



Newsletter

March 2008

Welcome to the first Newsletter of 2008.

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

This first newsletter of 2008 is designed to provide some resources and information to the region as well inducing the new worker for this position. This newsletter has a survey attached that would be helpful for planning in the future. Please contact Salli Hickford on shickford@barwonyouth.org.au to provide any feedback.

Introduction



I'd like to introduce myself to all the Alliance members. My name is **Salli Hickford** and I am the new Manager for AOD, Barwon Youth and will be managing the Youth AOD Capacity building Role for the Barwon South West.

I grew up on the Surf Coast and have worked as a Youth Worker at Anglesea (Youth Group), Colac (The Basement Club) and Geelong (BAYSA Community Support and Local Support programs and DHS, Adolescent Foster Care) I left Geelong in 1998 to work for YSAS (Youth Substance Abuse Service) where I worked for 10 years in Residential and Outreach as a direct care worker and Manager. The position I left to return to the Region was the manager of the City North west Team Outreach and Primary Health Service.

I have been in the position for 5 weeks now and if I haven't got round to meeting you yet (and there are still lots, feel free to give me a call.

Salli Hickford

Manager, Alcohol & Other Drug Program

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salli.hickford@barwonyouth.org.au

BSWYA Update/Activities Planned

TOE (the Outdoor Experience)

TOE offer Wilderness programs statewide to Young people (up to 25) with AOD issues with the aim to introduce safe risk taking, outdoor and adventure based activities and to introduce concepts around healthy bodies and healthy minds – drug and alcohol free; health benefits of contact with nature.

Current negotiation and funding opportunities to bring TOE to the BSW Region to provide initially 2 camps (Geelong and an indigenous partnership in Warrnambool) Updates will be provided as we shore up dates and places.

Workforce development

Currently wanting feedback in regards to providing a series of workshops around the SW over 12 months. The focus would be "toolkit" for workers with Young people and Substance Use. Interested in getting feedback.

Resources for the Sector

Code of Ethical Practice: A First step for the Victorian Youth Sector

YACVic is very pleased to announce the release of the "Code of Ethical Practice – A First Step for the Victorian Youth Sector". Launched at YACVic's 2007 AGM on November 7th by Bernie Geary AOM, Child Safety Commissioner, the document is the first Code of Ethical Practice for the Victorian Youth Sector and one of only a few in Australia. The code outlines key 'Youth Work Principles' and 'Practice Responsibilities' and is designed to foster and support ethical practice across the state. This document is the culmination of many months of consultation with the Victorian youth sector. YACVic would like to take this opportunity to encourage the Victorian Youth Sector to read, engage with and utilize the new code. If you are a YACVic member you will receive a hard copy of the Code with the next edition of Yikes this week, otherwise the Code is available from our website – www.yacvic.org.au/documents/Code-colour.pdf

UNITED NATIONS YOUTH REPORT

The United Nations World Youth Report 2007 is now available online at <http://www.un.org/esa/socdev/unyin/wyr07.htm>

The report examines the challenges and opportunities for the worlds 1.2 billion young people aged 15 to 24. It provides a regional overview summarising the major youth development trends in the 15 priority areas of the World Programme of Action for Youth. While the report explores major issues of concern, such as employment, education, health, poverty and violence, it also highlights youth as a positive force for development, and provides recommendations.

PDF versions chapters are available online: <http://www.un.org/esa/socdev/unyin/wyr07.htm>



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National Conference Archive

The archive of the 2007 (UK) National Conference on Injecting Drug Use is now online and includes full audio of all main hall and hall 2 sessions, as well as speaker PowerPoint presentations and a photo gallery. All available at:

www.exchangesupplies.org/conferences/NCIDU/2007_NCIDU/intro.html

New UNODC Website

The United Nations Office on Drugs & Crime (UNODC) has recently re-launched their website with a range of new features – <http://www.unodc.org>

Resources Available from Centre for Multicultural Youth Issues

New publication: Voices of Young Australia

CMYI's work is informed by listening to the voices of young people. This new publication features the stories of six strong, inspiring young people. Their experiences offer an insight into the work CMYI performs in the areas of sport and recreation; refugee youth resettlement; education, training and employment; police and justice; family and community and youth participation. See:

http://www.cmyi.net.au/uploads/downloads/cmyi/pdfs/Publications/CMYI_Voices_of_Young_Australia.pdf

New Information Sheet – Does Age Really Matter?

