



AOD Link Suite of Presentations

2017 - 2018

For community sector workers, educators, parents and carers



PROMOTING HEALTH. PREVENTING HARM.

A message from our CEO

AOD Link is Youth Solutions' sector training and capacity building program.

Through the AOD Link program, Youth Solutions delivers relevant presentations and activities to community sector workers, educators, parents and carers. The aim of the program is to develop the knowledge and skills of workers, educators, parents and carers, so that they are better able support and work with their young people or clients.

**AOD Link presentations are regularly hosted at the Youth Solutions office, with invitations sent to local sector workers, educators, parents and carers.
Get in touch today to be added to the invitation list.**

In addition to these in-office presentations, Youth Solutions offers tailored training presentations for businesses, charities, organisations and community groups, which can be delivered externally.

This Suite of Presentations compiles the AOD Link topics available. Each presentation is a working document, regularly updated and enhanced with input from our expert staff and research students from our University partners, to incorporate latest research, trends and best practice guidelines. Additional topics are also available upon request in consultation with the Youth Solutions staff.

Through programs like AOD Link, together we can make a difference in the lives of young people in our community.


Geraldine Dean, Chief Executive Officer

To request an AOD Link presentation fill out the enclosed Form - Service Request and email it to info@youthsolutions.com.au.

For more information, contact the Youth Solutions office on 02 4628 2319.

AOD LINK

LINKING
INDIVIDUALS,
NETWORKS &
KNOWLEDGE



**AOD LINK PRESENTATIONS
PROVIDE COMMUNITY
SECTOR WORKERS,
EDUCATORS AND
PARENTS/CARERS WITH
OPPORTUNITIES TO DEVELOP
THEIR KNOWLEDGE AND
SKILLS IN ORDER TO BETTER
SUPPORT THEIR YOUNG
PEOPLE AND/OR CLIENTS
WITH DRUG AND
ALCOHOL-RELATED ISSUES.**

**AOD LINK PRESENTATIONS
ARE DELIVERED IN THE
YOUTH SOLUTIONS
OFFICE. AOD LINK
CAN BE DELIVERED AT
AN EXTERNAL
LOCATION UPON
REQUEST.**



Promoting health. Preventing harm.

Presentation topics

- ✓ **Drugs and alcohol**
- ✓ **How to discuss drugs and alcohol with your young people**
- ✓ **Supporting young people experiencing drug and alcohol issues**
- ✓ **Other topics available on request**

Participants learn about

- ✓ **Alcohol and/or other drugs, drug effects, current trends and statistics (if applicable)**
- ✓ **Experiences of other participants**
- ✓ **Responding to an emergency**
- ✓ **Useful resources and support services**

Participants gain skills in

- ✓ **Supporting, working and communicating with young people**
- ✓ **Accessing support services**

To make a booking

- ✓ **Call 4628 2319**
- ✓ **Email info@youthsolutions.com.au**
- ✓ **Visit youthsolutions.com.au**

**YOUTH SOLUTIONS IS FUNDED BY NSW HEALTH
AND SOUTH WESTERN SYDNEY LOCAL HEALTH DISTRICT**

SUITE OF PRESENTATIONS

DRUG SPECIFIC

PRESENTATION	OUTLINE	OUTCOMES
Alcohol	<ul style="list-style-type: none">• What is alcohol?• Trends in Australia, NSW and South West Sydney• At risk groups• Financial and social costs• Media depiction• Health effects and withdrawal• What has been done?• Harm reduction• Help and support	<p>Increased knowledge and skills in:</p> <ul style="list-style-type: none">• Standard drinks measures• Trends in alcohol use• Groups at risk of alcohol related harm, including a focus on pregnancy and breastfeeding• Supply of alcohol• Financial and social costs• Media depiction• Alcohol legislation• Health effects of alcohol use and misuse• Harm reduction strategies for alcohol• Providing information, referrals and support
Alcohol and Other Drugs (AOD)	<ul style="list-style-type: none">• What is alcohol? What are drugs?• Classifying alcohol and drugs; effects, legislation and identifying substances• AOD: scenarios• Strategies for supporting people experiencing AOD issues• AOD services, support and resources	<p>Increased knowledge and skills in:</p> <ul style="list-style-type: none">• Identifying and classifying drugs, their effects, street names and legality• Trends in alcohol and drug use• Providing information, referrals and support for clients
Amphetamines	<ul style="list-style-type: none">• What are amphetamines and how are they used?• Speed, base and ice• Supply and costs• Amphetamines in the spotlight: media, trends and observations• Effects of amphetamines• Withdrawal from amphetamines• Harm reduction• Help, support and resources	<p>Increased knowledge and skills in:</p> <ul style="list-style-type: none">• Identifying types of amphetamines and trends in use• Routes of administration• Amphetamine effects and harms• Supply, financial and social costs• Understanding withdrawal• Harm reduction strategies for amphetamine users• Providing information, referrals and support

