

National and Victorian resources for young people: summary table

In-depth research:

Preventing and delaying AOD uptake by young people

Peer and Individual Domain

Organisation	About the organisation	Available resources	Target Audience	Protective Factors	Evaluated (Yes / No)	Referenced (Yes / No)
Peer Support Australia peersupport.edu.au	<p>A peer-led, skills based, experiential learning program with a focus on mental health that has been offered in schools for over 50 years.</p>	<p>Information is provided on the Peer Support program and content however membership is required to access digital resources.</p>	<p>Students / peers Teachers</p>	<p>Social and Emotional knowledge & skills Participation in positive activities with adult engagement Sense of belonging/connectedness</p>	Yes	NA
Red Frogs redfrogs.com.au	<p>Red Frogs is a peer support program which has a focus on providing young people aged 13-30 with support and information on safe partying. It also promotes opportunities for young people to participate in alcohol free diversionary activities.</p>	<p>Includes information on the multiple programs/activities for both harm reduction and primary prevention that they offer, as well as schoolies/leavers tips, festival survival tips and support services such as headspace and Beyond Blue.</p>	<p>Students / Peers Teachers Parents</p>	<p>Evidence-based drug education Parental support Knowledge of harms / health beliefs that support healthy AOD use Involvement in supervised recreational activities</p>	No	No
DanceWize hrvic.org.au/dancewize	<p>DanceWize is a peer-based support program run at festivals and music events that provides education, resources, and referrals for health and wellbeing and safer drug use.</p> <p>Harm reduction focused.</p>	<p>DanceWize is a part of Harm Reduction Victoria (HRVIC) which has multiple resources on their website such as drug fact sheets, information on overdose, withdrawal and safer drug use.</p>	<p>Peers Individuals Other (event organisers)</p>	<p>Knowledge of harms / health beliefs that support healthy AOD use Evidence-based drug education Positive role models, including around AOD</p>	Yes	Evidence not referenced, but trusted source.

Organisation	About the organisation	Available resources	Target Audience	Protective Factors	Evaluated (Yes / No)	Referenced (Yes / No)
Kids Helpline kidshelpline.com.au	<p>Kids Helpline is Australia's only free, private and confidential 24/7 phone and online counselling service for young people aged 5 to 25.</p> <p>They also create online resources for young people.</p>	<p>Online fact sheets and resources catered to 3 primary target audiences -</p> <ul style="list-style-type: none"> • Kids (5-7) <ul style="list-style-type: none"> - Emotion based - Info on where to get help, or manage a problem (nothing AOD related) • Teens (13-17) <ul style="list-style-type: none"> - Focus on support and reassurance and where to get support - Range of applicable topics including mental health and AOD specific pages on risk, legality and support • Young Adults (18-25) <ul style="list-style-type: none"> - Very brief info on AOD covering use, potential harms and harm reduction advice - Resources around partying has more detailed info around harm reduction, violence and sexual assault 	<p>Individuals Parents Teachers</p>	<p>Knowledge of harms/ health beliefs that support healthy AOD use and the supports available in the AOD space</p> <p>Higher parent skills, knowledge and confidence including the knowledge of harms. Health beliefs that support healthy AOD use</p> <p>Parental involvement</p> <p>Evidence-based drug education</p>	<p>Yes</p>	<p>Evidence not referenced, but trusted source.</p>

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ReachOut au.reachout.com	<p>ReachOut is an online mental health organisation for young people and their parents. They offer practical support, tools and tips to help young people get through anything from everyday issues to tough times. They also offer parents information that makes it easier for them to help their teenagers too.</p> <p>Harm reduction focused.</p>	<p>Information through articles and fact sheets around mental health, interpersonal relationships and health.</p> <p>AOD specific resources provide:</p> <ul style="list-style-type: none"> • Information around what is dependence • Harm reduction messaging • Drug facts <p>Resources for parents and teachers section doesn't have much AOD specific information – more mental health related.</p>	<p>Individuals</p> <p>Peers</p> <p>Parents</p> <p>Teachers</p>	<p>Knowledge of harms/ health beliefs that support healthy AOD use and the supports available in the AOD space</p> <p>Higher parent skills, knowledge and confidence including the knowledge of harms. Health beliefs that support healthy AOD use</p> <p>Parental involvement</p> <p>Evidence-based drug education</p>	<p>Yes</p>	<p>No, but they do their own research</p>

