



INFORMATION PACK 2024-2025



youthsolutions.com.au

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



Learn more
about us here



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 on the lands of the Dharawal and Gundungurra people.

At Youth Solutions we are all about promoting health, preventing harm and making a difference in the lives of young people. Our work aims to ensure that young people have the capacity to live healthy, safe and well-connected lives.

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

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

OUR PEER EDUCATORS

Our Peer Educators are young people aged 16-25 years who are members of our Youth Advisory Group (YAG). Our youth volunteers are passionate about preventing drug and alcohol related harm and trained to co-facilitate workshops and support community outreach events.



OUR IMPACT

Health education workshops and presentations

1683
PARTICIPANTS



93% YOUTH
7% ADULTS



45
COLLABORATORS



% of youth participants...



92%

LEARNT ABOUT
TYPES & EFFECTS
OF DRUGS &
ALCOHOL



94%

LEARNT ABOUT
KEEPING SAFE
AROUND DRUGS &
ALCOHOL



90%

LEARNT ABOUT
ACCESSING HELP
& SUPPORT
SERVICES



88%

INCREASED THEIR
CONFIDENCE TO
KNOW WHAT TO
DO IN AN
EMERGENCY

25%

IDENTIFIED AS ABORIGINAL AND/OR
TORRES STRAIT ISLANDER

24%

SPOKE A LANGUAGE OTHER THAN
ENGLISH AT HOME

Additional community impact

250

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



1112
ENGAGEMENTS
4655

RESOURCES
DISTRIBUTED
AT OUTREACH
EVENTS

76,612

ENGAGEMENTS
ON FACEBOOK,
INSTAGRAM,
TIKTOK AND
LINKEDIN



3

MAJOR HEALTH
PROMOTION
CAMPAIGNS
IMPLEMENTED



OUR PROGRAMS

Youth Solutions is committed to delivering tailored and professional programs and ensuring we are providing a safe and inclusive space for young people to learn.

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 projects.


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' health education programs align with the NSW PDHPE curriculum outcomes.

 **Learn more about and
book our programs here**



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

- Youth Participant, 2023



DAIR (Drug and Alcohol Information and Resilience Skills)

Minimum 4 sessions

Duration: 45 - 90 minutes per session



DAIR is an interactive and educational health promotion and drug and alcohol harm prevention program for groups of young people.

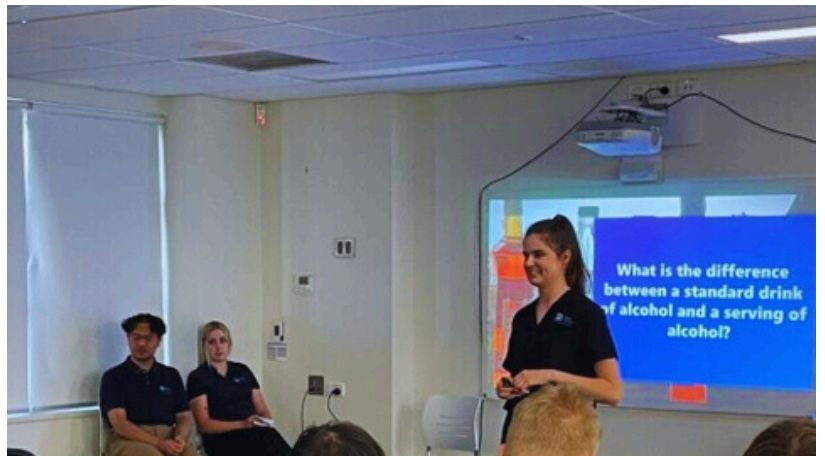
DAIR will increase participant knowledge of drugs and alcohol, safety strategies and help and support services.

DAIR helps young people to build resilience and skills and confidence in assessing safety and risk, keeping self and others safe and healthy, accessing support services as needed 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



“Your program was extremely valuable to our young people. Targeted to their current needs and issues. Thank you!”

- DAIR Stakeholder 2023-2024



Book now via our [website](#) or [contact our team](#) today

ARTucation

Minimum 4 sessions

Duration: 45 - 90 minutes per session

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



ARTucation is an interactive health promotion program for groups of First Nations young people and their peers, that combines drug and alcohol education with creative arts.

ARTucation will increase participant knowledge of drugs and alcohol, help and support services, positive coping strategies and Aboriginal culture. ARTucation helps young people to gain skills and confidence in assessing safety and risk, keeping self and others safe and accessing culturally safe support services as needed.

ARTucation participants 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



“I enjoyed learning more about drugs and alcohol”

- ARTucation Participant 2023-2024



Book now via our [website](#) or [contact our team today](#)

Health Pro+

Minimum 2 sessions

Duration: 45 - 90 minutes per session

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 people experiencing concerns around drugs and alcohol.

Participants will learn about the effects and risks of drugs and alcohol, current substance use trends and strategies to identify and support people experiencing drug and alcohol concerns.

HEALTH PRO+



Sports AWARE

Minimum 2 sessions

Duration: 45 - 90 minutes per session

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

SPORTS
SPORTS AWARE
AWARE



“Awesome experience and opportunity. Great team and extremely professional. Need all community sports organisations to be exposed.”
- Sports AWARE Stakeholder, 2023



Book now via our [website](#) or [contact our team today](#)

Party SAFE

Party SAFE Presentation

Duration: 45 - 90 minutes

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

- Drug and alcohol information
- Safety strategies
- 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



ADDITIONAL OFFERINGS

Volunteering

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

Referral & Support

Youth Solutions can help with issue-based information and referrals to support services

Available via phone, email, in person or on social media.

Contact us today.



Book now via our [website](#) or [contact our team today](#)

CONNECT WITH YOUTH SOLUTIONS



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**Youth
Solutions**

Promoting Health • Preventing Harm