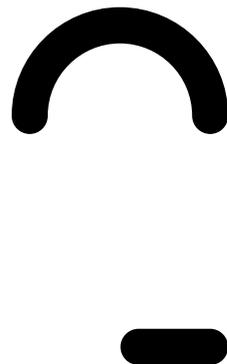


Prevention in Practice Conference.

24–25 June. Melbourne



ADF

Alcohol
and Drug
Foundation



Australian Government

Welcome.

About the Alcohol and Drug Foundation

The Alcohol and Drug Foundation's purpose is to prevent and minimise the harm caused by alcohol and other drugs in Australia. We work in partnership with others to support and create evidence-based policies and practices to achieve these goals. We co-design our evidence-based programs with communities and support them to build capacity to create change.

Find out more

Visit adf.org.au to find out more about our programs, access information or resources and subscribe to our monthly newsletter.

Keep up to date with us

-  facebook.com/AlcoholDrugFdn/
-  twitter.com/alcoholdrugfdn
-  au.linkedin.com/company/alcoholdrugfdn



Australian Government



Connect at the conference

SSID ADF National Conference
PSK ADFCon2019

To access the event Wi-fi, please navigate to the Wi-Fi menu on your device, select 'ADF National Conference' from the list and enter the password ADFCon2019.

Questions for presenters may be submitted through the conference app.

Use **#adfconf19** to be a part of the conversation on Twitter or Instagram.

Acknowledgements

The Alcohol and Drug Foundation thanks the Australian Government and VicHealth for their support of this event.

Alcohol and Drug Foundation acknowledges the people and Elders of Aboriginal and Torres Strait Islander Australia and upholds and respects their respective relations to this land.

Please note: Photos will be taken at this event, please advise a staff member if you do not wish to have your photo taken.



A message from Dr. Erin Lalor

Chief Executive Officer Alcohol and Drug Foundation

I am delighted that the Alcohol and Drug Foundation is hosting our inaugural Prevention in Practice Conference to highlight the potential for communities to lead activities that are instrumental in preventing harm from alcohol and other drugs.

The ADF works hand-in-hand with local communities across Australia, supporting them to develop and implement tailored programs to tackle their specific concerns. The goal is safe, healthy and resilient communities where risk factors for harm due to alcohol and other drug use are reduced, and protective factors are strengthened.

It's fitting that we're holding this event in the 60th year of the Alcohol and Drug Foundation's history. We recognise the power of strong communities and the important role they play in primary prevention. A community-centric approach is at the heart of everything we do and prevention in practice has been at the heart of the ADF's work for the past six decades.

This two-day conference program has been carefully designed to provide a mix of international and local speakers sharing their expertise on strengthening capacity of community-led action on alcohol and other drugs and presenting the evidence for this approach.

The conference offers inspiring examples of community-led prevention models that are making a difference at a local level, including a focus on participation in sport as a protective factor.

It also provides an excellent opportunity to connect with and learn from others working in community-led prevention.

I'd like to thank the Australian Government and VicHealth for their support of the event as well as our international and local speakers.

On behalf of the Alcohol and Drug Foundation, I thank you for attending the 2019 Prevention in Practice Conference in Melbourne.

A handwritten signature in black ink, appearing to read 'Erin Lalor', written in a cursive style.

Day One.



Jill Stark **MC**

Jill Stark is a best-selling author and award-winning journalist.

Her first book, *High Sobriety: My Year without Booze* is a best-selling memoir about her year off the grog and examines Australia's binge

Welcome

- 8:45am** Welcome to Country
- 9.10am** Introduction:
An Australian community-led approach to prevention
Dr Erin Lalor AM
CEO, Alcohol and Drug Foundation
- 9.30am** Keynote: Planet Youth
Jón Sigfússon
Director of Planet Youth,
Icelandic Centre for Social
Research and Analysis
- 10.10am** Community Presentations
Youth Ambassador Program
Frauke Hobbs
Murray Bridge, South Australia
- The Cook, the Chef and Us**
Belinda Buck
Hepburn, Victoria

10.40am Morning Tea (30 mins)

- 11.10am** Keynote:
Unpacking the Black Box - Community Based Prevention
Håkan Leifman
Regional Director of Planet
Youth, Icelandic Centre for Social
Research and Analysis
- 11.30am** Community Presentations
Prevention Through Peer Support
Ryn Vlachov
Blue Mountains, NSW
- Youth Off The Streets**
Meri Carovska
Bankstown, New South Wales
- 12.00pm** Panel discussion 1
Jón Sigfússon
Planet Youth
Frauke Hobbs
Murray Bridge, SA
Belinda Buck
Hepburn, Vic
Ryn Vlachov
Blue Mountains, NSW
Meri Carovska
Bankstown, NSW

drinking culture. It was shortlisted for the Kibble Literary Awards and was a finalist in the Walkley Book of the Year. Her extensive coverage of alcohol issues saw her twice win the media excellence award at the Australian Drug and Alcohol Awards.