Organisation	About the organisation	Available resources	Target Audience	Protective Factors	Evaluated (Yes / No)	Referenced (Yes / No)
<p>YSAS ysas.org.au Also relevant for the broader community domain</p>	<p>Youth Support and Advocacy Service (YSAS) is a youth health not-for-profit agency that enables young people experiencing serious disadvantage to access the resources and support they require to lead healthy and fulfilling lives. Focuses on young people at risk. Harm reduction and early intervention focused.</p>	<p>Have articles on AOD, drug facts, and related issues (harm reduction messaging, peer pressure, etc.) Content primarily on web pages Confidential phone service – 9am – 8pm (Mon-Fri) Day activities and life skills programs offered in Dandenong, Preston and Abbotsford Outreach community programs across six sites in Melbourne and regional Victoria Specialist programs that provide AOD interventions for young people</p>	<p>Individuals Peers Parents Youth Workers Health professionals Other (Carers)</p>	<p>Evidence-based drug education Knowledge of harms/ health beliefs that support healthy AOD use and the supports available in the AOD space Higher parent skills, knowledge and confidence including the knowledge of harms. Health beliefs that support healthy AOD use Parental involvement Sense of belonging / connectedness to community Involvement in supervised recreational activities Positive role modelling</p>		No

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headspace headspace.org.au	<p>headspace began in 2006 to address the barriers that young people face to accessing mental health support. It provides tailored and holistic mental health support to 12-25 year olds. With a focus on early intervention, they work with young people to provide support at a crucial time in their lives.</p>	<p>headspace centres:</p> <ul style="list-style-type: none"> • One-stop-shop for young people who need help with mental health, physical health (including sexual health), alcohol and other drugs, or work and study support. <p>National tele-health service providing access to psychiatrists who are experts in youth mental health.</p> <p>Eheadspace – national online and phone support service, staffed by experienced youth mental health professionals.</p>	<p>Individuals Peers Parents Teachers Health professionals</p>	<p>Sense of belonging / connectedness to community</p> <p>Evidence-based drug education</p> <p>Knowledge of harms/ health beliefs that support healthy AOD use and the supports available in the AOD space</p> <p>Higher parent skills, knowledge and confidence including the knowledge of harms. Health beliefs that support healthy AOD use</p> <p>Academic support</p> <p>Positive role models, including around AOD</p>	Yes	Yes
LDAT community.adf.org.au/	<p>Local Drug Action Teams (LDATs) are community primary prevention groups funded to implement activities that prevent the harms associated with alcohol and other drug use.</p>	<p>The LDAT Program provides multiple resources available to the public on best practice for primary prevention strategies. Toolkits on peer support and supporting teenagers can be accessed on the website.</p>	<p>Youth Workers Health Professionals Community members</p>	<p>Evidence-based drug education</p> <p>Positive role models, including around AOD</p> <p>Community building activities including evidence-based drug education</p> <p>Sense of belonging / connectedness to community, school and family</p> <p>Participation in positive activities with adult engagement</p>	<p>External evaluation hasn't been completed. LDATs evaluate their own programs and send an evaluation report to ADF.</p>	Yes

Family Domain

Organisation	About the organisation	Available resources	Target Audience	Protective Factors	Evaluated (Yes / No)	Referenced (Yes / No)
<p>Triple P triplep.net/glo-en/home/</p>	<p>Triple P is a widely implemented Australian program, with a variety of existing modes of delivery. The program aims to prevent behavioural, emotional and developmental problems in children by enhancing the knowledge, skills and confidence of parents. There is strong evidence of effectiveness for Triple P's various delivery modes, including individual and group, standard and enhanced.</p> <p>Triple P has programs aimed at parents of children aged 2-12, as well as Teen Triple P offered to parents of 13-16 years of age.</p>	<p>Information on the program (e.g. single visit consultations, public seminars, group courses, private sessions and seminars) is provided, as well as a 'Hot topics' section of the website that provides advice on parenting.</p>	<p>Parents</p>	<p>Higher parent skills, knowledge and confidence including the knowledge of harms. Health beliefs that support healthy AOD use</p> <p>Parental-child relationship quality</p> <p>Parental involvement</p>	<p>Yes</p>	<p>Evidence not referenced, but trusted source.</p>

