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FINAL REPORT
OF THE GROUP OF EXPERTS ON
DEMAND REDUCTION

August 8-10, 2001

Montego Bay, Jamaica

**FOURTH MEETING OF THE
EXPERT GROUP ON DEMAND REDUCTION
August 8-10, 2001
Montego Bay, Jamaica**

**OEA/Ser.L/XIV.4.4
CICAD/DREX/doc.4/01
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FINAL REPORT

(Preliminary document. The delegations are requested to send their comments to the Executive Secretariat within 30 days)

I. BACKGROUND

The establishment of a Group of Experts on Demand Reduction was approved at the twentieth regular session of CICAD. During its twenty-first regular session, the Commission convened the first meeting of the CICAD Group of Experts, to be held, in conjunction with the Argentine Secretariat of Programming for the Prevention of Drug Addiction and to Combat Drug Trafficking (SEDRONAR) and under the chairmanship of Argentina, in Buenos Aires, Argentina, on July 29 - August 1, 1997.

The twenty-first regular session of CICAD established the following mandate for the Group of Experts on Demand Reduction:

“The purpose of the Group of Experts on Demand Reduction would be to provide technical expertise, facilitate cooperation among countries, and submit recommendations to the Commission on implementing the lines of action that derive from the ***Anti-drug Strategy in the Hemisphere***.

The Group will be made up of national experts in different aspects of demand reduction, and hence the experts may vary with the subject considered.

The priority subjects of demand reduction are:

- a) Performance of a diagnosis of drug use, epidemiological studies, systems of information (such as SIDUC) and of surveillance and monitoring, and bio-medical, clinical, psychosocial, epidemiological, ethnographic and anthropological research.
- b) Prevention and education models and programs involving community participation, designed both for the population at large and for specific groups at special risk of becoming users.
- c) Models and programs of intervention to address the adverse health and social consequences of drug abuse.
- d) Measures for the treatment and rehabilitation of persons addicted and their reintegration- into the community.”

The second meeting of the Group of Experts was held in Mexico on March 3-6, 1998. One of the experts' most important recommendations was the need to establish minimum standards of care in drug treatment centers, in order to improve the quality of care and respect for the human rights of addicts receiving treatment.

The third meeting of the Group of Experts was held in Santiago, Chile on October 3-5, 2000, under the chairmanship of Chile. The main area of priority identified by the Group of Experts was the need to expand programs to address the rising use and abuse of synthetic drugs.

II. PROCEEDINGS

A. PARTICIPANTS

Delegates from The Bahamas, Barbados, Belize, Bolivia, Brazil, Chile, Costa Rica, Grenada, Guatemala, Dominican Republic, Jamaica, Mexico, Paraguay, Trinidad and Tobago, United States, and Venezuela took part in the third meeting of the Group of Experts on Demand Reduction. In addition, observers were present from the Cayman Islands, France, the Kingdom of the Netherlands, CARICOM, the Caribbean Epidemiology Center (CAREC), the European Commission, the Pan American Health Organization (PAHO), the United Nations International Drug Control Program (UNDCP), the Latin American Federation of Therapeutic Communities (FLACT), and the Cayetano Heredia University of Lima, Peru. (List of Participants, Annex I).

B. SESSIONS AND ORGANIZATION OF THE MEETING

The inaugural session took place at 9:00 a.m. on August 8, 2001 at the Ritz Carlton Rose Hall Hotel in Montego Bay, Jamaica. The Rt. Honorable P.J. Patterson, Prime Minister of Jamaica, inaugurated the meeting, in the presence of the Hon. K.D. Knight, Minister of National Security and Justice of Jamaica, and the Hon. John Junior, Minister of Health of Jamaica. Dr. Charles Thesiger, Chairman of the Jamaican National Council on Drug Abuse (NCDA), and Dr. Anna McG. Chisman, Director of Research, Analysis and Demand Reduction of the Inter-American Drug Abuse Control Commission (CICAD) also addressed the opening session.

