

Mobilising the community to address youth alcohol issues



SMART

**SURVIVING SUBSTANCE MISUSE
& ALCOHOL RISK TAKING**

**Ballarat
Community
Health Skit
Team**

Strengthening Generations. Building **strong, vibrant & proud** local communities



Communities That Care Methodology:

Internationally recognised approach to systematic prevention planning

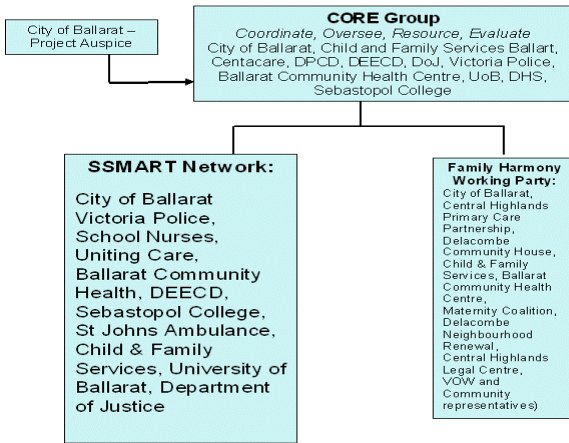
Combines community involvement with...

- Analysis of risk and protective factors in the lives of young people
- Recommended evidence-based approaches
- Long term plan for change

Strengthening Generations. Building **strong, vibrant & proud** local communities



Participation as a foundation for mobilisation



Strengthening Generations. Building **strong, vibrant & proud** local communities



The evidence of need

Strengthening Generations research :

- Perceived Risk
- Risky Drinking
- Behaviours

Supported by: Turning Point data for 2006:

- 78.5% of young people aged 16—24 used alcohol in a way that puts them at risk
- 43.7% drank to the point where they were no longer able to remember what happened

Between 2001—2005 period

- 11 young people aged 15—24 died as a result of an alcohol related incident

Strengthening Generations. Building **strong, vibrant & proud** local communities



Role and function – network goals:

- Education and information role
- Drug Education in Schools program
- Harm Minimisation approach
- An evidence based practice approach where appropriate
- To involve young people and the community in activities and programs



Conference as community mobilisation

Conference process -

SSMART ANSWERS

- Conference used as communication tool
- Interschool forums & conference organised with & by young people
- All public and private secondary schools participated
- Evaluation defined forums & conference process key success:
 - *'The organisers and youth involved did an awesome job'*
 - *'very well done – very youth focused'*
 - *'should become a yearly event'*
 - *Great to see young people respected'*

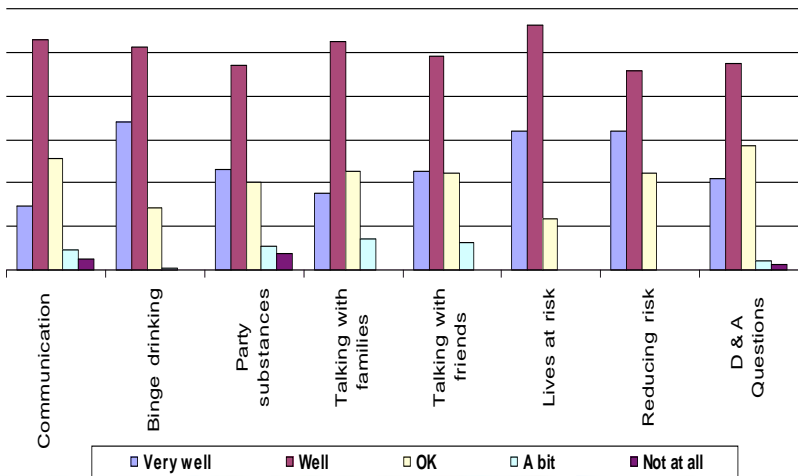




Strengthening Generations. Building **strong, vibrant & proud** local communities



SSMART ANSWERS CONFERENCE – skilling up young people:



Strengthening Generations. Building **strong, vibrant & proud** local communities



SSMART ANSWERS – OUTCOMES

Framework for community action plan defined:

- Communication with Parents
- Local Laws and Policy
- Practical personal safety
- Media & Advertising

Actions to achieve community action plan

- Bi Annual SSMART ANSWERS conference – September 2009
- Plan elements owned across community networks eg SSMART, CitySafe, Licencees, school and parent groups etc
- Local school Ballarat Grammar School adopted conference model - forums and surveys across all year levels students, parents and combined forums

Strengthening Generations. Building **strong, vibrant & proud** local communities



Program elements

Strengthening Generations. Building **strong, vibrant & proud** local communities



SMARTASSK



Strengthening Generations. Building **strong, vibrant & proud** local communities



PHONE NUMBERS

EMERGENCY

In an Emergency call **000**
 (you won't get in trouble)
112 for mobile phones - if out of range
 Ballarat Police Station **5336 8000**
 Ballarat Health Services **5320 4000**
 Ballarat Centre Against Sexual Assault **5320 3933**
 Kids Help Line **1800 551 800**
 Lifeline **131 114**
 Ballarat Taxi Cooperative **131 008**

INFORMATION & SUPPORT

Uniting Care Outreach
 (Alcohol and Drug support) **5332 1286**
 Ballarat Community Health Centre **5338 4500**
 (Youth housing, sexual health, counselling + support)
 YHQ: City of Ballarat Youth Information Centre **5320 5644**
 Child and Adolescent Mental Health **5320 3030**
 St Johns Ambulance Victoria **1300 360 455**



Party SAFE tips if you are drinking alcohol...

Eat food. It slows down the absorption of alcohol into your bloodstream.

Drink water. Alcohol can make you dehydrated, have a glass of water between every alcoholic drink.

Don't mix drinks.

Count your drinks. Stop drinking when you have reached your limit.

Watch your drink. Beware of drink spiking.

Watch your mate. Look after your friends.

Don't leave alone or go with strangers.

Be Aware: That mixing alcohol with other substances can have dangerous effects on your body.



My safety contact:

(Write your personal emergency ph no)



Strengthening Generations. Building **strong, vibrant & proud** local communities



Evidence Base Practice

Evaluation

- pre, post and 3 month follow up

2 yearly review process:

- Lesson plans – underpinning evidence base
- Align with school curriculum and Principles School Drug ED

Strengthening Generations. Building **strong, vibrant & proud** local communities



Key messages for young people

- You are responsible for your own choices
- Be aware of the risks so you know what to do
- Learn the skills to minimise harm
- Stay safe and survive
- Look after your friends.

Strengthening Generations. Building **strong, vibrant & proud** local communities



Contact Details

Jodie Downey

Strengthening Generations Project Officer

Ph 03 5320 5593

Email jodiedowney@ballarat.vic.gov.au

Website www.ballarat.vic.gov.au

Strengthening Generations. Building **strong, vibrant & proud** local communities