This information sheet provides some context for workers who are supporting a young person whose document or 'official' date of birth is different from their actual date of birth. Date of birth discrepancies are a common occurrence for young people who arrive in Australia, particularly those from refugee backgrounds. This resource includes background information about why young people arrive in Australia with different dates of birth on their official documentation, what the implications of this are in terms of settlement and services and some tips for supporting a young person through the process of changing their documented date of birth. See:

http://www.cmyi.net.au/uploads/downloads/cmyi/pdfs/Publications/InfoSheets/17_DoesAgeReallyMatter_Dec07.pdf

New Guide: Inclusive Local Government

A guide to good practice strategies for engaging young people from refugee and migrant backgrounds in local government services. The Inclusive Local Government Guide has been developed to support the work of local councils in ensuring young people from refugee and migrant backgrounds are engaged, empowered and participate in local government programs and services (e.g. youth services, leisure services, infrastructure and planning departments). The Guide has been specifically designed for managers and workers providing services to young people

who would like to:

- Increase the access and participation of young people from refugee or migrant backgrounds and their communities in programs, activities and services
- Target their services to be inclusive of young people from refugee or migrant backgrounds
- Ensure access and equity and that service users reflect the diversity of young people living in local areas
- Provide services that are culturally responsive

www.cmyi.net.au/uploads/downloads/cmyi/pdfs/Publications/Inclusive_Local_Government_guide.pdf

New Report: Value-added measures for school improvement. Sandra Mahar / Department of Education & Early Childhood Development, Victoria.

Value-added measures aim to adjust student scores to cancel out non-school influences, such as a student's background and prior attainments, to provide a more accurate indication of the influence the school has had on their students. This report discusses the concept and shares recent international research on various models being adopted.

To read the full report refer to the Web Link:

<http://www.eduweb.vic.gov.au/edulibrary/public/publ/research/publ/value-added-measures-report.pdf>



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Resources for Young people

Hep Chat

In another first for Australia, Hep Chat, the radio program of the Hepatitis C Council of Victoria, will now be available to be downloaded as a podcast at <http://3cr.org.au/podcast/>. Programs will be kept on the website for a month. Hep Chat will continue to be web streamed live at <http://www.3cr.org.au/streaming/index.php>. It is a weekly, 30 minute program, broadcast every Thursday at 10:30am on Melbourne's 3CR Radio

Amphetamine Withdrawal

Free self help booklet: getting through amphetamine withdrawal with every order! Download the new catalogue from the Turning Point website: www.turningpoint.org.au/library/lib_catalogue.html

Hepatitis Australia Website & YouTube

Hepatitis Australia has launched a youth website and an educational YouTube video targeted at young Australians after a recent poll revealed more than half of young people were completely unaware of the effects of hepatitis C on the body. The new youth website is available at www.hspace.org.au

Vibewire Wants You!

Calling for writers and multimedia content producers!
Please raise your hand if you:

- Want to get your writing published, your films seen, your music heard?
- Only ever get involved in drinking games and suspect there might be more to life?
- Want to get your name out there in flashing lights?
- Have chosen the wrong career path?
- Know of a few suspect characters that fit the above description?

Then I would love to hear from you because I think you would be the perfect person to write an article, make a short film or compose music for the soon-to-launch vibewire.net website. I am seeking articles and content from all you writers, political observers and creative types with too much to say!