Jill spent 10 years as a Senior Writer and Columnist at The Age where she was well known for her campaigning journalism in human rights, social justice and LGBTI equality. She now works as a freelance writer, journalism lecturer and media consultant.

12.20pm Lunch (1 hr)

- 1.20pm** **Keynote:**
Communities That Care
Prof John Toumbourou
 Chair in Health Psychology,
 Deakin University
- 1.50pm** **Community Presentations**
Strengthening School
Engagement
Jenny Monk
 Queensland Blue Light Association
- IMPACT!**
Anna Sanderson
 Warrnambool, Victoria
- Education in Schools**
Sophie Bouchier
 Mount Gambier, South Australia
- 2.35pm** **Panel discussion 2**
John Toumbourou
 Deakin University
Jenny Monk
 Old Blue Light Association
Anna Sanderson
 Warrnambool, Vic
Sophie Bouchier
 Limestone Coast, SA

2.55pm Afternoon Tea (20 mins)

- 3.15pm** **Keynote: Climate Schools**
and Positive Choices
Prof Maree Teesson AC
 Director at The Matilda Centre
 for Research in Mental Health
 and Substance Use
- 3.45pm** **Community Presentations**
Safe Partying
Kasey Hartung
 University of WA College Row,
 Western Australia
- Reducing Stigma**
Ben Rose
 Stirling, WA
- Building Our Future**
Jasmin Dunn
 Devonport, Tasmania
- 4.30pm** **Panel discussion 3**
Jón Sigfússon
 Planet Youth
John Toumbourou
 Deakin University
Prof. Maree Teesson AC
 The Matilda Centre
Håkan Leifman
 Planet Youth
- 4.55pm** **Closing remarks**
Jill Stark
- 5.00pm** **Close**

Day Two.



Kim Brennan AM MC

Kim is a Director on the Australian Sports Foundation and sits on its Audit and Risk Committee, as well as a number of other international and national boards and committees. She is passionate about the power of sport to build communities and inspire us to be better versions of ourselves.

She volunteers with schools and sporting clubs involved in promoting healthy lifestyles



and has worked with sports organisations in implementing strategy and governance reforms.

Kim is also a qualified legal practitioner working in Advisory with global organisation Ernst & Young. She specialises in ethical organisations and culture change in a world being disrupted by technology.

Combining her legal work with life as an elite sportsperson, Kim is an Olympic Champion

from Rio 2016, a dual World Champion from 2013 and 2015, and an Olympic Silver and Bronze medallist from London 2012. She was voted World Female Rower of the Year in 2013. She won the Australian Female Athlete of the Year award in 2013 and 2016.

She has been awarded a Member of the Order of Australia for her contribution to sport and the community and was named in the Australian Financial Review's Top 100 Women of Influence in 2018.

Welcome

9.00am Acknowledgement of Country

9.10am Keynote: Planet Youth: Participation in sport as a protective factor
Margret Lilja Gudmundsdottir
 Data Specialist and Lecturer at Planet Youth, Icelandic Centre for Social Research and Analysis

9.40am Community Presentations Increasing Participation
Lisa Abbott
 Frankston Mornington Peninsula, Victoria

Strong and Connected Communities
Renee Pitt
 Bunbury Geographe Aboriginal Western Australia

Pathways to Participation
Roslyn Laws
 Moree, New South Wales

10.25am Keynote: Good Sports: Strengthening sport as a protective factor
Geoff Munro
 Policy Manager, Alcohol and Drug Foundation

10.45am Morning Tea (30 mins)

11.15am Community Presentations Midnight Basketball
Catherine Thompson
 Mildura, Victoria

Basketball for All
Rachel Fosdick
 Palmerston Basketball Association, Northern Territory

WA Country Footy Club Leadership Pilot
Joe Georgiades
 WA Country Football League, Western Australia

12.00pm Panel discussion 4
Margret Lilja Gudmundsdottir
 Planet Youth
Catherine Thompson
 Mildura, Vic
Rachel Fosdick
 Palmerston Basketball Assoc, NT
Joe Georgiades
 WA Country Football League, WA

