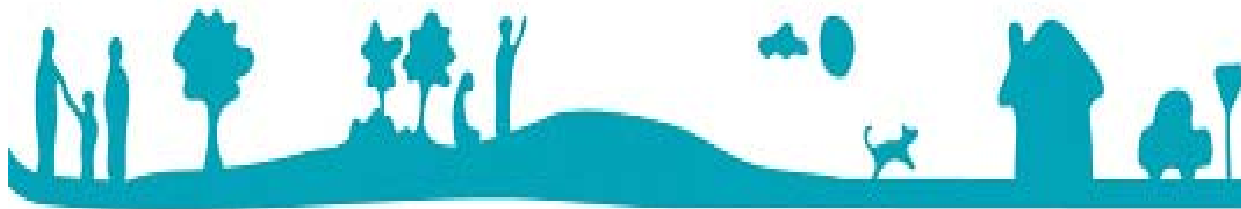


# STRENGTHENING GENERATIONS

*Ballarat Communities That Care<sup>®</sup>*



Strengthening Generations. Building **strong, vibrant & proud** local communities



# STRENGTHENING GENERATIONS

*Ballarat Communities That Care®*

## *Communities That Care Methodology:*

Internationally recognised approach to systematic prevention planning

Combines community involvement with...

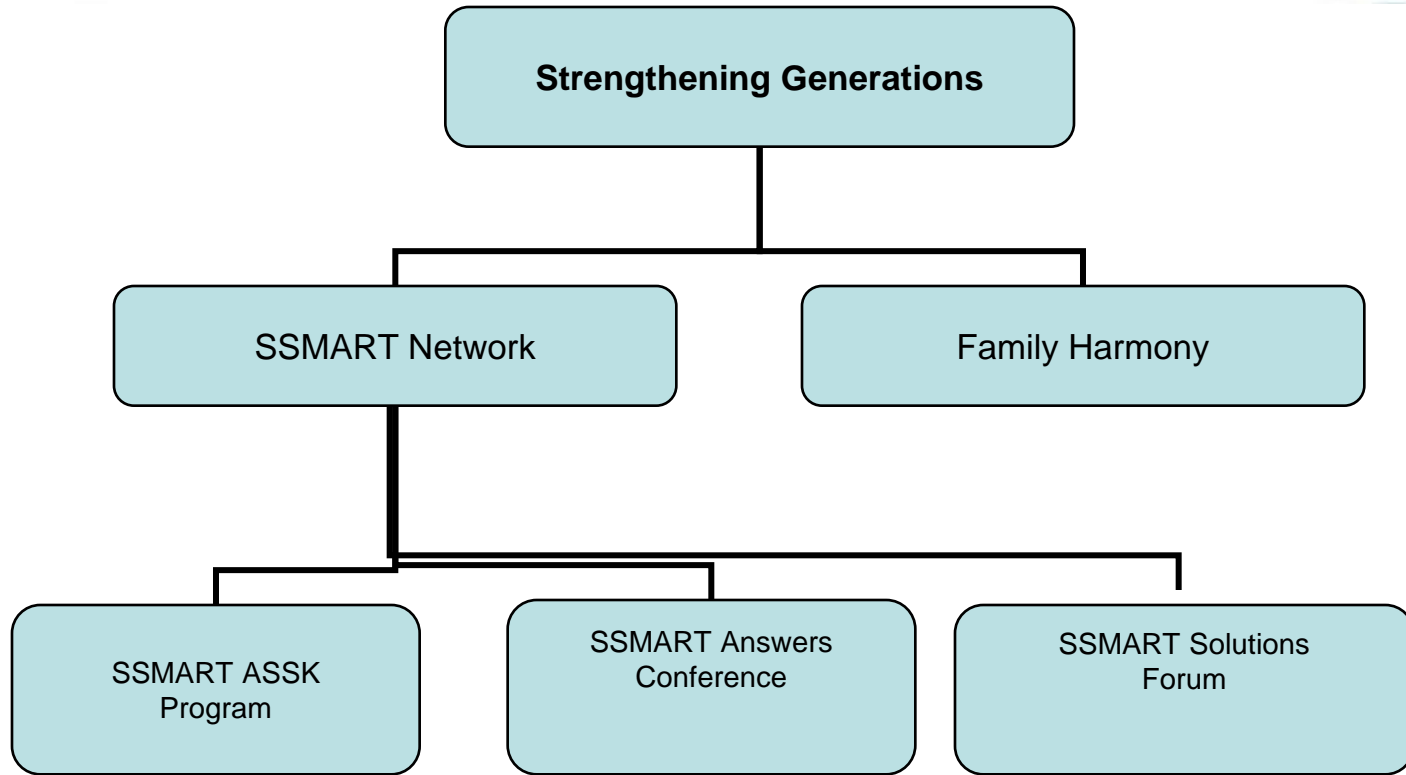
- Analysis of risk and protective factors in the lives of young people
- Recommended evidence-based approaches
- Long term plan for change

