



Newsletter

Newsletter February
2010

This Newsletter is part of the regional AOD Youth Capacity Building Role. Welcome to the first newsletter for 2010. Hope everyone has had a fantastic Christmas and gearing up for a fantastic new year. If you have any comment, events, information that you would like included in future newsletters or feedback please don't hesitate in contacting me at jtaylor@barwonyouth.org.au

Notice board

Feb Fast

Febfast is a national health and charity campaign that dares Australians to banish the booze during February, the shortest month of the year.

Funds raised from FebFast go to The Australian Drug Foundation, YSAS, Ted Noffs Foundation, Mater Hospital Adolescent Drug and Alcohol Withdrawal Service and several community organizations.

It supports research, prevention, and service delivery concerning the use of alcohol and other drugs by young people.

If you haven't registered yourself by now or sponsored a friend, jump on the website or email info@febfast.com.au to find out how you can still support the campaign.

Online community for and by people with a disability

Victoria's first online community for and by people with a disability, Divine aims to inform, engage and entertain. The site encourages participation and a sense of belonging. It is a safe space where people with a disability can share their passion and unique perspective with thousands of other Victorians. www.divine.vic.gov.au

Victoria Police – 'My Place'

Victoria recently launched a new website application that enables people to search for current crime statistics in their local area, simply by typing in their postcode and is updated every quarter.

'My Place' is a great opportunity for the community to view local crime statistics in an open and transparent way, and enables them to learn how to avoid being a target of crime by following basic prevention tips.

New Report: Alcohol and other Drug Treatment Services in Australia 2007 -08, Australian Institute of Health and Welfare.

This report presents data on publicly funded alcohol and other drug treatment services and their clients. To read the full report

<http://www.aihw.gov.au/publications/index.cfm/title/10744>

Report: 'Housing the homeless: report on the inquiry into Housing legislation'

This report has been tabled in parliament, it has 15 recommendations attached to it, may be of interest to some.

<http://www.aph.gov.au/house/committee/fchy/homrlessness/report.htm>

NCPIC – Training opportunities

The workforce development team at NCPIC has been offering free cannabis training to the alcohol and other drug, allied health, education, justice and community sectors since December 2007. The current 2009- 2010 workplan has introduced workshops around clinical guidelines, including teaching the basic clinical principles of motivational enhancement and cognitive behavioural therapy. If you would like more information about whats on offer through NCPIC please contact training@ncpic.org.au

Youth training was delivered in 2009 by Dr John Howard across Australia. The content of the workshops will be available in a self directed format within the NCPIC website in the near future and a train the trainer package developed for 2010. A more youth friendly version of the do it yourself 'quitting cannabis' booklet is being developed with young people not engaged in school and home settings and will be available in 2010. For further information on this please call John Redmond, (02)93850451 or email training@ncpic.org.au

The Improved services initiative – The national newsletter for the improved services initiative.

This newsletter is part of the national project which aims to build the capacity of non government drug and alcohol organizations to effectively identify and treat comorbid substance use and mental illness. It provides updates on the projects which have received grants through this initiative in the last year nationally, interesting read..

Our local representative in Victoria for this newsletter is Gail Ward (VAADA) 03 94125608 or gward@vaada.org.au.

www.comorbidity.org.au

Funding Available

Women's Leadership Grants

Women's Leadership Grants provide funding for projects and activities that develop capacity and increase opportunities for women to participate in leadership roles. The program will fund initiatives that:

- increase the capacity of women to participate in decision making
- increase opportunities for women's leadership
- increase diversity among Victoria's female leaders
- promote the achievements of Victorian women in civic and political life.

Grants of between \$2,000 and \$20,000 are available.

For more information, please call our Grants Information Line on 1300 366 356 (cost of a local call) on any weekday between 8.30am and 10.00pm (except Public Holidays).

