May 16, 2013)



Motivational Camp for Youth “Healthy Mind, Healthy Family, Healthy Life” (June 14 -16, 2013)

Siri Jelajah Inhalan 2013

Program Pendidikan Pencegahan & Intervensi
Penyalahgunaan Inhalan di Komuniti Teluk Kumbar

Program:

PERKHEMAHAN

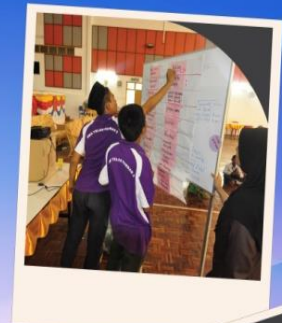
“MINDA SIHAT, HIDUP CERIA, KELUARGA BAHAGIA”

Tempat:

**Pulau Aman, Simpang Ampat
Seberang Perai Selatan, Pulau Pinang**

Tarikh:

14-16 Jun 2013 (Jumaat-Ahad)



PROGRAM PEMINDAHAN LMU



Anjuran bersama:

Dengan kerjasama:

**Organisasi Bukan Kerajaan
Kawasan Teluk Kumbar**

“Jungle Trekking” activity at Penang National Park with students trained to be “young facilitator”



“Jungle Trekking” at Penang National Park



Educational Materials developed

7

- **Banners**

11

- Posters

4

- Video Clips (Launching – 4 min, Session with SK Seri Bayu Primary School – 10 min, Exposing the Hotspots 1 – 10 min, Exposing the Hotspots 2 ~ 25 min)

4

- Brochures (Inhalant, *Mitragyna speciosa*, Ketamine & Nospan - dextromethorphan)



Program Pemindahan Ilmu



KOMUNITI TELUK KUMBAR SEPAKAT
MENANGANI TABIAT HIDU GAM

“Muafakat Membawa Berkat”

Banners

Anjuran bersama:



Dengan kerjasama
Organisasi
Kawasan



Program Pemindahan Ilmu



BERSAMA MENANGANI
MASALAH HIDU GAM (INHALAN)
“CEGAH SEBELUM PARAH”

Anjuran bersama:

Dengan kerjasama:



Kerajaan
Teluk Kumbar



Program Pemindahan Ilmu



AWAS!
Perangkap Inhalan (*hidu gam*)

Sekali terjerat mungkin
MAUT yang menanti!



Anjuran bersama:



Dengan kerjasama:

Organisasi Bukan Kerajaan
Kawasan Teluk Kumbar

Banners



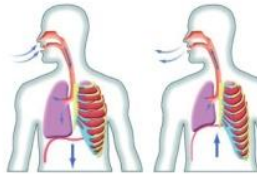
Banners



Posters

Apakah itu **INHALAN?**

Inhalan merupakan sejenis bahan kimia yang diambil secara sengaja sama ada dalam bentuk gas, aerosol, atau pelarut di mana wapnya akan disedut untuk mengubah emosi, minda dan tingkah laku.



Peralatan Umum

- ✓ Gam amin
- ✓ Cairat pemadam beralkali pelarut
- ✓ Pen pewarna (marker part)

PRODUK-PRODUK YANG MUNGKIN DIHALANGKAN



Kedai 'hard ware'

- ✓ Cat beralkali pelarut
- ✓ Pelarut cat (thinner)
- ✓ Pelarut varnis (solvent based varnish)

Peralatan Mencuci

- ✓ Pencuci aerosol
- ✓ Penyegar udara aerosol
- ✓ Pencuci komputer
- ✓ Bahan-bahan elektronik

Peralatan Seni

- ✓ Perakat getah (rubber cement)
- ✓ Dabwat pencatuk (spraying ink)
- ✓ Cat sembur (spray paints)
- ✓ Perakut sembur (spray adhesives)

Peralatan Memasak

- ✓ Penyembur masak
- ✓ Whipping cream dalam tin
- ✓ Aerosol

Kedai Auto

- ✓ Penyengat (degreasers)
- ✓ Penyembur pelincir (wax lubricant)
- ✓ Gam tayar
- ✓ Lakuar (lacquers)
- ✓ Gasolin (gasoline)

Peralatan Kecantikan

- ✓ Penggilap kuku (nail polish)
- ✓ Penanggal penggilap kuku (nail polish remover)
- ✓ Penyembur rambut
- ✓ Penyembur deodoran



Bagaimana **INHALAN** Disalahguna?

Maklumat ini hanya untuk fasilitator dan guru. Jangan edarkan pada pelajar!

