

Minimising Harm By
Maximising Prevention



Coalition of Alcohol and Drug Educators

Dalgarno
INSTITUTE



DALGARNO INSTITUTE



**EDUCATION
ADVOCACY
RESOURCING**

ORGANISATION INFO AND CONTACT

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**Dalgarno
Institute**



Welcome to Dalgarno Institute

STATEMENT OF CONFIDENTIALITY

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The introduction

**Dalgarno Institute
(Coalition of Alcohol and Drug Educators)**



“Resilient communities
don’t use drugs – Resilient
families don’t want them!”

Dalgarno Institute





Who We Are

We are an education and advocacy group who believe that the best way to minimise harm done by drugs and alcohol is to maximise prevention and demand reduction efforts.

To deny or delay uptake of substances for those still in brain development growth is best-practice for both biological and mental health (up to @ 30 years of age). We try to achieve this goal by our 3 pillars; Education, Resourcing and Advocacy.

Our goal is to assist governments, communities, schools, sporting clubs and other community groups to promote best practice prevention models in the alcohol and other drug arenas.



OUR MISSION

Our endeavour is to assist Australian Governments, Communities, Schools, Sporting Clubs, Churches and Service Clubs to rediscover the proactive and protective options of best practice prevention models in the alcohol and other drug arenas. In so doing to present society and the emerging generation in particular, with positive and viable prevention and demand reduction options around alcohol and substance use and abuse.

Minimising Harm By Maximising Prevention

Dalgarno Institute's history

The Dalgarno Institute was named after a woman who was a key figure in the early reformation movements of the mid-19th Century. Isabella Dalgarno personified the spirit of a large and growing movement of socially responsible people who had a heart for both social justice and social responsibility. These other focused people took on the prevailing culture blighted by alcohol abuse, and the associated marginalisation of women and children along with corruption and bigotry. They stood up against it and said 'enough is enough.' They were ridiculed, belittled and seemed powerless against corrupt attitudes and officials, but they cared enough about the community and nation to make a difference. They sought to change the landscape, and they did. In fact, it took the concerted effort of these altruistic folk to 'nudge' the Government of the day to start making changes.



Dalgarno Institute

Minimising Harm
By Maximising Prevention

02



Dalgarno Institute

01

Some hard facts

- Organisation: **Dalgarno Institute**
- Movement Commenced: **1884**
- Funding: **Not For Profit**
- Reach: **4000 website visitors/mo**

Our Vision

“To shift the community and particularly adolescent, young adult and family attitudes about alcohol and other drugs away from the cultural expectation of participation, to consider the best health practice of ‘not having to’. Through our Education, Advocacy and Resource process we seek to relevantly engage, educate and recalibrate culture values and develop community and individual resiliency through ‘Fence building’ (as different to ambulance driving) processes including demand reduction focused curriculum delivery, training, strategic partnerships and sponsorship of other proactive primary prevention-based community strategies.”

OUR COMMITMENT

The Dalgarno Institute is one of the longest standing Not-for-Profit community-based, public interest, health education charities in Australia. Demand Reduction, Primary Prevention & Recovery Alumni are our Focus.

As an Alcohol & Other Drug (AOD) Education – Advocacy and Resourcing Coalition, we are consistently working to make our communities and their families, safer, healthier, stronger, and subsequently more resilient.

OUR PEOPLE

People power remains one of the greatest forces for change, even in our incredibly manipulated market driven culture. Yes, it’s true that social media can and does sway the public perception, but it is people, good people, that care enough to put themselves ‘out there’ that make real a difference community life. One reason is that they realize for humanity to thrive, it needs support, education and understanding in making best-practice decisions on health and wellbeing.

Social Responsibility

True Story



However, before that, there wasn't much that stood between the society and destruction from the systemic problem of alcohol and other substance abuse.

One such event will give you an idea of what these earlier proactive and protective people were up against. Mrs. Dalgarno was involved at a Melbourne Total Abstinence Society Meeting in 1844 at Scots School, when a bunch of drunken thugs, led by Phillip Anderson from the Commercial Inn, burst into the meeting and with a violence inflamed by alcohol, tore the meeting apart and trashed furniture, broke windows and assaulted, what Anderson and his mob called, the 'water demons'. (Yep, you read right!)

