



## ADVOCACY NEWSLETTER JUL 2024

### Dear Partners and fellow Advocates

As we conclude the inaugural Drug Victims Remembrance Day 2024, we would like to express our sincere appreciation to all our partners for their active participation. Over 101,411 promises to stay drug-free have also been made at the exhibitions islandwide and online. Thank you for your unwavering support for a drug-free Singapore!

This month, we are pleased to bring you highlights from the CNB Workplan Seminar held on 10 July. During the seminar, Associate Professor Muhammad Faishal Ibrahim, Minister of State, Ministry of Home Affairs and Ministry of National Development, delivered a keynote address emphasising the critical need for Singapore to stand firm against the growing global drug threat.

National Council Against Drug Abuse (NCADA) Chairman Mr Tan Chong Huat and Council Member Dr Jimmy Lee wrote a commentary on World Drug Day, shedding light on the global concerns surrounding drug abuse and the proactive measures needed to foster a drug-free society for our children. You can read the full commentary, published by Lianhe Zaobao and Berita Harian, in this issue of our newsletter.

Specially for parents, we are excited to share the Campus Legends x NCADA Parents Seminar, where parents can understand how to effectively help their child navigate stressors and prevent substance addiction.

Lastly, in the final instalment of our Preventive Drug Education Info Package, we share bite-sized information that you can share within your network when speaking on the anti-drug cause.

Happy reading!

We value your feedback and inquiries on our programmes and activities. Please feel free to reach out to us at [cnb\\_community\\_partnership@cnb.gov.sg](mailto:cnb_community_partnership@cnb.gov.sg).

Thank you for your unwavering support in our shared mission for a drug-free society.

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## ADVOCACY/DRUG VICTIMS REMEMBRANCE DAY

We are deeply grateful for your support during the inaugural Drug Victims Remembrance Day observance event as well as the subsequent events and engagements. Your contributions and sharing have been instrumental in making these events a success and in helping us spread awareness about the harms of drugs.



***Observance Event at Ngee Ann City Civic Plaza***

Besides the main exhibition at Ngee Ann City Civic Plaza and the interactive mini exhibitions at 40 locations islandwide, roving exhibitions were held at 8 different locations around Singapore from May to July 2024. As a recap, let's take a look back at the photos from the roving exhibitions!



***Children learning about the harms of drugs at Waterway Point***



***Visitors viewing the Home Exhibition at Heartbeat@Bedok***



***Visitors receiving goodie bags at Northpoint City***



***Families at Suntec City Roving Exhibition***

Our exhibits and activities aimed to educate the public about the devastating impact of drugs and drug abuse. We hope the public gained valuable insights into the harms associated with drug abuse, the importance of drug prevention and support for drug victims.

While the commemoration of Drug Victims Remembrance Day 2024 has come to an end, we encourage everyone to continue spreading the word that drug abuse is not victimless. Together, we can make a difference for our community.

Thank you once again for your partnership and dedication to this important cause.

See you next year in May!



## READ/EXCERPT FROM 'WAITING FOR YOU'

The effects of drug abuse extend beyond the individual, affecting their families and loved ones too.

The Drug Victims Remembrance Day exhibition featured the personal accounts of Gina\*, Sue\* and Adam\*, first shared in "Waiting For You", a compilation of stories written from the perspective of drug abusers' families and loved ones. Check out their stories by scanning the QR code below.



*\*Based on a true story. Names have been changed to protect the identities of the victims.*

***"My brother blamed me for his problems."***

***- Gina, 28, sister of drug abuser***

Gina reflects on the impact of her brother's drug abuse on her life. She outlines the sacrifices she made to help her brother and the pain of being accused of negligence.

***"I was a little girl terrified of my own father."***

***- Sue, 29, daughter of drug abuser***

Sue explains how her early life was marked by domestic instability and disturbing violence due to her father's drug abuse. Despite this, she still holds out hope for his recovery.

***"Could I have done more to help my father?"***

***- Adam, 15, son of drug abuser***

Adam tells the story of his father's descent from a kind and considerate parent to an unpredictable, violent monster, culminating in a shocking moment of danger.