*Strengthening Generations. Building **strong, vibrant & proud** local communities*



# STRENGTHENING GENERATIONS

*Ballarat Communities That Care®*



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## Current evidence

### **Strengthening Generations preliminary findings**

### **Adolescent Health & Wellbeing Survey 2009 :**

**Years 7 & 9 combined Ballarat**

- Ever Drank Alcohol – 64.1%**
  - Drank Alcohol in last 30 days – 34.5 %**
  - Binge drank in the last 2 weeks – 15.2%**
  - In the last year drunk or high at school – 5.9%**
- 
- ASSAD (Aust Secondary Schools Alcohol & Drug) National survey 2008**
    - Lifetime use of Alcohol – 12 -15 yrs 80%**
    - Drank alcohol in last week – Females 13 yrs – 10% - Males 13yrs 9%**
    - Drank alcohol in last week - Females 15 yrs - 27% - Males 15yrs 29%**

# THE **SSMART** NETWORK

## **SURVIVING SUBSTANCE MISUSE & ALCOHOL RISK TAKING**

### SSMART Network Strategic Goals:

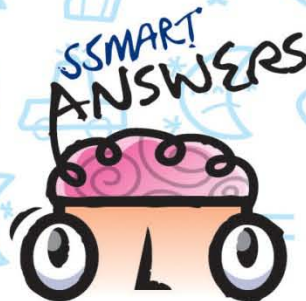
- be a lead network in relation to substance misuse and risk taking for youth.
- act as a resource to share information and create linkages to evidence-based practice
- enable relevant key stakeholders to be actively involved in program development and delivery
- work towards supporting the integration of social and health programs across the age spectrum that builds resilience in young people



# SSMART

## SURVIVING SUBSTANCE MISUSE & ALCOHOL RISK TAKING

- Community engagement process
- Young people part of shaping / promoting/ delivering conference
- Young people hold workshops with peers in their school communities to identify key issues they experience
- Parent workshop held to examine parents / community members issues

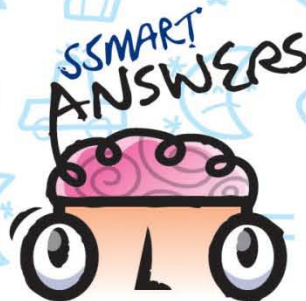


# SSMART

## SURVIVING SUBSTANCE MISUSE & ALCOHOL RISK TAKING

### The Issues:

- Lack of Information/knowledge/education about alcohol and it's effects.
- A belief that if you call an ambulance, the police will come too.
- Not knowing what to do if someone becomes unconscious.
- Peer pressure to drink alcohol.
- The role of advertising in encouraging young people to drink.



# SSMART

## SURVIVING SUBSTANCE MISUSE & ALCOHOL RISK TAKING

- The reasons young people drink (e.g., boredom, excitement, because the alcohol is there, rebelliousness)
- The legalities – where, when & with whom can we drink?
- The roles parents take in alcohol use of their children.
- Issues relating to looking after/protecting intoxicated friends.



