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## Parents are the Link for Drug & Alcohol Info and Support



Parents training to become Parent Peer Educators

The Parent Links Project aims to link parents, community members, services and ultimately young people. The project has a focus on alcohol as well as other drug use and young people.

The project aims to build on existing parental networks eg, through junior sports clubs, churches, performing arts etc, increasing the likelihood of the recruitment and retainment of parents as Peer Educators and ensure sustainable and outcomes that can easily be repeated in the future.

September and October of this year saw the completion of 189 surveys which asked parents/carers of young people 12-17 years, what the issues around alcohol, drugs and young people that concerned them were.

Information from these surveys and subsequent focus groups informed a training program that was written for parents interested in becoming Parent Peer Educators.

Following this, thirteen parents from across Macarthur were trained by Youth Solutions to go back into their communities (playgroups, religious, sporting and school groups) to talk to other parents about drugs and alcohol or run programs or activities in 2006 that will provide information and support to other parents about young people and drug and alcohol issues.

This exciting pilot project which has been funded by the **NSW Government** acknowledges the extensive role parents play in supporting their children; to make safer choices in relation to all drugs, including alcohol. To do this, the project identifies that parents need to be educated and supported by being taught realistic and effective strategies to address issues around alcohol use, supply of alcohol and underage drinking at private celebrations, among other issues.

*"We were privileged to have such an enthusiastic group of parents interested in being part of this project. One of the reasons Macarthur was chosen to run this project was because of our communities connectedness and the interest our parents have in supporting our young people"* said Manager and Project Coordinator Debbie Roberts.

A recent initiative of the project is the inclusion of a Parent Links page on the Youth Solutions website. Log onto [www.youthsolutions.com.au](http://www.youthsolutions.com.au) and click on the **Parent Links icon**, to find information that will support all parents when talking to their teenagers about drugs and alcohol.

Information on the site includes already existing resources such as drug fact sheets, safe party information, alcohol and other drug statistics as well as some parenting information. The site also links to support services here in the Macarthur and Wollondilly regions.

Plans of action will be carried out in January, February, March and April of 2006. These plans will be initiated in the communities in which the Parent Peer Educators live or work, with continual mentoring and support being provided by Youth Solutions.

For further information about the **Parent Links Project** or **Youth Solutions**, contact the specialist team on 4628 2319, or email [info@youthsolutions.com.au](mailto:info@youthsolutions.com.au).



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## Corporate Partners, making it happen

On behalf of all the team, I would like to thank everyone for their support this year. During 2005, Youth Solutions has again continued its commitment to innovation, evidence based strategies, youth participation and whole of community action.

2005 has been a year of considerable growth for the service. This year has resulted in the highest staffing levels ever experienced by Youth Solutions, the greatest number of major projects undertaken and the commencement of a service development review that has resulted in this last year being one of extreme workloads requiring high levels of input from both the Board and all employees.

During the past 12 months we have continued to strengthen our links with our local community who in turn increasingly support us in not just fundraising efforts but also involvement with key projects. Wests League Club, Campbelltown and West Tigers have provided Youth

Solutions with some incredible opportunities to promote the work we do and undertake additional projects.

Youth Solutions has been given the opportunity to strategically influence policy at both a state and national level with involvement in key advisory groups or peak bodies such as the NSW Alcohol Information Taskforce, the Alcohol and Other Drug Council of Australia and the Network of Alcohol and Other Drug Agencies.

The community spirit evident in Macarthur is one that this community should be proud of. We are so grateful for the support of the many people and businesses that generously give so much to our service.

I would like to wish Rebecca Whitford all the best as she commences maternity leave. She will be rejoining us in July and we look forward to her return.

I wish you all a wonderful Christmas and New Year.

As we move into the festive season, it is essential that we all take time to consider ways in which we can ensure that we celebrate safely. The tips for safe celebrations on page 3 are a great reminder of the many ways we can celebrate safely.

### Corporate Partnership Program

Youth Solutions is committed to acknowledging the ongoing support from our supporters, and is in the process of implementing a Corporate Partnership Program. This is an exciting program which we would value your involvement. Should you like to partner with our organisation we would meet further to discuss how both our organisations could mutually benefit from such a partnership. Contact us today.