Apply online www.grants.dpcd.vic.gov.au



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Grantready – Community Grant Guru

As you are all aware community grant programs typically offer funds that range in size from \$5000 to \$1,000,000. At any given time there are approximately 1500 grants available to assist community groups.. However these all sit on hundreds of different websites and forever changing. In response the database called Community GrantGuru with all of the grants listed in one place has been developed. It is free and easy to use and lists grants in the areas of arts, community services, education, environment and health, infrastructure, multicultural projects, and much more. Grantready can also provide assistance in many other things related to grants. It can be accessed at <http://community.grantready.com.au>

Festivals Australia

Festivals Australia aims to encourage cultural activity in regional and remote communities and to support a sense of place and community identity. This program funds to add a new innovative or special cultural activity to a festival. Examples of festivals Australia projects include a performer coming to a remote festival, the creation of a sculpture or short film etc.

Eligibility guidelines and application forms can be accessed from www.arts.gov.au/arts

Resources

Information for Young People

National Youth Week 2010 Website

The National Youth Week website is now live and a competition has been launched to choose two locations for national launch events. The National Youth Week ourspace competition invites young people to submit an audio, video or photographic entry about the contribution young people make to their home town. Two winning locations (one urban and one regional) will host a national launch event. So just google National Youth Week...

TESTme Service

This service is funded by the Department of Health & Ageing and is provided by the Melbourne Sexual Health Centre/ Access to free testing and treatments for Sexually transmitted infections through telephone or Webcam. This service is for young people under 25, indigenous young people, and same sex attracted, living in Victoria, 150 km away from Melbourne. Go to www.TESTme.org.au

Financial Counselling

Financial counselors offer a free and confidential service in which they are able to assist clients with debt issues by negotiating payment arrangements with creditors, advocating on behalf of clients, providing information on bankruptcy, legal rights, available concessions, centrelink entitlements, youth allowance and general budgeting advice.

The financial and consumer rights council Inc (FCRC) as the peak body for financial counselors has developed a postcard to raise awareness of financial counseling services amongst regional youth in Victoria.

Contact on 96632000 or at anushkad@frc.org.au

Street Shot – A photo competition

A project designed to raise young people's awareness about hepatitis c. An expression of interest form must be lodged before the 12th February; a group of young people must be bought together and taught how to take photos whilst learning about Hepatitis c. Hepatitis c Victoria will provide the education, supply cameras, print selected shots and organize a street shot exhibition during National Hepatitis Awareness Week in May. Contact Emily Lenton on 9385 9105 or emilyl@hepcvic.org.au

Impact of violence on young Australians

Are you engaged with or a young person aged between 12 – 24 years and have experienced physical violence, directly or indirectly, or know someone who has? Do you have a view on youth violence in your neighborhood, town, or city?

If so please take five minutes to complete the impact of violence on young Australians survey: <https://www.surveymonkey.com/s.aspx?sm=66hZ5LB13WcP4mNi3ojHig3d>

The Australian parliament is holding an inquiry into the impact of violence on young Australians, and would really like to hear your views. What they mean by violence is the sort of violence that's physical and is more likely to happen out on the street or in a public place.

'Looking beyond Dual Diagnosis: Young people speak out'

A new report funded by beyondblue, explores young people's experience of the mental health and AOD sectors. It has been written by Sarah Russell and Erica Evans and can be downloaded from the report section of the following site: <http://www.researchmatters.net>

The Outdoor Experience program for young males – February 2010

A unique opportunity exists for 16 – 25 year old males who have or had issues with alcohol and other drugs. TOE programs offer alternative means of tackling difficult life issues and provides opportunities for making sustainable positive changes through a supportive and challenging bush adventure experience. Visits to TOE and interviews for young people can be arranged at any time by contacting (03) 98552633.