1. WORKING SESSIONS

The participants introduced themselves at the first working session. Dr. Chisman provided an update on progress made since the third meeting of the Group of Experts in 2000, providing a brief overview of CICAD achievements in demand reduction during the past year, and stated the aims of this fourth meeting of the CICAD Group of Experts. The agenda and schedule of events were adopted without modification (CICAD/DREX/doc.1/01 and CICAD/DREX/doc.2/01, attached to this final report as Annexes II and III, respectively).

A panel of experts on the state of drug abuse treatment in the Caribbean was introduced, consisting of Dr. Charles Thesiger, Chairman of the NCDA, Mr. William Anderson, Specialist in Substance Abuse, Treatment and Training for the American Recovery Management Strategies (ARMS), Ms. Tessa Chadderton-Shaw, Director of the National Council on Substance Abuse of Barbados, and Mr. Howard Gough of the Richmond Fellowship Jamaica Treatment and Rehabilitation Committee. An open discussion was held on the achievements, needs, and challenges facing the Caribbean and Latin American countries in the area of drug abuse treatment.

During the second and third sessions, a series of presentations were delivered on current practice in drug abuse treatment. The second session began with Dr.

Marcos da Costa from Brazil, who presented on the *Adherence and Effectiveness of Drug Abuse Treatment for Cocaine Addiction*. This presentation was based on Dr. da Costa's research on the factors involved in successful treatment outcomes for cocaine addiction, in particular those factors that are related to a patient's ability to remain in treatment and complete the program, referred to as "adherence" in treatment programs.

This was followed by a presentation on *Drug Substitution Treatment Practices for Opiate Addiction in Europe*, by Dr. Annette Verster of Italy. She provided an overview of the use of drug substitution for the treatment of the addiction to heroin and other opiates as practiced in the countries of the European Union. The European experience, although varied, provides a potential model for Latin American and Caribbean countries that are beginning to experience the effects of heroin abuse.

Dr. Rafael Navarro of Peru delivered a presentation on the *Effectiveness of Treatment for Abusers of Coca Paste*, a drug of particular concern in Andean countries. Dr. Navarro highlighted clinical aspects of coca paste intoxication and the common user profiles in Peru in addition to evidence for promising treatment models.

Mr. Joseph Martinez of the United States provided a presentation on the *Marihuana Treatment Study* currently being carried out by The Village in Miami, Florida, as well as two other sites in the U.S. The purpose of the study, which is still in progress, is to test the effectiveness of brief models of outpatient therapy in reducing marijuana use, reducing relapse potential, decreasing mental health problems, increasing social functioning and improving cognitive functioning.

Dr. Michael Hoffman, Dr. William Scott, and Dr. Sarita Kramer delivered a joint presentation on the *Effects of EEG Biofeedback on Addiction Treatment*, a new approach to drug abuse treatment based on operant conditioning techniques to reinforce specific EEG patterns and inhibit others. Dr. Hoffman, Dr. Scott and Dr. Kramer provided evidence for successful outcomes for drug treatment with use of EEG biofeedback.

Later, Dr. William Vega of the Robert Wood Johnson Medical School, in New Jersey, United States, gave a presentation on the *Effectiveness and Cost Analysis as Part of an Anti-drug Strategy*. He provided a basic outline of the reasons for carrying out cost effectiveness research, the use of simple research techniques to produce basic estimates and the advantages to such approaches.

During the fourth session, Ms. Tessa Chadderton-Shaw of Barbados gave a presentation on the Barbados' current campaign against the abuse of alcohol.

The final presentation on *Standards of Care in Drug Treatment* was delivered by Mrs. Maria Eugenia Perez, of CICAD and Father Gabriel Mejia, President, Latin American Federation of Therapeutic Communities.

These presentations were followed by a group discussion on the challenges facing member states in both the Caribbean and Latin America and a discussion of the recommendations to be made to the Commission.

The closing session was held at 2:00 p.m., on Friday, August 10, 2001. Dr. Anna Chisman addressed the meeting on behalf of the Executive Secretariat of CICAD and Dr. Charles Thesiger, in his capacity as Chair of the Group of Experts, closed the meeting.