We also share with you an excerpt from 'Waiting For You' titled 'Not Asking For Much' – a personal account describing a child's disappointment due to her father's repeated imprisonment for drug-related offences, and her yearning for a complete family life.

# Not Asking For Much

I was about four years old when I came home from school and saw a male stranger in my home. I did not know who he was until my mother introduced him as my father. She explained that he had just been released from prison after serving a sentence for drug consumption. I can only remember that I felt elated to have finally met my father. The rest of the information my mother shared about him was not important to me; all I knew was that I have a father. My family is now complete. Unfortunately, my happiness was rather short-lived, as my father was imprisoned again for the same offence in the following year.

During the year that Dad was home with us, he found a job as a delivery driver and earned a decent income. I liked that he always shared with the family how his day at work went. When he lamented on his work stress, my mother would console and encourage him so that he would not give up on himself so easily. Once, I heard him tell my mother that he felt mistreated by his supervisor. My mother stepped up as the protective wife and promptly contacted his supervisor to speak to him on my father's behalf. I thought that my mother's care and concern for Dad was enough to keep him away from drugs. I saw how she was always there for him and us and I truly believed that her efforts would always yield the best outcomes for our family. To be fair, my father did his part too. He handed over his entire monthly salary to Mom who decided how much allowance to give him. I guess it was Dad's way of showing his appreciation for all the sacrifices my mother had made over the years.

I also thought that my father was doing his best to be a responsible husband and father so that he could regain our trust. All in all, I felt really happy to witness the positive change in my father and the close bond between my parents. Their loving relationship made me feel safe and peaceful at home. This was all I ever wanted as a child.

At times, Dad told us stories about his life in prison. He said he hated it because he had to give up his freedom and he did not like being away from us. Whenever Dad told us these stories, I had so many questions running through my mind. I wanted so much to ask him, "If you hated it so much, why did you keep going back?" but I could not get the words out as I was afraid that Dad would be stressed with my question. I also wanted to ask if we were important to him. If we were, then why were we not on his mind when he decided to go back to using drugs? I was just a child who felt that I had no right to question my father, neither did I want to pressurise him to change.

The good times lasted only for a year. Before I knew it, Dad was back in prison. I saw the pain that my mother was put through again. She could not stop crying when Dad was arrested for the umpteenth time. Soon enough, she was back to being the sole-breadwinner of the family. She was alone again, fending for us and herself. Once again, she lost support from the man she called her husband of 19 years. Throughout these 19 years of their marriage, I wonder how many years my father had actually been physically present for her.

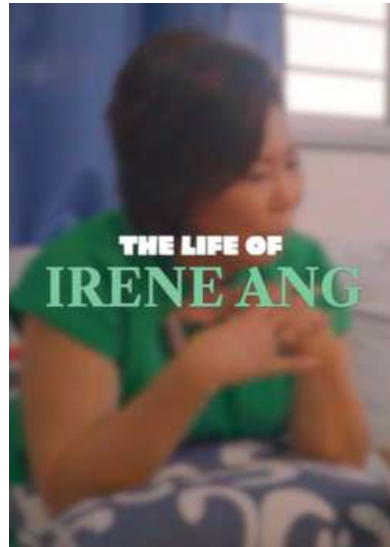
Dad is in his 50s now. What will become of us as a family if my father continues to live this way? At this moment, I am not so sure. All I know is that I cherish the year that Dad was home with us. Everyone was happy and contented then. We may not have had everything at that time, but we had a normal, simple and complete family. You may not know it, but that was more than enough for children like us.





## READ/THE LIFE OF IRENE ANG

Irene Ang shared her challenging childhood shaped by her mother's struggle with drug addiction in an interview with Our Grandfather Story (OGS). She described a home environment filled with violence, frequent arguments, and the distressing aftermath of her mother's drug abuse. Irene's childhood led to lasting traumas, causing her to become emotionally hardened. Despite the challenges, she made a pact with her brother to never touch drugs and has chosen to forgive her parents. Scan the QR code below to watch the interview.



