

Christmas-New Year
2008/2009

This Newsletter is part of the regional **AOD Youth Capacity Building Role**.

Please contact Salli Hickford:

shickford@barwonyouth.org.au to provide any feedback.



Merry Christmas!!!

Notice board

Beyond Homophobia Survey

People working with young people in Victoria are invited to take part in the Beyond Homophobia survey from the Australian Research Centre in Sex, Health and Society (ARCSHS) at La Trobe University.

The survey is part of a project funded by the William Buckland Foundation to examine ways of improving services for same sex attracted and transgender young people (SSATY).

The survey will only take 15-20 minutes; it will ask you about your work and the things that help or hinder you in providing services to SSATY. The survey is completely anonymous and confidential.

You need to be 18 or over to participate.

For more information and to complete the survey please go to:

<http://www.latrobe.edu.au/ssay/BeyondHomophobiaSurvey.html>

Your contribution to this survey is highly valued.

Treatment Access Project: Intake systems in the Victorian AOD sector

Turning Point is currently undertaking a project investigating AOD treatment intake systems and practices. The project aims to:

- Identify and describe existing models of treatment intake in the Victorian AOD sector
- Document good practice
- Identify enablers and barriers
- Develop a good practice model of treatment intake that seeks to improve access to the Victorian AOD sector

You are invited to share your knowledge of AOD treatment intake systems by registering your interest with Janette Mugavin on 8413 8406 or janette.mugavin@turningpoint.org.au.

VAADA Conference 09

DIRECTION IN A TIME OF CHANGE

19-20 February 2009

Jasper Hotel, 489 Elizabeth Street, Melbourne

Change isn't new to AOD. Over the years the Alcohol and Other Drug Sector has evolved to meet shifting drug trends, changed government policy imperatives, and an increasingly diverse and complex client group with multiple needs. These changes present many challenges within the AOD field today for both workers and services.

Conference 09 will endeavour to explore these changes and subsequent challenges and offer delegates the opportunity to exchange ideas, share practice wisdom and showcase good practice for dealing with a work environment in flux. It will be of particular interest to those working directly with AOD clients.

For further conference information and to register visit: <http://www.vaada.info>

For all other inquires:

Shane Barnes (Conference Organiser)

Email – conference@vaada.org.au

TF – 9416 0899

Alcohol and Other Drugs

Clinical Supervision Training Program

The Bouverie Centre, La Trobe University, has places available in their 2009 Alcohol and Other Drugs Clinical Supervision Training Program for AOD workers who are currently supervising clinical staff, or who plan to do so in the near future. Two courses are planned for 2009, each comprising six day-long sessions, with a gap of two to three weeks between each training day. It is essential



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that participants be available to attend all six sessions as the course is a skills development course.

Pam Rycroft and Colleague (TBA) will train Group A at The Bouverie Centre in Brunswick on the following Tuesdays: 17 March, 7 April, 28 April, 12 May, 26 May, and 9 June 2009.

Pam Rycroft and Colleen Cousins will train Group B at The Bouverie Centre in Brunswick on the following Tuesdays: 2 June, 16 June, 30 June, 14 July, 28 July, and 11 August 2009.

There is no cost for this training, and morning tea and lunch will be provided. However, there are limited places available, so interested staff should act quickly. To find out more contact Michelle Wills on 03 9385 5100 or your Regional advisor. Application close 3rd February.

Resources

New report: Alcohol and other drug treatment services in Australia 2006-07: report on the National Minimum Data Set. Australian Institute of Health and Welfare.

This report presents national, state and territory data on publicly funded alcohol and other drug treatment services and their clients, including information about the types of drugs for which treatment is sought and the types of treatment provided.

To read the full report see the weblink:

<http://www.aihw.gov.au/publications/index.cfm/title/10590>

New Report: An assault on our future: The impact of violence on young people and their relationships.

This report examines how violence against women specifically affects children and young people. It looks at the nature of violence they experience in their homes and their own relationships, its impacts, and the priorities for action if efforts to prevent violence among, and protect, young people are to be successful.

To read the full report see the web link:

<http://www.whiteribbonday.org.au/media/documents/AssaultonourFutureFinal.pdf>

New Report: Challenge of working with clients with alcohol and other drug issues in community service organisations.

Anglicare Tasmania has put together a new report based on their project findings regarding the challenge of working with clients with alcohol and other drug issues in community service organisations.

The title is "*Just another manic Monday*" and it is a qualitative look at the AOD sector from a client and worker perspective.

You can access the report from Australian Policy Online at

www.apo.org.au/linkboard/results.shtml?filename_num=239848

SNAP - a Reality Check on Youth Drinking

The Social Norms approach encourages a reconsideration of how best to tackle the problem of risky drinking among youth.

The recently completed SNAP and Rehabilitation Foundation underscores the role of parental and peer influences on young people's drinking.

For further information see the media release at:

www.aerf.com.au/showcase/MediaReleases/2008/01-12-08_SNAP-Launch.pdf

Funding Available

AER Foundation Ltd's new funding round.