III. RECOMMENDATIONS OF THE GROUP OF EXPERTS ON DEMAND REDUCTION

The fourth meeting of the Group of Experts on Demand Reduction agreed to submit the following recommendations to the Commission and to the member states for consideration and possible adoption:

RECOMMENDATIONS

In order to defend and promote the right of patients to receive the best and most effective treatment for drug abuse, it is recommended that member states:

ALLOCATION OF RESOURCES, TRAINING, RESEARCH AND PROGRAM DEVELOPMENT

1. Develop a reliable means of estimating the demand for treatment; draw up an inventory of available resources and infrastructure of governmental and non-governmental treatment services, by geographical region within each country, and develop plans to meet that demand.
2. Increase and promote ongoing scientific research on the effectiveness and cost-benefit of different modalities of drug treatment, apply the findings in order to improve treatment services, and share these findings among Member States.
3. Facilitate regional networking among prevention and treatment entities with a view to more effective use of research and training possibilities, exchanges of information on latest developments in emerging modalities of treatment, neuroscience, etc.
4. Emphasize community mobilization and empowerment as a means of gaining public and political support for needed prevention and treatment programs.
5. Increase the resources devoted to prevention, treatment and rehabilitation, and to necessary research on drug use, and consider allocating assets seized from convicted drug traffickers to demand reduction programs.

6. Within the framework of the CICAD Group of Experts in Demand Reduction and the Heads of the Drug Councils, establish regional groups in the Andean region, Mexico and Central America, the Southern Cone and the Caribbean for networking and to promote and advocate demand reduction at the national and subregional levels to influence political, societal and international support for appropriate technical and budgetary resources, in order to facilitate effective and efficient implementation of national demand reduction plans.
7. Include universities, medical schools, nursing schools, schools of public health and teacher training colleges in training, the exchange of information, research and program implementation in demand reduction. Also to recommend to the Executive Secretariat of CICAD that it convene a meeting of interested institutes of higher education to develop a plan to this end.

DEVELOPMENT OF QUALITY STANDARDS OF CARE

8. Member states that have not already done so are recommended to establish, in full consultation with governmental, non-governmental, and private entities that provide drug treatment, agreed-upon quality standards of care for drug treatment, as a national priority.
9. Those countries that have already established quality standards of care for drug treatment should update and maintain their standards, and seek to implement them in treatment centers.
10. Member states should use their national quality standards to evaluate treatment programs, and share their experiences with other countries, at a forum to be convened by CICAD.
11. Member governments are recommended to set national standards for the certification of drug treatment professionals and drug counselors.
12. It is recommended that member governments promote the improvement and scientific competence of those private and public treatment services that are legally authorized to operate.

DEVELOPMENT OF POLICY AND INCREASING AWARENESS

13. Give priority to demand reduction activities that provide education on and increase the awareness of alcohol abuse, and that they make every attempt to reduce the abuse of alcohol, especially among youth, by enacting, strengthening, and/or enforcing the appropriate legislation and by restricting advertising that glamorizes this drug.

14. Include the legislative and judicial branches of government, and other public-sector institutions in demand reduction issues, both nationally and at the regional level.
15. Develop strategies to sensitize policy-makers to the importance of drug abuse prevention and treatment, and to the need for increased financial resources for these programs, by, inter alia, using research findings to demonstrate the effectiveness of treatment.
16. Increase awareness among policy-makers and providers of treatment services that programs for drug-related youth offenders should be more educational and less punitive.
17. Increase awareness among policy-makers and providers of treatment services of the need to expand services specifically for drug-dependent women, and remove barriers to treatment for female addicts.
18. That CICAD and its Executive Secretariat support the abovementioned activities with technical and financial resources.