01

Some hard facts

Organisation:

Dalgarno Institute

Movement Commenced:

1884

Funding:

Not For Profit

Reach:

7000 Subscribers

'Fence Builders' not 'Ambulance Drivers'

Preventative Process

We seek to deliver intervention, protective and preventative processes based on well thought through anthropologically sound evidence-based practices.

Direction & Clarity

Good and workable prescriptions matter, giving children and their families not only direction and clarity, but also sound foundational life motivators such as hope, purpose and meaning.

02



The Niche



Dalgarno Institute

**They cared enough
about the community and
nation to make a difference.**

But it gets worse! To add insult to injury when Mr. Anderson was brought to the courts to give account for his reckless, violent and shocking behaviour, he was confronted by an ally on the bench. The magistrate who was to hear the charges was Mr. Hull, a wholesale spirits merchant!

So here we have an orderly meeting attended by sober people wanting to see change for a society being wrecked by alcohol, being violently destroyed by drunken thugs, then coming to a key purveyor of the very substance that is destroying not only properties, but individuals and families.

Your guess as to what happened next? Magistrate Hull said that it was inappropriate for a woman to speak before men and in essence, if she had held her tongue and not spoken out against drunkenness in such a challenging manner, she and her meeting would not have been set upon... So, the charges were dismissed, and what's more the Total Abstinence Society had to pay Mr. Anderson's costs!

Only days later, a pub owner of the Scottish Hotel in Bourke St was presented to the same Magistrate Hull,

on charges of horse whipping the President of the Total Abstinence Society for calling him a "procurer of whores". For this brutal and vicious attack he was fined a laughably low amount... Such was the sway of certain elements of the Alcohol industry, and the indifferent and egocentric government, over the culture.

It doesn't take any great insight to see that the need for intervention is back on the table!

The Dalgarno Institute is a growing coalition of groups, agencies and individuals, all founded on over 150 years of heritage in social and cultural impact. This community based and community empowered health education charity continues to build on the incredible service of past groups, organisations and unions across the nation. Concerned Australians who didn't simply protest a problem, but provided positive alternatives and enacted social justice and social responsibility changes that resonated for decades in individual, family and community lives.

What we do.





Our Action & Objectives

General Information

ORGANISATION

Dalgarno Institute

COMMENCEMENT

1884

FUNDING

Not For Profit

REACH

4000 visitors per month

Pushing Back Against Drug Normalisation

Dalgarno Institute's work is in pushing back against the ever-increasing drug normalisation agenda emerging in our communities. This disturbing normalisation agenda is already causing catastrophic effects in every part of society from mental health and health issues as well as familial and intimate partner violence. It is also adding to child neglect, drink/drug driving incidences as well as, high infant mortality rates and long-lasting chronic health issues from birth into adulthood.

Normalisation is increasing drug uptake in the workforce and the concerning outcomes of that – not to forget, the economic costs and financial burden on governments and, in turn, the taxpayers.

Our Goals

Our goal is to develop and effectively promote our education programs and resources to schools, communities, various government sectors, clubs and educators all over Australia via direct contact, advertising, social media, and promotional material.

Our Mission

‘To shift the community and particularly adolescents, young adults and family attitudes about alcohol and other drugs away from the cultural expectation of participation, to consider the best practice option of ‘not having to’. Through our Education, Advocacy and Resourcing process we seek to relevantly engage, educate, recalibrate culture values and develop community and individual resiliency through ‘Fence building’ (as different to ambulance driving’) processes including demand reduction focused curriculum delivery, strategic partnerships and sponsorship of other proactive primary prevention-based community strategies.’

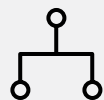
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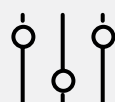
The Solutions



Education



Advocacy



Resourcing





Increase our impact by engaging more with:



GOVERNMENT

The Dalgarno Institute has long subscribed to both a 'top down and bottom up' approach to the AOD issue. Legislation and Education together are far better at shifting culture than either one is alone. That is why we don't simply work in the community, but for it, with our advocacy on policy and legislation.

Our engagement with governments across Australia is to provide guidance on best practice primary prevention and demand reduction advice from emerging research on alcohol and other drugs from most recent industry research.

