

APPENDIX 6: Active Learning Approaches

Note: It is important that teachers should be trained to use these types of activities so that the issues, attitudes and values raised by pupils can be handled in an effective, helpful and sensitive manner. Further advice and guidance in using these approaches may be obtained from the advisory officer within the ELB (see Appendix 12).

Thought shower

This is a method of extracting quickly lots of ideas on a given topic from a group. All the responses are accepted without question, written down, and then discussed with the group.

Buzz groups

This activity allows a group to share its views, opinions, or knowledge on a given topic for about five minutes without a written record being made. Oral feedback is then taken from each group and more general discussion can take place on the points raised.

Case studies

Short descriptions of scenes or situations, real or contrived, presented either as text, audio recording or videotape, can be used to stimulate group discussions. A set of questions, derived from the presentation, may be given to each group for consideration.

Continuum

A statement is read by the teacher and group members place themselves on an imaginary line across the room from “strongly agree” to “strongly disagree”. They then make a case to the others for being where they are and try to persuade others to change their position. This is a useful way of getting pupils to discuss their attitudes and values towards a particular topic.

Debates

These generally involve two teams or groups presenting different views on a specific topic. They provide opportunities for pupils to develop the skills of collating information, co-operating in preparing viewpoints, and clarifying attitudes, beliefs and values.

Discussion

Discussion can greatly enhance pupils’ learning by actively engaging them in talking, listening and questioning related to aspects or perspectives on a topic or issue. Effective teacher questioning and or facilitating is necessary in order to use discussion to explore issues.

Drama

Pupils can be, given a script, either to be played out while reading or to be read and then played ad lib. This is useful in presenting realistic situations from which issues can be identified for group discussion. Following the activity it is important to allow time for the pupils to get out of role.

Energisers

These are usually active games which are fun and are used when a session has become heavy, flat or too serious. They are often used when a break is needed or a different type of activity is required to “energise” the group.

Ice-breakers

These activities help pupils to feel relaxed and at ease and to get to know others in the group.

Ranking

This activity involves using results of a thought shower or items of stimulus material, for example, short statements, headlines, photographs, advertisements. Working in pairs or small groups, pupils are asked to rank the given items in order of importance or significance. The process facilitates discussion and involves listening, interpreting, clarifying, justifying and compromise.

Role-play

This activity involves improvisation with the spontaneous, unrehearsed acting out of a situation or incident. Following an initial briefing, the participants assume the identity of the characters and react as they would expect them to react. This gives opportunities, either in or out of role, for decision-making, cultivating communication skills, developing empathy and exploring problem situations. It is particularly helpful in developing assertiveness and resisting unwanted peer pressure. It is best done in small groups. Following the activity, it is important to allow time for the pupils to get out of role.

Teaching/learning

One of the most effective ways of learning something is having to teach it to others. Pairs or groups can be asked to present information or teach some particular skill to another pair or group. Apart from clarifying and understanding for themselves what they have to teach, pupils are required to decide the most effective way of presenting the information or skill to be taught.

Videos

Within a properly constructed programme, appropriate films, plays and documentaries can be used effectively to raise issues and stimulate classroom discussion. However, a number of videos have been produced with the specific intention of shocking pupils into avoiding drugs. There is no evidence that the use of such videos will lead to any change in the pupils' behaviour in the long term. In fact, by emphasising the dramatic, their use can be counter-productive since many pupils secretly enjoy scare tactics and find such messages exciting and stimulating.

Visitor technique

This is a way of bringing outside experience into the classroom and giving pupils an opportunity to take on the responsibility, together, of preparing for and looking after a visiting adult. Under the direction of the teacher, the pupils take responsibility for inviting the visitor; deciding what information they wish to acquire, and planning and organising the visit. In preparing to receive the visitor, the pupils will have initiated discussion already about the topic. The initiative in the dialogue should be with the pupils, but the specialist visitor will have freedom to expand on issues that he/she considers important. The teacher will lead the preparation, take part in the conversation as appropriate between the pupils and visitor, and will lead subsequent review amongst pupils of the experience. It is important for the teacher to ensure that the key messages which the visitor delivers is consistent with that of the school.