**IV MEETING OF THE CICAD GROUP OF
EXPERTS IN DEMAND REDUCTION
Montego Bay, Jamaica
August 8-10, 2001**

LIST OF PARTICIPANTS

BAHAMAS

DARVILLE, Joseph
Co-Chairman
National Drug Council in Bahamas
P.O. Box F 41008
Nassau, Bahamas
Tel: (242) 351-5679 / 325-4633
Fax: (242) 325-8442
E-mail: j.darville@excite.com

BARBADOS

CHADERTON- SHAW, Tessa
Director of the National Council on Substance Abuse
Cr James and Roebuck Street
Bridgetown, Barbados
Tel: 246-429-6272
Fax: 246-427-8966
Email: ncsa@sunbeach.net

BELIZE

BROOKS, Ornell
Executive Director
Vice Chair National Drug Abuse Control Council (NDACC)
Ministry of Health
Belize City, Belize C.A.
Tel: (501) 2-31-125
Fax: (501) 2-31-121
E-mail: ndacc@btlnet.net

BOLIVIA**BILBAO LA VIEJA, Erika**

Coordinadora Nacional del Programa de Prevención
Viceministerio de Prevención y Rehabilitación del Ministerio de Gobierno
Julio Patiño 1234, Dpto. 10
La Paz, Bolivia
Tel: (591-2) 435-399 / 797-602 / 811-7577
E-mail: previd@caobaentelnet.bo

BRAZIL**LANGE ABLAS DE SUOZA, Flávia**

Coordenadora de Prevenção
Secretaria Nacional Antidrogas
Anexo II do Palacio do Planalto Sala 235
Brasilia, Brazil Cep. 70863-080
Tel (61) 411-2936
Fax (61) 411-2110
Correo Electrónico: FlaviaLAS@planalto.gov.br

CAYMAN ISLANDS**DELEPENHA, Catherine**

C.E.O/Executive Director
National Drug Council of the Cayman Islands
P.O. Box 10007 APO
Grand Cayman
Tel: (345) 949-9000
Fax: (345) 949-6264
E-mail: ndccayman.com / cathyndc@candw.ky

CHILE**RODRIGUEZ, Teresa A.**

Consejo Nacional para el Control de Estupefacientes
Santiago, Chile
Tel: (562) 510-0800 / 0829
Fax: (562) 697-4973
Correo Electrónico: trodriguez@conace.gov.cl

COSTA RICA**MATA, Eugenia**

Jefe del Departamento de Proyectos de Prevención
Centro Nacional de Prevención contra Drogas (CENADRO)

San José, Costa Rica

Telf: (506-2) 41-18-50 / 51 / 52

Fax: (506-2) 41-19-11

Correo Electrónico: cenadro@sol.racsa.co.cr / mataeugenia@hotmail.com

GRENADA**WALTERS, Terence**

Drug Avoidance Officer (Ag.)

Drug Avoidance Secretariat

Ministry of Education

St. Georges, Grenada

Tel: (473) 440-7911

E-mail: DA@mined.edu.gd - terryactive@yahoo.com

GUATEMALA**DAVILA GARCIA, Luis Alberto**

Administrador de Empresas

Viceministro de Gobernación

Ministerio de Gobernación

Ciudad de Guatemala, Guatemala

Tel: (502) 365-915 / 361-5916

Fax: (502) 361-914

Correo Electrónico: udafgob@inteln.net.gt / vabr8@yahoo.com

JAMAICA**Rt. Hon. P.J. PATTERSON**

Prime Minister of Jamaica

Hon. K.D. KNIGHT

Minister of National Security and Justice

Hon. John JUNOR

Minister of Health

BAKER, Elaine

Permanent Secretary
Ministry of National Security and Justice
Kingston, Jamaica
Tel: (876) 906-2406
Fax: (876) 906-1724
E-mail: minister@mnsj.gov.jm

THESIGER, Charles

Chairman
National Council on Drug Abuse (NCDA)
Kingston, Jamaica
Tel: (876) 936-9002 / 9003 / 9004 / 977-0646
Fax: (876) 960-1820 / 927-2116
E-mail: cjthesiger@cwjamaica.com