Our goals (funding permitted) also include to engage with and support both state and federal governments with any alcohol and other drug (AOD) enquiries. We endeavour to ensure the voice for best-practice primary prevention and recovery is not only better understood by governments but is reflected in both policy making and implementation. Therefore, equipping our communities with best public health policy and advice in developing and deploying AOD programs and services for the community.

It reaffirms Dalgarno Institute's commitment to always prioritise the delivery of the most current evidence-based alcohol & other drug information to governments, enabling greater public transparency & accountability around correct interpretation and implementation concerning alcohol and other drug policies.



EDUCATION

We will continue to develop and hone our education resources utilising various evidence-based mediums and mechanisms. These will assist the facilitator to educate through various curricula, incursions, classroom tools, including mentoring/coaching aids and other instructional/ teaching methodologies. We aim to do this by offering accredited training packages.

Some of the education resources we have already produced and deploy into schools and the community are:

- "No Brainer" education program
- "21 Be There" and "Greaterrisk.com"
- "Humpty Dumpty Resilience Education" Mentoring Program
- "I Wish I Never" Curriculum
- "Party Girl" Curriculum
- Accredited training packages - in development



SOCIAL / HEALTH CARE WORKERS

We will assist allied health workers to understand and interpret the latest research available and by giving insights into often misunderstood substance use manifestations. This will help them better understand some of the alcohol and other drug complications that arise from use and aid with better targeted interventions.



STUDENTS

We will equip students from all sectors in building effective resiliency developing strategies around healthily addressing alcohol and other drug contagions in the culture. Also, to help students develop healthier and more robust personhood, along with building capacity into students, equipping them to resist pressures around substance use engagement in the ever-increasing drug normalisation messaging.



COMMUNITY GROUPS

Dalgarno Institute aims (funding dependent) to work across all levels of society to continuously refresh our community engagement methods. We aim to develop partnerships with stakeholders to capture and support emerging alcohol and other drug trends, information and research, and provide effective education and advocacy tools to equip the community and its families.

We aim to create opportunities for community groups, particularly the Recovery Alumni, to engage with Dalgarno Institute where they can ask for the most up to date information on alcohol and other drugs and to deliver tailored specialist training and information forums.

Ultimately, we want to help create a network of community groups aware of alcohol and other drug issues and to be forces for change in their communities and spheres of influence.



Maximising Prevention → Minimising Harm



**More Than 30 Advocacy &
Education Programs**

Organisation structure



BOARD OF DIRECTORS



EXECUTIVE DIRECTOR



AFFILIATED RESEARCH AND EDUCATION PARTNERS



VOLUNTEERS



Milestones

Implementation

Our milestones to date:



**“NO BRAINER”
EDUCATION PROGRAM**



**“21 BE THERE” AND
“GREATERISK.COM”**



**“HUMPTY DUMPTY
RESILIENCE
EDUCATION”
MENTORING PROGRAM**



**“I WISH I NEVER”
CURRICULUM**



**“PEOPLE AGAINST
DRINK/DRUG DRIVING”**



**SPEAKING AT NATIONAL
AND INTERNATIONAL
DRUG CONFERENCES**



**SPEAKING TO DRUG
PARLIAMETARY
INQUIRIES, BOTH
STATE AND FEDERAL**



**APPEARING ON RADIO
AND TV**



**ECOSOC STATUS WITH
THE UNITED NATIONS**



**NATIONAL SPEAKING
TOUR WITH
INTERNATIONAL
GUESTS “THE CANNABIS
CONUNDRUM**



**FENCE BUILDER
“THE FENCE OR THE
AMBULANCE”**



**ISABELLA'S LIST
“PREVENTION FOR LIFE”
INITIATIVE**



WORLD RESILIENCY DAY



**UNNECESSARY HARM
PODCAST**



WRD NEWS

WRD News

WRD News is a dynamic platform dedicated to delivering vital information and fostering awareness in the fields of demand reduction, prevention, and recovery. Operated as an integral part of the Dalgarno Institute, WRD News reflects our shared mission to promote healthier, safer, and more resilient communities worldwide through education, advocacy, and evidence-based strategies.