Applications are now available on our website for:
Innovative projects – up to \$20,000.00

1) Conference Attendance – up to \$5,000.00

We have also now uploaded fact sheets to assist in preparing applications. They are available on

www.aerf.com.au/community/about.aspx.

The Learning Beyond the Bell grant

Does your organisation run an Out of School Hours Learning Support Program (OSHLSP) like homework, tutoring, literacy or numeracy program? If the answer is yes, you may be eligible for a \$15,000 grant through the Centre for Multicultural Youth (CMY). The Learning Beyond the Bell grant applications are open to organisations running OSHLSPs in the Melbourne Metropolitan Region where at least 50% of program participants are from newly arrived, refugee, and migrant backgrounds. CMY also



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provide a range of other supports for OSHLSPs including: networks, free tutor training, consultations, and other general support. If you are interested in being involved or applying for grants, please see the Learning Beyond the Bell web-pages on the CMY website:

<http://www.cmy.net.au/LearningBeyondtheBell> or
contact Libby Henstock at the CMY on 9340 3714

organising and implementing health promotion conferences.

For further information follow this link:
[Conference Support Grants](#)

Closing date: Friday 23 January 2009

Vic Health Research Grants

The latest VicHealth Research Project Grants guidelines and Expression of Interest Form are available on our website at:

<http://www.vichealth.vic.gov.au/researchgrants>

These are 1 year grants for up to \$100,000 for research projects within the following VicHealth priority areas:

- Healthy Eating
- Alcohol Harm Reduction
- Social Connection
- Violence Against Women
- Race Based Discrimination
- Health Inequalities
- Physical Activity

The closing date for the Expression of Interest is Thursday 15 January 2009.

For general inquiries about the research grants please contact **Monica O'Dwyer at VicHealth** (Tel 9667 1335 or email: modwyer@vichealth.vic.gov.au).

Link and Learn Grants Program

VicHealth is offering the Link and Learn Grants Program in 2008-09 to allow community based organisations to access external expertise to support development of evidence-based health promotion strategies.

This grant is open to small to medium community-based organisations who are members of a Primary Care Partnership and whose main role is in health promotion.

Grants of up to \$10,000.00 are available.
Closing date: Monday 19 January 2009
For further information follow this link: [Link and Learn Grants Program](#)

Conference Support Grants

Small grants of between \$1000 and \$10,000 are available to organisations for the purposes of



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Resources for young people

New online support for university students

A national website for university students has been launched by Turning Point Alcohol and Drug Centre today. The *Just Ask Us* website is aimed at university students who are seeking information or help in relation to a wide range of health issues, including alcohol, drugs, mental health and well-being. Funded by the Australian Government Department of Health and Ageing, the website provides information on a variety of health topics and links to support services offered by university campus counselling services and key treatment and support services nationally.

The new website provides national contact details for emergency services, counselling helplines, online counselling services and links to university support services. Accessible from any internet-enabled PC or mobile phone, it is expected that the *Just Ask Us* website will become a valuable support tool for students seeking answers to questions they might have about their own health concerns or that of a family member or friend.

To find out more, visit www.justaskus.org.au.

livesmart.net.au - a new multilingual living skills website for young people and their workers.

If you work with young people you'll want to know about livesmart.net.au – a new multilingual living skills website for young people and their workers.

The website features living skills info in 6 languages (Arabic, Amharic, Dinka, Swahili, Karen and English), key features are:

1. Translated info sheets – bottom left of each page (in the green boxes) which open in pdf form so you can print them off for people to take away and read at home for follow up at the next visit/meeting.
2. "Make Your Own" Budget tool – specifically designed so that people have to 'make their own' so that it opens up the conversation about the things they forgot to include in their budget. It calculates the \$ left over as you add each expense item, and you can print the final result for them to keep for next time.
3. Sound bites – variously available through the site, young people share their experience of finding a job, managing money and staying safe.



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Professional Development Opportunities

New entries are in **BLUE**

Training held in the region are **BOXED**

2009

Motivational Interviewing

PCMC is pleased to announce an exciting training schedule for New Zealand and Australia. Dr Joel Porter will provide Introductory, Intermediate, Advanced, as well as MI and Clinical Supervision workshops in Auckland, Wellington, Sydney, Adelaide and Melbourne throughout the year. More locations and dates in New Zealand to be added. Mark your dairies now.

Introduction to MI Melbourne: 11-12 May

Intermediate MI Melbourne: 17-18 August

Advanced MI Melbourne: 19-20 October

MI & Clinical Supervision Melbourne: 23-24 November

More information and registration for these workshops will be available in October of 2008. Seating will be limited to only 30 delegates in each workshop. To register your interest in the 2009 workshops, please contact us: workshops@pacificcmc.com.

PCMC also offers on-line training in Motivational Interviewing. For more information, please visit our website at www.pacificcmc.com or contact Dr Suzanne Habib via e-mail at suzanne.habib@pacificcmc.com. Over the years, PCMC has provided MI training to a wide range of mental health, addiction, behavioural health, corrections and educational organisations around the world. If your organisation is seeking systematic and cost effective MI, Relapse Prevention, or professional ethics training, please let us know. We are delighted to tailor training to your organisations' particular needs and culture.