On 10 July 2024, CNB held its Workplan Seminar (WPS) at the Singapore Expo Max Atria, graced by Associate Professor Muhammad Faishal Ibrahim, Minister of State, Ministry of Home Affairs and Ministry of National Development. The event drew an audience of about 600 participants including working committee members of the Inter-Ministry Committee (IMC) on Drug Prevention for Youths, DrugFreeSG Champions, community partners and advocates from the public and private sectors. In MOS Faishal's keynote address, he emphasised the importance of Singapore standing firm against drugs, particularly in response to the growing global drug threat that has been exacerbated by the liberalisation of drug policies internationally. At an exhibition held alongside the WPS, there were preventive drug education initiatives, steered by the IMC and community partners in collaboration with CNB, to support our young in understanding the harms of drugs throughout their developmental stages, starting from their formative years to adolescence. There was also the Instant Hair Test kit, jointly evaluated by CNB, HTX and SPS, that will enhance CNB's enforcement capabilities and aid drug supervisees' reintegration into the community by reducing the disruption to their daily lives.



***Director CNB Mr Sam Tee, Permanent Secretary (MHA) Mr Pang Kin Keong and MOS Faishal with Kayden Tan and Teo Bo Xuan (winning team of the DrugFreeSG Video Competition 2023 [Youths Category]), and their teacher Mr Faizal Bin Mohamad from Whitley Secondary School. Congrats to the winning team!***



***MOS Faisal with Ms Anne Megan Kong, our Youth Advocate.***



***MOS Faishal with Ms Elaine Loo, member of NCADA and Ms Carol Loi, co-founder of SGFamilies.***



### **World Drug Day – A world free of drug abuse, myth or reality?**

A resolution by the United Nations General Assembly in 1987 birthed the inaugural International Day against Drug Abuse and Illicit Trafficking, or World Drug Day. Observed by the international community every year on 26 June, it is an expression of determination to strengthen action and cooperation to achieve the goal of a world free of drug abuse.

More than three and a half decades later, this might not be a sentiment that is as widely embraced across the globe. In October 2021, the New York Times discussed how divisive the drug issue has become in commentary titled "The World's Views on Drugs Is Changing. Which Side Are You On?". Because of the worsening global drug situation, the vision of a drug-free society seems to now be a pipe dream for many countries.

#### ***The vision of a drug free society is achievable***

Drugs abuse is harmful and remains a problem today. With the advancement of knowledge and means for international cooperation, the vision of a drug-free society is not unachievable. What is needed is political and economic will to manage drug abuse in a tangible way.

In a national survey conducted by National Council Against Drug Abuse (NCADA) in 2023, 9 in 10 respondents agreed that they wish to live in a drug-free society.

The United Nations Office on Drugs and Crime (UNODC) has set the theme for World Drug Day 2024 as "The evidence is clear: invest in prevention". The global call to action resonates with Singapore's drug-free approach, particularly with advocating greater investment in prevention efforts, with dialogue, engagement and empowerment of communities and youths for drug prevention. UNODC had laid out specific areas of focus for the international community, in line with its theme for the year.

#### ***Amidst different social concerns, Singapore is paying attention to drug abuse. Why?***

In 2023, the Singapore government established an inter-ministry committee to focus on drug prevention among youths. This is a significant move and signalled a whole-of-government effort to address the youth drug problem. Our (anti-drug abuse) community now feels 'seen' and there is promise that more help, resulting in better outcome and deeper impact, is on the way.

But let us take a step back to examine the fact that there was a 10% increase in drug-related arrests in Singapore in 2023. Although salient, our current system has capacity to manage such a rise and it is not numerically staggering. This begs the question: Is there a proportional need for an increase in preventive drug efforts targeted at youths when most of our population continue to view drug abuse as harmful and undesirable?