Our commitment centers on empowering individuals, families, policymakers, educators, and communities with relevant and actionable knowledge to confront the challenges posed by substance use. WRD News stands as a trusted resource, enabling informed decisions and driving meaningful change for a better future.

Expanding Our Reach

Over the past year, **WRD News has engaged over 7,400 visitors and garnered more than 12,000 page views**, underscoring its role as a leading voice in substance use prevention and recovery. By connecting with a diverse global audience, we magnify our efforts to tackle substance-related challenges and contribute to a growing movement for positive societal transformation.

What We Cover

WRD News offers a wide-ranging perspective, tackling critical topics within prevention, recovery, and public health spaces:

- **Addiction Research** – Reporting cutting-edge studies that reveal trends and insights into substance use disorders.
- **Public Health Campaigns** – Sharing impactful initiatives aimed at harm prevention and community resilience.
- **Expert Insights** – Featuring thought leadership from professionals addressing critical issues in recovery and prevention.
- **Global Perspectives** – Providing updates and narratives that shape international strategies and policies.

Through rich, informed, and dynamic content, WRD News ensures stakeholders are enlightened, engaged, and equipped to address the evolving challenges in the substance use landscape.

WRD News is more than just a news portal—it is a catalyst for empowerment and change. By sharing real stories, expert knowledge, and innovative strategies, we aim to recalibrate cultural norms around substance use, foster recovery pathways, and promote a prevention-focused mindset. Each view, interaction, and shared story contributes to building collective resilience and driving progress within communities, nationally and globally.

A Shared Vision with Dalgarno Institute

WRD News seamlessly aligns with the Dalgarno Institute’s overarching mission of minimising harm by maximising prevention. Together, we seek to redefine societal attitudes toward alcohol and drug use, educate communities on healthier choices, and champion approaches that prioritise well-being over substance dependency.

Our platform serves as a hub where education meets advocacy, where news becomes inspiration, and where individuals and organisations find resources to develop proactive solutions. WRD News invites you to be part of this mission, whether as an engaged reader, an implementer of change, or a staunch advocate for healthier communities.

Experience WRD News, join the conversation, and contribute to shaping a future that is informed, resilient, and free from the harms of substance dependency.

World Resiliency Day

World Resiliency Day (WRD) is an influential initiative proudly spearheaded by the Dalgarno Institute. Dedicated to fostering resilience against substance use, WRD champions prevention, sobriety, and abstinence as the cornerstones of healthier lives and stronger communities. This global movement provides individuals and families with the tools and knowledge they need to thrive—free from reliance on harmful substances.

At WRD, resilience is more than a goal; it's a way of life. We are committed to empowering communities with the strength to resist harmful pressures, redefining resilience as the foundation for true health and well-being worldwide. By cultivating clear minds and fostering meaningful relationships, we aim to create a future where everyone can achieve their fullest potential.

Expanding Our Reach

WRD's message has resonated across the globe, reaching individuals and communities through various platforms and programs.

- **Visitor Metrics:** Our website has welcomed 2,900 unique visitors and recorded 4,800 page views as of today, reflecting our growing influence and reach.
- **Global Engagement:** Over the past year, we've supported 1,851 active users and hosted 10,076 meaningful interactions through events, podcasts, and resource-sharing initiatives.
- **International Impact:** WRD spans countries like Australia, the United States, and Vietnam, uniting global audiences under a shared vision for resilience and prevention.

These numbers emphasise the steady growth of our movement as we continue to amplify voices and bring communities together in the fight against substance use.

Key Initiatives

At WRD, we believe in turning ideas into action. That's why we've developed dynamic, impactful programs to equip people with the skills to make positive choices, overcome peer pressure, and strengthen their resilience.

- **CHAMPS (Children Amplified Prevention Services):** Endorsed by the UNODC, this innovative program supports children from birth through adolescence, building their capacity to resist substance use and promoting healthy development.
- **World Resiliency Week:** An annual week-long celebration that shines the spotlight on "Faces of Resilience" while uniting communities through education, prevention advocacy, and collaborative activities.
- **Abstinence – The Real Rebellion Campaign:** A bold initiative reframing abstinence as a form of rebellion against destructive substance use, while highlighting its immense benefits for mental health and personal growth.