Inviting former drug users to describe their personal experiences should be undertaken with great care, if at all. Although their contribution may be dramatic, it may not reinforce the message that drug use can mean death or injury to health, and can have a detrimental effect on lifestyle. Perversely, their contribution may glamorise drug misuse and encourage experimentation. It is important that pupils are given an explanation of why they stopped taking drugs, and what impact the past use of drugs has had on, for example, their health, family relationships and friendships, criminal record and employment.

APPENDIX 7: Exemplar Form when using External Agencies

This form should be used in conjunction with the criteria detailed on Pages 24 & 25.

Drugs Education Programme - External Agency

School	<input type="text"/>	Agency	<input type="text"/>
Principal	<input type="text"/>	Agency Contact	<input type="text"/>
Contact Teacher	<input type="text"/>	Tel No	<input type="text"/>
Tel No	<input type="text"/>	Fax No	<input type="text"/>
Fax No	<input type="text"/>	E-mail	<input type="text"/>
E-mail	<input type="text"/>		

Agreed Aims

<input type="text"/>
<input type="text"/>
<input type="text"/>
<input type="text"/>

Sessions to be Delivered

Date	Time
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

Audience

Number of participants	Type of group (age, ability, etc)
<input type="text"/>	<input type="text"/>

Methodology (Brief description of programme content and methods)

<input type="text"/>
<input type="text"/>

Intended Learning Outcomes

<input type="text"/>
<input type="text"/>
<input type="text"/>

Evaluation (Brief description of how this will be conducted and reported)

<input type="text"/>
<input type="text"/>
<input type="text"/>

Signed _____
(Contact Teacher/Principal)

Signed _____ Date _____
(Agency contact)

APPENDIX 8: Summary of Relevant Legislation Applicable to Northern Ireland

1 Misuse of Drugs Act (1971)

It is an offence under the Misuse of Drugs Act (1971):

- to supply or offer to supply a controlled drug to another in contravention of the Act;
- to be in possession of, or to possess with intent to supply to another, a controlled drug in contravention of the Act.
- **It is a defence to the offence of possession that, knowing or suspecting it to be a controlled drug, the accused took possession of it for the purpose of preventing another from committing or continuing to commit an offence and that as soon as possible after taking possession of it he/she took all such steps as were reasonably open to him/her to destroy the drug or to deliver it into the custody of a person lawfully entitled to take custody of it;**
- for the occupier or someone concerned in the management of any premises knowingly to permit or suffer on those premises the smoking of cannabis; or the production, attempted production, supply, attempted supply, or offering to supply of any controlled drug.

The offences listed above are arrestable offences.

Section 8: A person commits an offence if, being the occupier or concerned in the management of any premises, he/she knowingly permits or suffers any of the following activities to take place on those premises, that is to say:

- Producing or attempting to produce a controlled drug in contravention of section 4 (1) of this Act;
- Supplying or attempting to supply a controlled drug to another in contravention of section 4 (1) of this Act, or offering to supply a controlled drug to another in contravention of section 4 (1) of this Act;
- Preparing opium for smoking;
- Smoking cannabis resin or prepared opium.

2 Criminal Law Act (Northern Ireland) 1967

Section 5: Failing to give information. Where a person has committed an arrestable offence, it shall be the duty of every other person who knows or believes:

- that the offence or some other arrestable offence has been committed; and
- that he/she has information, which is likely to secure, or to be of material assistance in securing the apprehension, prosecution or conviction of any person for that offence.

- to give that information, within a reasonable time, to a constable and if, without reasonable excuse, he/she fails to do so then that person is committing an offence.
- this places an onus on individuals to inform a constable.