Organisation	About the organisation	Available resources	Target Audience	Protective Factors	Evaluated (Yes / No)	Referenced (Yes / No)
Parenting Research Centre parentingrc.org.au/	<p>An evidence-based organisation supporting government and community agencies to take action on parenting support. Particularly organisations in health, education and welfare. They achieve this through making knowledge accessible, designing initiatives and applying research to policies, programs and services.</p>	<p>Information on the website includes a directory of current programs and projects, research, news, webinars and publications.</p> <p>The directory of programs provided are mostly designed for parents with learning difficulties, to help parents of young children at risk of neglect and abuse, or to support parents and carers of children with disabilities – however there is an option available for organisations to get in touch with Parenting Research Centre to make tailored training programs to meet specific needs.</p>	<p>Parents</p> <p>Youth workers</p> <p>Health professionals</p>	<p>Evidence-based drug education</p> <p>Higher parent skills, knowledge and confidence including the knowledge of harms. Health beliefs that support healthy AOD use</p>	Yes	Yes
Raising Children Network raisingchildren.net.au	<p>The Raising Children Network provides various evidence based online resources on parenting information (from pregnancy through to teens).</p>	<p>Written articles, videos, guides, interactive tools and apps are available on topics such as connection, development, health, safety and behaviour.</p>	<p>Parents</p>	<p>Higher parent skills, knowledge and confidence including the knowledge of harms. Health beliefs that support healthy AOD use</p> <p>Parental-child relationship quality</p> <p>Parental involvement</p>	Yes	Yes

Organisation	About the organisation	Available resources	Target Audience	Protective Factors	Evaluated (Yes / No)	Referenced (Yes / No)
ParentWorks parentworks.org.au/	<p>A free online program that provides evidence-based parenting strategies to help parents improve their skills and confidence, and their child's behaviour. It is a self-directed program developed by the University of Sydney and the Movember foundation.</p>	<p>Information on the program is provided however you need become a member to access information on parenting strategies. The website also provides links to support services.</p>	<p>Parents</p>	<p>Higher parent skills, knowledge and confidence including the knowledge of harms. Health beliefs that support healthy AOD use Parental-child relationship quality Parental involvement</p>	<p>Program does not appear to be evaluated; however it is based on strategies that have been found to be successful.</p>	<p>Yes</p>
Big Brothers Big Sisters of Australia (BBBS) bigbrothersbig sisters.org.au	<p>BBBS has been running in Australia for around thirty years. BBBS sets up positive relationships between young people experiencing difficult situations and supportive adults, in order to improve young people's self-worth and participation at school and in their community.</p>	<p>Information provided on community-based program, school program, online program and Young Achievers program.</p>	<p>Peers</p>	<p>Positive role models, including around AOD Community building activities including evidence-based drug education Sense of belonging / connectedness to community, school and family</p>	<p>Yes</p>	<p>Yes</p>
Raise – The Youth Mentoring Foundation raise.org.au	<p>Raise Foundation helps to support young people by offering training and support to both mentor and mentee in a school environment to strengthen relationships and improve the wellbeing of young people at risk.</p>	<p>Website has information on their different mentoring programs, such as in school mentoring, the Youth Frontiers program, and career and workplace excursions.</p>	<p>Peers Young mothers</p>	<p>Positive role models, including around AOD Sense of belonging / connectedness to community, school and family</p>	<p>No – some qualitative reports on participant experience.</p>	<p>No</p>

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LDAT community.adf.org.au/	<p>Local Drug Action Teams (LDATs) are community primary prevention groups funded to implement activities that prevent the harms associated with alcohol and other drug use.</p>	<p>The LDAT Program provides multiple resources available to the public on best practice for primary prevention strategies. Toolkits on positive parenting, supporting teenagers and mentoring can be accessed on the website.</p>	<p>Youth Workers Health Professionals Community members</p>	<p>Evidence-based drug education Positive role models, including around AOD Community building activities including evidence-based drug education Sense of belonging / connectedness to community, school and family Participation in positive activities with adult engagement</p>	<p>External evaluation hasn't been completed. LDATs evaluate their own programs and send an evaluation report to ADF.</p>	<p>Yes</p>