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February 2009

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4th February
YSAS Critical Thinking Seminar



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Reefer madness: exploring the links between cannabis and psychosis

This seminar aims to explore:

- The changing historical view of cannabis from the sensationalist horror stories of the 1930's (epitomized by the movie 'Reefer Madness') to its growing acceptance as a 'soft' drug in the 1960's through to the more problematic construction of the present day.
- Issues covered will include changes in cannabis potency, dependency potential, and the pharmacodynamics and pharmacokinetics of THC.
- This will be followed by a brief overview of the current observational studies linking cannabis to schizophrenia, and some analysis of the uncertainties with regard to this data along with some potentially useful suggestions for those working with cannabis using clients.

Geelong Conference Centre, Adams Court, Eastern Park. Time 2pm -4pm Cost: Free

To book contact Lou Vaughn 94158860 or www.ysas.org.au

Sun 8th, Mon 9th, Tues 10th February 2009 Equine Assisted Psychotherapy (EAP) Training

This unique model is highly innovative and effective. The training provides a practical and specific model of bringing horses into mental health sessions. EAP assists a broad range of clients with relationship and mental health issues. It has been used effectively in programs for young people at risk, substance abuse and eating disorders.

The Model is a Team approach using a mental health professional and an equine specialist. The training builds on accessible professional skills and expertise. It does not provide instruction in horsemanship techniques and does not train people how to do therapy. Part 1 & Part 2 involve 3-days of intensive, experiential & theoretical training in the fundamental applications of the EAGALA Model.

The training is suitable for qualified and experienced therapists and counsellors, psychologists, social workers, occupational therapists, and other mental health clinicians. It is also suitable for experienced & qualified horse professionals working in the equine field.

For further information about Equine Assisted Psychotherapy, EAGALA Model, training, and certification go to www.eagala.org

PART 1 Dates: Sun 8th, Mon 9th, Tues 10th February 2009. Location: Wallington Park Equestrian Centre, 1625 Bellarine Hwy, Wallington, (near Geelong) Victoria

PART 2 Dates: Fri 13th, Sat 14th, Sun 15th, February 2009

See below for 2009 training dates & venues in Australia. Register early, as places are limited. **For Training Registration go to www.eagala.org**

12th March 2009

YSAS Critical Thinking Seminar Hormone inferno: alcohol, adolescent development and public health

Work in the AOD and allied sectors often straddles the sticky interface where societal demands clash with the needs of clients. Current public health approaches targeting young people and their use of alcohol form a case in point.

This seminar offers participants updated information on alcohol's pharmacology and pharmacokinetics and a review of:

- Public health imperatives and variables of risk
- Information on adolescent development, hormonal and maturing pubertal brain changes
- Research aimed at aiding the development of alcohol and related strategies that target young people

Geelong Conference Centre, Adams Court, Eastern Park. Time 2pm -4pm Cost: Free

April 2009

2nd April

YSAS Critical Thinking Seminar Ice: beyond the hype

This seminar aims to:

- Clarify the differing effects of speed (amphetamine) and ice (methamphetamine) on the central nervous system through an exploration of their differing pharmacodynamics and pharmacokinetics.
- Examine potential harms.
- Review the changing construction of stimulants from their early origins in Chinese medicine to their everyday use as a decongestant of choice in the 1930's, to post-war weight loss panaceas and antidepressants through to current controversies regarding their use in children.



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May 2009

7th May

**YSAS Critical Thinking Seminar
journeys in inner space: ketamine and the
NMDA antagonists**

'I was no longer in my New York apartment. I was in Egypt, inside a pyramid lying inside an open sarcophagus..... I felt that this light which moved through me and radiated from me, connected me with everything else through space and time...'

This seminar will provide an overview of recently synthesized compounds that seldom come to the attention of AOD workers and as a result retain an air of mystery.

- Phenethylamines, tryptamines, piperazines and dissociatives
- The NMDA receptor
- Pharmacology and pharmacokinetics
- Down the K-hole: The Near Death Experience
- Minimising the risks associated with these drugs

Geelong Conference Centre, Adams Court, Eastern Park. Time 2pm -4pm Cost: Free To book contact Lou Vaughn 94158860 or www.ysas.org.au

Look at the Plenary Speakers page in the top menu to see confirmed plenary speakers for the conference.

Confirmed presenters for the 2009 conference include Mel Miller who will be presenting the Opening Day Oration
www.winterschool.info

17-19 May 2009

Interagency National Conference Alcohol and Other Drugs - Alice Springs

A national conference in the Northern Territory to showcase practice innovation, evolving evidence, challenges and opportunities.

Interagency National Conference
Alcohol and Other drugs 17-19 May
dcem@desliens.com.au

25-27 May 2009

The Australian Winter School

Research Policy Practice

The Australian Winter School 2009, held over three days, has been divided into separate themes for each of the three days, they are:

- Monday: National Best Practice – Alcohol and Tobacco
Tuesday: National Best Practice – Challenges
Wednesday: National Best Practice – Illicit Drugs