



AOD LINK SUITE OF PRESENTATIONS 2020 - 2021

For community sector workers,
educators, parents and carers



**Youth
Solutions**

Promoting Health • Preventing Harm



About us

Youth Solutions is a youth drug and alcohol prevention and health promotion charity working with young people 12 – 25 years of age in the Macarthur and Wingecarribee regions of NSW.

At Youth Solutions we are all about promoting health, preventing harm and making a difference in the lives of young people!



Strategic Directions Statement

Vision: A community of healthy, safe and connected young people.

Mission: Youth Solutions works to educate and empower young people to be healthy, safe and connected. Our drug, alcohol and wellbeing strategies focus on learning, participation and support.

Guiding Principles

- Prevention
- Early intervention
- Harm minimisation
- Health promotion
- Social marketing
- Youth participation
- Community engagement

Values

- Empowering
- Accountable
- Collaborative
- Supportive

Youth Solutions is a registered charity (Public Benevolent Institution) with the Australian Charities and Not-For-Profits Commission (ACNC) and is also Accredited at Certificate Level of the Australian Service Excellence Standards (ASES).

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.

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



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 can be delivered online or at an external location upon request.

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)
- ✓ Effective AOD prevention and harm reduction strategies
- ✓ 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

Our impact in 2019 - 2020

**AOD
LINK** LINKING
INDIVIDUALS,
NETWORKS &
KNOWLEDGE

2019 -
2020

148 sector workers in 9 groups
5 project collaborators

100%

INCREASED KNOWLEDGE
ABOUT WORKING
WITH CLIENTS
IN AN AOD CONTEXT

100% STATED THAT
PARTICIPATING IN AOD LINK
HELPED THEM TO BE
MORE EFFECTIVE
IN THEIR ROLE

96% rated the facilitators as good (bad/ok/good)

88% rated the information as good (bad/ok/good)

100% would recommend AOD Link to someone else

Topics included:

*Supporting young people experiencing AOD issues

*Health across the lifespan

*AOD and wellbeing (co-morbidity)

*Teacher's Lounge Resource

Suite of presentations

Drug specific topics

PRESENTATION	OUTLINE	OUTCOMES
Alcohol...is it safe?	<ul style="list-style-type: none"> What is alcohol? Trends in Australia, NSW and South West Sydney At risk groups Financial and social costs 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 Supply of alcohol Financial and social costs Alcohol legislation Health effects of alcohol use and misuse Harm reduction strategies for alcohol Providing information, referrals and support
Alcohol and Other Drugs (AOD): An overview for new or non-AOD workers	<ul style="list-style-type: none"> What is alcohol? What are drugs? Classifying alcohol and drugs; effects, legislation and identifying substances Responding to 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
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 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

Drug specific topics

PRESENTATION	OUTLINE	OUTCOMES
Non-Prescribed Use of Pharmaceutical Drugs	<ul style="list-style-type: none"> Defining non-prescribed use Commonly misused pharmaceuticals and trends in use Reasons for non-prescribed use and profiles of users Supply routes Effects and harms of opioids and benzodiazepines Addressing non-prescribed use of pharmaceutical drugs Harm reduction strategies Treatment 	<p>Increased knowledge and skills in:</p> <ul style="list-style-type: none"> Understanding non-prescribed use Legal consequences Trends and statistics Motivations for non-prescribed use Identifying risk factors with service users Health effects of non-prescribed use of pharmaceutical drugs Strategies for addressing non-prescribed use of pharmaceutical Providing information referrals and support
New Psychoactive Substances (NPS)	<ul style="list-style-type: none"> What are New Psychoactive Substances (NPS)? Why do people use synthetic drugs? Usage trends and statistics Media depiction Harm reduction strategies Help, support and resources 	<p>Increased knowledge and skills in:</p> <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, referrals and support
Quit SAFE: Supporting Others to Quit Smoking and Tobacco Use	<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 	<p>Increased knowledge and skills in:</p> <ul style="list-style-type: none"> Tobacco use and control Effects, harms and use trends Historical and contemporary issues in relation to tobacco Nicotine dependence Effective quitting methods Tobacco and quitting resources Referral pathways and programs Providing brief interventions, referrals and support

Suite of presentations

Issues based topics

PRESENTATION	OUTLINE	OUTCOMES
Co-morbidity	<ul style="list-style-type: none">• What is co-morbidity?• How common is co-morbidity?• Why does co-morbidity occur?• Guidelines to responding to co-morbidity• The stages of change• Help, support and resources	<p>Increased knowledge and skills in:</p> <ul style="list-style-type: none">• Definition of co-morbidity• Statistics around co-morbidity in Australia• Reasons why co-morbidity occur (three hypotheses)• Guidelines to responding to co-morbidity• Stages of change• Providing information, referrals and support
Discussing Alcohol and Other Drugs (AOD) with Young People	<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
Health Concerns for Young People	<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, referrals and support to young people

Issues based topics

PRESENTATION	OUTLINE	OUTCOMES
Supporting Young People experiencing AOD issues	<ul style="list-style-type: none"> Strategies and resources for working with young people around drug and alcohol use Stages of change Helpful drug and alcohol-specific services Support services available 	<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
Understanding the Needs of Young People to Inform Prevention and Harm Reduction Strategies: A Qualitative Research Study	<ul style="list-style-type: none"> Drug and alcohol priorities among young people in South Western Sydney Psychosocial influences on young people's drug use Designing appropriate and inclusive prevention programs for young people 	<p>Increased knowledge and skills in:</p> <ul style="list-style-type: none"> Designing appropriate and inclusive AOD prevention and harm reduction programs Qualitative Research Methodology Building research capacity in small not for profits and the AOD sector Using research to inform knowledge and practice

To request an AOD Link presentation or for more information, contact the Youth Solutions team on 02 4628 2319 or info@youthsolutions.com.au.

Donations are welcome and much appreciated.

Referral info & support

Need help with supporting a young person?

Youth Solutions can help with:

- Issue-based information
- Referrals to support services
- School staff training



Teacher's lounge resource

A collaborative resource which enables participating schools to have exclusive access to:

- Tailored resources
- Issue-based factsheets and information
- A one-stop-shop for referral information

Participant feedback

“Excellent content. Clearly knowledgeable & experienced.
Thank you.”

- Sector Worker, 2020

“I thoroughly enjoyed the presentation as it allowed me to gain a better understanding and further insight into the current issues we face in our youth population, especially in the Campbelltown and Macarthur regions.”

- Medical Student, 2020

“I really enjoyed your presentation today. It provided a lot of useful information and access to some great resources.”

- High School Teacher, 2020

“I liked the thought provoking discussion questions, as well as how open and honest the presenters were.”

- Medical student, 2020

“I really enjoyed the presentation and found that it offered very practical advice and relevant information.”

- TAFE student, 2019



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