



ADDults with ADHD NSW Inc

Support and ADDvocacy

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NEWSLETTER

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Next Seminar:

**Saturday afternoon,
8th March 2008 at 2.00pm**
- Ultimo TAFE, Harris St, Broadway

Note:

Volunteers are unable to attend our office during school holidays, but the answer machine will be cleared regularly.

HelpLine re-opens February 2008.

**WISHING EVERYONE HAPPY CHRISTMAS
and a SAFE NEW YEAR**



CHRISTMAS EDITION 2007

HOW WILL YOU TEST THIS CHRISTMAS?

Random Breath Testing (RBT) is one of Australia's most significant counter-measures against drink-driving.

"The only way you ever get any sort of real impact on driving and road safety is random testing," one expert said. The risk of being caught is the biggest factor that will influence driving behaviour, according to the research.

Subsequently, NSW has now followed other states in introducing 'Random Drug Testing' (RDT). Police are using new technology to catch drivers who have used cannabis, ecstasy and speed, by conducting saliva tests with portable screening machines.

But is the RDT a trap for legal users?

The legal status of a drug does not determine how it will affect driver impairment.

Thousands of users of legally prescribed drugs, particularly sedatives and some anti-depressants, could be caught out by the RDT

Combining drugs – be they legal or illegal – leads to greater impairment. The report noted that alcohol combined with cannabis or benzos are the most dangerous drug combinations.

A recently published study by the National Trauma Research Institute was conducted on drivers who presented to a Victorian hospital as a result of a motor vehicle crash. Almost half of those tested had cannabis in their systems, other prevalent drugs incl benzos, opiates, amphetamines and methadone. The greatest proportion had driven under the influence of alcohol. When it comes to road safety, cannabis, methamphetamine and ecstasy are the illegal drugs of most concern, with 51% saying they had driven within 3hrs.

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Following enquiries re stimulants to the HelpLine, our recommendation would be to carry a letter from your doctor at all times. Whilst stimulant medication on its own should not be a concern, combined with alcohol or other drugs, you may be caught out by RDT.

What's the equivalent of 0.5?

Google 'Random Drug Testing NSW' for some interesting reading

RTA brochure: <http://www.rta.nsw.gov.au>