Through these initiatives, WRD empowers young people and their communities to make stronger, healthier choices that foster lifelong resilience.

More Than Just a Day

WRD goes far beyond raising awareness. We spark conversations, create connections, and provide actionable resources. From interactive podcasts and vibrant community events to downloadable guides and hands-on tools, we're making resilience accessible to everyone, everywhere.

Unnecessary Harm Podcast

The Unnecessary Harm Podcast is a vital advocacy and educational platform owned and operated by the Dalgarno Institute. Its mission is to confront the societal and cultural challenges posed by alcohol and drug use, driving conversations that promote evidence-based solutions, resilience, and lasting change. Rooted in the Dalgarno Institute’s commitment to empowering communities, the podcast addresses substance misuse’s far-reaching consequences and champions a movement towards healthier lives.

Mission

- **Educate:** Bring clarity to the complex issues surrounding substance use.
 - **Engage:** Foster open dialogues through expert-led discussions and real-life narratives.
 - **Empower:** Inspire listeners to take action towards healthier, drug-free lives.
-

Reach and Engagement

The Unnecessary Harm Podcast extends its influence across diverse platforms, reaching a growing audience with its compelling content. Key engagement metrics include:

- **Combined Reach:** Over **4,800 engaged listeners and viewers** across its website, Spotify, and YouTube.
- **Website Metrics:** 1,900 page views and 3,000 engagements highlight an active and curious audience.
- **Podcast Growth:** Hundreds of episode plays via Spotify, solidifying its role as a key resource for substance use education.

This impressive reach demonstrates the podcast’s effectiveness in sparking impactful conversations and building community resilience.

Key Content and Episodes

Each episode of the Unnecessary Harm Podcast addresses critical topics through carefully researched discussions and heartfelt testimonials. These episodes resonate with a wide audience, from policymakers to individuals affected by substance use. Examples of notable episodes include:

- **“Cannabis’ War on the Brain”**—An in-depth examination of cannabis addiction and its implications for mental health.
- **“Choosing Strong – Staying Strong”**—A testament to resilience, featuring inspiring stories from Arrente youth.
- **“Alcohol, Addiction & Protective Players in Our Community”**—Insightful perspectives on community-driven strategies for substance misuse prevention.
- **“Following the Canadian Pied Pipers of Pot”**—An analytical look at the aftermath of Canadian cannabis legalisation from an activist’s viewpoint.

These episodes solidify the podcast’s commitment to addressing urgent issues with precision, care, and authenticity.

**Driving Impact
and Change**

Through expert-led analysis, personal stories, and a platform that amplifies voices committed to change, the Unnecessary Harm Podcast continues to make a difference. By bridging the gap between data-driven evidence and human experiences, it empowers its audience to explore alternatives to substance use and reimagine the possibilities of drug-free living.

The podcast’s growing popularity and engagement reflect its role as a trusted resource for those seeking truth, hope, and action. It affirms the Dalgarno Institute’s belief that meaningful change begins with informed and inspired communities.

The Unnecessary Harm Podcast—where critical conversations lead to real solutions.

JOIN US



WRD isn’t about perfection—it’s about progress. Together, we can break the cycles of harm and cultivate communities where families thrive, youth feel supported, and resilience becomes second nature.

Whether you’re here to access resources, participate in a campaign, or take that first step toward change, you’re in the right place. **World Resiliency Day** invites you to be part of something bigger—a movement that’s transforming lives and shaping the future.

Be resilient. Be bold. And join us in building a world where strength starts from within.

Contribution donation tiers



NOTE

All contributors with a donation of \$100+ will receive quarterly updates and a copy of the annual report. In addition to this, partners will receive our "No Brainer" and "Fence Builder" e-newsletters.

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 - **Black Partner \$10,000**

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Let's make it happen.

Dalgarno Institute

Your invitation



Your donation
is vital and will
save lives.

The invitation is a call to action now!

Partner with us and supply finance that will help other people to find a way out of the grip of alcohol and drugs, or enable us to send others in teach, motivate or devise other ways to stop the spiral of addiction.



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Dalgarno Institute (Coalition of Alcohol and Drug Educators)



DALGARNO INSTITUTE

Minimising Harm By Maximising Prevention

- EDUCATION
- ADVOCACY
- RESOURCING



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