TUCKER, Michael

Executive Director
National Council on Drug Abuse (NCDA)
2-6 Melmac Avenue
Kingston 5, Jamaica
Tel: (876) 926-9002/ 9004/ 3028
Fax: (876) 960-1820
E-mail: ncda@cwjamaica.com (General) - neda1@kasnet.com (Personal)

GOUGH, Howard

Chairman
Richmond Fellowship Jamaica
Treatment and Rehabilitation Committee
6 Upper Musgrave Ave.
Kingston, Jamaica
Tel: (876) 978-2324
Fax: (876) 978-1670
E-mail: RFJ.Pathouse@cwjamaica.com

GOULBOURNE, Kevin

Psychiatrist
Cornwall Regional Hospital
Montego Bay, Jamaica
Tel: (876) 979-0275
Fax: (876) 952-4149
E-mail: Jacque@cwjamaica.com

SISLYN Malcom

Deputy Director of Projects
National Council on Drug Abuse (NCDA)
2-6 Melmac Avenue
Kingston 5, Jamaica
Tel: (876) 926-9002/ 9004
Fax: (876) 960-1820
E-mail: ncda@cwjamaica.com (General) Sislyn@hotmail.com (Personal)

NELSON, Daphne

Director of Projects
National Council on Drug Abuse (NCDA)
2-6 Melmac Avenue
Kingston 5, Jamaica
Tel: (876) 926-9002/ 9003/ 9004
Fax: (876) 960-1820
E-mail: ncda@cwjamaica.com

OO, Myo Kyaw

Psychiatrist
Ministry of Health
42 Crystal Tower 96B Old Hope Road
Kingston, Jamaica
Tel: (876) 978-3276
Fax: (876) 978-2680
E-mail: Loikaw@hotmail.com

MÉXICO**ARRIAGA, Victor**

Director General de Información, Evaluación y Financiamiento
Consejo Nacional contra las Adicciones (CONADIC)
Secretaría de Salud
Tel: (52-55) 24-56-00 x221
Fax: (52-55) 34-90-24
Correo Electrónico: varriaga@mail.ssa.gob.mx

SOLIS, Luis

Asesor
Consejo Nacional contra las Adicciones (CONADIC)
Aniceto Ortega 1321
Tel: (52-55) 24-56-00
Correo Electrónico: solis@mail.ssa.gob.mx

PARAGUAY**KREITMAYR DE MALLWITZ, Lis Carmen**

Encargada de Tratamiento, SENAD

Avda. F. de la Mora y de la Victoria

Asunción, Paraguay

Tel/Fax: (595-21) 554-585 / 6

E-mail: 445950@telesurf.com.py - Lis_kreitmayr@hotmail.com**REPUBLICA DOMINICANA****GARCIA DE BRENS, Lillian**

Vocal Junta Directiva

Consejo Nacional de Drogas

Tel: (809) 971-7188

Fax: (809) 582-0610

Correo Electrónico: libreria.brens@codetel.net.do /Ldebrens@pucmmsti.edu.do**GERMAN, Mercedes Ivelisse**

Encargada de Tratamiento

Consejo Nacional de Drogas

Tel: (809) 688-0777 (Ext. 227)

Fax: (809) 221-8019

Correo Electrónico: consejo@codetel.net.do / lvegerman@hotmail.com**TRINIDAD AND TOBAGO****LEACH, Clarence**

Coordinator

National Alcohol and Drug Abuse Prevention Programme (NADAPP)

62 Abercromby Street

Port of Spain, Trinidad and Tobago

Tel: (868) 625-7870 / 7530

Fax: (868) 627-4471

E-mail: Nadapp@tstt.net.tt**UNITED STATES****SCHECTER, Daniel**

Deputy Director for Demand Reduction

ONDCP

Executive Office of the President.

Washington, D.C.

