



**Together we can  
make a difference**

**Youth Solutions  
Workplace Giving Proposal**



**Youth  
Solutions**

Promoting Health • Preventing Harm



**youthsolutions.com.au**

# ABOUT US

Youth Solutions is a youth drug and alcohol prevention and health promotion charity. What does that mean?

It means that we deliver programs, services, campaigns and supports to young people to help reduce and prevent them from drug and alcohol harm. Our programs focus on education, building skills and connecting young people to the support, services, community and information they need to improve their health, safety and wellbeing.

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

Our tailored programs and services see us work with some of the most at-risk young people in our community. But we cannot do it alone.

As a charity, Youth Solutions relies on the generosity of the community to reach young people and support them on a positive path.



**Will you join us?**

**Sign up to donate and help our next generation to be healthy, safe, connected and spared the harms of drugs and alcohol.**

# A LETTER FROM OUR CEO

It's no secret that it's been a tough year for many people in our community; none more so than some of our young people. Living the realities of a pandemic has only exacerbated the everyday pressures and struggles that many of our young people are facing.

Even prior to this pandemic we knew that globally, alcohol was and is among the leading risk factors claiming the lives of our young people. Nationally, alcohol and other drug use remains a leading contributing factor for death and disease burden in young people. The same is true locally as we see many young people struggle with issues and harm resulting from drug and alcohol use. Since the pandemic hit, alcohol sales indicate that people are drinking more than before. It's a concern – one that I know we all share.

It's why we at Youth Solutions remain as committed as ever to supporting, educating, upskilling and connecting our young people – to prevent them from drug and alcohol related harm. To help give them a better path. To foster a community of healthy, safe and connected young people.

**For us, that safe and healthy community and that positive path for our young people, starts with prevention. And it starts with you.**

Our prevention and early intervention programs and services help young people and their supporters to understand how drugs and alcohol can affect their lives. They build up positive coping strategies. They link young people to the support and help they need when things are tough. They provide the knowledge and skill development necessary to prevent and reduce harm from alcohol and drug use. **What we do is only possible with your support.**

We need to be there from the start for our young people. They need our support and our prevention and early intervention programs to help shape and change their path. **Our young people need us now more than ever.**

Please help us to continue, expand and provide the resources for our programs so that we can reach more young people.

Your colleagues are considering our same plea right now: **please make a regular donation to Youth Solutions.** A small monthly contribution from you means a big deal for the future of our community and the health and happiness of our young people.

Getting involved is simple; just return the form at the back and we get things underway.

Thank you for taking the time to consider our request and, I hope, for making the decision to join us in changing the paths for our young people.

**Together we can make a difference.**



**Geraldine Dean**  
**Chief Executive Officer**  
**Youth Solutions**

# JACK'S STORY

**Jack\* is like many young people in our community.**

**Youth Solutions is working to change the path for young people like Jack via education, prevention and early intervention programs. Prevention before initiation is key. Help us change the path for young people like Jack.**

Jack\* was 12 years old when he went to a sleepover at his friend's place. At this sleepover, he drank alcohol, because his friends did. He wanted to fit in.

When Jack was 14 he tried ice (crystal methamphetamine) for the first time. Experimentation was natural he said. It's all good. All of his friends had tried it before; they were fine.

Jack never really felt like himself around his friends. They didn't really know the true him so Jack started taking many other substances. He said he felt like he could really be himself when he was using drugs.

Jack's mum had planned an 18th birthday for him. She was so grateful that he had made it to 18, with what he had been through. He didn't arrive at the party. He went to another party. At that party, Jack got into a bad fight.

He started losing friends. He didn't realise the judgement that would come from taking drugs. His friends were the ones who encouraged him in the first place; until it went too far.

Jack spent the next few years homeless. He didn't go to school. He didn't want to. It was painful to hear his friends call him names he never thought they would.