OxyGen – a new website aiming to inform young people about tobacco so they can make their own decisions about smoking. It is an interactive website which includes a section where young people can share videos, pictures and stories. Check it out, www.OxyGen.org.au



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Indigenous Music Competition

NCPIC has recently launched an indigenous music competition. It is open to indigenous Australians of all ages and requires entrants to record a song onto CD or tape that expresses their ideas on the negative impact that cannabis has had on their community. There is a \$2000 prize for the winning entrant, with entries closing on 31 May 2010. To download a copy of the flier or entry form go to <http://ncpic.org.au/ncpic/news/competitions/article/indigenous-music-competition>

Useful websites for young people to access in relation to bullying

<http://www.cybersmart.gov.au>
<http://www.cyberbullying.info/office.php>
<http://www.stopcyberbullying.org/kids/index.html>

Barnados OfficeMax Grants Program

This program can provide grants for nominated children and young people up to a maximum of \$5,000 per individual to support, promote and encourage their educational potential and outcomes. For further information, see <http://www.bmaxe.com.au/html/>
Online application:
https://www.bmaxe.com.au/html/application-form_old.cfm

Do you use ecstasy?

Turning Point is currently looking for ecstasy users to participate in a three wave online survey. The survey is to look at users and community attitudes towards ecstasy. If you are between the ages of 16 – 25 and have used ecstasy in the past year or work with clients who may fit this criterion please help us by visiting the following website and completing a few eligibility questions: www.scenesurvey.com
If they qualify for the study and go on to participate in this confidential online research you will receive a \$20 gift voucher at each time point.
Contact Amy Pennay at Turning Point with any questions amyp@turningpoint.org.au or 03 8413 8460

Professional Development Opportunities

The tenants Union of Victoria

The tenants union of Victoria invites you to attend a one day training workshop on new approaches to the tenancy law. Workshop one looks at the 'charter of Human Rights and Responsibilities Act, and workshop 2 looks at the 'Family Violence Protection Act'. A number of workshops are on offer across a number of different sites in Victoria. For further information on dates and venues please contact Helen Munro on 94160513, or hmunro@tuv.org.au

The Bouverie Centre

The Bouverie Centre's training calendar is not available as yet but they have a few training sessions coming up worth mentioning –

- Single session work – 15th and 16th March
- Compassion Fatigue - 23rd March
- Free Family sensitive Practice Forum: Family Psycho-Education in Mental Health – What should it include and what about the process – 24th March – 2 hour session.

For further info go to www.bouverie.org.au

Diploma of Alcohol and other Drugs work

AGB Human Resources Geelong – is offering the diploma on campus in Geelong. The next course starts on Tuesday 9th March, with an information session being held on the 1st March. To discuss your training needs call 52223466.

Turning Point Alcohol and Drug Centre – Talking Point – Alcohol and Drug issues seminar series

From February to June 2010 one hour sessions will be held between 1pm – 2pm at the training room, 142 Gertrude st. Bookings are essential and can be made by calling 8413 8413.

The following sessions will be held –

- Moving forward the smart way – February 26th
- There's a riot going on – findings from the British heroin trial and future options for Australian opioid pharmacotherapy – March 26th
- The Billabong BBQ – connecting the Fitzroy Koori community – April 23rd
- The new outreach ? using web 2.0 to engage with clients and reduce drug related harm – May 28th

For more information go to www.turningpoint.org.au.

Graduate Certificate of Social Science (Community Engagement)

A new course at Swinburne, Graduate Certificate of Social Science (Community Engagement). More information call Sharon Templeman on 92146848 or STempleman@groupwise.swin.edu.au

Reconnexion's Education & Training Calendar

- Cognitive Behaviour Therapy for anxiety and depression
- Diabetes, anxiety and depression (with DAV)
- Cognitive behavioural & solution focussed approaches to working with anxious and depressed young people and their families
- Mindfulness CBT
- Alleviating anxiety and depression-substance using clients. If you would like more information on the above programs or are interested in having a program developed for your organisation please email janet@reconnexion.org.au
222 Burke Road, Glen Iris info@reconnexion.org.au
T:1300 273 266 www.reconnexion.org.au



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Mental Health First Aid Training

Based on the conventional first aid model, Mental Health First Aid (MHFA) can help you identify symptoms, causes and risk factors for the following high prevalence disorders:

- Depression
- Anxiety
- Psychosis
- Substance Use

Further, the course also teaches you how to respond to someone who:

- May be suicidal
- May be having a panic attack
- Appears threatening
- May have taken a drug overdose

Norwood offers the following types of courses

Adult MHFA (in English and Vietnamese)

Youth MHFA (Extra modules are Eating Disorders and Non suicidal self injury)

The MHFA courses can be delivered over two days or as four modules of three hours each. We run public courses and customised courses to suit your organisational needs delivered at a time and place to suit you. Our course is suitable for 15-20 participants. Participants who complete all units receive a Certificate of Attendance from the Mental Health First Aid body auspiced by Orygen Research Centre - University of Melbourne.