SUITE OF PRESENTATIONS

DRUG SPECIFIC

PRESENTATION	OUTLINE	OUTCOMES
Cannabis	<ul style="list-style-type: none">• What is cannabis and how is it used?• Health effects and costs of cannabis• Cannabis in the spotlight - statistics, media and observations• Cannabis withdrawal• Cannabis and the law• Cannabis and recognising medical emergencies• Help, support and resources	<p>Increased knowledge and skills in:</p> <ul style="list-style-type: none">• Cannabis types, effects, misconceptions and routes of administration• Health effects of cannabis• Trends in use, supply, social cost, arrests and hospitalisations• Drug legislation and penalties• Recognising clients who may be affected by cannabis• Recognising withdrawal and overdose• Providing information, referrals and support for clients who use cannabis
Ice: Myths and Facts. Parent Information Session	<ul style="list-style-type: none">• Discussing AOD with young people: the dos and don'ts• Harm minimisation• Adolescent development and teenage behaviour• Drug use: the basics + trends in youth use• Stages of change and drug use• Building resilience in young people• Help, support and resources	<p>Increased knowledge and skills in:</p> <ul style="list-style-type: none">• Adolescent development and behaviour• Youth drug use trends• Discussing drugs and alcohol with young people• Dealing with drug and alcohol scenarios• The stages of change and drug use• Building resilience in young people• Seeking help and support for yourself and your young people
Ketamine	<ul style="list-style-type: none">• What is ketamine and how is it used?• Health effects of ketamine• Ketamine and withdrawal• Trends in use• Ketamine in the spotlight: media and observations• Harm reduction strategies• Help, support and resources	<p>Increased knowledge and skills in:</p> <ul style="list-style-type: none">• Ketamine, its health effects, costs and related harms• Legal consequences of ketamine use• Trends in ketamine use• Withdrawal and coping strategies• Providing information, support and referrals

SUITE OF PRESENTATIONS

DRUG SPECIFIC

PRESENTATION	OUTLINE	OUTCOMES
Misuse of Pharmaceutical Drugs	<ul style="list-style-type: none">• Defining misuse• Pharmaceuticals and legal matters• Commonly misused pharmaceuticals and trends in use• Reasons for misuse and profiles of pharmaceutical misusers• Supply routes• Media depiction• Effects and harms of opioids and benzodiazepines• Injecting and related harms• Addressing pharmaceutical drug misuse• Harm reduction strategies• Treatment	Increased knowledge and skills in: <ul style="list-style-type: none">• Understanding misuse• Legal consequences• Misuse trends and statistics• Motivations for misuse• Identifying risk factors with service users• Health effects of pharmaceutical misuse• Strategies for addressing pharmaceutical misuse• Providing information, support and referrals
New Psychoactive Substances (NPS)	<ul style="list-style-type: none">• What are New Psychoactive Substances (NPS)?• Synthetic cannabinoids, synthetic cathinones, phenethylamines• Why do people use synthetic drugs?• Usage trends and statistics• Media depiction• Harm reduction strategies• Help, support and resources	Increased knowledge and skills in: <ul style="list-style-type: none">• NPS, types, forms and health effects• Motivations for use; including a legal perspective• NPS use trends and statistics• Supporting service users who use NPS• Providing information, support and referrals
Performance and Image Enhancing Drugs (PIEDs)	<ul style="list-style-type: none">• What are Performance and Image Enhancing Drugs (PIEDs)?• Common types of PIEDs• Supply and cost• Usage trends• PIEDs in the media• Health effects of PIEDs• What is being done?• Help, support and resources	Increased knowledge and skills in: <ul style="list-style-type: none">• PIEDs, the types, forms, routes of administration and harms• Health effects of PIEDs• Withdrawal symptoms and management• Legal consequences• Harm reduction strategies for PIEDs• Providing information, support and referrals