NCADA's answer is Singapore cannot afford to stay indifferent towards shifting inter-generational attitudes about drug abuse. The seismic shift rides a global and cross-generational wave. It demands an appropriate and decisive response. We acknowledge and align ourselves with what the government has recognised, and therefore is resolved to do through upstream preventive drug education efforts. The goal is to 'arrest' the formation of a social environment that accepts drug abuse as a cultural norm. We know too well that if our children grow up in a culture that permits 'drug use', even if personal addiction is still shunned, teaching them refusal skills, for instance, would create dissonance. Much of what works today would become inadequate in a different context. This phenomenon has already occurred fast and furiously in several other countries, where focus from prevention now shifts to harm reduction i.e., how the ill effects of drugs can be reduced.

We can appreciate the tactical need for countries with a sizeable drug problem on the streets to adopt harm reduction practices. It is a desperate measure. We are thankful that drug abuse is not a public health crisis in Singapore. What we have is an ecosystem that cares for the one who has fallen as victims of drug abuse, while being able to protect the many who remain vigilant and avoid drug abuse. What we still lack, is for "the many" to understand, how they think and what they say (or not say) about the drug issue has an impact on the ones who may be vulnerable around them.

### ***NCADA's response to UNODC's Call***

The 16th Century philosopher Desiderius Erasmus said, "Prevention is better than cure." NCADA's ongoing efforts echoes UNDOC's call. Recognising the shift in attitudes and growing concern for youth drug abuse in Singapore, NCADA is focusing its efforts on upstream drug prevention through a multi-pronged strategy of advocacy, community partnerships, engagement and dialogue, supported by evidence-based research, survey and other data. Our recent works have been to build a cultural awareness of relevance regarding the drug-free cause. Together with our community partners and drug-free advocates, we champion drug-free advocacy with our efforts to generate conversations and shared understanding. Resources, such as a DrugFreeSG Fund which NCADA administers, are channeled to enable community partnerships to enhance preventive drug education in Singapore through ground-up initiatives.

NCADA is determined to never be short in our vision for Singapore to be free of drug abuse. Singapore must remain a beacon amid the global decline in the drug situation today. NCADA is of the opinion that keeping our society free of drugs is imperative for Singapore, and probably for the world so that she may serve as a key bastion in the global fight against drug abuse.

### **Tan Chong Huat (Mr)**

Chairman, National Council Against Drug Abuse

### **Jimmy Lee (Dr)**

Member, National Council Against Drug Abuse



The MUIS x CNB Grant aims to empower the mosques in drug prevention by providing funding for mosques to implement initiatives in support of the DrugFreeSG and Dadah Itu Haram (DIH) campaigns. A collaborative effort between MUIS and CNB, the grant administered through MUIS will help to encourage more mosque-led initiatives to raise awareness of the Malay-Muslim community on drug prevention and build resilience in individuals and the community to be drug free. MUIS hosted a briefing session on 15 July 2024 to introduce the mosque executive chairmen to the grant.

## MUIS X CNB GRANT

### WHO CAN APPLY?

Mosques

### WHAT CAN BE FUNDED?

Programmes, projects, events and activities by mosques in support of the DrugFreeSG and Dadah Itu Haram Campaigns

### HOW TO APPLY?

Applications are to be submitted to MUIS using the application forms provided by MUIS. Applications are to reach MUIS within 1 months before start of event. For applications requesting for more than \$3,000 grant, applications are to be submitted to MUIS at least 4 months before the commencement date of the Campaign-related event.

**ADVOCACY/'RHYTHM OF HOPE' – OUTREACH EVENT BY MUNEESWARAN COMMUNITY SERVICES AND NEE SOON CENTRAL IAEC**

In true community spirit, Muneeswaran Community Services teamed up with Nee Soon Central's Indian Activity Executive Committtee (IAEC) to organise an outreach event on 27 July 2024 to raise awareness on drug prevention. Titled 'Rythm of Hope', the event combined the use of skits, songs and dance complemented by CNB's drug prevention talk and a sharing session by an ex-abuser to highlight the issue of drug abuse among youths, and raise awareness on drug prevention.

The event was attended by more than 150 residents and invited guests from other community partners including SANA, SINDA, Hindu Endowment Board and HEB-Ashram, who were treated to performances put up by volunteers and residents from Yishun. Supporting the event, CNB also put up an informative booth to engage the residents and equip them with knowledge on how to identify drugs and how to offer help.