3 Police and Criminal Evidence (PACE) (Northern Ireland) Order 1989

Article 26 (4)

- **Any person** may arrest without a warrant.
 - (a) anyone who is in the act of committing an arrestable offence;
 - (b) anyone whom he/she has reasonable grounds for suspecting to be committing such an offence.

Article 26 (5)

- Where an arrestable offence has been committed, **any person** may arrest without a warrant
 - (a) anyone who is guilty of the offence;
 - (b) anyone whom he/she has reasonable grounds for suspecting to be guilty of the offence

These powers of arrest are available to non-police and, as the following drug offences fall within the definition of Arrestable Offence, are available for use in such circumstances.

- (a) Possession of Controlled Drugs;
- (b) Possession of Controlled Drugs with Intent to Supply;
- (c) Supply of Controlled Drugs.

NB: The above information is advisory only and does not represent legal opinion.

The Medicines Act (1968)

This Act divides medicines into three distinct categories:

- *Restricted medicines or prescription-only medicines*, which can only be supplied by a pharmacist on receipt of a doctor's prescription;
- *Pharmacy (or over-the-counter) medicines*, which can be sold without a prescription but only by a pharmacist in a pharmacy; and
- *General sales medicines*, which can be sold without a prescription by any shop.

Pharmacists and other retailers can be prosecuted and fined for offences under this Act. Possession of some prescription-only medicines, such as Temazepam, is illegal under the Misuse of Drugs Act (1971) if no prescription is held.

Tobacco Laws

It is an offence under section 7 of the Children and Young Persons Act 1933 (as amended by the Children and Young Persons (Protection from Tobacco Act 1991) for a vendor to sell tobacco products to anyone under the age of 16.

Children under the age of 16 who purchase tobacco products are not themselves committing an offence.

Police have the power to confiscate tobacco products from under 16s who are found smoking in a public place.

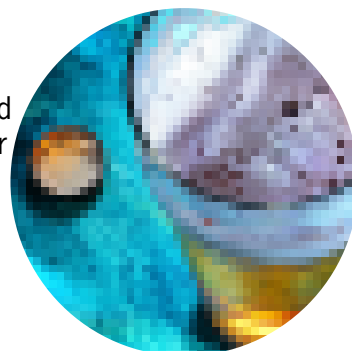


Alcohol Laws

It is an offence under the Children and Young Persons Act (Northern Ireland) 1968 to give alcohol to any child or young person under the age of 14. A person under the age of 14 is only allowed to consume alcohol in a private residence for medical purposes only.

It is illegal for vendors to knowingly sell alcohol to anyone under the age of 18.

Police have the power to confiscate alcohol from under 18s who are found drinking in a public place.



Intoxicating Substances (Supply) Act (1985)

Solvents (e.g. aerosols, gases, glues) are not illegal to possess, use or buy but this Act makes it an offence for a shopkeeper to sell them to anyone under the age of 18 in the United Kingdom (excluding Scotland), knowing they are to be used for intoxicating purposes.

Cigarette Lighter Refill (Safety) Regulations 1999

In recognition of the high number of butane-related deaths, butane product sales, such as lighter refills, are further restricted under the Cigarette Lighter Refill (Safety) Regulations 1999. These regulations make it an offence for retailers to sell butane products to anyone under the age of 18, in any circumstances.

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APPENDIX 9: Contact Numbers for Community and Schools Involvement Officers (CSIO)