# SSMART

## SURVIVING SUBSTANCE MISUSE & ALCOHOL RISK TAKING

### Example Student Survey 2009 Year 9 –12 Results

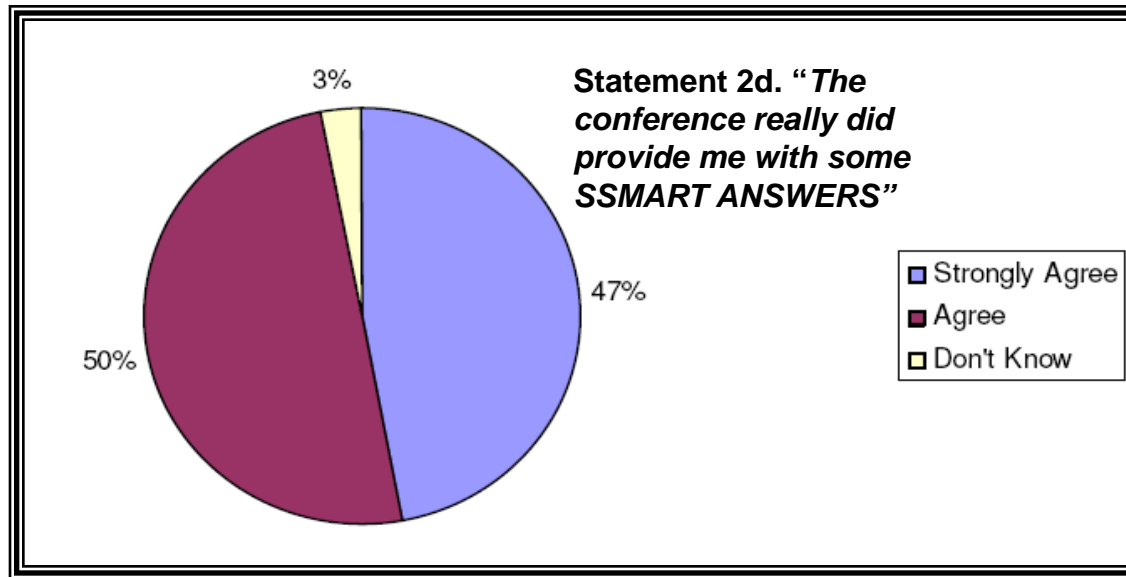
- 82% believe alcohol is important for socialising
- 87% drink on a weekly basis
- 82% have seen their parents drunk
- 64% get alcohol from their parents



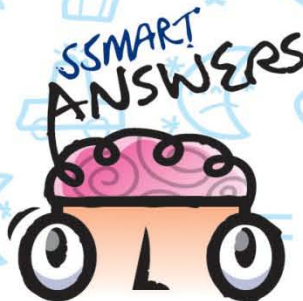


# SSMART

## SURVIVING SUBSTANCE MISUSE & ALCOHOL RISK TAKING



Evaluation Report 2009 p 16 Alison Ollerenshaw & Angela Murphy Uni of Ballarat



# SSMART

## SURVIVING SUBSTANCE MISUSE & ALCOHOL RISK TAKING

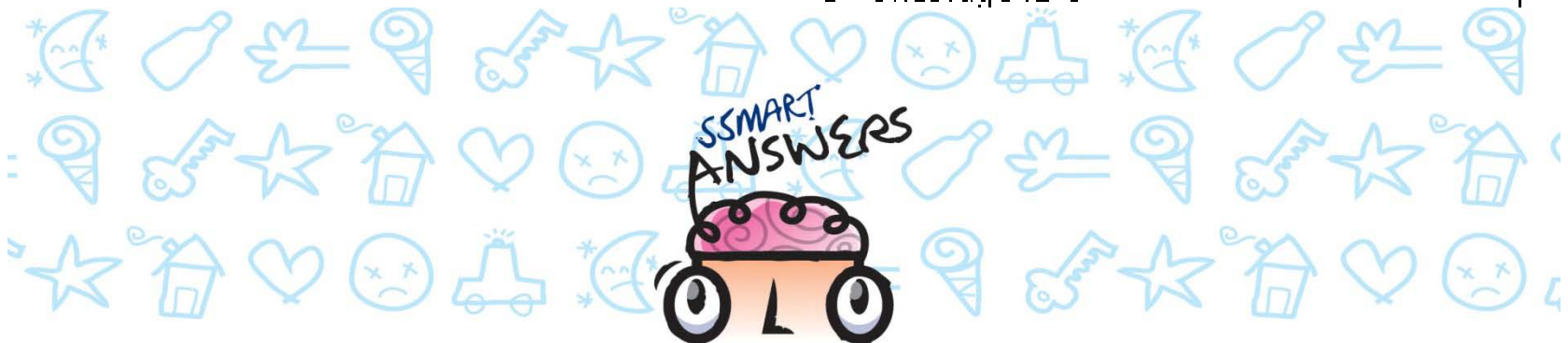
### Solutions for school communities

All seven schools – identified more education for all years:

- o Age appropriate
- o Real life stories
- o Student led - films / articles by students
- o Parent involvement
- o Exploding myths
- o Emphasis on First Aid – achieving cert by year 10
- o Buddy program between yrs 11 & 8

### Community Solutions

- o Regional Big Day out
- o Youth space – alternatives for young people
- o Survey for parents – find out how to engage them on this issue
- o Legislation in planning about schools next to bottle shops
- o Restrict Alcohol advertising
- o Underage ID's



