

INFORMATION FOR YOUR COMMUNITY

An important priority for many Community Drug Action Teams (CDATs) is to provide up to date information on where to get help for drug and alcohol problems.



Culcairn Holbrook Youth Action Team developed a calendar with artwork from young people, interspersed with drug and alcohol information and services.

Following the success of its original booklet to help combat drug and alcohol use, Albury Wodonga Community Drug and Alcohol Action Team (AWCDAAT) launched a new revised version just before Christmas 2006.

This launch was part of *Party in the Q*, an event in Albury's QEII Square, designed to show young people they can have fun in the festive season without using drugs or alcohol.

"Our brochure is youth-oriented with information on services, where the services

are and telephone numbers," said Phillip Pye, chairman of the AWCDAAT. "It also has information that can be used if your friend is taking drugs and somebody you can talk to about it.

"At this time of the year a lot of kids are finishing school and that's when you have end of year parties, new year's parties and Christmas," he said.

"There is a temptation there and we've got the information to help."

Providing timely and relevant information for youth was also a high priority in Tamworth, where the Tamworth CDAT collaborated with other service providers to produce and distribute the Tamworth Youth Information Card.

10,000 cards were printed in the first round, and after enthusiastic feedback from a regional evaluation, a second print run of 12,000 cards was commissioned. These continue to be used by the CDAT for Youth Week and other youth projects.



The new-look Tamworth Youth Information Cards.



ALBURY WODONGA

AWCDAAT members distributing their new booklet at Party in the Q. (from left) Michelle Head, Melinda Marengo and Phillip Pye.

PHOTO COURTESY OF THE BORDER MAIL

Airds Bradbury CDAT also developed Youth Contact Cards to improve knowledge of drug and alcohol services available in the area. Two Community Welfare Diploma students from the local TAFE co-ordinated the project as part of their work placement, consulting with community workers and students at Airds High School to develop the content. Art students from TAFE designed an appealing fold-out card, and recreational information was also included to encourage the cards to be retained.

Every student at Airds High School received a lanyard with a sleeve containing the Youth Contact Card, as well as vouchers from Intensity and McDonalds. The Youth Cards were also available through the Airds Bradbury Community Centre, as well as from a display in Macarthur Square, the main shopping precinct.



Students at Airds High School with the Youth Contact Cards.

An evaluation a month later indicated that 98% of surveyed students had retained the cards for reference.



Bankstown CDAT regularly provides information at the annual Safety Fair at a local shopping centre.

A fridge magnet was also developed by the CDAT, listing essential emergency information and services.



AROUND

DRUG ACTION AND THE

Drug Action Week® is a national awareness week held each June. Over the years it has been a natural focus for hundreds of events organised by Community Drug Action Teams across NSW. Here are some of the many activities organised by hardworking CDATs for Drug Action Weeks over the last eight years.



PHOTO COURTESY OF THE CENTRAL COAST EXPRESS ADVOCATE

IN 2006 INVERELL CDAT set up a stall outside a local supermarket, providing literature as well as surveying the public and high school students on their knowledge of drugs, their effects, and basic first aid.

CESSNOCK CDAT received more than 400 entries from nine schools for their Drug Action Week drawing competition in 2006, which asked children to colour in a picture showing some of the harms caused by smoking. These are the proud winners.

STUDENTS FROM NARARA VALLEY HIGH performed *The Party* for the Celebrating Safely Community Forum in Drug Action Week 2006 supported by Central Coast CDATs (KBT, Northern Wyong Peninsula and Wyoming). The forum shared ideas on how to minimise alcohol and drug-related harm when young people celebrate.

WEEK STATE



BATHURST CDAT organised a services expo for Drug Action Week in 2006, drawing together service providers from across the community. The event attracted much radio, television and press coverage. The CDAT also promoted the MERIT and RAD programs, that allow offenders with drug and alcohol problems to commence treatment while on bail.

GRIFFITH CDAT organised a well attended forum at the local library in 2005. CDAT members displayed drug and alcohol information supplied by NSW Health Community Drug Strategies.

CASINO CDAT organised a Reconciliation Golf Day in 2004 to bring Aboriginal and non-Aboriginal people together to work more effectively in tackling drug and alcohol problems. The enjoyable event was well attended by indigenous groups, health workers and police.

NORTHERN WYONG CDAT runs Rock Against Drugs in Drug Action Week every year. Here young people experience walking with vision impairment "beer goggles" in Gwandalan.

STICKFEST - MARYLAND COMMUNITY AWARENESS DAY.
"Maryland may be out in the sticks, but the locals still like to work together to build better futures for their community, and get together to celebrate the achievements."

Organised by Newcastle CDAT in 2005, StickFEST was a fun day out combining a Battle of the Bands, jumping castle, competitions and games, a junior talent quest, face painting, clowns and amusements and lots of market and info stalls. Over 1000 people enjoyed StickFEST, and it was so popular it spurred several young people to form their own CDAT, the Youth Action Krew, now known as YAK.



Drug Action Week® is an initiative of the Alcohol and other Drugs Council of Australia (ADCA)



SAVING MATES

The Red Cross *Save A Mate* first aid training program is a simple and effective way for many CDATs to provide life-saving skills to young people in their communities.

For example, almost half the 241 teenagers who participated in the *Save A Mate* first aid program in North West NSW in 2005 had previously witnessed an overdose.