Leisure Domain

Organisation	About the organisation	Available resources	Target Audience	Protective Factors	Evaluated (Yes / No)	Referenced (Yes / No)
FReeZA – The Push thepush.com.au/freeza	<p>The FReeZA program is a youth development program that provides opportunities for young Victorians aged 12-25 across metropolitan, regional and rural Victoria to access live music events and other cultural, recreational and artistic events that are drug, alcohol and smoke-free in supervised and safe venues.</p>	<p>There are 70 FReeZA committees across the state that people can volunteer at, and that stage events across Victoria</p>	<p>Peers</p>	<p>Positive role models, including around AOD</p> <p>Involvement in supervised recreational activities</p> <p>Sense of belonging/connectedness to community, school, and family</p>	<p>Yes</p>	
Remlink Australia remlink.org	<p>Remlink Australia provides evidence-based sport and art programs to disadvantaged Australians to create socially inclusive, life-changing opportunities.</p> <p>In partnership with more than 390 community organisations, Remlink Australia's programs create pathways to improved health and wellbeing, education and employment outcomes for all participants.</p>	<p>Various sports and arts programs across Australia</p>	<p>Peers</p> <p>Individuals</p> <p>Youth workers</p>	<p>Involvement in supervised recreational activities</p> <p>Sense of belonging/connectedness to community, school, and family</p>	<p>Yes</p>	<p>Not on the website, but activities and programs are evidence based</p>

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YMCA victoria.ymca.org.au	<p>A not for profit organisation that provides young people with the opportunity to participate in various activities such as camps, community recreation and sporting facilities, swimming pools, and youth services. They also provide programs such as youth leadership programs, and the Bridge program which includes mentoring, training and employment opportunities for young people who have been in custody.</p>	<p>The website primarily offers information on sports, recreation, youth programs, camps and community recreation, as well as how to get involved and the various locations across Australia.</p>	<p>Peers Individuals</p>	<p>Involvement in supervised recreational activities Sense of belonging/connectedness to community, school, and family Participation in positive activities with adult engagement Positive role models</p>	<p>Have found evidence of an evaluation of a YMCA camp: Cotton SM, Butselaar FJ. Adventure camps for young adults and adults with mental illness. Psychiatric Services. 2012Nov; 63(11):1154.</p>	<p>No</p>
Good Sports goodsports.com.au/	<p>The Good Sports program is available at no cost to sporting clubs nationwide and has been shown to reduce harm, positively influence health behaviours, strengthen club membership and boost participation.</p>	<p>The website has various resources available to Good Sports clubs to help them implement policies and change club culture.</p>	<p>Clubs</p>	<p>Involvement in supervised recreational activities Sense of belonging/connectedness to community, school, and family Participation in positive activities with adult engagement</p>	<p>Yes</p>	<p>Yes</p>

School Domain

Organisation	About the organisation	Available resources	Target Audience	Protective Factors	Evaluated (Yes / No)	Referenced (Yes / No)
Climate Schools climateschools.com.au	<p>Climate Schools is an evidence-informed program that addresses the issues of alcohol and other drug use from a health and wellbeing perspective. The program has been evaluated and has been shown to reduce drug use. The program offers online modules from years 8–10. Climate was developed by a group of leading alcohol and other drugs organisations, including the National Drug and Alcohol Research Centre and the NHMRC Centre of Research Excellence in Mental Health and Substance Use at the University of New South Wales.</p>	<p>Modules that can be rolled out in schools, and resources for teachers and students</p>	<p>Teachers/ Young people (individual)</p>	<p>Knowledge of harms/ health beliefs that support low risk AOD use and the supports available in the AOD space</p> <p>Evidence-based drug education</p> <p>Evidence-based drug education</p>	<p>Yes</p>	<p>Evidence-informed</p>

