



May 2012

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## Featured Websites

[www.thedesk.org.au](http://www.thedesk.org.au)

**thedesk** aims to support Australian tertiary students to achieve mental and physical health and wellbeing.

[www.somazone.com.au](http://www.somazone.com.au)

**Somazone** is a safe space for young people to ask questions, share stories and get help for mental health issues, sexual health, relationships, abuse, body image, and drug use.

## Upcoming Activities

### Saturday 21 July 2012

Charity Event - Latin Fiesta...feel the rhythm. The Cube, Campbelltown Catholic Club, 6.30pm-11.30pm.

## Helpful Phone Numbers

000 For Emergencies

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

## Message from the CEO - Geraldine Dean

Last month we were humbled yet again by the amount of generosity and support from the Macarthur community. Without our supporters and partnerships, it would be very difficult to provide drug and alcohol prevention services for young people and the community...thank you.



In particular, a huge thank you to *McDonald's in Macarthur* for raising \$3030 for Youth Solutions at the **McDonald's Charity Fun Night** on 4 April. This is just incredible.

We have just finished a very successful *National Youth Week* which ran from Friday 13 April - Sunday 22 April. Along with *Muru Nanga Mai*, the *Three Sixty Project*, *Decked Out* and local Aboriginal artist Danielle Mate, we ran **DECKed out heART**, an art workshop which saw Aboriginal young people from Camden create designs on skateboard decks. We also launched **'Give Us a Hand'**, a project coordinated by our Youth Advisory Group and funded by *IMB Community Foundation*.

A highlight from Youth Week was getting the chance to discover more about issues surrounding young people in our area at the **REPresent Regional Youth Forum** organised by youth advisory groups from Macarthur and Wingecarribee. Looking forward to next year!

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## New approach to the drug policy in Australia

Written by Dan Lea

Youth Solutions is thrilled that there have been several news articles in the last month talking about a new approach to the drug policy in Australia and discussions around policy.

It has been reported recently that the prohibition of drug use has created social and health problems and also a huge financial cost to the country of around \$4.7 billion per year.

There are suggestions that if we take away the criminal elements and if the government regulated the industry, they could re-channel this money and help people get the support they need.

On the other hand, legal and accessible drugs such as alcohol and tobacco, present many health issues in Australia and although regulation is in place, this is still a national concern.

## Health Service

1800 422 899 ADIS (Alcohol  
Drug Info Service) 24 hours

13 11 14 Lifeline 24 hours

We certainly welcome all opinions and perspectives about this topic.

### IMB Youth Participation Project

On Thursday 19 April, the Youth Solutions Youth Advisory Group (YAG) launched the interactive multimedia campaign - *Give Us a Hand* which focuses on recreational drugs and promotes the message



**WRECKreational Drugs...don't let them wreck your night.**

This campaign has been funded by the *IMB Community Foundation* and is part of the larger *IMB Youth Participation Project*, which has a focus on youth empowerment and engagement.

Visit [www.giveusahand.org.au](http://www.giveusahand.org.au) and decorate a hand in support of Youth Solutions' Youth Advisory Group and their quest to minimise recreational drug related harm among young people in Macarthur and Wingecarribee.

### 'Give Us a Hand'...A Snap Shot

Written by Tamika Briggs, Youth  
Advisory Group Member



The 'Give us a hand' campaign is all about getting the message across to ALL teenagers, and adults on the effects of recreational drugs. Individuals can create an awesome modern, funky hand and choose the background, the hand colour, nail colour and accessories.

After the hand is created, the creators details are sent to Youth Solutions. The creator can also choose to upload their hand to Twitter, Facebook and let everyone else see their GREAT hand, whilst getting the message out there...*WRECKreational Drugs...don't let them wreck your night*. Created hands are also displayed on the [www.giveusahand.org.au](http://www.giveusahand.org.au) website, so others can look at what people are creating.

This campaign is a new and creative way of getting the message across about recreational drugs. Instead of giving out a number of brochures, which are sometimes ineffective, this is just a way to use the technology we have to its full potential and let our community know that we don't want drugs and alcohol to WRECK the night.

Visit [www.giveusahand.org.au](http://www.giveusahand.org.au) and 'Give Us a Hand'.

### McDonald's Charity Fun Night

We are delighted to announce that the *McDonald's Charity Fun Night* on Wednesday 4 April raised \$3030 for Youth Solutions.

A huge thank you to all of our volunteers who got behind the counters at 13



McDonald's stores and donated their time to help us.

Finally, a big thank you again to *McDonald's in Macarthur* for donating 10% of sales generated between 3pm - 5pm at food courts and 6pm - 8pm at drive thru restaurants. Thank you for your support and for mentoring us behind the counter on the night. We had a great time!

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### Charity Night - 21 July 2012

Tickets are available now for the Youth Solutions Charity Night!



This year you can **feel the rhythm** at The Cube, Campbelltown Catholic Club for the *Latin Fiesta!* happening on 21 July 2012. Grab your frills, feathers, bright outfits and percussion instruments for a night not to be missed!

Please visit [www.youthsolutions.com.au](http://www.youthsolutions.com.au) to download a booking form email [brooke@youthsolutions.com.au](mailto:brooke@youthsolutions.com.au) or call us on 4628 2319 for more info!

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### Thought of the month

*Is drug and alcohol education in schools adequate to reduce harm?*

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](mailto:info@youthsolutions.com.au)

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