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The All Wales School Liaison Core Programme

Newsletter

Spring 2015



Llywodraeth Cymru
Welsh Government



Dear Colleague,

We hope you had a wonderful Christmas and New Year.

This spring's issue is packed full of interesting features, including a special feature on **New and Emerging Drugs (NEDs)**.

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SPECIAL FEATURE

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New Emerging Drugs Update

New Emerging Drugs (NEDs) are substances which produce the same effects as other drugs but are not controlled under the Misuse of Drugs Act.



“ I went into a video game. The whole world turned cartoony. I was stumbling; I had to grab hold of walls. My eyes were going fuzzy; my head was spinning all over the place. ”

Comment made by a Welsh teenage boy about an experience whilst using a New Emerging Drug.

Legal highs, is a term coined by the media and used to describe New Emerging Drugs, which are also known as New Psychoactive Substances (NPS).

The term NEDs covers a variety of herbal and plant products, synthetic chemical compounds and even gases such as Nitrous Oxide (laughing gas). They are taken to get high and may produce the same or similar effects to illegal drugs but may not be controlled under the Misuse of Drugs Act, 1971. If not banned substances, they are however, considered illegal under current medicines legislation (The Medical Act,

“ People should be under no illusion, these substances marketed as so-called ‘legal highs’ can cause serious damage to your health and in some cases, even death. ”

Professor Les Iversen, Chairman of the Advisory Council on the Misuse of Drugs.

1968) to sell, supply or advertise for ‘human consumption’.

Alpha-methyltryptamine (AMT)

This lethal psychedelic drug should be controlled as a Class A substance, according to the Advisory Council on the Misuse of Drugs (ACMD).

AMT acts in a similar way to LSD. It is found along with other deadly substances in a group of chemicals known as Tryptamines, which also includes 5-MeO-DALT, known as “Rockstar” or “Green Beans.”

The ACMD proposes expanding the current description of the Tryptamine family of compounds under the Act to ensure that newly created drugs are also banned.



About Tryptamines

- Designed to mimic the effects of LSD which is a class A drug.
- They make users feel upbeat, full of energy and friendly to those around them.
- Effects may last from 3-14 hours, depending on dosage.
- They cause hallucinations which can be a frightening experience. Users may feel anxious and panicky.
- AMT is very active in small doses which mean it's easy to take too much and overdose.
- Since Wednesday 7th of January, 2015, Tryptamines became Class A drugs, controlled by the Drugs Act, 1971.

Update by WEDINOS...

“ In Wales, there has been a shift in our top ten most commonly identified mind altering psychoactive substances over the last 4 months. The more classic substances of misuse such as Cannabis and Diazepam have been displaced following an increased prevalence of Synthetic Cannabinoid Receptor Agonists (SCRA), currently non-controlled stimulants, such as Ethylphenidate and Methiopropamine as well as the psychedelic Tryptamine 5-MeO-Dalt. ”



Wedinos – PHILTRE Bulletin: Issue 3 on changing trends in Wales



WEDINOS, is a harm reduction project in Wales funded by Public Health Wales. It offers drug testing and advice, publishing quarterly trends in substance use.

WEDINOS has reported amongst other things the trend of polydrug use. This occurs when two or more drugs are used at the same time, often with the intention of enhancing or countering the negative effects of another drug.

WEDINOS has reported that 77% of all branded psychoactive products analysed in the last few months were found to contain at least two substances. An example of this is the white powder known as “Dizzle Dust”, which was found to contain six different substances.

Dizzle Dust contains potent stimulants along with Caffeine and Lidocaine as bulking agents.

It is unknown how these substances will react in the body in the short, medium and long term.

New from WEDINOS!

Steroids and Image Enhancing Drugs Toolkit, with all printable and downloadable resources is available at www.publichealthwales.org/SIEDs.

The Risks of Poly Substance Abuse



Mixing depressants such as Alcohol and Tranquillisers, which slow down the body, can cause unconsciousness and death by suppressing the functioning of the heart and lungs.

Mixing Alcohol and the stimulant Cocaine, sometimes referred to as 'drinking with Charlie', results in the creation of a third drug within the body called Cocaethylene. Cocaethylene affects the brain for longer and is more toxic than either drug alone. It takes twice as long to be processed by the body than Alcohol and raises the risks associated with both drugs. Little is known on how Alcohol reacts in the body with the presence of the many unknown stimulants currently available. Choosing to use multiple substances is extremely dangerous. This includes prescription drugs.

Ask your School Officer about our drugs assemblies and lessons...