Here's to a wonderful 2006.

**Linda Goldspink-Lord**  
Chief Executive Officer

## The Protectors Insurance Brokers

### Charity Golf Day

The Protectors Insurance Brokers held their annual charity golf day at Camden Valley Golf Resort last week, with \$20,000 in proceeds being donated to Youth Solutions.

Coordinator, David Michell of The Protectors Insurance Brokers was overwhelmed by the success of the day. *"The amount raised is a credit to our clients and friends who came to play in support of the work of Youth Solutions. It was a great day which included a laugh or two with comedian Paul Martell. I would like to congratulate each of the players and sponsors who have contributed by helping young people create safer choices and avoid the harms associated with alcohol and drug misuse".*

The day saw insurance companies, clients and friends of The Protectors Insurance Brokers take to the greens, thanks to **Gold Sponsors AMP**, **Silver Sponsors CGU Insurance**, and **Hole in One Sponsor JUA Underwriting Agency** with **Holes** sponsored by: **Accident & Health**

**International, Associated Marine, Civil Pacific Traffic, Concord Underwriting Agencies, C91.3FM, Global Underwriting, IPG Innovative Precasters Group, Hunter Premium Funding, Lumley General Insurance, Southern Cross Truck Rentals, Steadfast Group, Stendell Stevens, Tri City Smash Repairs, Tri City Trucks (NSW), Wards Accounting Group and Zurich Financial Services Australia.**

Congratulations go to the 'Champion Team', C91.3FM who walked away with an armload of prizes – donated by the insurance companies and supporting businesses.

CEO of Youth Solutions, Linda Goldspink-Lord, agreed that the players were all winners on the day because of the incredible contribution they made to the youth of Macarthur and Wingecarribee. *"The players and businesses who have supported this event, are offering real solutions for our youth, we thank them".*

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### Corporate Partner Feature

Support Youth Solutions Corporate Sponsor, The Protectors Insurance Brokers, Phone: 9601 0105.



David Michell The Protectors Insurance Brokers,  
Linda Goldspink-Lord & Debbie Roberts Youth Solutions and Comedian Paul Martell

# School Solutions

## Camp Strategy

### Helpful Phone No.s

ADIS (Alcohol Drug Info Service)  
24 hour free service  
**1800 422 599**

For Emergencies  
**000**

After Hours Counselling  
**Lifeline 13 11 14**

### Helpful Websites

Information about Cannabis,  
young people and local services  
**[www.dope-EFXu.com.au](http://www.dope-EFXu.com.au)**

Comprehensive drug information site  
**[www.druginfo.adf.org.au](http://www.druginfo.adf.org.au)**

Provides accessible counseling  
service to all Australian children  
**[www.kidshelp.com.au](http://www.kidshelp.com.au)**

Online service for young people  
looking for support through  
difficult times  
**[www.makeanoise.ysp.org.au](http://www.makeanoise.ysp.org.au)**



Students at the School Solutions Camp Strategy

Term three was an extremely busy time for the 6 schools (90 participants) who were involved in the School Solutions Project.

Each school took great care in completing a Whole School Needs Assessment which aimed to provide a summary of the many issues around alcohol, drugs and young people. In all, each school completed a total of 150-180 surveys from students, parents and school staff.

Youth Solutions then collated and analysed all of the data collected by schools which was then presented back to each school at Camp Strategy in the form of a summary report, along with draft recommendations for action.

During Camp Strategy, each school

analysed their own data and planned activity based on the information gathered.

Camp Strategy, two days of incredible energy and excitement was held 24-25 October 2005 at Stanwell Tops Conference Centre, Stanwell Tops. The two day program worked participants intensively through Getting to Know you activities (icebreakers), drug information sessions, data analysis sessions and action planning.

The Camp concluded with a presentation from each school outlining their key action areas and recommendations for action in 2006. Some of the issues identified for action by schools included: the need to increase communication with parents, provide parent workshops, maintain and increase student input, provide professional development, improve school community knowledge as well as provide greater access to drug and alcohol information.