**Organisers and volunteers from Muneeswaran Community Services and members from Nee Soon Central's IAEC with Guest of Honour for the event - MOS Faishal**



**Drug prevention talk delivered by CNB officer Praveen**



**CNB officers Surendar and Rayganthann engaging residents at CNB's educational booth**







**CAMPUS  
LEGENDS**

Towards a Drug-Free Singapore

## Parents Seminar 2024

**3rd of August 2024**  
**1030AM at \*SCAPE, The Treetop.**

**Programme Schedule**

1030am - Registration with Light Refreshments  
 11am - Opening remarks by MOS Muhammad Faishal Ibrahim  
 1115am - Preamble by Moderator and start of discussion  
 1230pm - End & Lunch





**PANELIST**  
**Dr Jimmy Lee**  
NCADA Council Member,  
Senior Psychiatrist, Dad of Teens



**PANELIST**  
**Ms Carol Loi**  
Digital Wellness Educator &  
Mental Toughness Coach,  
Wife & Mother



**MODERATOR**  
**Mr Firdaus Daud**  
NCADA Council Member,  
Lawyer & Dad



**PANELIST**  
**Ms Elaine Loo**  
NCADA Council Member,  
Mum of Teens



**PANELIST**  
**Mr Isaac Goh**  
XOFG Community Leader  
Former Youth Drug Abuser, Gamer

Campus Legends and NCADA are pleased to present a Parents Seminar on 3 August 2024, featuring a unique panel of members who will share valuable insights from their diverse personal and professional experiences.

We extend an invitation to parents to participate in a discussion that will shed light on the various vulnerabilities and realities faced by our children today. This seminar aims to provide parents with a practical understanding of how they can effectively support their children in managing stress and preventing substance addiction.

Here's what you can look forward to gaining from this seminar:

- Understanding the different factors that children are increasingly exposed to, which contribute to substance/drug abuse.
- Gaining insights into the growing prevalence of illicit substances and how to prevent addiction.
- Learning effective coping mechanisms to help your child navigate stress.

Set aside two hours to empower yourself and safeguard your child's future!

This seminar is free but ticketed. Limited seats are available, so do register early to secure a spot! Get your tickets via the Registration Link or scan the QR code below:

<https://clpsncada2024.eventbrite.sg/>



<https://clpsncada2024.eventbrite.sg/>



Learn more about the harms of drugs and drug prevention at the upcoming community roadshows.

Event Name	Date/Time	Venue
Tampines Changkat National Day Carnival 2024	4th Aug 2024 (Sunday), 9AM – 12PM	Block 280, Tampines Street 22, Central Piazza, Singapore 520280 (Listed as Tampines Changkat Open Plaza on Google Maps)

CALL for VOLUNTEERS

Interested in sharing the drug prevention message? Email us at **CNB\_Community\_Partnership@cnb.gov.sg** if you are keen to help out at any of our roadshows and events!



Our annual eagerly anticipated Anti-Drug Ambassador Activity (AAA) initiative is back! It offers a physical activity booklet and an online lesson package on MOE's Student Learning Space (SLS). Designed for upper primary students, AAA aims to make learning about the harmful effects of drugs engaging through interactive puzzles and an anti-drug montage competition.

Here's the scoop: Schools that create the most captivating anti-drug montages with the theme "Remembering a #DrugFreeSG" and the top 20 schools with the highest participation rates\* will each snag a fantastic \$500 cash prize! Need some inspiration? Check out one of last year's winning entry from Ai Tong School!



Calling all teachers: Mark your calendars! The deadline for submissions is 15 November 2024. We look forward to receiving your entries!

*\*If there are schools with the same participation rate that qualify for the top 20 places, winners will be awarded via random selection.*



Our exciting videography competition is in full swing, and we are buzzing with creativity! Just a friendly reminder that the submission deadline is coming up fast on 30 August 2024. This is your chance to shine and compete for a chance to win a share of \$15,000 in prizes!