KS2



KS3/4



KS4

Class Act ABC

In Class Act, pupils at KS4, increase their knowledge of the consequences and laws governing substance misuse. This lesson also includes important information about New and Emerging Drugs (NEDs) or New Psychoactive Substances (NPS).

Drugs in the spotlight

Ketamine is an anaesthetic drug which has been used for operations on humans and animals.

It is a very powerful and complex drug, an anaesthetic with analgesic, stimulant and psychedelic properties. Ketamine is a dissociative anaesthetic. Users feel detached and remote from their immediate environment. They say that under its influence, they assume a different point of view, outside of body and self.

It is usually a grainy white powder which can be snorted but may also be obtained in tablet form or can be injected as a liquid. Ketamine is a prescription only drug. It has emerged as a mainstream club drug since the early 1990s.

Ketamine



Special K, Calvin Klein, Vitamin K, Black Hole, Cat Valium, Green, K-Hole, Kit Kat, Psychedelic Heroin, Super Acid, Purple.

Effects

- Kicks in after 15-30 minutes (immediate if injected) and last for up to 3 hours
- Kills pain and alters perception
- Makes users feel detached from themselves and others around them
- Creates 'out of body' and hallucinatory experiences followed by numbness and strange muscle movements
- Can cause nausea and vomiting
- Gives feelings of increased energy and euphoria
- Makes users may feel physically unable to move
- Is like LSD. The effects of Ketamine are influenced by the user's mood and environment.

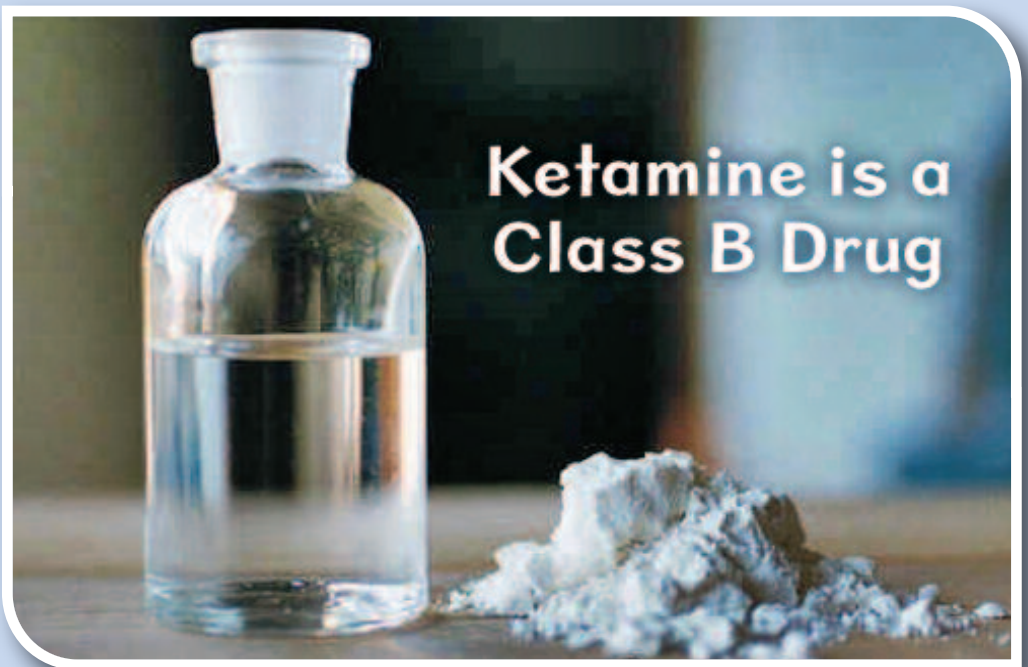
“ When I realised that having my bladder removed was the only option, it was devastating! ”

21 year old Ketamine user, using for just 4 years



The Risks!

- **Blurred vision** and difficulty in **moving and speaking** creating significant vulnerability in the user
- **Risk of injury** as users don't feel any pain
- Large doses can lead to **breathing difficulties** an even **heart failure**
- Causes **panic attacks** and **depression** and in larger doses it can **exaggerate pre-existing mental health problems**
- Tablets are sometimes passed off as Ecstasy – real risks not clear to user
- **Bladder problems** can develop which **irreversibly damage the lining of the bladder** resulting in **bladder removal** even amongst young people
- **Death** – very often as a result of loss of coordination or control e.g. jumping from heights, road traffic accidents and drowning
- This drug is even **more dangerous** when **mixed with other drugs** or **alcohol**.



What's been happening?

Motivating Our Youth Summer Project 2014

Throughout the 2014 summer holidays, year 8 pupils were selected from schools across Wales, to participate in a week long, challenging inclusive, educational programme. The project was led by experienced School Community Police Officers in partnership with the Youth Offending Teams (YOT) Youth Service and Fire Service.