Jack was 21. He was alone. He didn't know how things got so bad. Jack tried to take his own life.

Jack's mum said the family was deeply affected by what Jack had gone through.

His little sister now suffers from depression and anxiety. She doesn't have any interest in taking drugs herself because she has seen drugs tear her family apart.

Jack now lives with the burden of being addicted to drugs. He says it's a constant struggle and it affects his daily life.



**Sensitive use disclaimer: stock photo used**



# OUR KEY SERVICES

- Tailored, interactive drug & alcohol education programs
- Health, wellbeing & resilience education programs
- Information, referral, support & brief advice
- Social marketing, health promotion campaigns to address drug & alcohol issues
- Sector training & education to upskill workers & teachers on youth issues, alcohol & other drug issues

## Service Delivery Snapshot Core Projects

### PROGRAM DELIVERY



**1758**  
PARTICIPANTS  
**83%** YOUTH **17%** ADULTS



**989**  
PARTICIPANT EVALUATIONS



**66**  
COLLABORATORS



**10%**  
IDENTIFIED AS ABORIGINAL OR  
TORRES STRAIT ISLANDER



**47%**  
IDENTIFIED AS A DIFFERENT  
CULTURAL BACKGROUND

# 2021-2022



**94%**  
WOULD RECOMMEND THE  
PROGRAM TO A FRIEND



**96%**  
YOUTH PARTICIPANTS LEARNT  
SOMETHING NEW ABOUT  
EFFECTS OF AOD



**94%**  
YOUTH PARTICIPANTS LEARNT  
SOMETHING NEW ABOUT HELP  
SERVICES



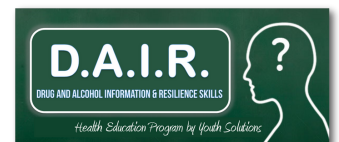
**93%**  
YOUTH PARTICIPANTS LEARNT  
SOMETHING ABOUT OR GAINED  
CONFIDENCE IN KNOWING WHAT  
TO DO IN AN EMERGENCY



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



# OUR SERVICE USERS SAY

“

The training was exceptionally well prepared and interactive. The preparation, organisation and consultation regarding the AOD training was truly outstanding.

– Sector Worker, 2022

”



“

The facilitator's communication pre and during workshop was great. The activities were well suited to our students and generated some great discussion.

– Teacher, 2022

”

“

Helps students to question things and to look after each other. Helps to clarify the different drugs and their impacts on the body.

– Teacher, 2021

”



# DONATE NOW



Scan the QR code to sign up directly through [Give Now](#), or complete the attached form & return it to Youth Solutions.

## CONTACT US



02 4628 2319



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[youthsolutions.com.au](http://youthsolutions.com.au)



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# Workplace Giving Donation Form

## I want to make a monthly donation of:

\$\_\_\_\_\_ per month

*Donations to Youth Solutions of \$2 or more are tax-deductible*

☐ *I authorise Youth Solutions to debit my card monthly until further notice.*

*Donation debits are set up through Give Now, who issue automatic receipts. I give permission for Youth Solutions to provide all details on this form to Give Now.*

## Your details:

Title:

Full Name:

Organisation/workplace:

Mailing address:

Email:

Phone:

## Payment details:

Please debit this card

☐ Visa

☐ Mastercard

☐ American  
Express

Name on card

Card number

Expiry (MM/YY)

CCV

Signature

## Please return this form via email or post:

Email

[finance@youthsolutions.com.au](mailto:finance@youthsolutions.com.au)

Phone

02 4628 2319

Post

Youth Solutions

PO Box 112

Macarthur Square NSW 2560

*Youth Solutions never intends to ask for more assistance than you can give. Please contact us if you would prefer not to receive future correspondence regarding donations.*

*We value your privacy: your personal information will be collected, used, and disclosed in accordance with our [Privacy Policy](#).*

ABN: 36 933 209 341



**Thank you for your support**