

# CAYAD Community Action Plan for Huffing Harm Reduction

## Whau Youth Providers Network

September 2016 onwards

### Community Overview/Background

The Whau Youth providers Network is a network of youth organisations, agencies and groups working in the Whau area.

The Whau area covers some of central and West Auckland and is made up of the suburbs of New Lynn, Green Bay, Kelston, Rosebank, Avondale, New Windsor and Blockhouse Bay.

This Community Action Plan is centred around Avondale, however can have a flow on effect to surrounding areas. There is particular interest in school age children from Avondale College and Avondale Intermediate and young people not in education training or employment (NEET). The substance of choice in these current scenarios is contact glue, however inhaling volatile substances can also involve aerosols.

During a network meeting a social worker reported concern about an increased incidence of huffing particularly in and around Avondale, trickling through to Avondale Intermediate.

Huffing has serious life threatening risks for young people - death can occur by asphyxiation and stressing the heart when combine with physical exertion. There is also a risk of explosion when huffing aerosols.

Huffing is not addictive like other drugs, aside from chasing the high/buzz and its use tends to come in trends. Anecdotal evidence shows that young people huff mainly in groups to escape feelings or situations including boredom.

Personal safety must be considered first before approaching anyone huffing. If you become aware of someone huffing ensure they stay calm and are in a well-ventilated place and call 111 – Police or ambulance if they need medical attention.

### Purpose of this Plan

To bring together community stakeholders to develop and implement a plan that addressed the issues surrounding a noted increase in young people huffing with the aim to reduce harms for these young people and ensure they have the support they require.

### What is the Issue?

**Environmental scan** – what is happening for young people experiencing alcohol or other drugs harm in this community?

1. Young people **huffing in public places** including the race course, Avondale Community Centre, Avondale school grounds and other spaces out of public view. There are a number of 'dead' spaces within Avondale that young people use and cannot be seen by the general public or passers-by.
2. **Increased incidence of young people huffing.** There are three specific groups of interest:
  - a. There are 6-7 NEET high risk young people, generally <15 years old, huffing and connecting with young people via the train lines from other areas of West Auckland (mostly Henderson and Ranui). These young people have a number of agencies involved including TYLA, CYF, Police/Youth Aid, however there is a level of frustration over what can more can be

done to support these young people. These young people are dealing with a myriad of underlying issues and in developing a 'don't care' attitude, are much harder to influence. They can also have an invincible attitude and think that nothing's going to hurt them.

Many of these girls have underlying emotional issues - grief/loss, dealing with trauma, low mood. Organisations supporting them include TYLA, SWiS, Avondale College, Police and more - these teams have skills and resources to support the girls as well as good relationships established. What happens outside of hours though, when these teams aren't around? The danger is these girls being emotionally disconnected, with the younger girls looking up to and following the older ones. Some parents are aware of the huffing but not sure what to do or of the significance of the harms.

- b. Small select groups of young people in school (either Avondale Int or Avondale College) huffing in groups. Female students are huffing with older girls, some who attend Avondale College. One girl known as a 'ring-leader' who the others are following has now been excluded from Avondale College.
  - c. Young girls of 16-18 years old from Ranui and Henderson areas with disclosures of huffing daily for over a year. One young person had a miscarriage and was unaware of the effects huffing would have had on her baby or the miscarriage.
3. **Glue or aerosols easily accessible** - Young people purchasing or stealing contact type glue to huff which is easily available at \$2 shops, hardware stores, supermarkets
  4. Young people and general community **unaware of the significant harms of huffing** or what to do when they see someone huffing in the community

Discussions with community members indicate that the girls huffing can get angry and aggressive, then can become emotionally upset afterwards and forget their actions after a huffing episode, but otherwise are friendly and approachable.

They generally huff in groups and some have been doing so daily or on a regular basis for months, up to a year. They also do it as it is easily accessible and cheap.