Vibewire.net is the online website for Vibewire Youth and Media Services Inc. We are an organisation run by young people for young people and provide you with a means to be seen and heard.

If you would like to get involved, please forward your content or pitch to content@vibewire.net TODAY!

First Aid Guidelines Project: Problem drinking

We would like to invite consumers, carers and clinicians to participate in our project developing first aid guidelines for problem drinking.

First aid for problem drinking is the help provided to a person developing a drinking problem or in an alcohol-related crisis (e.g. alcohol poisoning). The first aid is given until appropriate professional treatment is received or until the crisis resolves. At present, there are conflicting views about how to support a person with drinking problems. Thus, the aim of this project is to get consensus between experts (consumers, carers and clinicians) on the best way to help.

Once established, these guidelines will empower members of the public to provide crucial and appropriate support to family, friends or loved ones who are believed to be experiencing or developing a drinking problem. We are currently recruiting clinicians, consumers and carers to complete our survey.

Please click on [this link](#) for further information about this project

(http://www.mhfa.com.au/surveymonkey/Problem_drinking_info_sheet.html). We would be happy to discuss any further questions that you may have about this project. If you would like to participate in this research, please contact Anna Kingston at annahk@unimelb.edu.au (9342 3764).



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Funding opportunities

Indigenous Grants

The Foundation for Young Australians is calling for applications for Indigenous Small Grants. Indigenous Small Grants provide funding to Indigenous organisations and organisations that work with Indigenous young people and communities to develop new initiatives, as well as the expansion of existing successful initiatives. Indigenous Small Grants offer funds up to \$5,000 to successful applications.

Applications for Indigenous Small Grants can be made at any time during 2008, with two funding opportunities throughout the year.

Applications need to be received by 12 May 2008 to be considered in the next round.

To find out more about indigenous small grants, log onto The Foundation for Young Australians' website www.youngaustralians.org or call 03 9670-5346 or 1800 252 316.

AERF

AERF grants will support programs and projects which address the prevention of alcohol and other licit substance misuse, including petrol sniffing. AERF will particularly focus on support for projects which assist vulnerable population groups such as Indigenous Australians and youth.

Event Sponsorship grants (up to \$20,000) are available for organisations that pursue best-practice goals by developing the knowledge and expertise of attendees working in the alcohol and other drug sector. Organisations need to demonstrate the benefits that will be gained through AER sponsorship of professional conferences, events, seminars and workshops in Australia.

Education and Training grants are available for organisations that pursue best-practice goals by developing the knowledge and expertise of staff that work in the alcohol and other drug sector. Organisations need to demonstrate the benefits that staff will gain through the completion of formal training or study in Australia

Conference Attendance grants are available for organisations that pursue best-practice goals by developing the knowledge and expertise of staff that work in the alcohol and other drug sector. Organisations need to demonstrate the benefits that staff will gain through attendance at professional conferences, seminars and workshops in Australia.

A maximum of two staff from an organisation will be approved for any one conference which must be consistent with AER's Strategic direction.

[Alcohol Education and Rehabilitation Foundation \(AERF\)](#)

The Department for Victorian Communities (DVC)

was created in December 2002 to provide a focus for the Government's activities around strengthening communities and supporting more integrated Government services. The Victorian Community Support Grants, funded from the Community Support Fund (CSF), are an important part of the Department's approach to achieving these goals.

DVC has a range of grant programs. We provide grants to support communities and organisations that create facilities and networks of lasting impact in local neighbourhoods or across the entire State. All of our grant programs contribute to:

- planning
- strengthening communities; and
- building community infrastructure.

Information about the full range of DVC grants is available at our website www.grants.dvc.vic.gov.au or call our Grants Information Line 1300 366 356.

Hepatitis C Victoria Grants

Each year, Hepatitis C Victoria provides community activity grants to support agencies and community groups to develop resources for their particular target audience during Hepatitis Awareness Week. The grants recognise the complex and dedicated hepatitis C work that community agencies undertake throughout the year.

