

COMMUNITIES THAT CARE (CTC)

-involving young people in their community

A pilot program on the Mornington Peninsula

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(with acknowledgment to Diana Almond CTC Coordinator)



Objectives of CTC



- To promote the health and wellbeing of young people and their families
- To address four areas of concern by reducing risk factors and increasing protective factors
 - alcohol & drug abuse
 - early school leaving
 - teenage pregnancy
 - crime & violence



Target group



Young people in the context of :

- ❖ **Family**
- ❖ **School**
- ❖ **Community**
- ❖ **Peer group**

Remembering.....



“It takes a village to raise a child”

~ source unknown



Methodology



The 3 important principles underlying the CTC methodology are:

- **Prevention**
- **Evidence Base**
- **Collaboration**



Underpinned by community empowerment

Local Area Groups



Methodology (cont.)



The CTC Board oversees the following tasks of the Local Area Groups:

- The Adolescent Health & Wellbeing Survey
- Regular meetings & training of Local Area Groups
- Community Profile
- Community Resources & Strengths survey
- Development and Promotion of Community Action Plans
- Evaluation

Community Action Plans



- Community Action Plans contain strategies to reduce risk factors and promote protective factors in each local area group.



2002 Adolescent Health & Wellbeing Survey

Across the Peninsula, the 2002 Adolescent Health & Wellbeing survey (3170 students) indicated that a priority **risk factor** was:

** low community attachment
and a priority **protective factor** was

** lack of opportunity for
pro-social involvement

Making a DVD was one strategy the Rosebud to Portsea LAG used to address these 2 factors: “How young people identified with their community”



The 2007 Adolescent Health & Wellbeing Survey



- A large survey of over 2,000 Mornington Peninsula Shire secondary school students was completed in 2007
- The survey was similar to the survey conducted in 2002

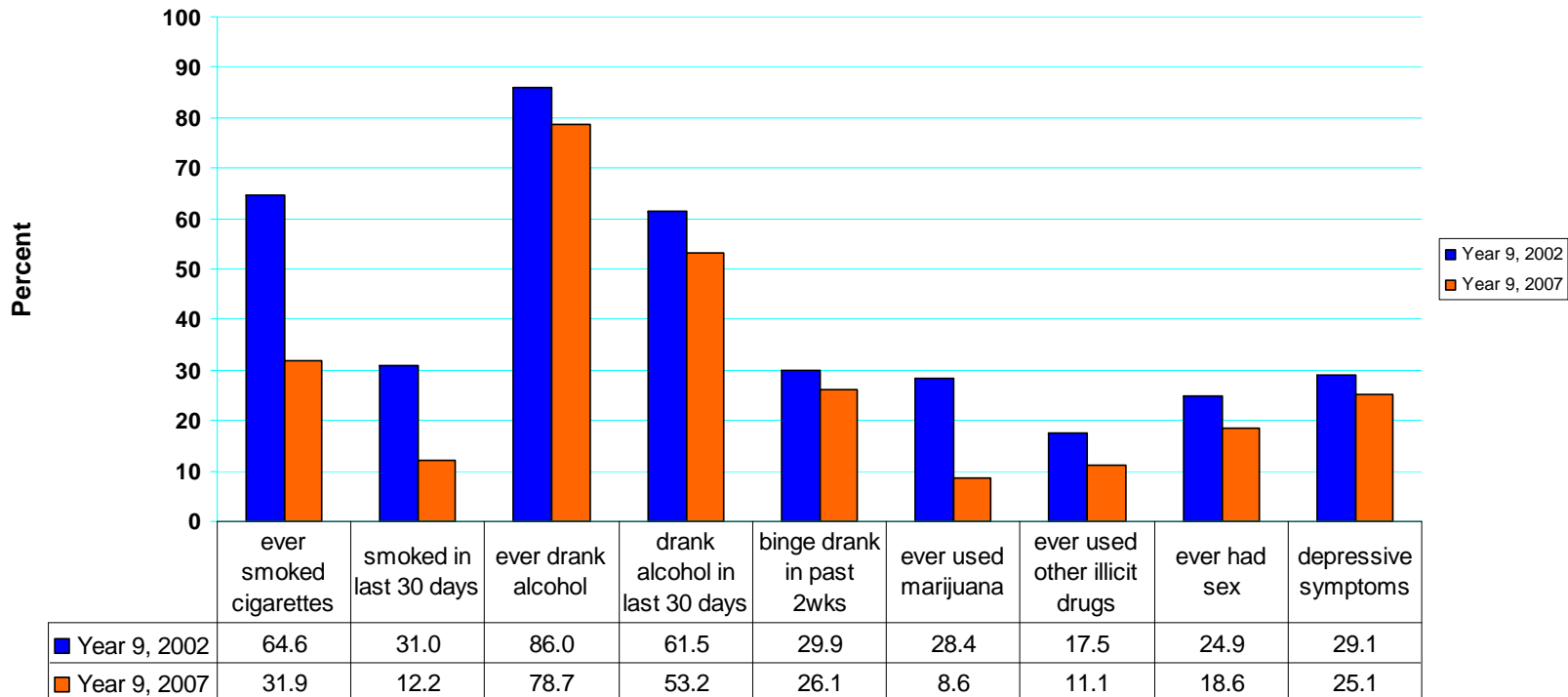
The 2007 Adolescent Health & Wellbeing Survey



