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February 2012

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Featured Websites

www.febfast.org.au

Send Grog on a holiday this February and raise some much needed funds to support programs for young people with alcohol and other drug problems.

www.youthsolutions.com.au

Pledge online now to support the *Who Carries the Responsibility?* campaign.

Upcoming Activities

21 July 2012

Charity Night - Details soon!

Helpful Phone Numbers

000 For Emergencies

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

1800 422 899 ADIS (Alcohol

Message from the CEO - Geraldine Dean

Welcome to 2012! We hope you had a wonderful new year and that the start of the year has been kind to you so far.

The team has been busy planning and collating ideas for a huge year ahead filled with workshops, school visits, projects, campaigns and a new website.

The upgrade of our website has been made possible because of the generosity of the *Macarthur Credit Union* and we really appreciate their support.

For the remainder of this summer season, make sure you 'Carry the Responsibility' and stay safe this season of celebrations.



Who Carries the Responsibility?

This is your final chance to pledge online to support the *Who Carries the Responsibility?* campaign that is due to finish at the end of this month.



Who Carries the Responsibility? is a joint project with *Youth Solutions* and the *Campbelltown Catholic Club* and supported by *News Local Macarthur Chronicle* and *C91.3*. It is a social marketing campaign with a focus on alcohol, young people and safer celebrations.

We have recieved incredible results from young people and the community supporting us by pledging online www.youthsolutions.com.au to Carry the Responsibility. There is still time if you haven't submitted your pledge! [Click here.](#)

If you haven't seen it yet.. check out our [campaign video!](#)

Dan Lea - Program Coordinator

He is the new kid on the block, but Dan Lea is already fitting in comfortably with the Youth Solutions team.

Joining us as the new Program Coordinator, Dan Lea has years of experience in a variety of fields in

Drug Info Service) 24 hours

13 11 14 Lifeline 24 hours

community service.

Dan has worked in the youth sector for ten years and through his time with the *Ted Noffs Foundation*, his roles have included, alcohol and other drugs worker, assistant manager of a residential rehab facility and manager of an aftercare program.



Dan brings to the team comic relief as well as a fresh new perspective and we are thrilled to have him on board!

Welcome Dan!

Same Sex Attracted Youth Survey - Traxside



Youth Health Services within South Western Sydney and Sydney Local Health Districts are reviewing the services provided to same sex attracted young people to ensure health services are meeting their needs. Part of this review of services includes asking for feedback from same sex attracted young people, in the format of a survey. This is to consult with young people to ensure relevant and appropriate services are accessible.

If you're same sex attracted go to www.surveymonkey.com/s/HaveASay and fill out the survey!

Mouth spray for cannabis withdrawal treatment

Written by Dan Lea

In a world-first study, researchers from the National Cannabis Prevention and Information Centre (NCPIC), based at the University of New South Wales, are investigating whether a pharmaceutical drug Sativex can help chronic cannabis users quit without the negative side effects.

“One of the major barriers for regular cannabis users when they try to quit is withdrawal,” said NCPIC director Professor Jan Copeland. “Withdrawal symptoms may include sleep difficulties, cravings and mood swings and although these are not life threatening, they are significant enough to cause marked distress and lead people to go back to using the drug.”

The drug, Sativex, is administered in the form of a mouth spray and contains the cannabis extracts, delta-9-tetrahydrocannabinol (THC) and cannabidiol (CBD) which help with the negative withdrawal symptoms that come when stopping cannabis use. However, the spray administers the substance at doses below the level of intoxication.

The trial will be run through hospitals with participants requiring to be admitted for a one week period, free of charge. For more information on the study and to learn if you might be eligible, please contact Dr David Allsop on (02) 9385 0448 during office hours, or email: cannabiswithdrawal@unsw.edu.au.

If you or someone you know is experiencing issues related to drug use please contact Youth Solutions for support on 4628 2319 or info@youthsolutions.com.au. Youth Solutions is a confidential referral service.

Charity Night - 21 July 2012

The Youth Solutions team are in the process of putting together the 2012 charity event!

Please save the date...**21 July 2012** .

Stay posted for more details, we will reveal the theme very soon! Watch your inbox!

Thought of the month - Music Festivals...

Should sniffer dogs be banned from all music festivals?

Go to our [Facebook Page](#) and comment on this status to let us know what you think.

Heard anything you're not sure about or want to put forward for debate... email us info@youthsolutions.com.au.

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