This year, Hepatitis C Victoria will be offering four grants of \$1000 and in kind support from Hepatitis C Victoria to agencies and community groups across our four selected priority groups for Hepatitis Awareness Week 2008.

Australian Indigenous communities • Young people and young people's groups

Prisoners and prisoner groups • Culturally diverse communities

Friday 11 April: due date for applications

Contact Hep C Victoria Suite 5, 200 Sydney Road, Brunswick. 3056 Fax: 9380 4688

AIVL's Treatment Service Users Project – Phase 2

Call for Expressions of Interest

The Treatment Service Users (TSU) project has now entered its second phase. During this phase, 5 demonstration consumer participation projects across 3 Australian states/territories, NSW, VIC and WA will be implemented. A small grant ranging \$5,000 - \$9,000 will be available to agencies interested in implementing these projects. Since AIVL works closely with state/territory Drug User organisations, interested agencies will be required to work in collaboration with them in developing the projects and implementing them. The demonstration projects will then be evaluated and the findings disseminated within the sector. After this, we will bring together all key stakeholders in a nationally convened



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workshop and develop a nationally agreed framework for consumer participation in drug treatment agencies.

In this regard we are offering your organization an opportunity to apply for a grant starting from \$5,000 to \$9,000 to develop and implement a demonstration consumer participation project. Added to this your organization will also get a fully funded evaluation of the project which will be conducted by AIVL and the National Centre in HIV Social Research.

The deadline for submitting applications is Monday 21st April 2008.

For more information please contact; John Francis, Project Officer - TSU Project on Tel: (03) 93291500 or email: johnf@aivl.org.au

Whole women grants

The purpose of the Small Grants Fund is to build the capacity of the service system to respond to issues affecting the health and well-being of women.

Applicants will need to describe how their proposal(s) will contribute to on-going service system development and enhancement.

Grants of up to \$1,000 may be available for projects that are congruent with the key strategies and can demonstrate sustainable capability and improvement in service provision and choices for women

Contact: <http://www.wholewoman.org.au/grants/grants.html>



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Professional Development Opportunities

Management Training Opportunity

With an 80% success rate, the **Diploma of Frontline Management** course has seen a number of team leaders and service managers in mental health and community support sectors obtain a highly relevant and nationally accredited qualification in this reasonably priced course.

The qualification is attained through attending a series of eleven modules spread out over 12 months and undertaking a practical work based project. VICSERV are pleased to offer VAADA members the special VICSERV rate of \$2,200 including GST if they register for the next course starting Friday 2 May. Expression of Interest and Course Information documents can be accessed at: <http://www.vicserv.org.au/training/index.htm> Further details contact John Dunton on 9519 7000 or j.dunton@vicserv.org.au

April

11th April (Friday)

Substance Use and the Adolescent Brain: A Toxic Combination

Venue: Turning Point, 142 Gertrude St

Speaker: Dr. Dan Lubman, Senior Lecturer, Substance Use Research and Recovery Focussed Program, ORYGEN Research Centre

Time: 1-2pm

Contact: Turning Point on 8414 8413

17th and 18th April (Thursday and Friday)

Advanced Motivational Interviewing
Turning Point

Cost: Free for DHS funded workers

This two-day course is designed as an intensive skill based workshop focussing on advanced motivational interviewing skills. The emphasis will be on building existing skills and developing further techniques and strategies in the application of Motivational Interviewing to clients with substance use problems. There will be a focus on the efficacy of MI: MI as a brief intervention, plus its adaptations to dually diagnosed clients. This workshop provides clinicians the opportunity to reflect on current practice, looking at 'what has worked and what has been less helpful', plus exploration of useful techniques. This workshop will utilise best practice approaches to sustained learning. It is suitable for clinicians who work in clinical settings and have participated in previous introduction training to Motivational Interviewing and have practised this style of counselling for at least 6 months.