SUITE OF PRESENTATIONS

DRUG SPECIFIC

PRESENTATION	OUTLINE	OUTCOMES
The Changing Nature of Smoking and Tobacco Use in Australia	<ul style="list-style-type: none">• Tobacco; facts, statistics and research• History of tobacco in Australia• Contemporary issues• Quitting methods• Resources and referral options• Youth Solutions programs and campaigns	Increased knowledge and skills in: <ul style="list-style-type: none">• Tobacco use and control• Effects, harms and use trends• Historical and contemporary issues in relation to tobacco• eCigarettes and advertising• Nicotine addiction• Effective quitting methods• Tobacco and quitting resources• Referral pathways and programs• Providing brief interventions, support and referrals

SUITE OF PRESENTATIONS

ISSUES BASED

PRESENTATION	OUTLINE	OUTCOMES
Cyber Safety	<ul style="list-style-type: none">• Cyberbullying: its effects, the law and how to deal with it• Reporting cyberbullying• Digital reputation and case studies• Safe social media use• Social media and protecting your privacy• Sexting: the law and consequences• Supporting young people when things go wrong• Getting help online	Increased knowledge and skills in: <ul style="list-style-type: none">• Cyberbullying and how to deal with it• Supporting young people who have been cyberbullied• Social media risks and safe use• Protecting digital reputation, privacy and safety online• Sexting and consequences• Managing sexting incidents and supporting young people

SUITE OF PRESENTATIONS

ISSUES BASED

PRESENTATION	OUTLINE	OUTCOMES
<p>Discussing Alcohol and Other Drugs (AOD) with Young People</p>	<ul style="list-style-type: none"> • Adolescent development and behaviour • Drug use: the basics + trends in youth use • Why do people use drugs? • Discussing AOD with young people: the dos and don'ts • Building resilience in young people • The stages of change • Help, support and resources • Recognising and responding to overdoses 	<p>Increased knowledge and skills in:</p> <ul style="list-style-type: none"> • Adolescent development and teenage behaviour • Drugs, their effects and trends in youth drug use • Supporting young people with AOD issues • Motivations for using drugs • Developing resilience in young people • Stages of change and drug use • Accessing services for support and treatment • Recognising and responding to overdoses • Providing information, referrals and support
<p>Health Concerns for Young People</p>	<ul style="list-style-type: none"> • Defining “young people” • Young people and risk taking behaviour • The health needs of young people • Community support services for young people • Barriers to accessing support and how to overcome them 	<p>Increased knowledge and skills in:</p> <ul style="list-style-type: none"> • Adolescent development and experience • Needs of young people • Peer pressure and risk taking behaviour • Barriers to accessing support for young people and strategies to overcome them • Providing information, support and referrals to young people
<p>Substance Use: Resources for Workers when Working with Young People and their Families</p>	<ul style="list-style-type: none"> • Strategies and resources for working with young people around drug and alcohol use • The dos and don'ts • Stages of change • Helpful drug and alcohol-specific services • Recognising and responding to overdoses 	<p>Increased knowledge and skills in:</p> <ul style="list-style-type: none"> • Barriers to accessing help experienced by substance users and how to overcome them • The stages of change and drug use • Discussing drugs and alcohol with young people • Youth drug treatment and support services • Responding to an overdose • Resources, information and support for young people, parents and workers

SUITE OF PRESENTATIONS

ISSUES BASED

PRESENTATION	OUTLINE	OUTCOMES
Young People and Substance Use	<ul style="list-style-type: none">• Usage trends and young people: the statistics and facts• What is a substance? Nicknames, street names and routes of administration• Alcohol and the law• Illicit substance use and the law• Health effects of substance use• Recognising and responding to emergency situations and overdose• Tips for discussing drugs and alcohol with young people• Referral options	Increased knowledge and skills in: <ul style="list-style-type: none">• Drug usage trends among young people and misconceptions• Alcohol, drugs and implications for young people; including legal consequences of underage use and supply• Drug and alcohol health effects and harms• Recognising and responding to emergency situations and overdose• Discussing drugs and alcohol with young people• Providing information, referral and support
Youth, Alcohol and Other Drugs (AOD)	Brief version of: Young People and Substance Use <ul style="list-style-type: none">• Substances used by young Australians• Supporting young people experiencing AOD issues• Help, support and resources	Increased knowledge and skills in: <ul style="list-style-type: none">• Drug usage trends among young people, particularly in Macarthur• Supporting young people and families with AOD issues• Providing information, referrals and support

Form – Service Request



Please refer to the [Service Request Guidelines](#) and [Health Promotion Education Workshops](#) prior to completing this form.