Tel: (202) 395-6733
Fax: (202) 395-6744
E-mail: Daniel-Schechter@ondcp.eop.gov

VENEZUELA

KRAMER, Sarita

Directora
Asociación para el Tratamiento, Prevención e Investigación de las Adicciones
(ASOTRATA)
Caracas, Venezuela
Tel: (58-212) 267-2821
Fax (58-212) 574-2975
Correo Electrónico: saritakramer@compuserve.com

OBSERVERS / OBSERVADORES

EUROPEAN COMMISSION / COMISION EUROPEA

FRANCE

FELIHO, Raoul

Police Attache
Embassy of France
13 Hillcrest Avenue
P.O. Box 93
Kingston 6, Jamaica
Tel: (876) 978-0210 Ext. 103
Fax: (876) 927-4998
E-mail: raoul.feliho@diplomatic.fr

NETHERLANDS

KERSTEN, Gerard

Chargé d" Affairs
Embassy of Netherlands in Jamaica
Tel: (876) 926-2026
Fax: (876) 926-1247

INTERNATIONAL ORGANIZATIONS, NATIONAL AND SPECIALIZED ORGANIZATIONS / ORGANISMOS INTERNACIONALES, NACIONALES Y ESPECIALIZADOS

CARIBBEAN COMMUNITY (CARICOM) / COMUNIDAD DEL CARIBE

LIVERPOOL, Fairbairn (Col.)

Coordinator, Regional Drugs Control
CARICOM Secretariat
Duke Street, Kingston
Georgetown, Guyana
Tel: (592) 225-1960
Fax: (592) 227-4467 / Cel: (592) 224-2774
E-mail: rcmdc@caricom.org

**CARIBBEAN EPIDEMIOLOGY CENTRE (CAREC) /
CENTRO DE EPIDEMIOLOGIA DEL CARIBE (CAREC)**

DOUGLAS, Ken-Garfield

Project Director, Drug Abuse Epidemiology And Surveillance Systems Project
62 Petra St., Woodbrook
Port of Spain, Trinidad
Tel: (868) 622-2152
Fax: (868) 622-1008
E-mail: douglake@carec.paho.org

EUROPEAN COMMISSION / COMISION EUROPEA

DE KORT, Marcel

Coordinator Demand Reduction
European Commission Drugs Projects Coordination
Office for the Caribbean (ECDCO)
Bridgetown, Barbados
Tel: (246) 228-8558
Fax: (246) 228-8083
E-mail: eurodrugs@sunbeach.net

**PAN-AMERICAN HEALTH ORGANIZATION (PAHO) /
ORGANIZACION PANAMERICANA DE LA SALUD (OPS)**

PERUGA, Armando

Regional Advisor on Tobacco, Alcohol and Drugs
Pan American Health Organization (PAHO)
525 23rd St., N.W.
Washington, D.C. 20037
Tel: (202) 974-3487
E-mail: perugaar@paho.org

**UNITED NATIONS INTERNATIONAL DRUG CONTROL PROGRAMME (UNDCP) /
PROGRAMA DE LAS NACIONES UNIDAS PARA LA FISCALIZACIÓN
INTERNACIONAL DE DROGAS (PNUFID)**

PLATZER, Michael

Regional Representative
UNDCP
St. Michael, Barbados
Tel: (246) 437 8732
Fax: (246) 437 8499
E-Mail: undcpbarbados@barbados.undcp.org

FEDERACIÓN LATINOAMERICANA DE COMUNIDADES TERAPEUTICAS

MEJIA MONTOYA, Padre Gabriel Antonio

Presidente
Federación Latinoamericana de Comunidades Terapéuticas
Calle 57 No. 43-20
Medellín, Colombia
Tel: (574-4) 284-4304
Fax: (574-4) 254-9902 Cel: 33-456-0045
Correo Electrónico: Flact@epm.net.co

UNIVERSIDAD PERUANA CAYETANO HEREDIA

ZARATE LEON, Olga Margot

Decana de la Facultad de Enfermería
Universidad Peruana Cayetano Heredia
Lima, Perú

Tel: (5114) 24-4731 / 431-4731 / 423-7572
Fax: (5114) 24-4731
Correo Electrónico: Fndecana@Upch.Edu.Pe

