



INFORMATION PACK

2023 – 2024

Ceramics by Mount Annan High School ARTucation participants



Youth Solutions is funded by NSW Health & South Western Sydney Local Health District

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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).



OUR SERVICE

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

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

STRATEGIC DIRECTIONS

VISION

A community of young people with the capacity to live healthy, safe and well-connected lives.

MISSION

Youth Solutions works to educate and empower young people to be healthy, safe and well-connected. Our targeted drug, alcohol and wellbeing strategies focus on tailored learning, active participation and support.

OUR TEAM

03

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

- Qualifications in Public Health, Health Science, Medical Science, Teaching, Social Work and/ or Youth Work
- Statement of Attainment: Orientation to the Alcohol and Other Drug Field
- Trained in Youth Mental Health First Aid and/ or Mental Health First Aid
- Trained in First Aid and CPR
- Trained in Child Protection
- Trained in group work and facilitation
- 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 who are members of our Youth Advisory Group (YAG).



- Passionate about health promotion and drug and alcohol harm prevention
- Trained in drug and alcohol, supporting others and facilitation of Youth Solutions programs
- Working with Children Check clearance
- Involvement in Youth Solutions' campaigns and outreach activities



PROGRAM COMMITMENTS

04

We are committed to delivering tailored and professional programs to ensure a safe space is created for young people to learn.

- Tailored and evidence informed
- 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
- COVID-19 safe



PROGRAM FOUNDATIONS

Our programs are guided by key frameworks and the NSW Curriculum.



- 12 principles of drug education in schools
- NSW Curriculum
- Wellbeing framework for schools
- Framework for pastoral care and wellbeing

**“We have used Youth Solutions in the past in our school.
Great outcomes and feedback from students.”**

- Participant AOD Link, 2023

Health education workshops and presentations...

1913

PARTICIPANTS



96% YOUTH

4% ADULTS



57

COLLABORATORS



% of youth participants...



95%

OF RESPONDENTS
LEARNT SOMETHING
NEW ABOUT THE
TYPES & EFFECTS OF
DRUGS & ALCOHOL



96%

OF RESPONDENTS
LEARNT SOMETHING
NEW ABOUT KEEPING
SAFE AROUND DRUGS
& ALCOHOL



96%

OF RESPONDENTS
LEARNT
SOMETHING NEW
ABOUT ACCESSING
SUPPORT SERVICES



95%

OF RESPONDENTS
WOULD
RECOMMEND OUR
PROGRAMS TO A
FRIEND

90%

OF YOUTH PARTICIPANT RESPONDENTS SAID THE PROGRAM INCREASED THEIR
CONFIDENCE TO KNOW WHAT TO DO IN A DRUG OR ALCOHOL EMERGENCY

25%

IDENTIFIED AS ABORIGINAL OR
TORRES STRAIT ISLANDER

31%

SPOKE A LANGUAGE OTHER THAN
ENGLISH AT HOME

Additional community impact...

250

REFERRALS VIA
PHONE, ONLINE,
FACE-TO-FACE
OR VIDEO

830

ENGAGEMENTS AT
COMMUNITY
OUTREACH EVENTS

29,122

ENGAGEMENTS ON
FACEBOOK,
INSTAGRAM AND
LINKED IN

3

MAJOR HEALTH
PROMOTION
CAMPAIGNS
IMPLEMENTED

EVIDENCE INFORMED PRACTICE

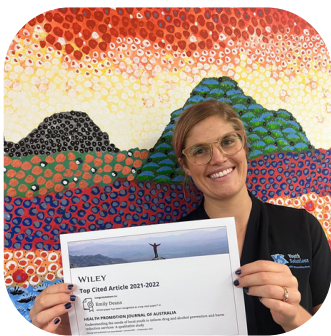
06

Youth Solutions' programs are designed based on evidence-informed practices:



Targeted programs

Our programs are carefully tailored to meet the age, knowledge level, needs and interests of each group. Programs are delivered with cultural safety, appropriateness and emotional safety in mind.



Research-based

Youth Solutions' Research Program regularly engages with young people through qualitative research in order to ensure that young people are actively involved in the design of program content. Young people are also provided a platform to advocate for their own support needs.



Whole-of-Community Approach

Youth Solutions works collaboratively with young people, educators, parents/carers and community organisations to deliver health education programs.



Youth Engagement

Youth Solutions has a strong culture of youth participation and engages with young people through drug, alcohol and wellbeing strategies that are responsive, interactive, flexible and targeted.



Evaluated

Youth Solutions uses quantitative and qualitative measures to evaluate its programs. Feedback is collected from program participants and stakeholders to plan for reflective and continual improvement.