Organisation	About the organisation	Available resources	Target Audience	Protective Factors	Evaluated (Yes / No)	Referenced (Yes / No)
Preventure	<p>Developed in Canada and adapted for the Australian classroom, Preventure is a school-based, selective prevention program that aims to reduce alcohol and other drug use among selected students in Year 7-8, and Year 9-10.</p> <p>Early intervention focused.</p>	Program that can be rolled out in schools in classrooms	Teachers/ Young people (individual)	<p>Knowledge of harms/ health beliefs that support low risk AOD use and the supports available in the AOD space</p> <p>Evidence-based drug education</p>	Yes	
School Health and Alcohol Harm Reduction Project (SHAHRP)	<p>Developed by the National Drug Research Institute and Curtin University, SHAHRP is a classroom-based program aimed at reducing alcohol-related harm and risky consumption. The SHAHRP program was developed with young people and teachers and reflects the life experiences of young people, while also fitting well within the school curriculum. The program is culturally adaptable and has demonstrated harm reduction outcomes.</p> <p>Harm reduction focused.</p>	Classroom program that can be rolled out in schools	Teachers/ Young people (individual)	<p>Knowledge of harms/ health beliefs that support low risk AOD use and the supports available in the AOD space</p> <p>Evidence-based drug education</p>	Yes	

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<p>Positive Choices positivechoices.org.au</p>	<p>Positive Choices is a website funded by the Australian Government Department of Health. The organisation highlights the importance of early intervention and the role of schools and parents in the prevention of alcohol and other drug harms. The content included is primarily 'evidence-based drug education resources for school communities'. Resources have been divided according to audience type (for example teachers, parents, students). Most of the information available is intended to be interactive. Consultation with parents, teachers and students informed the development of the website and its content.</p>	<p>The information available on the website varies considerably. Resources include evidence-based programs, drug facts pages, information guides, harm reduction videos, educational games, and apps.</p>	<p>Teachers Parents Young people (individual)</p>	<p>Knowledge of harms/ health beliefs that support low risk AOD use and the supports available in the AOD space</p>	<p>Yes</p>	<p>Yes</p>

Local community and the broader environment

Organisation	About the organisation	Available resources	Target Audience	Protective Factors	Evaluated (Yes / No)	Referenced (Yes / No)
Communities That Care communitiesthat-care.org.au	<p>Provides early intervention and prevention frameworks to communities that focus on reducing the harms from substance use, disengagement from school, and risk taking/harmful behaviour that young people may experience. There is a focus on ensuring communities cater to their local needs and implement evidence-based strategies to target them.</p>	<p>Training collateral to roll out Communities That Care in local communities – catered to the different phases of the CTC model</p> <p>Case studies and publications that support the CTC model</p> <p>Community, School and Family focused programs</p>	<p>Parents</p> <p>Teachers</p> <p>Health professionals</p> <p>Youth workers</p> <p>Other</p> <p>Young people (individual)</p>	<p>Sense of belonging/ connectedness to family</p> <p>Parent-child relationship quality</p> <p>Sense of belonging/ connectedness to community</p> <p>Community building activities</p> <p>Positive role models, including around AOD</p> <p>Participation in positive activities with adult engagement</p> <p>Knowledge of harms/ health beliefs that support low risk AOD use and the supports available in the AOD space</p> <p>Evidence-based drug education</p> <p>Participation in positive activities with adult engagement</p>	Yes	Yes
Whitelion whitelion.asn.au	<p>Whitelion works with some of the most vulnerable young people in Australia.</p>	<p>Programs targeted towards at homeless and at-risk young people to keep them connected to the community.</p> <p>Includes mentoring, employment, outreach, and intervention programs.</p>	<p>Youth workers</p> <p>Other</p> <p>Young people (individual)</p>	<p>Sense of belonging/ connectedness to community</p> <p>Positive role models, including around AOD</p> <p>Participation in positive activities with adult engagement</p>	Yes	

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<p>LDAT community.adf.org.au/</p>	<p>Local Drug Action Teams (LDATs) are community primary prevention groups funded to implement activities that prevent the harms associated with alcohol and other drug use.</p>	<p>The LDAT Program provides multiple resources available to the public on best practice for primary prevention strategies. Toolkits on strong and connected communities, involving volunteers, and community participation in liquor licensing can be accessed on the website.</p>	<p>Parents, Teachers, Health professionals, Youth workers, Other, Young people (individual), Peers.</p>	<p>Sense of belonging/ connectedness to family Parent-child relationship quality Sense of belonging/ connectedness to community Community building activities Positive role models, including around AOD Participation in positive activities with adult engagement Knowledge of harms/ health beliefs that support low risk AOD use and the supports available in the AOD space Evidence-based drug education Participation in positive activities with adult engagement Involvement in supervised recreational activities</p>	<p>External evaluation hasn't been completed. LDATs evaluate their own programs and send an evaluation report to ADF.</p>	<p>Yes</p>