Prevention targets from survey:

- Tobacco control
- Alcohol related harm
- Illicit drug use
- Mental health promotion
 - - inc. depression
- Social tolerance measures
 - - eg bullying
- Sexual health
- School retention

Findings: Prevalence of Behavioural Outcomes Year 9: 2002 vs 2007



SIX TARGETED RISK FACTORS WERE REDUCED:



Across the Peninsula there has been a significant decrease in the number of young people reporting the following:

- Low community attachment
- Family conflict
- Community disorganisation
- Family history of substance abuse
- Favourable attitude towards drug use (student & parents)
- Perceived risk of drug use

Protective factors showed general improvement:



- There have been increases from 2002 to 2007 in the number of young people reporting that they are 'protected'.
- Increased protection is evident in the following areas:
 - Community opportunities for pro-social involvement (significant increase)
 - Community rewards for pro-social involvement (significant increase)
 - Family attachment

Protective factors cont.....

- School opportunities for pro-social involvement
- Family opportunities for pro-social involvement
- School rewards for pro-social involvement.



Ref: **SUMMARY HEALTHY NEIGHBOURHOODS
SCHOOL SURVEY
MORNINGTON PENINSULA SHIRE, Professor John
Toumbourou, PhD 2007**

Strategies



- Family strengthening programs- e.g. “Families and Schools Together”
- Party safe
- Mentoring programs – e.g. “Big Brother Big Sister”



Strategies



- Youth resilience and life skills programs. E.g. “Broadening horizons” “Youth Out There” (YOT)
- Introduce school based drug education programs e.g. “Rethinking Drinking”

Strategies



- Drug and alcohol free youth events
- Improve access to public transport.
- Extension of Youth Services into under serviced townships.



Key Challenges



- Turn over of LAG members due to perceived lack of short-term gains and high expectations
- Medium to long-term nature of the process.
- Complexity of training LAGs in community development principles.
- Obtaining funding to:
 - Implement strategies at the local level
 - Supporting 6 LAGs and compromises to 'super LAG' planning
 - Sustain the governance/process

Achievements



- The process of implementing the CTC model had the following effects;
- An increase in the profile of youth issues in the community.
- A reported increase of young people feeling more connected to their community.



Achievements cont...



- Community ownership of the process/inclusive
- Inter-generational interactions
- Process facilitates learning
- Positive trends in the 2007 survey



Next Steps



- CTC Board identifying common goals and strategies across LAGs in order to help facilitate shared resourcing and opportunities
- CTC Board identifying some broader cross regional initiatives targeting identified risks e.g. Sponsoring school/parent based alcohol & drug code/accord using customised approach for each secondary school.

In conclusion...



- Our experience of the CTC pilot project has been a positive one with the community engaged at all levels in the active promotion of the health and wellbeing of young people and their families.
- CTC operations are now fully funded through the Mornington Peninsula Shire Council with some necessary reorganisation to sustain the operation and with task focus.
- Further 'integrated' planning with other services underway (e.g. Youth Services, H&WB planning) promoting synergies)



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Shire

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SUSTAINABLE
PENINSULA