SPEAKERS/ PONENTES

ANDERSON, William

Specialist in Substance Abuse, Treatment and Training
American Recovery Management Strategies
236 Massachusetts Ave NE, Suite 510
Washington, DC 20002
Tel: (202) 543-0688
Fax: (202) 543-8226
E-mail: williearms@aol.com

DA COSTA, Marcos

Psychiatrist
Expert in Drug and Alcohol Addiction Treatment and Prevention
Rua Pedro de Toledo, 1069 – Apt. 112
04039033 São Paulo, Brazil
Tel: (55-11) 653-91045
Fax: (55-11) 557-12581
Correo Electrónico: marcosleite@osite.com.br

HOFFMANN, Michael, C.N.P.

Executive Director
Inter-American Consortium for Human Development, Inc.
3508 South 1st Street # 320
Austin, TX, 78704
Tel: (512) 925-5664
E-mail: mhoffmann@austin.rr.com

MARTINEZ, Joseph

Director of Admissions
The Village
3180 Biscayne Boulevard
Miami, Florida 33137
Tel: (305) 573-3784
Fax: (305) 576-1348
E-mail: jmartlaw@aol.com

NAVARRO, Rafael

Psiquiatra

Experto en Tratamiento y Rehabilitación en Adicciones y
Terapia Cognitivo-Conductual – Entrenamiento de Terapeutas

Avenida del Ejército 585

Lima 18, Perú

Tel: (511) 479-11- 82

Fax: (511) 441-35-85

Correo Electrónico: rafnava@terra.com.pe**SCOTT, William**

1109 Marine St.

Santa Monica, CA 90405

Box No. 125

Tarzana, CA 91356

Tel: (310) 399-9597

E-mail: williamcscott@aol.com / bill@eegbiofeedback.com**VEGA, Bill**

Professor

Department of Psychiatry

Robert Wood Johnson Medical School

Tel: (732) 235-9281

E-mail: vegawa@umdnj.edu**VERSTER, Annette**

Via Salaria, 280

00199 Rome

Tel: (5139) 06-884-8704

Fax: (5139) 06- 858-6847

E-mail: verster@itacaeurope.org**INTER AMERICAN DRUG ABUSE CONTROL COMMISSION (CICAD) /
COMISION INTERAMERICANA PARA EL CONTROL DEL ABUSO DE
DROGAS (CICAD)****CHISMAN, Anna McG.**

Director of Prevention, Analysis and Demand Reduction

Tel: (202) 458-6221

Fax: (202) 458-3658

E-mail: AChisman@oas.org

RAUCH, Heidi

Specialist in Demand Reduction

Tel: (202) 458-3629

E-mail: HRauch@oas.org

PEREZ DE MADRIGAL, Maria Eugenia

Specialist in Demand Reduction

Tel: (202) 458-6920

E-mail: MPerez@oas.org

HYNES, Marya

Specialist in Demand Reduction

Tel: (202) 458-6119

E-mail: MHynes@oas.org

HERNANDEZ, Amparo

Program Assistant for Demand Reduction And Travel Coordinator

Tel: (202) 458-6321

E-mail: AHernandez@oas.org

**IV MEETING OF THE CICAD
GROUP OF EXPERTS IN DEMAND REDUCTION
AUGUST 8-10, 2001
MONTEGO BAY, JAMAICA**

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DRAFT AGENDA

1. Drug Abuse Treatment in the Caribbean: Panel Discussion
2. Current Practice in Treatment: Best Practices, Approaches and Obstacles
 - a. Drug Substitution Treatment for Opiate Abuse
 - b. The Effectiveness of Treatment for Abusers of Coca Paste- Best Practices, and Recent Developments in Treatment
 - c. Adherence and Effectiveness of Treatment for Cocaine Addiction
 - d. Treatment for Abuse of Marihuana
 - e. Treatment Effectiveness for Alcohol Abuse
3. The Role of Alcohol Abuse in the Context of Drug Treatment: A Discussion Among the Experts
4. New Developments in Drug Treatment: Neurofeedback Treatment for Addiction Disorders
5. The Critical Factors in Successful Treatment Strategies, and the Cost Benefit of Drug Treatment
6. Minimum Standards of Care in Drug Treatment: Next steps, future actions
7. Current Challenges in Drug Treatment: Discussion by the Experts.
8. The Declaration of Montego Bay: Recommendations to CICAD and to the OAS General Assembly for Drug Abuse Treatment and Future Steps for the Governments

