

# About the **Alcohol and Drug Foundation.**

**Every year in Australia:**

**5552+**

people die from  
**alcohol-related  
injuries, illness  
and accidents.**

**144,000**

people are  
**hospitalised  
due to alcohol.**

**3,195** people die from drug-related deaths.

More people die from **drug overdoses**, including  
from **pharmaceuticals**, than die on the roads.

The cost to the community from  
**alcohol-related harm** is estimated to exceed  
**\$15.3 billion.**

For **illegal drugs** it exceeds  
**\$8.2 billion.**

**All of this is preventable.**

‘We work in partnership with others to support and create evidence-based policies and practice that prevent and minimise the harm caused by alcohol and other drugs.’

**Because lives matter.**

# An Australian response to an Australian problem

The Alcohol and Drug Foundation – originally known as the Alcoholism Foundation of Victoria – held its first board meeting in 1959.

The brainchild of Sir Weary Dunlop and a group of concerned citizens, the Foundation was established to support the many post-war veterans suffering from alcohol dependence as an escape from the trauma of war.

The Foundation called for a ‘coordinated attack by the community, involving education, treatment and research’.

The response was right for the times. The Foundation gained traction and it continues to evolve its programs in line with community needs, ensuring it is best placed to address the issues confronting Australia, and Australians.

Today its activities and programs directly support communities and people to adopt healthy behaviours and implement collaborative strategies to prevent and minimise the harm of alcohol and other drugs, including ice.

The Alcohol and Drug Foundation (ADF) also works to keep priority issues on the political and public agendas, advocating for policy reforms, maintaining a high-profile media presence and through strategic partnerships, harnessing the combined strength of other like-minded organisations.

The ADF is proudly evidence-based and independent, with a truly national foot print.



# The ADF approach

## Alcohol and other drugs are complex problems

Understanding this, the ADF uses a multi-pronged approach to prevent and reduce harms arising from alcohol and other drugs.

We recognise the power of strong communities and the important role they play in preventing problems occurring in the first place. A community-centric approach is at the heart of everything we do.

We work hand-in-hand with local communities, supporting them to develop and implement tailored programs to tackle their specific concerns. We understand that a 'one-size-fits-all' approach does not work.

The goal is safe, healthy and resilient communities where risk factors for harm due to alcohol and other drug use (such as disconnection, unemployment and access to supply) are weakened, and protective factors (such as recreational options, positive relationships and community engagement) are strengthened.

Alongside our strong focus on prevention, we work to reduce the harms for those who are using alcohol and other drugs.

We work to deliver high quality educational resources and up to date, evidence-based information to enable people to make informed decisions.

We also support work to improve access to harm reduction strategies and treatment. This includes programs and policies such as real time monitoring of prescription drugs or medically supervised injecting facilities.

Our multifaceted strategy has a single aim: healthy people in strong communities leading productive, fulfilling lives.



# Programs that impact Australian lives

## The Good Sports program

Sports participation is an effective protective factor against harm from alcohol and other drugs.

Good Sports is Australia's largest and most successful health promotion initiative in community sport. It has been helping community sporting clubs create inclusive environments by reducing the impact of risky drinking for 20 years and is now being delivered in around 10,000 community sporting clubs across Australia.

Participating clubs work with the ADF to develop policies and systems that reduce risky drinking and create a positive culture around alcohol and other drugs. The program supports clubs to set higher standards for alcohol, tobacco management, illicit drug responses and safe transport practices. With the support of the ADF, clubs progress along an agreed timeline, increasing their commitment to changing practices and policies as they advance.

Independent research has verified the effectiveness of the Good Sports model. A randomised control trial found that Good Sports reduces the likelihood of risky drinking by 37% and alcohol-related harms by 42% in community sporting clubs. It has also been proven to strengthen club membership and boost participation.

The ADF is committed to making the Good Sports program accessible to all community clubs nationally.

## Drug Action Teams

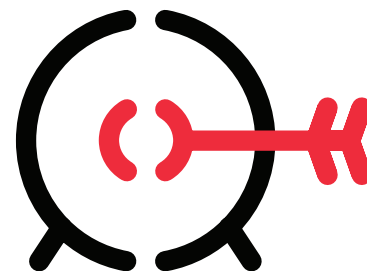
Community-based action is powerful in preventing and minimising harm from alcohol and other drugs.

Through the Drug Action Team programs, we foster collaborative partnerships within communities, helping them build knowledge and skills to tackle local problems associated with alcohol and other drugs.

Drug Action Teams comprise any mix of parents, schools, education institutions, health workers, police, community organisations, local residents, businesses and government who band together to implement a community-led response. They are supported by ADF staff to plan and implement evidence-based programs at the grassroots level.

ADF implements two Drug Action Team programs:

- **Local Drug Action Team (LDAT)** Program operates nationally. LDATs bring together local groups and organisations who are best placed to identify and tackle the harms from alcohol and other drugs within the communities in which they live and work. The ADF provides LDATs with advice, resources and support to understand the problem and identify evidence-based actions to address their issue/s and strengthen protective factors to reduce harm. Some common themes addressed by LDATs include youth and drugs; alcohol and pregnancy; and liquor availability. The program is funded by the Australian Government. Currently 247 communities are home to active LDATs.
- **Community Engagement and Action Program (CEAP)** has been running in NSW for 20 years. Through CEAP, ADF works with local communities to establish volunteer-led Community Drug Action Teams (CDATs) who engage at-risk youth and educate parents and the community to curb alcohol-fueled violence and drug use. Our staff help CDATs plan and run their educational programs, campaigns and community forums. They also provide access to funding, resources, campaigns and events, as well as the latest research on effective community development health promotion. With funding from NSW Health, the program currently supports more than 70 Community Drug Action Teams.