Unleash your imagination as you craft a video that not only showcases your videography skills but also sheds light on the theme "Drug Abuse is not Victimless." Whether you are experienced in filmmaking or new to the craft, this competition offers you the opportunity to create a significant impact and connect with a broader audience.

Encourage your friends and fellow videography enthusiasts to join us in making a difference through the power of storytelling!

For tips, updates, and inspiration, hop over to our social media pages (@CNB.DrugFreeSG). Have questions? Reach out to us at [contact@drugfree.sg](mailto:contact@drugfree.sg). We are here to support you every step of the way.

We look forward to seeing your creative entries!

Scan the QR code  
to access the  
microsite:



<https://www.gov.sg/drugfreevideocompetition2024>

*We are reaching out to schools and organisations for support in promoting this competition and encouraging young individuals interested in video production to participate in the competition.*

#DIDYOUKNOW/PREVENTIVE DRUG EDUCATION (PDE) INFORMATION PACKAGE

This marks the final instalment of our handy Preventive Drug Education Information Package. Comprising a handbook, a deck of powerpoint slides and a list of commonly asked questions and answers, the package is to help members of the public understand the global and local drug situation and Singapore's approach to tackle the drug problem. Check out this month's content on the pathways of recovery for drug abusers.

# PATHWAYS OF RECOVERY

FOR DRUG ABUSERS

Rehabilitation and aftercare form one of Singapore's multi-pronged drug control strategies to help drug abusers return to a drug-free life and reintegrate into our society.

Our criminal justice system focuses on youth rehabilitation. We want to intervene early and effectively, so that youth abusers do not ruin the rest of their lives.

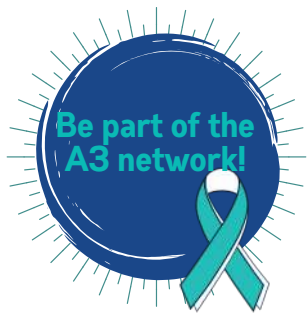
Enhanced Direct Supervision Order (EDSO)	For first-time drug abusers who are assessed to have low-risk of reoffending, and given a non-custodial supervision order with compulsory counselling.
Drug Rehabilitation Centre (DRC), followed by a 5-year Supervision Order	For drug abusers who are assessed to be at moderate or high-risk.
Youth Enhanced Supervision (YES) Scheme	For low-risk youth offenders below the age of 21.

Scan the QR code to access the full content:



We hope you have benefited from the bite-sized sharing over the past issues of newsletter and will continue to share the knowledge with your family, friends, colleagues and others, when speaking on the anti-drug cause.

# HELP US SPREAD THE ANTI-DRUG MESSAGE



The **Anti-Drug Abuse Advocacy Network (A3 Network)** is a volunteer scheme jointly administered by the NCADA and CNB. The A3 Network, which is under the umbrella of the Home Team Volunteer Network comprises various groups of people who identify with, support and promote the anti-drug cause\*.

*\*Volunteers under the Network do not represent CNB and NCADA, nor are they spokespersons of CNB and NCADA during or outside the term of deployment.*

Help us grow the A3 Network by telling your friends about us and the volunteering opportunities with CNB. Scan the QR codes for more information about the two different schemes (Adult Advocates and Youth Anti-Drug Advocates), or drop us an email at [cnb\\_community\\_partnership@cnb.gov.sg](mailto:cnb_community_partnership@cnb.gov.sg).



**Drop us an email at [CNB\\_Community\\_Partnership@cnb.gov.sg](mailto:CNB_Community_Partnership@cnb.gov.sg) if you would like to add your colleagues and friends into our mailing list or if you wish to unsubscribe.**

If you come across drugs, or what you suspect to be drugs, you should call CNB hotline at **1800-325-6666**. Kindly note that airtime charges apply for mobile calls to 1800 service lines and calls are free of charge only if made from regular land lines.

For more information, please visit the CNB website at [www.cnb.gov.sg](http://www.cnb.gov.sg)

Connect with us:



JUL 2024