#### **What is working well to reduce huffing/ harm in this community?**

- Good community networks, good community discussion and willingness to take action
- Positive change has been seen to happen when there is a change in environment, however when they return back to the same environment, the same triggers cause them to relapse.
- Police have given some retailers signs, 'we do not serve glue to minors / it's not tough to huff' and Avondale NPT Team are in the process of creating a video to share on their facebook page around the issue.
- 'truancy free trading' agreement from dairies and shops in Avondale (100 shops) on a general ban on sales to young people in uniform during school time, helps reduce access to glue during these times, but not after school.
- The new Whau Local Board are supportive of work to support vulnerable young people

#### **What isn't working well to reduce huffing/ harm in your community?**

- Lack of community awareness of the harms of huffing
- Police have approached \$2 shops, asking them to restrict sales of glue to minors some of which have cooperated but others not. Youth are often stealing glue anyway or asking adults to buy it for them.
- The threshold for CYF involvement isn't enough to remove these young people from their environment to get them help – what is this threshold for CYF intervention?
- Young people are falling through the gaps of services, especially when on the street and Police are the only form of intervention – what are these gaps and how can they be filled?

## Issues and Goals

What are the specific issues and goals for our community this plan (issues identified above in Environmental Scan)

Issue		Goal/End Result
Young people huffing in public	➡	Activation of spaces and reduction in incidences of young people huffing in or around the Community Centre/public places
Young people from school and NEET reporting huffing in groups (some daily)	➡	Reduction in all young people huffing
Young people purchasing or stealing glue from local retailers	➡	increased awareness of huffing issue with local retailers reduced sales and opportunities to steal glue for huffing increased reporting of suspicious purchases of glue by young people or adults
Young people and general community unaware of the significant harms of huffing	➡	increase awareness of the significant harms of huffing with young people and the general community

## Risk Analysis

What are the risks that may prevent us from achieving the plan's goals and how will they be mitigated?

Risk	Mitigation	Who
media coverage may escalate the issue of huffing, making it visible	Decision not to involve media – but if media become involved we must follow media guidelines put out by the NZ Drug Foundation and media must talk about the serious risk of harm involved.	CAYAD - if the group chooses media to be involved
retailers may not be concerned as they cannot stop selling glue	support the retailers to raise their awareness and report any concerns to Police or relevant Youth Network members	Business Associations, Police NPT/Community Constable, TYLA and CAYAD

## Community Involvement

Community groups involved include:

Generation Ignite  
 Auckland Council Community Empowerment Unit  
 CAYAD  
 Whau Youth Board  
 Police  
 TYLA  
 Avondale Community Action  
 Avondale Community Centre  
 Avondale Business Association

Avondale College  
 Avondale Intermediate  
 Social Workers in Schools  
 Village Trust  
 Sport Waitakere  
 CADS / Altered High  
 Avondale Library  
 Creative Souls Project  
 Whau Community Arts Broker

## Whau Youth Providers Huffing Community Action Plan – updated 20 February 2016

Issue	Goal/End Result	Plans - How to reach the goal	Who and how	When	How will we measure progress?
<p>Young people huffing in public places – Avondale community centre, race course and on the streets (dead spaces)</p>	<p>➔ Reduction in incidences of young people huffing in or around the Community Centre/public places</p>	<ul style="list-style-type: none"> <li>• Activation of the Avondale Community Centre during times it is not currently used/ when young people are seen huffing</li> <li>• Creative activation of dead spaces – community collaboration (sports and arts)</li> <li>• Youth street engagement pilot</li> <li>• Increased reporting of and response to incidents of huffing</li> </ul>	<p>Avondale Community Centre Coordinator (Jess) with Generation Ignite, Sport Waitakere and TYLA. Melissa/Pepe - Auckland Council Community Empowerment Unit</p> <p>CAYAD facilitated a community walk and discussion about huffing and public space activation, with the aim to increase activities for young people and engage them in the planning and implementation and therefore reduce use of AoD and harmful behaviours in these areas.</p> <p>Space activation to be developed as a collaboration between Avondale Community Action, Community Waitakere, TYLA, Sport Waitakere and the Spark basketball activation committee</p> <p>CAYAD supporting TYLA to develop a youth street engagement pilot with increased engagement with Police and local retailers to collect intel on young people huffing and hanging out on the streets</p>	<p>September onwards</p> <p>Feb 2017</p> <p>Feb 2017 onwards</p> <p>Feb 2017 (10 week pilot)</p>	<p>the community centre has increased use</p> <p>a reduction of citing of huffing inside and outside the community centre</p> <p>activation of spaces increases public use of these areas and a reduction in young people using these spaces for harmful behaviours</p> <p>Young people are involved in the activation of community spaces</p> <p># young people engaged on the streets</p> <p># young people and their whanau who access TYLA services</p> <p>decrease in incidents of huffing</p> <p>Increased understanding of the situations around huffing</p>