Enquires: Sandra Roeg 8413 8700

18th April 2008

ADDRESSING LOSS AND GRIEF WITH PEOPLE WHO MISUSE SUBSTANCES

Time: 9.30am-12.30pm

Venue: La Trobe University 215 Franklin Street Melbourne Melways 2F B1. Parking at nearby Queen Victoria Market for \$2.00 per hour

Content:

- Audience participation
- Working with grief – the worker's perspective
- Loss and grief theories
- Loss and grief in the context of substance misuse and related issues e.g. mental illness, disability etc
- Living with loss
- Practice issues (self awareness, own losses, anxiety, confidence, fear, sadness, empathy, curiosity, humour, assumptions, sitting with emotion, supervision)
- Case examples
- Useful tips

To register contact info@nalagvic.org.au , or

www.nalagvic.org.au info@nalagvic.org.au

May

8 – 9 May (Thursday and Friday)

Joining the Dots - Creating Community International Mental Health Conference Psychiatric Disability Services of Victoria Inc Venue: Melbourne Function Centre

11th to 15th May 2008

Harm Reduction 2008

IHRA (19th International Conference)

Where: Barcelona, Spain

More Info: www.ihraconferences.net

The website will contain all of the information that you will need about the event, the registration process, the programme, abstract submission, travel and accommodation – as well as an archive of information from the previous 18 IHRA conferences.

3rd June (Tuesday)

Responding to Sexual Assault Level 2

CASA House

Cost: \$120

Time: 9:30 – 4:30

Prerequisites: Level 1 Responding

This workshop will extend the skills of those working with victims/survivors of sexual assault who have completed Responding to Sexual Assault – Level 1 training. Participants will actively engage with concepts and strategies consistent with a socio-political understanding of sexual assault. The workshop will strengthen theoretical foundations and practical responses to the trauma of sexual assault.

More info: casa@rwh.org.au

Venue: Conference Room, 4th Floor, QVWC, 210 Lonsdale



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11th and 12th June (Thursday and Friday)

Working with Groups Training

Turning Point

Cost: Free to DHS Funded Workers

Time: 9:30 – 4:30

This workshop is designed to introduce workers to the planning, coordinating and running of groups for alcohol and drug clients. The emphasis will be on developing awareness and of group dynamics and the roles of group members, and how these can be directed towards an optimal client outcome within the group setting. An introduction to the development of support groups such as problem-solving and educational groups within the cognitive behavioural approach will be discussed. Participants will have the opportunity to practice these skills in a supervised environment. A generic national competency "Plan and Conduct Group Activities" informs the content of this two-day workshop. This workshop targets workers with little or no background in group intervention or prior group training, but assumes prior knowledge and skills in counselling, interviewing, assessment and core drug and alcohol issues. Issues relating to psychotherapeutic or insight-oriented groups will not be addressed.

More Info: Margaret Petrie on 84138700 or at margret.petrie@turningpoint.org.au

19th June (Thursday)

Psychostimulant Training Program for Health Professionals

Time: 9:00 – 5:00

The aim of this workshop is to assist health professionals such as medical practitioners, nurses, mental health workers and alcohol and drug workers to manage and treat users of psychostimulants.

Module 1: Introduction

Module 2: Pharmacology

Module 3: Epidemiology and Risks

Module 4: Responding to Psychostimulant Use

More Info: Kieran Connolly on 84138704 or kieranc@turningpoint.org.au

July

2nd – 4th July (Wednesday – Friday)

INVOLVE 08: RELATE – New Zealand Youth Development Conference

Venue: Wellington's Convention Centre

'Quality relationships and young people'

Involve is more than a conference, it is an experience. Bringing together 500-800 people who work with young people: youth workers, researchers, clinicians, social workers, policy analysts, peer support workers, health

workers, professionals, young people, educators, providers, counsellors and more. Involve aims to inspire, inform, encourage and challenge. The conference will:

- Put you in touch with other people in the youth sector
- Give you a chance to hear from leading youth health and development researchers, policy-makers and grassroots practitioners
- Provide you with the chance to hear from leading international experts
- Provide you with an opportunity to share your experiences in working with young people or present new information and research.