Norwood's Instructors are experienced mental health practitioners. For our latest courses and more information, please visit our website on this link: www.norwoodservices.org.au/firstaid

Expressions of Interest Gippsland TAFE Online Dual Diagnosis course, for semester one 2010

If you would like to express interest in doing the Dual Diagnosis course in 2010 you are invited to lodge your interest through the following link, <http://dualdiagnosis.ning.com>

This initiative is supported by Nexus and the Victorian Dual Diagnosis Initiative – Education and training unit.

February

Victorian Equal Opportunity and Human Rights commission

Upcoming workshops –

Human Rights and equal opportunity briefing – 16th February

Managing to return to work after injury – 23rd February

Introducing the Charter of Human Rights and Responsibilities – 25th February

More information go to www.humanrightscommission.vic.gov.au/training

Common Risk assessment framework (CRAF) 'Identifying family violence'

This is a free two hour introduction to family violence and risk assessment for practitioners and team leaders/managers.

Thursday 18th February – Portland.

Further information contact Annie Ferrari – IFV Project support worker at aferrari@comconnect.com.au

Introduction to Family Violence Training – 25th February, Portland

One day course covers definition, statistics, common beliefs about Family Violence, what makes it difficult to leave a violent partner, indicators, responding to disclosures, risk assessment and safety planning. Cost is \$20.

For further information please email

Annie Ferrari IFV Project support worker at aferrari@comconnect.com.au or by phone 52276033

Family Violence Protection Act 2008 – supporting women through the system

24th and 25th February 2010, Domestic Violence Resource Centre, Melbourne. For more information contact 94869866

March

'Promoting collaborative practice: Managing staff in Multi-Agency teams'

Half day workshop – Friday 5th March, Melbourne, Centre of Excellence. To register contact Jane Lawrence on 96141577 or training@cwav.asn.au

'So Gay, so what?'

An introduction to working with same sex attracted young people, and strategies to effectively challenge homophobia.

Tuesday 16th March 2010, Latrobe university, 215 Franklin st, Melbourne

Training is free, to book your place please email Roz Ward on r.ward@latrobe.edu.au or call (03) 92855131

Conferences – up and coming

8th Annual Health and Homelessness Forum "Diversity at work"

Thursday 25th March, Beechworth, free of charge, must rsvp before the 18th March.

Navigating the maze – Cybersafety and wellbeing

9th – 10th April 2010, Hilton on the Park, Melbourne.



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**Effective Aboriginal & Torres Strait Islander Service Delivery
– Beyond consultation to shared responsibility**

20th & 21st April, Crowne Plaza, Alice Springs, Northern Territory. www.indigservicedelivery.com

Building Bridges National Community Mental Health and Addictions Conference 2010

Transcending barriers, cultures and differences in our approach to community mental health and addictions services.
14th – 16th April 2010, Wellington, New Zealand.

'Health in Difference' Conference

This conference regarding the health and wellbeing of lesbian, gay, bisexual, transgender, intersex, queer, and other sexualtiy, sex and gender diverse persons will be held in Sydney from 29 April to 1 may 2010. See www.lgbthealth.org.au/Health-in-difference-2010

Reconnexion's 5th National Anxiety and Depression Conference, May 2010

For more information contact Janet Haynes on 03 98869400 or email – janet@reconnexion.org.au

The inaugural National Indigenous Drug and Alcohol Conference 'Listening, Learning, and Leading' 16 – 18th June 2010

Adelaide Convention Centre.
Call for abstracts close February 5th 2010
Earl bird registration closes Monday 15th March 2010
For more info go to www.nidaconference.com.au