<p>Young people from school (Intermediate and College) huffing in groups</p> <p>➡ Reduction in number of young people huffing</p>	<ul style="list-style-type: none"> <li>• Enable access support to help with some of the emotional reasons for huffing</li> <li>• Provide education on the harms of huffing through 'Did You Know' videos/ posters and other specific resources</li> <li>• Engage with parents to upskill them on the harms and situation</li> <li>• Youth providers to share Did You Know videos and BUZZED on facebook (links below)</li> <li>• Communication with churches - Pasifika/Maori church leaders who might be able to engage on this issue/help to educate parents</li> </ul>	<p>TYLA and SWISS (social workers in schools) working in Avondale Intermediate/College</p> <p>Altered High and Te Atea Marino to look at how they can do more with these schools</p> <p>not actioned yet (Feb2017)</p>	<p>September onwards</p>	<p>These young people stop huffing</p> <p>Young people access support for the reasons behind huffing</p> <p>Did you know resources have been shown to specific groups of young people</p> <p>parents have been contacted and engaged in a discussion</p> <p>Parents and community leaders understand huffing and other drug issues and the risks involved</p>
<p>NEET high risk young people with a huffing</p> <p>➡ Young people reduce or stop huffing and engage in other activities</p>	<ul style="list-style-type: none"> <li>• Continue the round the table discussions with multiple stakeholders to provide the required support for these young people</li> <li>• Engage Altered High, Te Atea Marino and Tupu in the discussion to support these young people</li> <li>• Look at the possibility of Youth Street engagement pilot in Avondale to support the work Police are doing</li> <li>• Increase young people's understanding of huffing through 'Did you know?' videos</li> </ul>	<p>TYLA, CYF, Police, Youth Service West, Gen-i</p> <p>Referrals to Altered High, Te Atea Marino or Tupu</p> <p>CAYAD supporting TYLA to develop a youth street engagement pilot with increased engagement with Police and local retailers to collect intel on young people huffing and hanging out on the streets (as above)</p> <p>Pacific/Maori Wardens may return to working in the area (TBC Feb2017)</p>	<p>September onwards</p>	<p>These young people are connected back to school or can access Alternative Education</p> <p>Reduces incidences of huffing and young people have access to support services</p> <p>Young people on the streets are connected with in a positive way and Police's role is supported with the young people and their families getting the support they need</p>

<p>Purchasing glue from local retailers →</p> <p>increased awareness of huffing issue with local retailers</p> <p>reduced accessibility/ability to purchase glue for huffing</p> <p>increased reporting of suspicious purchases of glue by young people</p>	<ul style="list-style-type: none"> <li>• Contact Rosebank and Avondale Business Associations to inform them of huffing, the risks and retailers rights not to sell to young people</li> <li>• Bring together local retailers and build on the Police's great work to inform them of the risks of huffing and set up a system for not selling to young people</li> <li>• provide direct contact details - Police 111, and TYLA for retailers to contact if they suspect an issue</li> </ul>	<p>The Avondale Business Association, Police, CAYAD and TYLA</p> <p>'no ID, no glue' and 'no sales to u18' approach implemented with a process that requires the recording of the name and ID of anyone wanting to purchase cement type glue</p>	<p>October 2016</p> <p>Jan 2017 onwards</p>	<p>Business Associations are aware of the issues and risks of huffing</p> <p>Local retailers support the process to reduce or eliminate sales of glue to young people</p> <p>local retailers track sales and contact TYLA/Police when they notice young people trying to buy glue, adults buying glue for young people or adults buying multiple tubes of glue</p>
<p>Young people, community unaware and some who work with young people of the significant harms of huffing →</p> <p>increase awareness of the significant harms of huffing with young people and the general community</p>	<ul style="list-style-type: none"> <li>• use huffing resources within community groups and with educators, nurses etc to increase understanding of harms and issues and for them to pass on knowledge to yp as required</li> <li>• presentation at the local Youth Network meeting</li> <li>• using youth focused huffing resources with targeted groups of young people through local youth groups and schools to increase understanding of the harms</li> <li>• Put up 'Did You Know?' posters in the Avondale Community Centre with Youthline number on it.</li> <li>• Make other signs for admin/users of the centre "If you are concerned</li> </ul>	<p>Kate CAYAD to provide resources and presentations where needed – <b>contact Kate</b> 021672623 <a href="mailto:kate.duder@aucklandcouncil.govt.nz">kate.duder@aucklandcouncil.govt.nz</a></p> <p>SWISS/ Tyler / Gen-I social workers and youth workers to utilise resources with young people and community as required</p>	<p>October onwards</p>	<p>young people and members of the community and those who work with young people are aware of the significant harms of huffing and have resources to support their work.</p> <p>community more aware of huffing seriousness and call 111 when they see a young person huffing</p>