“ MOY was great because I got on well with the Police!

It was really fun and I have tried hard!

My team working skills have improved! ”

Quotes from pupils about the MOY Project



Core Programme

10th Anniversary

The All Wales School Liaison Core Programme (AWSLCP) celebrated 10 years as a national crime prevention programme in 2014. To celebrate this milestone, a new Parents' Section was officially launched on the website www.Schoolbeat.org in October 2014.

Assistant Chief Constable for Gwent (ACC) Lorraine Bottomley, who is the lead for the AWSLCP Programme, spoke enthusiastically about the successes of the Programme at a special anniversary event. Pupils from Blaenavon V.C. Heritage Primary School participated in the event and along with their parents had an opportunity to explore the new Parents' section of schoolbeat.

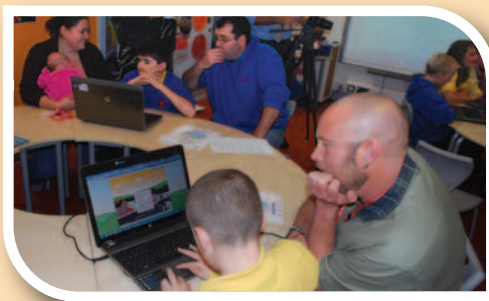
“ I was surprised with the quality of the information I found on so many topics. The website is a one stop shop, providing extensive amounts of up to date and trustworthy information that will be of help about topics that relate to my children such as drugs, bullying and safety. ”

Parent comment during the launch

ACC Bottomley, cutting the 10th Anniversary celebratory cake with Linda Roberts, the National Coordinator for the AWSLCP.



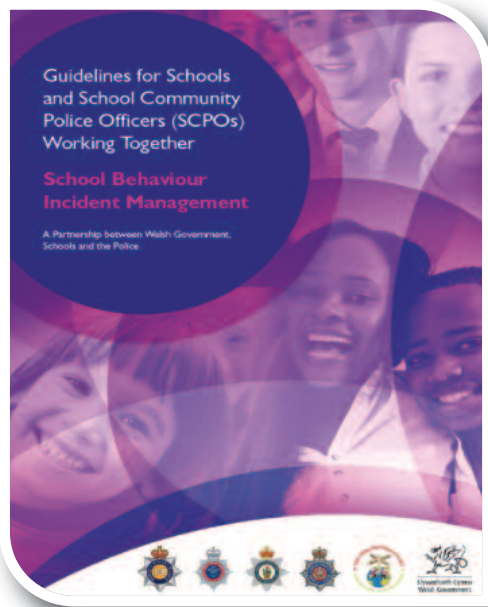
PC Mudie pictured with the Brooks twins, recent X Factor competitors, who performed a song at the launch.



A pupil and parent viewing the www.schoolbeat.org website.

A very big thank-you to Blaenavon Heritage V.C. Primary School in Torfaen, who did such a wonderful job of hosting the 10th anniversary event on the 23rd October 2014.



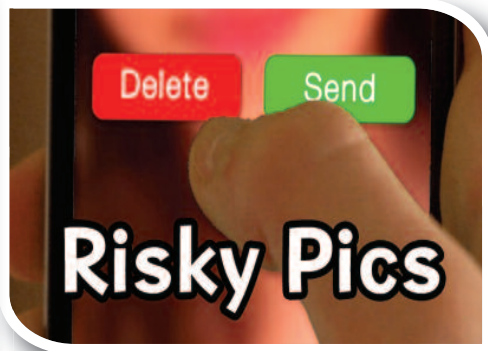


Check out the new Guidelines for Schools and School Community Police Officers (SCPOs) Working together – School Behaviour Incident Management document available at:

www.schoolbeat.org

This document has been written to provide clear guidance of when School Community Police Officers' (SCPO) services can be utilised by schools to deal with incidents in school which fall under the umbrella of the School Crime Beat Protocol.

KS3 new lesson



In our brand new sexting lesson, pupils are introduced to the characters Erin and Owen in a film called Risky Pics.

Erin is coerced by her boyfriend Owen to send a naked photo of herself. Having taken the picture she is faced with the dilemma of whether or not to send it to Owen. The film then follows the outcomes of two different decisions, one in which Erin deletes the image and the other where she sends it.

Available from February 2015! To book lessons speak to your school Community Police Officer.

This lesson sensitively introduces the concept of domestic abuse. Through the use of role-play, story time and other interactive activities, it helps children explore and understand difficult emotions. The lesson also highlights the importance of talking to a trusted adult if they feel unsafe or uncomfortable.

Available from February 2015.