Contact details

Name	
Position	
Organisation	
Email	
Phone	

Service request details

Program	<input type="checkbox"/> DAIR <input type="checkbox"/> ARTucation <input type="checkbox"/> Quit SAFE (Cessation model)			
Preferred duration of each workshop	<input type="checkbox"/> 45 minutes	<input type="checkbox"/> 1 hour	<input type="checkbox"/> 1.5 hours	<input type="checkbox"/> 2 hours
Workshop frequency	<input type="checkbox"/> Weekly <input type="checkbox"/> Fortnightly			
Preferred commencement date/s:	Date 1:	Date 2:	Date 3:	Date 4:
Start – finish time				
Location				

Seminar	<input type="checkbox"/> Party SAFE <input type="checkbox"/> Quit SAFE <input type="checkbox"/> Sport SAFE <input type="checkbox"/> Cyber SAFE <input type="checkbox"/> AOD Link			
Preferred duration	<input type="checkbox"/> 45 minutes	<input type="checkbox"/> 1 hour	<input type="checkbox"/> 1.5 hours	<input type="checkbox"/> 2 hours
Preferred date and time	Date 1:	Date 2:	Date 3:	Date 4:
Start – finish time				
Location				

Logistics

Equipment available at location	<input type="checkbox"/> Chairs	<input type="checkbox"/> Desks	<input type="checkbox"/> Whiteboard	<input type="checkbox"/> SMART Board
	<input type="checkbox"/> Data projector	<input type="checkbox"/> TV and DVD player	<input type="checkbox"/> Sink	

Participants	<input type="checkbox"/> Young people	<input type="checkbox"/> Workers	<input type="checkbox"/> Teachers	<input type="checkbox"/> Parents and carers
If young people, supervision will be provided by	<input type="checkbox"/> Unable to provide	<input type="checkbox"/> Workers	<input type="checkbox"/> Teachers	<input type="checkbox"/> Parents and carers
If young people, please list age range				
Number of participants				
Number of participants identifying as	Male _____	Aboriginal and Torres Strait Islanders _____		
	Female _____	Culturally and linguistically diverse _____		
	Non-specific _____			
Do any of the participants experience any of the following?	<input type="checkbox"/> Intellectual disability	<input type="checkbox"/> Developmental disability	<input type="checkbox"/> Physical disability	
	<input type="checkbox"/> Sensory disability	<input type="checkbox"/> Learning differences	<input type="checkbox"/> Low literacy levels	
	<input type="checkbox"/> Attention Deficit Disorder	<input type="checkbox"/> Oppositional Defiance Disorder	<input type="checkbox"/> Mental health issue	
	Other (please list):			
Have any of the participants been affected by any of the following experiences?	<input type="checkbox"/> Substance abuse	<input type="checkbox"/> Criminal activity	<input type="checkbox"/> Trauma or abuse	
	<input type="checkbox"/> Mental illness	<input type="checkbox"/> Self-harm	<input type="checkbox"/> Suicide	
	<input type="checkbox"/> Bullying	<input type="checkbox"/> Family breakdown	<input type="checkbox"/> Domestic violence	
	Other (please list):			

Office use

Date received		Accepted	<input type="checkbox"/> Yes	<input type="checkbox"/> No (please specify):	
Delivery date/s and time					
Allocated to	<input type="checkbox"/> CC	<input type="checkbox"/> HPO	<input type="checkbox"/> PSO	<input type="checkbox"/> PCYDC	<input type="checkbox"/> CEO
Peer educators	<input type="checkbox"/> Not required	<input type="checkbox"/> Required	Peer educator names:		
Entered	<input type="checkbox"/> Register	<input type="checkbox"/> Calendar			
Stakeholder informed	<input type="checkbox"/> Yes				
CEO signature		Date			

Office

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