DISTRICT COMMAND UNITS

DCU	ADDRESS	TELEPHONE
Antrim	Community & Schools Involvement Officer Antrim DCU 24 Castle Street ANTRIM BT41 4AU	028 9446 3555 Ext 36151
East Belfast	Community & Schools Involvement Officer East Belfast DCU Mountpottinger 64 Mountpottinger Road BELFAST BT5 4LQ	028 9065 0222 Ext 23660/30817
North Belfast	Community & Schools Involvement Officer North Belfast DCU York Road 68-70 York Road BELFAST BT15 3HF	028 9065 0222 Ext 30484
	Community & Schools Involvement Officer North Belfast DCU Tennent Street 134 Tennent Street BELFAST BT13 3GF	028 9065 0222 Ext 28873
	Community & Schools Involvement Officer North Belfast DCU Antrim Road 280 Antrim Road BELFAST BT15 5AA	028 9065 0222 Ext 30209
South Belfast	Community & Schools Involvement Officer South Belfast DCU Musgrave Street BELFAST BT1 3HX	028 9065 0222 Ext 26133

DISTRICT COMMAND UNITS

DCU	ADDRESS	TELEPHONE
West Belfast	Community & Schools Involvement Officer West Belfast DCU Woodbourne 139 Stewartstown Road BELFAST BT11 9NB	028 9065 0222 Ext 30909
Lisburn	Community & Schools Involvement Officer Lisburn DCU 15 Barrack Street LISBURN BT28 1TJ	028 9266 5212 Ext 27239
Newtownabbey	Community & Schools Involvement Officer Newtownabbey DCU 418 Shore Road NEWTOWNABBEY BT37 9RT	028 9065 0222 Ext 30319
Carrickfergus	Community & Schools Involvement Officer Carrickfergus DCU 16-18 Green Street CARRICKFERGUS BT38 7DT	028 9335 1880 Ext 29819
Castlereagh	Community & Schools Involvement Officer Castlereagh DCU 2 Alexander Road BELFAST BT6 9HH	028 9065 0222 Ext 23034
North Down	Community & Schools Involvement Officer North Down DCU 1 Castle Park Avenue BANGOR BT20 4GN	028 9145 4444 Ext 37957

DISTRICT COMMAND UNITS

DCU	ADDRESS	TELEPHONE
Ballymena	Community & Schools Involvement Officer Ballymena DCU 26 Galgorm Road BALLYMENA BT43 5EX	028 2565 3355 Ext 86117
Ballymoney	Community & Schools Involvement Officer Ballymoney DCU 79 Charlotte Street BALLYMONEY BT53 6AZ	028 2766 2222 Ext 40958
Coleraine	Community & Schools Involvement Officer Coleraine DCU 17 Lodge Road COLERAINE BT52 1LY	028 7034 4122 Ext 40906
Fermanagh	Community & Schools Involvement Officer Fermanagh DCU 48 Queen Street ENNISKILLEN BT74 7JR	028 6632 2823 Ext 54072
Foyle	Community & Schools Involvement Officer Foyle DCU Waterside 51 Richhill Park LONDONDERRY BT47 1QZ	028 7136 7337 Ext 58066/58067
Larne	Community & Schools Involvement Officer Larne DCU 2 Hope Street LARNE BT40 1UR	028 2827 2266 Ext 41055

DISTRICT COMMAND UNITS

DCU	ADDRESS	TELEPHONE
Limavady	Community & Schools Involvement Officer Limavady DCU 11 Connell Street LIMAVADY BT49 0EA	028 7776 6797 Ext 85010
Magherafelt	Community & Schools Involvement Officer Magherafelt DCU 45-47 Meeting Street MAGHERAFELT BT45 6BW	028 7963 3701 Ext 84029
Moyle	Community & Schools Involvement Officer Moyle DCU 12 Ramoan Road BALLYCASTLE BT54 6EG	028 2076 2312 Ext 40958
Omagh	Community & Schools Involvement Officer Omagh DCU Mountjoy Road OMAGH BT79 7BG	028 8224 6177 Ext 56035
Strabane	Community & Schools Involvement Officer Strabane DCU 23-25 Bowling Green STRABANE BT82 8BW	028 7136 7337 Ext 40803
Ards	Community & Schools Involvement Officer Ards DCU 36-40 John Street NEWTOWNARDS BT23 4LX	028 9181 8080 Ext 31040