# SSMART

## SURVIVING SUBSTANCE MISUSE & ALCOHOL RISK TAKING

2010/ 2011 Taskforce achievements:

- Defined three target groups – Young People / Parents / Schools
- Initiated Photo voice Project with three schools to pilot in 2011
- Maintained engagement of seven schools to plan and organise 2011 SSMART ANSWERS for August 10 & 11



# SSMART ASSK



- 10 local agencies collaborate to deliver
- 1500 Year nine students
- 12 schools participating

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# Key messages for young people

- You are responsible for your own choices
- Be aware of the risks so you know what to do, understand where you are & how to get home
- Learn the skills to minimise harm
- Stay safe and survive
- Look after yourself & your friends



# Evidence Base Practice

## Evaluation

- pre, post and 3 month follow up
- 1064 students surveyed across 3 time points
- Measured attitudes, skills, knowledge





### *Attitudes:*

Risk does not = fun  
Important to keep safe  
Parent pick up OK  
Having a drink does not have to lead to getting drunk



### *Behaviour*

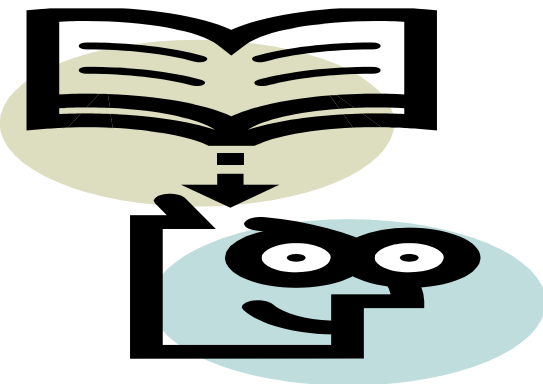
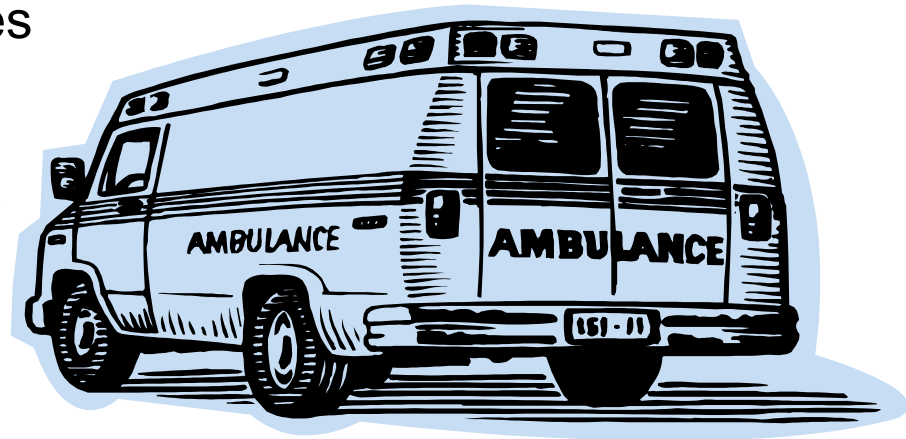
Approx 1/3 students did not attend parties with alcohol and drugs.

Indications of behaviour changes:

Checking things out to maximise safety

Catching a taxi home

Some minimal shifts toward unsafe behaviours after 3 months



### *Knowledge:*

The measure of a standard drink

The longer term effects of binge drinking

First Aid

Location of safe taxi rank



Participant feedback:  
Enjoyment of activity/program  
SKITS Educational and enjoyable  
Facilitators responsive to need



Learning and Safety  
Increased  
Area 1: Personal  
safety



Learning and Safety  
Increased  
Area 3:  
Maximising safety  
of the physical  
environment



Learning and Safety  
Increased  
Area 2: Safety of  
Friends



# Evidence Base Practice

Evidence Based Review conclusion

“The SSMART ASSK program has clearly incorporated many of the components of best practice into an innovative program aimed at reducing harm associated with alcohol and other drugs.”

Dr Robert Watson School of Behavioural & Social Sciences & Humanities University of Ballarat 2010



# SSMART ASSK Education Kit

- Education Kit & training package nearing completion with underpinning evidence base review
- Aligned with school curriculum and 12 Principles School Drug Education
- Education kit provides school with 2 pre lessons & 6 post lessons focusing on understanding risk & building resilience



# Training Package



- Logistics of sharing program with other communities
- Lesson plans and supporting resources
- Working with partners to ensure program elements are retained and fidelity not compromised

# Contact Details

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