THIRTIETH REGULAR SESSION
November 12-15, 2001
Caracas, Venezuela

OEA/Ser.L/XIV.2.30
CICAD/doc.1125/01
12 October 2001
Original: English

FINAL REPORT
OF THE GROUP OF EXPERTS ON
DEMAND REDUCTION

August 8-10, 2001

Montego Bay, Jamaica
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.
ANNEX I

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

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DRAFT AGENDA

1. Drug Abuse Treatment in the Caribbean: Panel Discussion

   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
ANNEX III

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

OEASer.L/XIV.4.4
CICAD/DREX/doc.2/01
1 August 2001
Original: English

SCHEDULE OF ACTIVITIES

Date and Time                    Place

Wednesday, August 8, 2001

8:00 – 9:00  Participant Registration  Salon I, Hotel Ritz-Carlton,
             Montego Bay

9:00  Inaugural Session

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  Recess

10:30  First Plenary Session

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**