## Information Services

As an evidence-driven organisation, we believe all Australians should have access to quality information.

Our Information Services provides the facts and busts the myths, making credible, accurate information accessible and empowering and mobilising people to model and promote safe behaviours.

A much-consulted reference is the **Drug Information Directory** – Australia’s leading alcohol and drug search engine, managed by the ADF.

Through the Directory, health workers can find reliable information on alcohol, other drugs and mental health, with links to treatment services, research, statistics, guidelines, journals, policy, campaigns, events, curriculum, professional development opportunities and more.

For over a decade, the ADF has been reviewing comprehensive and relevant alcohol and drug information to keep the directory up-to-date, relevant and reliable. All websites and applications in the directory have been quality reviewed to ensure the best search results.

Our **DrugInfo** program, funded by the Victorian Government, provides information on the effects of drugs and measures that can be taken to reduce their harms.

Key resources include:

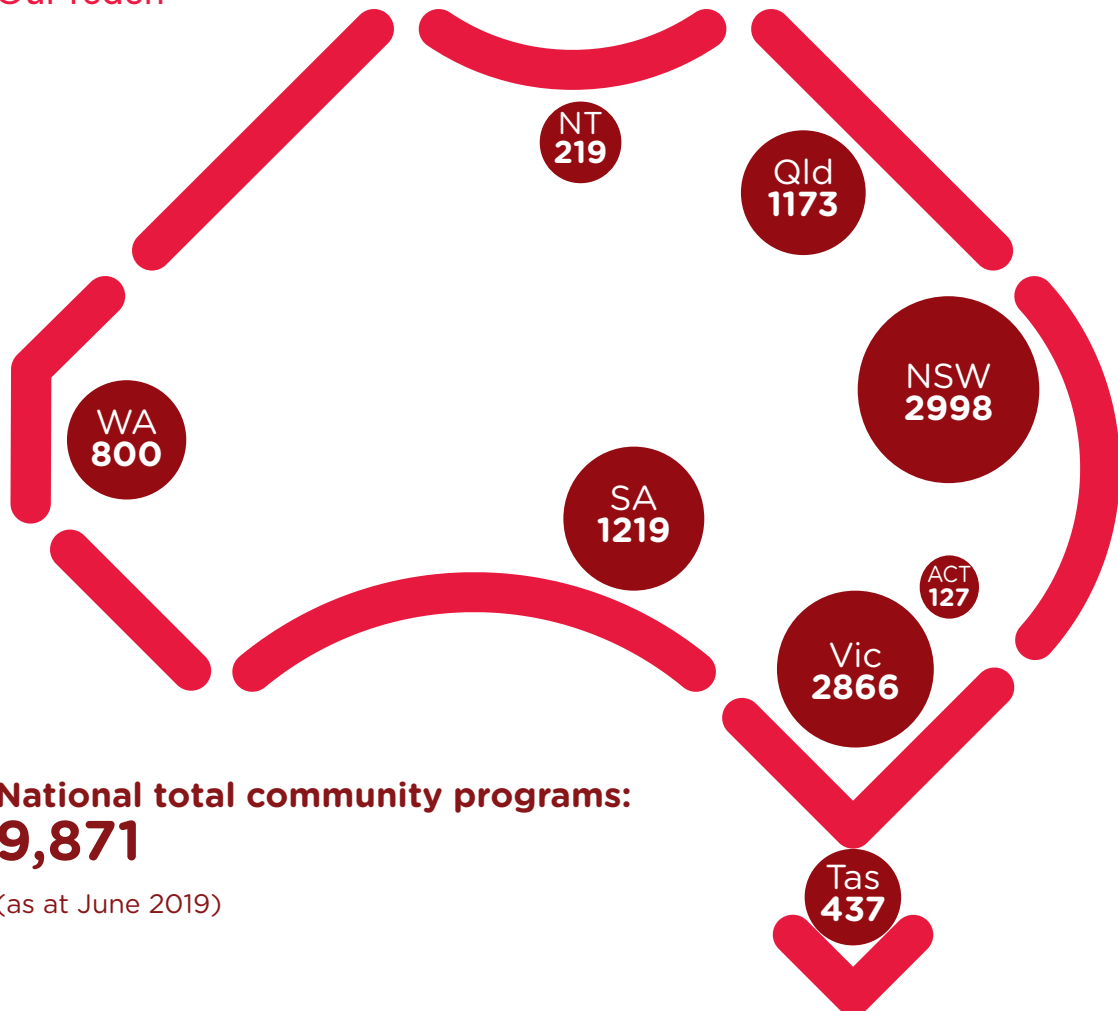
- **DrugInfo line (1300 85 85 84)** – a free and confidential phone and email service that answers questions about drugs, their effects and measures that can reduce their harms.
- **DrugInfo website ([adf.org.au](http://adf.org.au))** – provides online information about drugs, their effects and measures that can reduce harms.
- **Text the Effects (0439 835 563)** – a confidential SMS service for the community. People can text a drug name to this dedicated phone line and receive an instant SMS reply with the effects of the drug, as well as links to further information and help. The service provides flexible access to inform decision making and action anywhere, at any time.
- **ADF Library** – the largest alcohol and other drugs (AOD) library in the country providing free access to a range of online journals. It assists AOD workers, health workers, other professionals and individuals access the latest research on alcohol and other drugs.

# Touching all corners of our country

## Our purpose

‘To prevent and minimise the harm caused by alcohol and other drugs in Australia.’

## Our reach



National total community programs:  
**9,871**

(as at June 2019)