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Christmas Edition

Plan to Party

Celebrate Safely this Holiday Season

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

Certainly if you plan to hold an 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
- Security

Celebrations attended by our young people should be positive experiences and give our young people the opportunity to: enjoy each others' company in a controlled supervised environment; as well as build friendships, support networks, self esteem and develop good communication skills.

Do's:

- If you are holding a celebration notify the Police prior to the event (contact your local station)
- Consider what you would do if an incident occurred, for example if someone is sick or drunk
- Consider making the event **alcohol free** – essential for under 18s

If **alcohol** is part of the celebration:

- 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
- 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



Thank you for your support during 2007

2006 – 2007 has been a significant year for growth, achievement and consolidation. The year follows an intensive period of review for our Service.

Since the Service achieved status as an accredited Service, in early 2006, considerable energy has been made to incorporate continuous quality improvement into all facets of service delivery and business management.

A significant and ongoing challenge for the Service has included a heavier reliance on fundraising through events

as well as collaboration through partnerships with other organisations. This has become necessary as the expenditure of the Service has increased in line with the growth and delivery of Service activities.

We sincerely thank all those who have supported our Service.

Despite these challenges the Service has been committed to implementing the *Youth Solutions Operational Plan 2006 – 2007*. Commitment to delivering outstanding projects and activities has been acknowledged with the attainment of Finalist status in the *National Drug and Alcohol Awards* in the category of *Excellence in Prevention* for a consecutive year.

Youth Solutions' continues to aim to reduce high risk behaviours associated with drug use; minimise associated harms and delay or prevent the initiation or uptake of alcohol or other drug use by young people, by using a range of strategies.

We are continuing our work to keep our young people safe and in 2008 hope to work closely with our young people, parents and the broader community to do so.

Please enjoy this special Christmas edition of *Solutions*.



Debbie Roberts
Acting Chief Executive Officer

plan to party

celebrate safely this holiday season

STAY with friends and DON'T take chances

PLAN ahead with your friends—
Work out how you will look out for each other?

BEFORE you go out, have a plan for getting home and tell someone where you are going

Stranger danger still exists—
DON'T accept lifts from anyone you don't know or stay at a stranger's place

DON'T get in a car with a driver who has been drinking or using drugs



Remember it's OK NOT to drink



DON'T swim at night and
DON'T swim at all if you are drunk or using drugs

DON'T accept drinks from strangers and
DON'T leave your drink unattended

Helpful Phone No.s

Drug & Alcohol Treatment Access Line
Sydney South West Area Health Service
9616 8586

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

For Emergencies
000

After Hours Counselling
Lifeline 13 11 14

Helpful Websites

General Service information, projects and prevention activities
www.youthsolutions.com.au

Information about Club Sam – Red Cross Save a Mate Campaign
www.saveamate.org.au

Comprehensive drug information site
www.druginfo.adf.org.au

Provides accessible counselling service to all Australian children
www.kidshelp.com.au



A Christmas Message from our Sponsors



Grimes Finance & Mortgages

There are many safety measures that need to be undertaken to ensure a truly Merry Christmas, so make a list . . . and 'check it twice' to stay safe.



Wishing you a Safe and Happy Christmas and Prosperous New Year.



MTM Group Australia Pty Ltd
MTM Transport Pty Ltd
MTM Logistics Pty Ltd
WE DELIVER

Not Just A '9 to 5' Service

Brooke & Darren Grech from MTM Group Australia Pty Ltd would on behalf of all their staff, like to extend our sincerest of greetings and wish everyone a very Merry Christmas and a Safe and Prosperous New Year.



Wishing everyone a very Happy Christmas and a Safe and Prosperous New Year.



The team at Macarthur Financial Planning wishes everyone a Safe, Happy & Prosperous Christmas and New Year.



The Profit Advantage Group proudly supports Youth Solutions & wishes you all the best for a Happy & Safe Festive Season.



All that work needs to be rewarded.
Just take a holiday these holidays.
Season's Greetings,
Campbelltown Chamber of Commerce.



Rotary Club of Narellan Inc
As Rotarians, we seek always to maintain the spirit of giving and sharing through 'Service above Self'.
In this spirit, we wish all people a Safe & Merry Christmas.

The Protectors Insurance Brokers Charity Golf Day held on Thursday 29 November was a complete success. Over \$20,000 raised on the day has been donated to Youth Solutions. The Service is grateful for the ongoing commitment of David Michell and the team at The Protectors, for their incredible support.

The Foundation for Young Australians has granted funding to Youth Solutions to run Youth Leadership Training as part of their On Track initiative. Training will be open to young people in the Macarthur region and will take place in April 2008. Watch this space for information about the registration process – early 2008.

As part of the **Strengthening Parents**, Youth Solutions will be looking for parents/carers of Wollondilly and Camden to participate in a workshop in March which will give information on drugs and alcohol and help to design an informational marketing campaign – for more info phone us.

2008 Board

- Geoff Ellis
- Peter Campbell
- Gordon Hay
- David Michell
- Tony Ross
- Jenny Gleeson
- Karen Dries
- Emma Macfarlane

Strategic Direction

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



This is a Quality Improvement Council Accredited Service



Diary Dates

Youth Week
5 – 13 April 2008
National, state and local activities

Drug Action Week
22 – 28 June 2008
www.drugactionweek.org.au

Youth Solutions Charity Event & 20th Anniversary Celebrations
Saturday 26 July 2008
Join us at the Youth Solutions Annual Charity Event and celebrate our 20th Anniversary with an 80s theme.
Contact us for more information.



Debbie Roberts, Rebecca Whitford, Sue Willoughby, Marcia Pain and Geraldine Dean

*Youth Solutions
Wishes You and Your Loved Ones
a Safe and Happy Christmas
and a Peaceful 2008.*

*We Thank You For Your Friendship and
Support Throughout 2007.* 

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.

"43% of young people aged 16 – 17 years had put themselves in a situation they considered 'high risk' whilst drinking" (National Drug Strategy Household Survey 2004).