12.20pm Closing address
Dr Erin Lalor AM
 CEO, Alcohol and Drug Foundation

12.30pm Close and Lunch for all delegates



Australian Indigenous
Alcohol and Other Drugs
Knowledge Centre



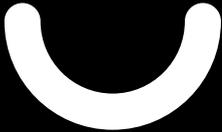
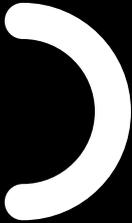
Free AOD web resource

The Australian Indigenous Knowledge Centre's website contributes to improving the health of Australia's Aboriginal and Torres Strait Islander peoples and assist in closing the gap by providing the evidence base to help reduce the harmful use of alcohol and other drugs.

<https://aodknowledgecentre.ecu.edu.au/>

Core funding
is provided by the
Australian Government
Department of Health

Our Keynote Speakers.





Erin Lalor AM

CEO of the Alcohol and Drug Foundation

An introduction to prevention in practice

Erin Lalor was appointed Chief Executive Officer of the Alcohol and Drug Foundation (ADF) in November 2017.

Erin has over 20 years of leadership experience in the health sector, working in clinical, academic and executive roles, and was most recently the CEO of the National Stroke Foundation and a Director of the World Stroke Organization. She sits on a number of advisory committees in relation to public health, clinical improvements and evidence-based approaches to healthcare delivery.



Dr Jón Sigfússon

Director of Planet Youth, Icelandic Centre of Social Research and Analysis

Planet Youth is Iceland's hugely successful program to combat teenage smoking, drinking and drug use – an intervention model that is now being adopted in around 100 communities in 24 different countries.

Jón Sigfússon is Director of both Planet Youth and the Icelandic Centre of Social Research and Analysis. He leads work with local governments in developing capacity within communities to reduce the impact of alcohol and other drugs focusing on youth. He has published and lectured extensively on the topics of evidence-based policymaking in the field of drug prevention and adolescent substance use prevention.

> **Have a question?**
See page 22 to submit questions via the app.



Dr Håkan Leifman

Regional Director of Planet Youth, Icelandic Centre for Social Research and Analysis

Håkan was appointed Regional Director of Planet Youth in January 2019 and is also Senior Adviser, Public Affairs at Ipsos. He is currently serving on the Board of the Swedish alcohol retail monopoly company (Systembolaget) and the Swedish Cancer Society and is a Doctor in Sociology and Research at Sweden's world-famous Karolinska Institutet.



> **Have a question?**
See page 22 to submit questions via the app.

Professor John Toumbourou

**Chair in Health Psychology,
Deakin University, Melbourne,**

Communities That Care

Communities That Care (CTC) is an evidence-based, community-change process for reducing youth problem behaviours, including harmful substance use, crime, low academic achievement, early school leaving, sexual risk-taking and violence. The CTC approach applies the most up-to-date knowledge and research to foster healthy social development among children and youth.

Professor John Toumbourou is the Chair in Health Psychology at Deakin University and a prominent researcher and health advocate. He has been influential internationally and nationally in assisting the development of research and practice in the fields of prevention science and health psychology. He has received international awards for his contributions in these areas and has been influential in reshaping Australian health policies to more effectively address adolescent alcohol use and related problems.



> **Have a question?**
See page 22 to submit questions via the app.

Professor Maree Teesson AC

**Director at The Matilda Centre
for Research in Mental Health
and Substance Use**

An introduction to prevention in practice

Professor Maree Teesson is Professor and Director of The Matilda Centre for Research in Mental Health and Substance Use, Director of the NHMRC Centre of Research Excellence in Prevention and Early Intervention in Mental Illness and Substance Use (PREMISE) and NHMRC Principal Research Fellow at The University of Sydney. She is also a Fellow of the Australian Academy of Health and Medical Sciences and the Australian Academy of Social Sciences, a National Mental Health Commissioner and Member, National Health and Medical Research Council. She is also a founding member of The MHS Management Committee since 1991.

Maree seeks to increase our understanding of substance use and mental health problems, prevent these where possible and improve treatment responses. She was announced as a Companion of the Order of Australia in the Australia Day 2018 Honours List.



Margrét Lilja Gudmundsdottir

**Data Specialist and Lecturer,
Planet Youth, Icelandic Centre
of Social Research and Analysis**

Margrét Lilja Guðmundsdóttir is an assistant professor at Reykjavik University, Sport Science Department, working with the Icelandic Centre for Social Research and Analysis for more than 19 years. She is an expert on the Icelandic public health model and has been promoting it in Iceland and abroad for years. Margrét holds a Bachelor and Master's Degree in Sociology from the University of Iceland.