More information: www.involve.org.nz

10-12 July (Thursday – Saturday)

A Climate for Change Addiction Summit

The Pacific Centre for Motivation & Change (PCMC)

A Climate for Change brings together key contributors who have shaped our understanding of addictive behaviours and their treatment. It is shaping up to be a unique event, with the opportunity to be challenged, engage in discussion with international experts and take ownership of future directions. Keynote speakers include: Peter Adams, Steve Allsop, Alex Blaszczyński, Carlo DiClemente, Dennis Gray, David Hodgins, Harold Kalant, Ian MacEwan, Alan Marlatt, Barbara McCrady, Thomas McLellan, William Miller, Theresa Moyers, Ann Roche, Doug Sellman, Howard Shaffer, Constance Weisner, Ted Wilkes and Allan Zuckoff. One day post summit workshops will be offered by Carlo DiClemente, David Hodgins, William Miller, Theresa Moyers and Allan Zuckoff. For more information, go to PCMC's website: <http://www.pacificcmc.com/>.

September

1st to 3rd September 2008 (Monday – Wednesday)

The Combined 2nd International Conference on Alcohol and Other Drug Related Brain Injury and the Brain Injury Australia National Conference (ARBIAS and BIA)

Venue: Sofitel, Melbourne

A key focus of the second international conference will be fetal alcohol spectrum disorders (FASD). To date, confirmed international speakers include:

To register your interest, please email events@adf.org.au

10th to 12th September 2008 (Wednesday – Friday)

Fifth World Conference on the Promotion of Mental Health and Prevention of Mental and Behavioural Disorders (Vichealth and Partners)

Venue: Melbourne Convention Centre

This conference is organised by the World Federation for Mental Health, The Clifford Beers Foundation, The Mental



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Health Program of the Carter Centre, AUSEINET and Vic Health and supported by the Global Consortium for Prevention and Promotion in Mental Health.
Call for Papers: www.margins2mainstream.com



Your Feedback

Capacity Building Survey

Organisation: Please insert _____

Strategic Plan Draft 2007-2010

1. To provide an integrated service response for young people and their families affected by problematic drug use living in the Barwon South West Region of Victoria.
2. To continue to identify service gaps, develop and deliver a broad range of services and programs for young people and their families, drawing from practical experience and evidence based practice.
3. To encourage and support youth participation and promote the needs of young people in the development and delivery of services and programs.
4. To achieve improved integration of key youth and drug and alcohol services using a community development approach

Questions	Responses
Are you a member of the BSWYA? Why/Why Not?	
Do you think the Alliance should have a set membership or operate as a Network?	
What does your organisation want or need from the BSWYA?	
Is the strategic Direction (above) still the most useful objective to capacity build Youth AOD Services? (for a copy of the Strategic Plan Draft contact Salli)	
How should the BSWYA Operate (keeping in mind the large geographical area)? Consider frequency of meetings, venues, times.	
What services/organisations do you think would be valuable members of the BSWYA and other agencies that provide services to young people with AOD issues?	
Out of the following, what do you think are the most useful ways the Capacity Building role can support your	Workforce Development – Provision of Training in Region Information provision – Newsletters/ect Development of partnerships



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Questions	Responses
organisation?	Applying for funding as an Alliance Attracting services (i.e. Camps/training/programs) for young people to the region
BSWYA Information distribution: What works and what doesn't work for your or your organisation? <ul style="list-style-type: none"> • Minutes • Email information bulletins • Newsletter 	
What would you like a newsletter to provide?	Training Opportunities
What professional Development Opportunities would assist you or staff from your organistaion.	
Other comments	

Please send your responses electronically to shickford@barwonyouth.org.au or fax them to 5223 2914