Youth Solutions' drug education programs align with the below PDHPE curriculum outcomes:

Stage 5

Knowledge and understanding:

- PD5-1: assesses their own and others' capacity to reflect on and respond positively to challenges
- PD5-2: researches and appraises the effectiveness of health information and support services available in the community
- PD5-7: plans, implements and critiques strategies to promote health, safety, wellbeing and participation in physical activity in their communities

Skills:

- PD5-9: assesses and applies self-management skills to effectively manage complex situations

Stage 4

Knowledge and understanding:

- PD4-1: examines and evaluates strategies to manage current and future challenges
- PD4-2: examines and demonstrates the role help-seeking strategies and behaviours play in supporting themselves and others
- PD4-6: recognises how contextual factors influence attitudes and behaviours and proposes strategies to enhance health, safety, wellbeing and participation in physical activity
- PD4-7: investigates health practices, behaviours and resources to promote health, safety, wellbeing and physically active communities
- PD4-8: plans for and participates in activities that encourage health and a lifetime of physical activity

Skills:

- PD4-9: demonstrates self-management skills to effectively manage complex situations
- PD4-10: applies and refines interpersonal skills to assist themselves and others to interact respectfully and promote inclusion in a variety of groups or contexts

NSW CURRICULUM

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Youth Solutions' programs align with the PDHPE curriculum outcomes:

Stage 3

Knowledge and understanding:

- PD3-2: investigates information, community resources and strategies to demonstrate resilience and seek help for themselves and others
- PD3-7: proposes and implements actions and protective strategies that promote health, safety, wellbeing and physically active spaces

Skills:

- PD3-9: applies and adapts self-management skills to respond to personal and group situations

“Appreciate your care and consideration in keeping younger people aware of drugs and alcohol, mental health and how to stay safe.”

- Youth Participant, 2023



Health Literacy, advocating for young people's health

Connectors Registered Charity

Promote Health. Prevent Harm.

Community Service **Youth Health Service**

Not for profit Health & Wellbeing
Health Education, Empowerment and Support

Leader Health Promotion, Drug and Alcohol Prevention

Non Government Sector

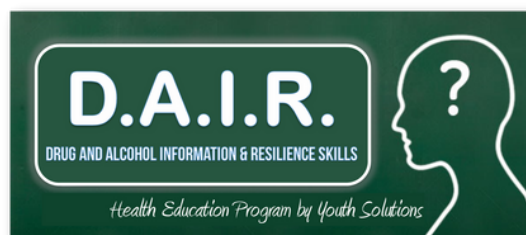
Award
Winning

OUR PROGRAMS

DAIR: Drug and Alcohol Information and Resilience Skills

Minimum 4 sessions

(Duration: 45 - 90 minutes)



DAIR participants will develop increased knowledge about alcohol and other drugs, mental illness and help and support strategies and services. DAIR helps young people to build resilience and gain skills and confidence in assessing safety and risk, implementing harm reduction strategies, accessing support services and advocating on behalf of their own health and wellbeing and that of their peers.

Participants: Young people aged 12 - 18 years

Group size: 8 - 25 young people
Minimum of 1 worker participating throughout the program

Delivery: Face-to-face or online options available



DAIR is great, students seem to be enjoying it and the facilitator is great! Thank you so much for your support!
- Teacher, 2022

OUR PROGRAMS

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ARTucation

Minimum 4 sessions

(Duration: 45 - 90 minutes)

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



ARTucation participants will develop increased knowledge of Aboriginal culture, alcohol and other drugs, mental illness and help and support strategies and services. In a culturally safe way, ARTucation helps young people to gain skills and confidence in assessing safety and risk, implementing harm reduction strategies and accessing support services. ARTucation participants will take part in interactive educational workshops before participating in a creative cultural workshop facilitated by a First Nations creative.

Participants: Young people aged 12 - 18 years
Group size: 8 - 25 young people
Minimum of 1 worker participating throughout the program
Delivery: Face-to-face or online options available



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

OUR PROGRAMS

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Party SAFE



Party SAFE Presentation

(Duration: 45 - 90 minutes)

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

- Drug and alcohol information and health effects
- Safety strategies
- Consequences of unsafe choices
- Emergency response
- Support services



AOD Link

AOD Link Presentation

(Duration: 45 - 90 minutes)

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



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

OUR PROGRAMS

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Health Pro+

Minimum 2 sessions

(Duration: 45 - 90 minutes)

Through interactive workshops, Health Pro+ aims to build the knowledge, skills and confidence of future health and community service workers to ensure they can effectively support young people experiencing drug and alcohol issues.



HEALTH PRO+

“Awesome experience and opportunity. Great team and extremely professional. Need all community sports organisations to be exposed.”

- Sports AWARE Stakeholder, 2023

Sports AWARE

Minimum 2 sessions

(Duration: 45 - 90 minutes)

Sports AWARE aims to educate and empower young sports players to be safe, and to keep others safe, around drugs and alcohol.



ADDITIONAL OFFERINGS

15

TEACHER'S LOUNGE

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

SECTOR SUPPORT

- Community capacity building
- Support with campaign and awareness raising events and activities
- Review and development of AOD-related policies and procedures
- Resource development
- Consultancy

VOLUNTEER OPPORTUNITIES

Youth Advisory Group (YAG)

- Young people aged 16 - 25 years who live, study, work or are associated with the Macarthur or Wingecarribee regions.
- Interested in youth health and want to make a difference in the local community.

Visit our website or contact our team for eligibility and vacancies.

PEER-LED CAMPAIGN

- The goal of the annual peer-led campaign is to increase the knowledge of the harms of tobacco smoking and vaping and increase skills and confidence to access nicotine cessation/support services among young people aged 12 – 25 years across Macarthur and Wingecarribee.
- Interactive lunch time stalls available!

REFERRAL AND SUPPORT INFORMATION

Youth Solutions can help with:

- Issue-based information
- Referrals to support services



CONNECT WITH YOUTH SOLUTIONS



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**Youth
Solutions**

Promoting Health • Preventing Harm