	<p>about someone huffing, please call 111”</p> <ul style="list-style-type: none"><li>• Present to the Whau Youth Board about huffing and any ideas they may have to support the plan</li></ul>			
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## Outcomes

**Shop Keeper Engagement** – CAYAD facilitated a collaborative working arrangement between the Avondale Business Association, Police and TYLA (Turn Your Life Around) youth organisation that enabled the implemented of a 'no ID, no glue' and 'no sales to u18' approach in the local community. A meeting with local shop owners was held with a translator present to ensure the local business owners were able to fully understand the situation and identify the types of glue to be restricted. Alongside this a processes that required the recording of the name and ID of anyone wanting to purchase these types of glue was implemented.

RESULT: Within the first two weeks of this being implemented the incidents of young people sniffing glue in Avondale have significantly reduced, with Police reporting only one incident response. TYLA youth workers are supporting Police by regularly checking in with shop owners and providing the list of names for glue purchases to Police for intel purposes.

**Youth Street Engagement** – a need was identified to engage and support young people on the streets, while also identifying information that can support interventions for young people.

RESULT: CAYAD are supporting two TYLA Youth Workers through CAF for a 10 week pilot project in February and March 2017 to engage young people on the streets and seek support options for them and their whanau. This initiative capitalises and strengthens the relationship between TYLA and Police enhancing their ability to respond more effectively to local incidents of young people huffing glue. To compliment this work data is being collected by TYLA from local businesses and community members to give CAYAD, Police, TYLA and other support organisations relevant intel on young people at risk in the area.

**Youth Hub at Avondale Community Centre** - One of the issues identified was young people huffing in unused spaces including the community centre.

Result: From October – December 2016 Avondale Community Centre worked with local groups including Generation-Ignite and Sport Waitakere to create an daily afternoon 'youth hub' at the centre, which now has a core group of 15 local young people attending. The hub is free and engages young people in sports and pro-social activities, keeping them off the streets. Five of the young people engaged as a core part of the group were some of those initially identified as at risk of harm from alcohol and other drugs. The success of the youth hub at the end of 2016 enabled it to become permanent in 2017 and the community centre are continuing to engage more organisations and support services for young people to be involved.

**Creative Public Space Activation** – In February CAYAD facilitated a meeting regarding public space activation enabled a sharing of current activities and brainstorming of new ideas.

RESULT: this meeting has led to increased collaboration between community groups to activate Central Reserve, a current only partially activated open space and there are plans to arrange a specific meeting to discuss and enable the involvement of local young people in the planning and implementation of activities.



## Photos

### common types of glue used



### Police generated signage



## Resources

### Did You Know videos

The 'Did You Know?' series was created to help people know what to say to young people about these substances. They can also be shown to young people: [www.aodcollaborative.org.nz/didyouknow](http://www.aodcollaborative.org.nz/didyouknow)

### Information for health professionals and concerned community members

<http://volatilesubstances.org.nz/>

### Information for retailers

<http://volatilesubstances.org.nz/retailers-guide/>