DISTRICT COMMAND UNITS

DCU	ADDRESS	TELEPHONE
Armagh	Community & Schools Involvement Officer Armagh DCU 1-2 City View Newry Road ARMAGH BT60 1EP	028 3752 3311 Ext 40153
Banbridge	Community & Schools Involvement Officer Banbridge DCU 14 Castlewellan Road BANBRIDGE BT32 4AX	028 4066 2222 Ext 38046
Cookstown	Community & Schools Involvement Officer Cookstown DCU 19 Molesworth Road COOKSTOWN BT80 8NT	028 8676 6000 Ext 52097
Craigavon	Community & Schools Involvement Officer Craigavon DCU 17-19 Edward Street PORTADOWN BT62 3ND	028 3833 2424 Ext 30765/30766
Dungannon & South Tyrone	Community & Schools Involvement Officer Dungannon & South Tyrone DCU 1 Quarry Lane DUNGANNON BT70 1HX	028 8775 2525 Ext 53040
Down	Community & Schools Involvement Officer Down DCU 26-28 Crossgar Road SAINTFIELD BT24	028 9751 1158

DISTRICT COMMAND UNITS

DCU	ADDRESS	TELEPHONE
Down	Community & Schools Involvement Officer Down DCU SAINTFIELD BT33 0EY	028 9751 1158
Down	Community & Schools Involvement Officer Down DCU 37-43 South Promenade NEWCASTLE BT33 0EY	028 4372 3583 Ext 33021
Newry & Mourn	Community & Schools Involvement Officer Newry & Mourn DCU 3 Belfast Road NEWRY BT34 1EF	028 3026 5500 Ext 42267

APPENDIX 10: Recognising Signs of Drug Use

The recognition of current drug use is a major issue for many professionals who work with young people. There is also the issue of identifying those young people who may be at increased risk of drug use. Below are specific physical and behavioural signs that may be associated with drug use but it should be noted that some of these can also be confused with the onset of adolescence.

Physical Signs

These can differ depending on the type of drug taken, for example stimulant or hallucinogenic. Below are some of the physical signs related to those drugs used illicitly in Northern Ireland.

Solvents

Solvents include glues, butane gas refills, aerosols, typewriting correcting fluids and thinners.

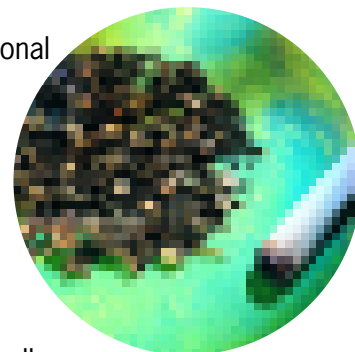
- Usual signs of intoxication – uncoordinated movement, slurred speech;
- Possible odour on clothes and breath;
- If using glue, redness around the mouth and nose;
- A cough; and
- Possible stains on clothing etc. depending on type of solvent used.



Cannabis

Cannabis can have the effect of a depressant or mild hallucinogen, depending on the amount taken and situational factors. The effects of taking cannabis include:

- Tendency to laugh easily;
- Becoming talkative;
- More relaxed behaviour;
- Redding of the eyes; and
- Hunger.



If the drug is smoked, it produces a distinctive sweet smell.

Ecstasy

Ecstasy is sometimes referred to as an hallucinogenic stimulant. Its effects will therefore include those listed for stimulants. In addition it can cause:

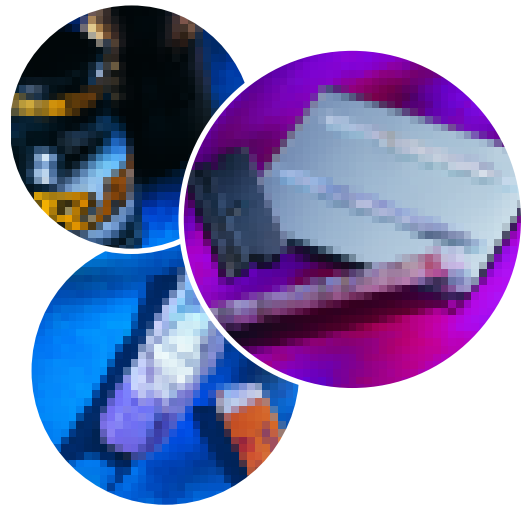
- Increased temperature;
- Perhaps excessive sweating;
- Very dry mouth and throat;
- Jerky, uncoordinated movements;
- Clenched jaws;
- Occasional nausea when first used; and
- Fatigue after use, but also possibly some anxiety, depression and muscle pain.



Stimulant drugs (amphetamines (speed), butyl nitrite (poppers), cocaine)

The effects can result in:

- Increased pulse rate;
- Increased blood pressure;
- Agitation;
- Lack of coherent speech or talkativeness;
- Dilated pupils;
- Loss of appetite;
- Damage to nasal passages;
- Increased tendency to go to the toilet;
- Mouth ulcers; and
- Fatigue after use.



Hallucinogens (LSD, Magic Mushrooms)

Effects can vary depending on nature of experience. They include:

- Relaxed behaviour;
- Agitated behaviour;
- Dilation of pupils; and
- Uncoordinated movements.



Heroin

Heroin acts as a depressant. The effects of taking heroin include:

- Slowing down of breathing and heart rate;
- Suppression of cough reflex;
- Increase in size of certain blood vessels;
- Itchy skin;
- Runny nose;
- Lowering of body temperature; and
- Sweating.



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Behavioural Signs

Drug use can often result in behavioural changes and to recognise them demands some prior knowledge of the person in order that an accurate comparison can be made.

Such changes can be obvious or very subtle and may be due to some other reason totally unconnected with drug use.

Signs can include:

- efforts to hide drug use through lying, evasiveness and secretive behaviour;
- unsatisfactory reasons for unexpected absences or broken promises;
- changes in friendships;
- changes in priorities, including less concern with school work; less care of personal appearance, non-attendance at extra-curricular activities;
- efforts to get money for drug use, ranging from saving dinner or allowance money, borrowing from friends and relatives and selling own possessions, stealing from friends and home and involvement in petty crime; and
- secretive telephone calls.

Other possible signs include:

- being very knowledgeable about drugs and the local drug scene;
- a defensive attitude towards drugs and drug taking;
- unusual outbreaks of temper;
- absence from or poor performance at school or work experience on days following attendance at night club, bars etc; and
- a pattern of absences on a certain day, for example, Monday.

These signs may often only become apparent in pupils who are using drugs on a regular basis. It can be difficult to see such signs in the experimental or casual drug user.

APPENDIX 11: Useful Contacts in Northern Ireland which Provide Advice and Support

Education and Library Boards

Each of the five Education and Library Boards in Northern Ireland has an adviser/officer with responsibility for assisting schools in developing a drugs policy and/or education programme. These advisers/officers can be contacted at the numbers given below:

Belfast Education and Library Board (www.belb.org.uk)	Tel: 028 9056 4049
North-Eastern Education and Library Board (www.neelb.org.uk)	Tel: 028 9448 2334
South-Eastern Education and Library Board (www.seelb.org.uk)	Tel: 028 9056 6407
Southern Education and Library Board (www.selb.org)	Tel: 028 3751 2200
Western Education and Library Board (www.welbni.org)	Tel: 028 7186 1116

Support for maintained schools is also provided by Diocesan Advisers who can be contacted at the Diocesan Offices below:

The Council for Catholic Maintained Schools (CCMS)	Tel: 028 9042 6972
Armagh Diocese	Tel: 028 8775 2116
Derry Diocese	Tel: 028 7126 1931
Down and Connor Diocese	Tel: 028 9032 7875
Clogher Diocese	Tel: 028 6632 2709
Dromore Diocese	Tel: 028 3026 2423