> **Have a question?**
See page 22 to submit questions via the app.

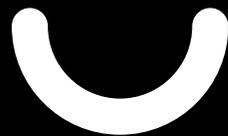


Geoff Munro

**Policy Manager,
Alcohol and Drug Foundation**

A former secondary school teacher, Geoff has worked in the drug field for thirty years, specialising in drug prevention and community development in government and non-government services. He has led numerous projects, edited a specialist book on school drug education, contributed book chapters on primary prevention, published on policy and practice in peer-reviewed journals and presented papers at conferences, drug summits and parliamentary inquiries. His current role involves policy development and advocacy.

Our Community Speakers.





Youth Ambassador Program

Frauke Hobbs

Murray Bridge, South Australia

A peer support program across multiple schools, providing education and involvement in local events and a focus on resilience and mental health through Headspace.

The Cook, the Chef and Us

Belinda Buck

Hepburn, Victoria

VicHealth Award's shortlisted program, aimed at mitigating school disengagement by providing students with opportunities to learn new skills, obtain vocational qualifications and improve self-confidence.

Prevention Through Peer Support

Ryn Vlachov

Blue Mountains, New South Wales

An accessible, youth-friendly, peer designed program aimed at increasing awareness of the harms of risky drinking and drug use amongst young people. The program strengthens knowledge, skills, confidence, resilience and positive social connections of both peer educators and their audience.

Youth Off The Streets

Meri Carovska

Bankstown, New South Wales

Building on an earlier peer education project, Youth Off The Streets was co-designed by youth peer educators, local youth and youth workers. It is designed to improve the decision-making of youth participants, increase participation and retention and develop youth workers' alcohol and other drug skills.

Strengthening School Engagement

Jenny Monk

Queensland Blue Light Association

A Queensland Blue Light Association-lead program, providing cultural, social and sporting activities to Queensland youth under 18 in an environment free from drugs, alcohol and violence.

IMPACT!

Anna Sanderson

Warrnambool, Victoria

This project engaged year 7 students from three local schools in a social emotional wellbeing coaching program. It provided a safe space for young people to share their concerns, challenge themselves and build peer and community relationships outside school hours.

Education in Schools

Sophie Bouchier

Limestone Coast, South Australia

Backed by Mount Gambier City Council, this program involved alcohol and other drugs forums, a pilot school AOD program and development of a small-town model for engaging partners to develop and implement AOD activities.

Safe Partying

Kasey Hartung

University of WA College Row, WA

A consortium of residential colleges combined to develop this behaviour change program promoting safe partying centred around an online 'Managing Alcohol at College Events: a College Row Toolkit and Training program', which is now receiving interest from other residential colleges in Australia.

Reducing Stigma

Ben Rose

Stirling, WA

A multi-faceted program using a range of channels to address stigma including local media, Facebook, education for parents and strategies to build protective factors among youth.

Building Our Future

Jasmin Dunn

Devonport, Tasmania

A mentorship program for young people that aims to increase community cohesion, the development of new skills and self-efficacy in participants and provide a safe community space for diversionary activities. The project pairs high school students with a mentor to create a playscape (natural play space).

Increasing Participation

Lisa Abbott

Frankston Mornington Peninsula, Victoria

ACTIVATE is a community-based sport and recreation program established in 2017. ACTIVATE provides scholarships for children aged 6 to 18 years to participate in local sport and recreational activities.

“The program has helped to keep me at school.”

Adam, program participant
The Cook the Chef and Us

Strong and Connected Communities

Renee Pitt

Bunbury Geographe Aboriginal Local Drug Action Team, WA

A program providing a range of unstructured activities for young people to connect into that also generates opportunities for parents to connect. Initially focused on Aboriginal children, the program has appealed to a broader community audience, prompting additional local investment.

Pathways to Participation

Roslyn Laws

Moree, New South Wales

The Moree Touch Football Competition is a 'No Workshop No Play' activity. It is about reconnecting young people, particularly those who would not normally engage in sport due to family, social and economic impacts, through sport. This activity also encourages their supports (parents, family members, coaches, referees, carers, guardians, service providers) to participate in facilitated educational drug and alcohol information sessions/workshops prior to commencement of each game.