Antara istilah yang sering digunakan untuk menggambarkan cara salahguna inhalan adalah :

1) Sniffing /snorting:

Pengambilan bahan terus dari bekas asal melalui hidung.



2) Huffing:

Merujuk kepada perbuatan menyedut wap inhalan dari kain yang telah dibasahkan dengan pelarut dan kemudian meletakkannya berhampiran muka, atau menyumbat kain tersebut ke dalam mulut.



3) Bagging:

Menyedut bahan yang diletakkan atau disemburkan ke dalam beg plastik atau kertas.



CIRI-CIRI YANG DIMILIKI OLEH PENYALAHGUNA INHALAN

Ciri-birit 	Ruam keelling mulut 	Mata merah dan berair 	Hilang selera
Loya 	Bau nafas, pakaian & kain 		
Cat pada muka, ari atau pakaian 	Mabuk 		
Pengguna kronik mengalami perubahan emosi mendadak 	Menganluk 		
Pelajaran merosot 	Beralih aktiviti kegemaran 	Perubahan Tingkahlaku 	Beralih kawan



Video Clips



BERSAMA MENCEGAH
TABIAT PENAGIHAN

Inhalan
(hidu gam)



bersama Warga

SK Seri Bayu

pada
25 September 2012

Brochures

RAWATAN

- Tiada antidot atau ubat khusus.
- Rawatan adalah dalam bentuk kaunseling untuk mengurangkan kebergantungan kepada inhalan.
- Sila berhubung dengan Agensi Antidadah Kebangsaan di negeri masing-masing untuk mengetahui program pemulihan yang disediakan (cth: Klinik Cure & Care).

PERUNDANGAN

- Hingga kini, tiada undang-undang khusus di Malaysia yang boleh disabitkan dengan kesalahan menyalahguna inhalan.
- Walaupun bagaimanapun, penagih boleh didakwa melalui Akta Kesalahan Juvana 1947 - akibat tindakan luar kawalan selepas mengambil inhalan.

APA YANG BOLEH KITA LAKUKAN?

- Dapatkan maklumat lanjut mengenai penagihan inhalan.
- Pastikan rakan, pelajar atau anak anda menggunakan ubat atau bahan di rumah yang mengandungi inhalan dengan betul.
- Cuba elakkan membeli produk yang mudah disalahgunakan.
- Pantau bahan-bahan inhalan di rumah anda. Di manakah ia? Adakah ia habis digunakan dalam tempoh singkat?
- Sekiranya anda syak perubahan tingkahlaku rakan, pelajar atau anak anda, Tanya dan berbincang dengan mereka mengenai keseimbangan anda.

JANGAN TANGGUHKAN! BERTINDAK SEKARANG!

KPT **USM**

Program Pemindahan Ilmu

Maklumat lanjut berkaitan inhalan, Sila hubungi:

Pusat Racun Negara
Universiti Sains Malaysia
11800 Minden, Pulau Pinang
Tel : 04-6570099 Faks : 04-6568417
E-mail : pnnnet@usm.my
Laman Sesawang : www.pnn.usm.my

Agensi Antidadah Kebangsaan Pulau Pinang
(Kementerian Keselamatan Dalam Negeri)
Aras 5, Bangunan Persekutuan,
10400 Jalan Anson, Pulau Pinang
Tel : 04-2279400 Faks : 04-2278400
Laman Sesawang : www.adk.gov.my

Arjutan bersama:

Dengan kerjasama:

AWAS !!! LEBIH DARIPADA 1000 BAHAN KEGUNAAN DI RUMAH, PEJABAT DAN SEKOLAH BERPOTENSI UNTUK DISALAHGUNA DAN IA SANGAT BERACUN!!!

Diterbitkan sempena Program Pendidikan Pencegahan Penyalahgunaan Inhalan dalam Komuniti Teluk Kumbar

PENYALAHGUNAAN INHALAN (Hidu Gam)

Usah Perjudikan Nyawa Demi Keseronokan Sementara!

DI MANA AKTIVITI INI BERLAKU?

- Tempat-tempat tersembunyi seperti di dalam hutan, tepi pantai dan kawasan pembangunan.

KENAPA IA BERLAKU?

- Kurang kawalan keluarga, pengaruh rakan sebaya dan keinginan untuk mencuba.

INHALAN MEMBUNUH

Bahan-bahan ini adalah **SAH** untuk dijual dan **SELAMAT** jika digunakan dengan betul. Namun, boleh **MEMUDARATKAN** jika digunakan dengan cara yang salah.