Health and Safety

The Health and Safety Executive for Northern Ireland (HSENI) (www.hseni.gov.uk)	Tel: 028 9024 3249
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Health Promotion Services

The four Health and Social Services Board (HSSB) areas in Northern Ireland have local Health Promotion Units which can provide advice, support and resources to schools. Local Health Promotion Officers can be contacted at the telephone numbers detailed below:

Eastern HSSB Area (www.ehssb.n-i.nhs.uk)	Tel: 028 9032 1313
Northern HSSB Area (www.homefirst.n-i.nhs.uk)	Tel: 028 2563 5575
Southern HSSB Area (www.goodhealthinfo.org.uk)	Tel: 028 3752 0500
Western HSSB Area (www.westcare.org.uk)	Tel: 028 7186 5221

Health Promotion Agency for Northern Ireland (HPANI)

The HPANI is a non-departmental public body whose remit in Northern Ireland is health promotion. The HPANI carries out its work through providing public and professional information; training and professional development; research and evaluation; and policy development for health. The HPANI publication *Illicit Drugs: A handbook for professionals* can be found in all schools and it contains information regarding local and national organisations, contact details as well as a section on drugs-related resources.

Tel: 028 9031 1611
(www.healthpromotionagency.org.uk) and (www.drugsalcohol.info)

Drug and Alcohol Co-ordination Teams (DACTs)

Eastern DACT (www.edact.org.uk)	Tel: 028 9055 3663
Northern DACT	Tel: 028 2566 2575
Southern DACT	Tel: 028 4066 0926
Western DACT	Tel: 028 7186 0086

Police Service for Northern Ireland (PSNI)

Drugs Squad	Tel: 028 9065 0222
Community Involvement	Tel: 028 9070 0964
Crimestoppers	Tel: 080 0555 111

Treatment and Counselling

Specialist drugs services are available from Community Addiction Teams (CATs) at the following telephone numbers:

Eastern HSSB Area:

Down Lisburn Health and Social Services Trust, Downpatrick	Tel: 028 4461 3311
Down Lisburn Health and Social Services Trust, Lisburn	Tel: 028 9266 5181
North & West Belfast Health and Social Services Trust	Tel: 028 9056 6057
South & East Belfast Health and Social Services Trust	Tel: 028 9032 9808
Ulster Community and Hospitals Trust, Newtownards	Tel: 028 9181 6666

Northern HSSB Area:

Community Addiction Service, Ballymena	Tel: 028 2565 8462
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Southern HSSB Area:

St. Luke's Hospital, Armagh	Tel: 028 3752 2381
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Western HSSB Area:

Foyle Community Addiction Unit, Londonderry	Tel: 028 7131 1488
Sperrin Lakeland Addiction Treatment Unit, Omagh	Tel: 028 8224 9156
Sperrin Lakeland Community Addiction Unit, Enniskillen	Tel: 028 6632 5811

Local Community Addiction Teams in partnership with voluntary agencies provide specialist treatment/counselling services for young people in the following areas:

Eastern HSSB Area:

Down and Lisburn CAT/Dunlewey Substance Advice Centre	Tel: 028 9266 8607
North & West Belfast CAT/Dunlewey Substance Advice Centre	Tel: 028 9056 6140
North & West Belfast CAT/NI Community Addiction Service	Tel: 028 9074 3999
Ulster Community & Hospitals Trust/Dunlewey Substance Advice Centre	Tel: 028 9181 8945
South & East Belfast/Opportunity Youth	Tel: 028 9043 5810
South & East Belfast/Contact Youth	Tel: 028 9045 7848

Northern HSSB Area:

Homefirst & Causeway CAT/Dunlewey Substance Advice Centre	Tel: 028 2565 2105
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Southern HSSB Area:

Southern Area Addiction Service/Breakthru	Tel: 028 8775 3228
Southern Area Addiction Service/REACT, Don't Blow It!	Tel: 028 4176 9912

Western HSSB Area:

Foyle CAT/Opportunity Youth	Tel: 028 7186 5240
Sperrin Lakeland CAT/Aisling Centre	Tel: 028 6632 5811

Regional and Local Voluntary Organisations:

A confidential support and counselling service is offered to young drug users and their families by the organisations given below. These organisations also provide advice, information and/or prevention programmes for schools:

Aisling Centre, Enniskillen
(www.aislingcentre.com) Tel: 028 6632 5811

Breakthru' Project, Dungannon
(www.breakthru.co.uk) Tel: 028 8775 3228

Contact Youth, Belfast
(www.contactyouth.org) Tel: 028 9045 7848

Dunlewey Substance Advice Centre, Belfast Tel: 028 9061 1162

Northern Ireland Community Addiction Service (NICAS) Tel: 028 9066 4434

Northlands Centre, Londonderry
(www.northlands.org.uk) Tel: 028 7131 3232

Other regional/local voluntary and community agencies which can provide advice and support, prevention programmes and/or training for schools include:

Action on Substances through Community Education
and Related Training (ASCERT), Lisburn
(www.ascert.biz) Tel: 028 9260 4422

Alcoholics Anonymous
(www.alcoholics-anonymous.org.uk) Tel: 028 9043 4848

Creggan Health Information Project (CHIP) Tel: 028 7137 3870

DIVERT, Londonderry
(www.freederry.org/dovehouse) Tel: 028 7126 9327

Drugwiser Project, Enniskillen
(www.drugwiser.co.uk) Tel: 028 6632 5811

Ego Project, Omagh
(www.egoomagh.org) Tel: 028 8225 9333

Falls Community Council Tel: 028 9020 2030

Forum for Action on Substance Abuse (FASA)
(www.fasaonline.org) Tel: 028 9080 3040

Hope North-West, Londonderry Tel: 028 7134 5433

I'Dare Programme, Irvinestown
(www.irvinestowndevelopment.com) Tel: 028 6862 8947

Northern Ireland Council for Voluntary Action (www.nicva.org)	Tel: 028 9087 7777
Northern Ireland Council on Alcohol (www.nicva.org)	Tel: 028 9066 4434
Re-solv, Belfast (www.re-solv.org)	Tel: 028 9070 2493
Smokebusters, Belfast (www.ulstercancer.org/aboutucf/smokebusters)	Tel: 028 9066 3281
Strabane Community Drugs and Alcohol Project	Tel: 028 7188 3254

National Organisations

There are a number of national organisations which provide information and advice and/or resources in relation to drugs:

ADFAM, London	Tel: 020 7928 8898
Action on Smoking and Health (ASH), London (www.ash.org.uk)	Tel: 020 7739 5902
Alcohol Concern, London (www.alcoholconcern.org.uk)	Tel: 020 7928 7377
Drug Education Forum (DEF), London (www.drugeducation.org.uk)	Tel: 020 7739 8494
Drugscope, London (www.drugscope.org.uk)	Tel: 020 7928 1211
HIT, Liverpool (www.hit.org.uk)	Tel: 0870 990 9702
Lifeline, Manchester (www.lifeline.org.uk)	Tel: 0161 834 7160
RELEASE, London (www.release.org.uk)	Tel: 020 7729 5255
TACADE, Manchester (www.tacade.com)	Tel: 0161 836 6850

Helplines

Breakthru', Dungannon (www.breakthru.co.uk)	Tel: 0808 800 2020
Contact Youth – YOUTHLINE	Tel: 0808 808 8000
Health Promotion Agency Smokers' Helpline	Tel: 0800 85 85 85
National Drugs Helpline (FRANK) (www.talktofrank.com)	Tel: 0800 776 600
Ulster Cancer Foundation Smokers' Helpline	Tel: 028 9066 3281