*"It was encouraging to note that all schools have already commenced implementing their action plans in the current calendar year – inspired by the work undertaken at Camp Strategy", stated Senior Project Officer and Project Coordinator Rebecca Whitford.*

Watch this space for updates about the action each school undertakes throughout 2006. This Project is proudly funded by Wests League Club, Campbelltown.

## Safer Celebration Tips

### Stay safe this holiday season

With the party season upon us, there are many things that we can do to increase the chances of our events and the events that we attend being fun and free from incident.

Certainly if you are plan to hold event, then the first step is to plan. Of course no plan is foolproof, but planning ahead can help avoid: gatecrashing, alcohol and drug misuse, property damage, injury to individuals, driving under the influence of alcohol and or drugs, you or your guests not enjoying the event or creating or enhancing problems with friends, family and neighbours.

Start with this simple checklist

- Be informed
- Plan ahead
- Set your rules
- Issue written invitations
- Consider the venue
- Advise neighbours
- Limit the noise

Plan and consider

- Transport
- Safety and Security

### Some Facts:

***"Once you have taken a drink, there is NOTHING you can do to reduce the amount of alcohol in your blood . . . The only thing that will reduce the amount of alcohol in your blood is TIME" (Drinking & Driving, The FACTS, RTA/Pub.001 Nov 2000).***

***Secondary Supply – "It is against the law to sell or give alcohol to a person under 18 years of age. Penalties incurred can be up to \$5,500" (Liquor Act 1982 Section 11).***

***Police are proactively working to keep our community safer – contact your local police for a Safe Party Notification Form and lodge at least 7 days prior to your event.***

***"Between 1990 and 1997 in Australia 52% of all serious road alcohol related road injuries were sustained by young people aged 15-24 years" (2001 Household Survey).***

### Do's:

- Choose to limit/control alcohol intake
- Consider the harms of alcohol to yourself and others
- Eat when you drink alcohol
- Alternate alcoholic & non alcoholic drinks
- Consume plenty of water
- Buy your own drinks, don't get into a shout
- Have money for a taxi, or
- Pre arrange your transport with a sober driver

### Don'ts:

- Mix alcohol with other drugs
- Drink and drive
- Drink if you are on medication
- Leave your drink unattended
- Participate in 'drinking games'
- Drink on an empty stomach

Corporate Partner



West Leagues Club Campbelltown

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- Wayne Quick – Treasurer
- Helen Clancy
- David Michell
- Graham West MP
- Gordon Hay
- Geoff Ellis
- Tony Ross

Thanks to retiring 2005 members:

- Hannah Noakes
- Yvette Higgerson

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## Points to note

### Diary Dates

#### Youth Solutions Charity Event

Friday 21 July 2006  
Campbelltown RSL Club  
Contact us to *Book your Table*

### Our Mission

Supporting young people to make safer life choices to achieve their full potential

### Our Vision

Creating solutions with young people, families and the community to promote positive life outcomes by preventing harmful drug use

### Service Info

#### Youth Solutions – What we can do for you?

- Answer your questions and provide information about alcohol and other drugs.
- Find someone who can help you if we can't
- Help you take action on drug related issues in your community
- Refer you to treatment and counselling services

If you would like a hard copy of our *Alcohol and Other Drugs, Referral and Information Booklet for the Macarthur and Wingecarribee Area* please phone or email us today and we will mail one out to you.

## 2006 Charity Event

Pre-book your table for Christmas in July



Join us for a night of fun and entertainment as we celebrate Christmas in July on Friday 21 July 2006 @ The Campbelltown RSL Club.

Entertainment includes Santa and his elves as well as the Enormous Horns.

Tickets \$125 Inc GST  
Sponsorship Package \$1750 + GST  
*Includes 10 tickets*

For information phone 4628 2319 or email [info@youthsolutions.com.au](mailto:info@youthsolutions.com.au).

## All we want for Christmas is . . .

. . . our kids safely home. Think! before you let them drink.

Merry Christmas & a Safe New Year  
To You and Yours!

From the Youth Solutions Team  
Linda, Debbie, Rebecca, Geraldine,  
Sue, Marcia, Leanne and Chris.



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