Contoh bahan-bahan kimia berkaitan ialah toluena, benzena, butana, propana, nitrus oksida, aseton dan banyak lagi.

AN INHALAN

...ap (contohnya gam) ...u disedut (melalui mulut) ...an kesan "high" yang ...emosi serta ...ri perasaan gembira ...yang sangat berbahaya

ANGUNA?

berumur antara 14

BAGAIMANA MENGENALI PENAGIH INHALAN?

 Ruam keliling mulut	 Mata merah dan berair	 Bau nafas, pakaian & kain
 Loya	 Hilang selera	 Mabuk
 Cat pada muka, jai atau pakaian	 Pengguna kronik mengalami perubahan emosi mendadak	 Sulit berati badan secara mendadak
 Peraturan kurang jelas	 Sembunyi bekas, kain, atau pakaian yang mengandungi inhalan	 Memegang pen marker dekat dengan hidung
 Pelajaran merasot	 Berahli aktiviti kegemaran	 Berahli kawan dan berubah tingkahlaku

APA YANG BERLAKU JIKA ANDA MENGHIDU INHALAN?

Penyalahgunaan inhalan secara berterusan akan merasakan bahagian-bahagian otak tertentu yang mengawal pemikiran, ingatan, pergerakan, pendengaran dan penglihatan. Penagih juga boleh mengalami **NYANYUK** pada usia muda.

KESAN JANGKA PENDEK:

- Pening, loya, sakit kepala, keliru, sukar mengawal pergerakan badan, pertuturan tidak jelas dan pengsan.

KESAN JANGKA PANJANG/KESAN KEKAL

- Kerosakan otak, sistem saraf, hati, otot, sumsum tulang dan buah pinggang. Sindrom penarikan (*withdrawal syndrome*) sama ada psikologi atau fizikal.

SUDDEN SNIFFING DEATH SYNDROME - SSDS (KEMATIAN MENGEJUT)

- SSDS boleh terjadi kepada mereka yang masih muda dan sihat atau mereka yang mencuba buat pertama kali.
- Sedutan bahan inhalan berkepekatan tinggi menyebabkan jantung berdegup pantas dan tidak sekata.
- Selain itu penagih mungkin mati akibat komplikasi seperti kekurangan oksigen di otak, sesak nafas, konvulsi (kekejangan) dan koma.

Cubaan PERTAMA, atau bila-bila masa, mungkin menjadi detik AKHIR buat anda.

Closing Ceremony of the Program by the Deputy to First Secretary of Ministry of Communication and Multimedia (9 Mac 2014)



Closing Ceremony - 9 Mac 2014 -



Outcomes & How measured...

Outcomes

1. Direct involvement of members of community, focus group population in the programs
2. Continuous exposure to related information through various activities
3. Increased participation and collaboration with various organizations
4. Generate interest among youth to participate in community works & keen to become facilitator
5. Increase awareness among members of community as they become more concerned about the problems and willing to participate in the activities

How it is measured ...

1. No. of participants and their involvement in the activities organized
2. No. of educational materials and type of information shared with the community
3. Group discussion, quizzes and questionnaires
4. No. of "train-of-trainers" sessions conducted and increased involvement of member of community in carrying out activities
5. Comments and feedbacks from community captured in videos and face-to-face interviews

Discussion

- ❖ The program has used various approaches to achieve its objectives in addressing the inhalant abuse problem in the community.
- ❖ It has successfully developed and implemented a community-based drug prevention education materials through engagement and participation of schools, youths, the community, local NGOs, law enforcement agencies and religious groups.
- ❖ Increased co-operation between community, government agencies and non-government agencies

Limitation & Challenges

- Failures to join activity due to tight working schedules (meetings & activities were normally held during weekends or at nights)
- Youth – lost of interest; low communication skill; fond of rough & extreme activities (increase no. of activities; use social media to be always in contact with them)
- Government agencies – same objectives different approaches, more costlier (strengthen networking and carry-out more programs together)

CONCLUSION

- Concerted effort and active participation from other clubs/organizations/ NGO and the community should be encouraged
- “From society, back to society” programs need to be encouraged in order to build-up self-esteem and sense of belonging in the younger generation.

CONCLUSION

- Continuous education in drugs prevention education programs should be organised in more innovative and acceptable ways to youth & community
- Relevant information could be impacted and will be well-received by the youth/ adolescents/community through less formal and interactive ways
- Need to realize that there is no ONE BEST practice that can solve this problem

Thank You

CRITICAL AGENDA PROJECT

**Knowledge Transfer Programme -
KTP**

