



# INFORMATION PACK 2020 - 2021



**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).

# Who we are

## Our Program Team

All of Youth Solutions' facilitators are highly trained and experienced in facilitating programs with young people.

- Qualifications in Public Health, Health Science, Medical Science and/or Youth Work
- Statement of Attainment: Orientation to the AOD Field
- Trained in Youth Mental Health First Aid and/or Mental Health First Aid
- Trained in Child Protection and First Aid
- Working with Children Check clearance
- Well connected with local youth service providers



## Our Peer Educators

Our peer educators are young people aged 16 – 25 years from the Macarthur region who are involved with our Youth Advisory Group (YAG).

- Passionate about health promotion
- Trained in drug and alcohol, help seeking and facilitation of Youth Solutions programs
- Working with Children Check clearance



# Our program commitments

- Tailored & evidence-based
- A focus on knowledge and skill development
- Outcomes based with defined learning and health outcomes
- Well planned and professional
- Interactive and activity-based learning
- To do no harm and create only positive impact



# Our program foundations

- 12 principles of drug education in schools
- NSW PDHPE Curriculum
- Wellbeing framework for schools
- 8 Aboriginal ways of learning (ARTucation project)
- Framework for pastoral care and wellbeing



# 2019 – 2020 Project Impact

## SERVICE DELIVERY SNAPSHOT: CORE PROJECTS



**44%** identified as male **53%** identified as female **3%** identified as non-specific  
**14%** were Aboriginal or Torres Strait Islander & **32%** spoke another language



**96%** learnt something new about the types and effects of alcohol and other drugs



**96%** learnt about helpful ways to keep themselves and their friends safe around alcohol and other drugs



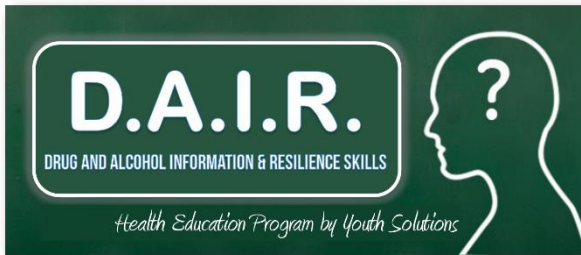
**95%** learnt something new about help services and how to access them

95% of respondents knew what to do in an emergency after workshop participation  
83% rated the Youth Solutions facilitator as 'good' (bad/ok/good)



[YOUTHSOLUTIONS.COM.AU](http://YOUTHSOLUTIONS.COM.AU)

# Our programs



Minimum 3 workshops  
(60-90 minutes)

Option for in-school project

Involvement of external  
youth service providers

Topics covered:

- Drug and alcohol information and health effects
- Stress and mental health
- Help and support

**Participants:** Young people  
aged 12 – 25 years old

**Group size:** 8 – 20 young  
people

Minimum of 1 support worker  
participating throughout the  
program

**Delivery:** Face-to-face or  
online options available



1 presentation  
(60 – 90 minutes)

Popular as part of the Life Ready Program (Year 11)

Topics covered:

- Drug and alcohol information and health effects
- Standard drinks
- Safe transport options
- Consequences of unsafe choices
- Emergency response
- Support services

# Our programs



Minimum 4 workshops  
(60-90 minutes)

At least 50% of  
participants identify as  
Aboriginal and/or  
Torres Strait Islander

## Topics covered:

- Drug and alcohol information and health effects
- Stress and mental health
- Help and support

## Healthy expression activity:

- Aboriginal inspired painting
- Traditional Indigenous Games
- Aboriginal dancing

Involvement of Aboriginal-identifying  
facilitators





# Additional offerings



- Parent/carer information sessions
- Professional development for educators and sector workers
- Opportunities to develop knowledge in alcohol and drug related topics
- Increased confidence to better support young people and/or clients with drug and alcohol related issues
- Face-to-face and online delivery options available

## Teacher's lounge resource

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

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

## Need help with supporting a young person?

Youth Solutions can help with:

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





# Additional offerings

## Community capacity building

- Support with campaign and awareness raising events and activities
- Review and development of drug and alcohol-related policies & procedures
- Consultancy

## Volunteer opportunities!

### Youth Advisory Group (YAG)

- Young people aged 16 – 25 years who live, study, work or recreate in the Macarthur area
- Interested in youth health and want to make a difference in the local community

### Other

Visit our website for other current volunteer opportunities:

[www.youthsolutions.com.au/get-involved/volunteer/](http://www.youthsolutions.com.au/get-involved/volunteer/)

## #whychoose campaign

Aims to start a conversation with young people about the risks of tobacco smoking and the benefits of quitting smoking, cutting back or not starting to begin with.

**Interactive lunch time stalls available!**



# Project feedback

“Great program, very educational and could help save many lives. Well done and well presented by all facilitators.”  
- *Teacher, 2019*

“Thank you for teaching us about alcohol, drugs and mental health. I’ve learned a lot.”  
- *Project Participant, 2019*



“Well presented, great content. Students really enjoyed the activities and got a lot out of the program.”  
- *Teacher, 2017*

“It was amazing and very educational and fun.”  
- *Project Participant, 2018*

# Project 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*



“You spoke to them, not at them – thank you!”

*- Teacher, 2019*

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

*- Medical student, 2020*



**YOUTHSOLUTIONS.COM.AU**

**02 4628 2319**

**info@youthsolutions.com.au**

**Office:** Suite 13 Level 4, Macarthur Square Shopping Centre  
200 Gilchrist Drive, Campbelltown NSW 2560

**Post:** PO Box 112, Macarthur Square NSW 2560



**YouthSolutionsNSW**



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**company/youth-solutions-ys/**



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