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SCHEDULE OF ACTIVITIES

Date and Time

Place

Wednesday, August 8, 2001

8:00 – 9:00	<u>Participant Registration</u>	Salon I, Hotel Ritz-Carlton, Montego Bay
9:00	<u>Inaugural Session</u>	
	Remarks by:	
	Dr. Charles Thesiger, Chair of the National Council on Drug Abuse of Jamaica (NCDA)	
	Dr. Anna McG. Chisman, Director of Research, Analysis and Demand Reduction, CICAD	
	The Right Honourable P.J. Patterson, Prime Minister of Jamaica	
10:00	<u>Recess</u>	
10:30	<u>First Plenary Session</u>	
	Approval of the agenda and schedule of activities	
	Update from the Executive Secretariat on activities since the third meeting of the Expert Group	
	Drug Abuse Treatment in the Caribbean: Panel discussion	

Dr. Charles Thesiger, Chairman of NCDA
 Mr. William Anderson, ARMS
 Mrs. Tessa Chadderton-Shaw, Director, National Council on
 Substance Abuse of Barbados

DISCUSSION

13:00 **Lunch**

14:30 **Second Plenary Session**

Drug Abuse Treatment Methodologies: Current Practices in Drug
 Abuse Treatment

Adherence and Effectiveness of Cocaine Treatment: Dr. Marcos da
 Costa Leite, Brazil

DISCUSSION

Substitution Treatment for Opiate Addiction in Europe: Dr. Annette
 Verster, European Monitoring Centre for Drugs and Drug Addiction
 (EMCDDA)

DISCUSSION

20:00 Reception hosted by NCDA and the Jamaican Ministry of National
 Security and Justice – Hotel Ritz Carlton

Thursday, August 9, 2001

9:00 **Third Plenary Session**

Drug Abuse Treatment Methodologies: Current Practices in Drug
 Abuse Treatment (*contd.*)

The Effectiveness of Treatment for Abusers of Coca Paste:
 Dr. Rafael Navarro, Cayetano Heredia University, Lima, Peru

DISCUSSION

10:30 Break

Marihuana Abuse Treatment Study: Mr. Joseph Martinez, The
 Village Treatment Facilities, Miami, Florida

DISCUSSION

Alcohol Abuse in the Context of Drug Treatment: Discussion by the Experts – Facilitators: Dr. Charles Thesiger, NCDA, and Dr. Rafael Navarro, Cayetano Heredia University

12:00 New Developments in Drug Treatment: Neurofeedback Treatment for Addiction Disorders: Mr. Michael Hoffman and Mr. William Scott

13:00 **Lunch**

14:30 **Fourth Plenary Session**

New Developments in Drug Treatment: Neurofeedback Treatment for Addiction Disorders (*cont.*)

DISCUSSION

15:30 Break

The Critical Factors in Successful Treatment and the Cost Benefit of Drug Treatment – Dr. Bill Vega, Robert Wood Johnson Medical School

DISCUSSION

Minimum Standards of Care in Drug Treatment: Next Steps, Future Actions: Ms. Maria Eugenia Perez, Executive Secretariat of CICAD and Father Gabriel Mejía, President, Latin American Federation of Therapeutic Communities

DISCUSSION

17:00 Closing

19:30 Reception hosted by CICAD – Ballroom Terrace

Friday, August 10, 2001

9:00 **Fifth Plenary Session**

Discussion by the Experts: Current Challenges in Drug Treatment Coordination, Training, Access, and Future Steps

13:00 **Lunch**

The Declaration of Montego Bay: Recommendations to CICAD and to the OAS General Assembly for Drug Abuse Treatment and Future Steps for the Governments

16:00

Closing Session