Furthermore, in many isolated communities, help is not always at hand. "It takes at least 45 minutes for an ambulance to get here, and then they will only come to our community with a police escort," explained a community worker in North West NSW.

Following 18 months of community consultation by Community Drug Action Teams from Tamworth to Narrabri clear feedback indicated that young people and youth workers lacked the skills and knowledge to prevent, recognise and respond to first aid emergencies resulting from alcohol and other drug misuse.

Lisa O'Brien, Project Officer for Drugs and Community Action Strategy, NSW Health, explains; "By tapping into the unique place of Community Drug Action Teams in their communities, we could identify strategies to address the real issues facing many young people. The *Save A Mate* program was flexible enough to accommodate those participants

with low levels of numeracy and literacy, and the course material was tailored to the substances relevant to their communities, overwhelmingly alcohol and cannabis. We were extremely grateful to receive AER Foundation* funding for 21 workshops for young people in 11 communities.

"We then invited other people and agencies to become involved, with an amazing 52 partners assisting with the project, including local schools, youth workers, Aboriginal services and a variety of agencies and community members which all assisted the CDATs in various ways to organise the workshops. The media support for the program was also outstanding."

The training was delivered in two sessions, the first on Alcohol and Other Drugs, covering substances and their effects, early warning signs of a potential emergency, risk factors for overdose and harm reduction strategies. The second session covered emergency response training, including what is first aid?, dealing with ooo operators, infection control, how to respond to dehydration, panic attacks, drink spiking,



“It has been worthwhile because when talking to young people, even if they are still going to participate in drug and alcohol activities, they are more aware of the dangers and have some sort of strategies in mind for them and their mates. The Save A Mate course was excellent, and the majority of the kids responded very positively to it.”

Philippa Kaberry,
Moree Family Support, Moree CDAT

fitting, Expired Air Resuscitation (EAR) and Cardio Pulmonary Resuscitation (CPR).

Over 95% of the participants passed the course, with very positive feedback from the training experience.

Student comments included;

“It gave us real life examples that help me to understand a lot more things about drugs and overdosing. It was great and easy to understand in the way that she presented it,” student, Gunnedah.

“She didn’t try to make it sound pretty, because it’s not, and we need to know the truth in these scenarios. I feel confident about doing all I can to help them. Thanks!” Female, 14-15, Tenterfield

“It really put the issue of drugs into perspective realistically for people of our age” Female, 14-15, Tenterfield

“I am very proud to think that I have been fully trained in CPR”, Male 16-18, Narrabri

Since the training sessions some of the participants have been able to put their training to the test.

“In one situation a teenage boy in a remote community outside Boggabilla pulled one

of his friends out of the river unconscious,” says Lisa. “After initial mouth to mouth resuscitation by another onlooker, she was able to administer first aid, placing the young boy in the recovery position until the ambulance arrived from over 20 kms away. In another situation, a young person at a party near Glen Innes recognised the need for an ambulance for one of her friends, before it was too late.”

“Since the success of this series of workshops CDATs in these same areas have organised a further 11 training sessions,” said Lisa.

Save A Mate training has also been well received by young people in Gwydir, as well as participants in Dubbo Juvenile Detention Centre. Other CDATs which have organised Save A Mate training sessions include Albury-Wodonga, Condoblin, Hay, Pittwater, Shellharbour, Shoalhaven, Surry Hills, Tingha, Ulladulla, Walgett, and Wollongong.

* Alcohol Education and Rehabilitation Foundation Ltd



Wall painting graffiti.



Members of KBT Community Building Network getting on the bus for WAT-A-FEST.

YOUTH WEEK

Youth Week in April is a natural focus for many CDAT activities, with exuberant drug and alcohol free events for young people held all over NSW.

Opening of the new Bingara Youth Centre in April 2006, organised by Gwydir CDAT.



WAT-A-FEST

Watanobbi Youth Festival, held in Youth Week 2005, attracted a big local crowd of 500 people, with massive community support including the KBT Community Building Network.

Local youth bands played (including entrants for the Battle of the Bands), there were skating demos, rides and many local services information stalls. A great day ended with an open-air family movie screened in the park.

DRUG AWARENESS EDUCATION

In Youth Week 2002 Coonabarabran CDAT organised a range of activities, including a drug and alcohol free disco, craft workshops, a movie marathon and a *Save a Mate* first aid course, which together involved over 200 local young people. All the events provided opportunities to change peer pressures around drugs and alcohol.

THAT YOUTH THING

At Speers Point Park, Lake Macquarie CDAT supported *That Youth Thing* in Youth Week 2005 with a "film-off" competition, local bands, free rides, graffiti art workshops, jewellery making and hair and make-up tents. Eight bands entertained over 1500 people.

TOTALLY WICKID

Mudgee Drug Action Team (MDAT) was a key sponsor of the *Totally Wickid* Youth Week event in 2005. Young people watched "skate offs" between some of Australia's top BMX, in-line skate and skateboard riders, and took part in skate workshops and competitions. MDAT provided prizes and distributed information on the impact of various drugs and alcohol as well as information on local services. Around 400 young people and families crowded into Mudgee Skate Park for this very successful event. Yass CDAT also held a drug information stall at its local *Totally Wickid* event.