Midnight Basketball

Catherine Thompson

Mildura, Victoria

Homebase, a local youth-led collective, partnered with local service providers to give youth an opportunity to make meaningful connections with peers and service sector or agency staff through basketball. The initiative engaged youth on Friday nights to provide alternative activities to drug and alcohol use. It also provided youth with meaningful volunteering opportunities.

Basketball for All

Rachel Fosdick

Palmerston Basketball Association, Northern Territory

Award-winning Palmerston Basketball Association identified a local need and used their sport, facilities and resources to solve it. Along the way, they became the Good Sports Club of the year in 2017.

WA Country Footy Club Leadership Pilot

Joe Georgiades

WA Country Football League, Western Australia

This program is working with and supporting the WA Country Football League and new clubs to develop suitable AOD policies and systems as well as establishing a peer support network from current footballers, upskilling them to be better positioned to respond to community needs.

“Sport is a powerful way to prevent and minimise harm”

Networking.

Conference App

The App includes the full agenda, speaker profiles, live polling, floor map and networking. Questions for speakers during presentations can be submitted via the App. Photos of the conference and presentation slides will be available via the App after the conclusion of the event.

Set up your profile to start networking.

1. Download the Whova mobile app on your phone. Visit: whova.com/download or scan the QR code below
2. Enter the email address you used for event registration or, use your social media account - if your email address is different from your registered one, choose "I don't have a code" and we'll grant access
3. Create a password and type in your name
4. Choose ADF Prevention in Practice as your event

If you have any issues please contact adf@adf.org.au or a staff member at the conference.



< Scan the QR code to download the App.

Networking

Don't worry about swapping business cards - you can arrange meetings during the allocated networking time and swap contact information with other delegates in the App.

Throughout the conference, a networking area will be positioned in the foyer. You can use the conference App to start up conversations with fellow attendees, set up networking sessions and exchange business contact details.

Interactive Drug Wheel

The Alcohol and Drug Foundation has developed an easy-to-use online interactive Drug Wheel. Workers in the AOD sector, students and health professionals can use this resource to learn about and identify drugs based on their effects. Visit our stand at the conference to experience the interactive Drug Wheel for yourself.

Deck'd Artwork Exhibit

Wodonga Council, in conjunction with the Wodonga Local Drug Action Team (LDAT), created a social media campaign to address the issues and stigma surrounding drug use and encourage the community to be more inclusive.

Together with project partner Dutch Media, a campaign called Deck'd was developed, where youth were asked to create designs to go on skateboards which formed part of a gallery at Wodonga Plaza in April.

The installation at the conference is a part of more than 60 decks that were shown at the original gallery.



Exhibitors

The Matilda Centre for Research in Mental Health and Substance Use



The Matilda Centre for Research in Mental Health and Substance Use (the Matilda Centre) delivers research programs to prevent, treat and reduce substance use and mental disorders. While the Matilda Centre covers the whole lifecourse, a key focus of its research is on youth.

sydney.edu.au/research/centres/matilda-centre.html

Healthier relationships, positive school culture and improved student wellbeing can be cultivated by:

- Providing students with Social and Emotional knowledge and skills
- Partnering with parents to develop a shared language for guiding students through emotional responses and interactions with others
- Supporting teachers to value student voice; and involve students in decisions about their school and learning.

Peer Support Australia



For almost 50 years Peer Support Australia has provided essential support to Australian schools to positively impact the wellbeing of children and young people.

peersupport.edu.au



Coffee



The Coffee Cart Changing Lives is a social enterprise providing a truly Melbourne-class coffee experience with all profits going towards eliminating youth homelessness.

With skilled and passionate baristas behind the bench, we serve T2 Tea, Mörk premium hot chocolate and specialty coffee roasted by STREAT.

crepesforchange.com

Coffee is complementary, so please don't forget to bring your reusable coffee cup to.



Local Drug Action Team Posters

The Local Drug Action Team (LDAT) Program is funded by the Australian Government and managed by the Alcohol and Drug Foundation. The program supports communities to work together to prevent and minimise the harm caused by alcohol and other drugs.

There are now 244 LDATs across Australia, and a selection of these are showcased at the conference in a poster presentation:

- Basketball Kimberley LDAT
- Blue Mountains LDAT
- Bunbury Geographe Aboriginal LDAT
- Hepburn LDAT
- Mandurah LDAT
- Regional Victoria LGBTIQ LDAT
- Strong Aboriginal Families in Eidsvold
- Rochester & Elmore LDAT



Alcohol
and Drug
Foundation