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

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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
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)
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
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 Chancellor, 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 Chancellor 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

- Introduction and how inhalants are abused
- Prevention & Treatment
- With staff of National Antidrug Agency
- May 12, 2012
- How to identify inhalant abusers
- Bad effects, mechanism of action & SSDS

May 12, 2012
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 terhad
  - Mentaliti Ibu bapa.
  - Kurang Kerjasama Guru - Guru. Lain

- Aduan Masyarakat Setempat
  - Kerjasama NGO sdn unikan
  - Maklumat kpd sek
  - Libatkan pelajar
  - Bercakap
  - Libatkan Ibu Bapa

- Cadangan Aktiviti
  - Boat Rondaan Berkala
    - Pantau / Pesan Kedai Runcit
    - Menjua
    - Kenalpasti ‘Pot’ aktiviti utk rondaan

- Aktiviti Sihat
  - Aktiviti Riadah sebagai Alternatif Banteras dan peringkat
  - Sekolah rendah masukan elemen spiritual / agama

- Penglibatan Semua
  - Undang
  - Desakan Mewujudkan undang 2 khas
  - Gam hanya dijatah di kedai khusus bukan di K Runcit

- Ronda
  - JPN Kumpul data p’yalahguna bahan
  - Data dipamer atas permintaan & program khusus
  - Data dirangisi dengan pihak sekolah / umum
  - Wujudkan profil pelajar

- Statistik
Focus Group Discussion (Oct 25, 2012)
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)
“Jungle Trekking” activity at Penang National Park with students trained to be “young facilitator”
“Jungle Trekking” at Penang National Park
Educational Materials developed

- **Banners**

- **Posters**

- **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)

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

Apakah itu INHALAN?

INHALAN merupakan jenis bahan kimia yang dimanfaatkan secara sengaja atau tidak disadari untuk mengubah emosi, mina, dan tingkah laku.

Ciri-Ciri yang dimiliki oleh penyelahguna inhalan

Bagaimana INHALAN Disalahguna?

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

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

1) Sniffing / snorting:
   Pengambilan bahan terus dari bekas asal melalui hidung.

2) Huffing:
   Menyembuhkan atau menyelubungi wab inhalan dari kain yang telah diperbaiki dengan cairan dan kemudian meletakannya bercampur dengan minum air, atau menyemprotkan kain tersebut ke dalam mulut.

3) Bagging:
   Menyembuhkan bahan yang dilekatkan atau disemburkan ke dalam beg plastik atau kertas.

Peralatan Umum

- Dus dgn inhlation
- Peralatan yang termasuk dalam inhlation
- Peralatan lain yang termasuk dalam inhlation

Peralatan Mencuci

- Peralatan yang termasuk dalam inhlation
- Peralatan lain yang termasuk dalam inhlation

Peralatan Kecantikan

- Peralatan yang termasuk dalam inhlation
- Peralatan lain yang termasuk dalam inhlation

Peralatan Memasak

- Peralatan yang termasuk dalam inhlation
- Peralatan lain yang termasuk dalam inhlation

Kedai ‘hard ware’

- Kedai yang termasuk dalam inhlation
- Kedai lain yang termasuk dalam inhlation

Kedai ‘soft ware’

- Kedai yang termasuk dalam inhlation
- Kedai lain yang termasuk dalam inhlation
Video Clips

Jelajah Inhalan
Teluk Kumbar

BERSAMA MENEGAH TABIAT PENAGIHAN

Inhalan
(hidu gam)

bersen Warga
SK Seri Bayu
pada
25 September 2012
Brochures
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.
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

KEMENTERIAN PENDIDIKAN MALAYSIA

ECONOMIC PLANNING UNIT
PRIME MINISTER'S DEPARTMENT, MALAYSIA

KNOWLEDGE TRANSFER PROGRAMME
KNOWLEDGE FOR ALL