



COMMUNITIES THAT CARE

A pilot program on the Mornington Peninsula



“Not everything that is faced can be changed but nothing can be changed until it is faced”

James Baldwin

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**

Methodology



The 3 important principles underlying the CTC methodology are:

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



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.



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 this DVD was one strategy the Rosebud to Portsea LAG used to address these 2 factors

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

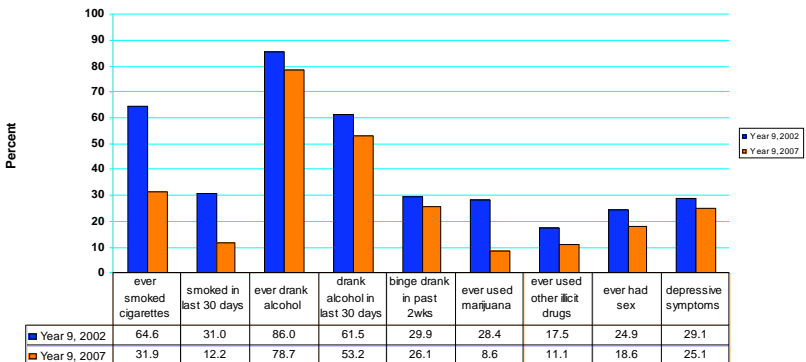
The 2007 Adolescent Health & Wellbeing Survey



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.



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.



Challenges



- Turn over of LAG members due to perceived lack of short-term gains.
- Long-term nature of the process.
- Complexity of training LAGs in community development principles.
- Obtaining funding to Implement strategies

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



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.

