

# About the Alcohol and Drug Foundation.

Every year in Australia:

**4,186+**

people die from alcohol-related injuries, illness and accidents<sup>1</sup>

**75,511**

people are hospitalised  
due to alcohol<sup>2</sup>

**2,227**

people die from  
drug-induced deaths<sup>3</sup>

More people die from drug overdoses, including from pharmaceuticals, than die on the roads<sup>3</sup>

The cost to the community  
from alcohol-related harm  
is estimated to be around

**\$66.8 billion**<sup>4</sup>

For illegal drugs it exceeds

**\$8.2 billion**<sup>5</sup>

**All of this is preventable.**

“We work in partnership with others to inspire positive change, deliver evidence-based approaches to minimise harm and lead everyday conversations around alcohol and other drugs.”

**Because everyone should be able to live a life that is unlimited by alcohol and drug harm.**

# An Australian response to an Australian problem

**The Alcohol and Drug Foundation (ADF) - originally known as the Alcoholism Foundation of Victoria - had its first board meeting in 1959.**

The brainchild of Sir Weary Dunlop and a group of concerned citizens, the Foundation was established to help 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 and the Foundation gained traction.

Today, we continue to evolve our programs, in line with changing community needs, ensuring we are addressing the issues confronting Australia, and Australians.

Our activities and programs directly support communities to change knowledge, attitudes and practices so that we prevent and delay alcohol and other drug use by young people and strengthen prevention and harm reduction strategies for everyone.

We're here to listen, provide support and information and lead everyday conversations about alcohol and other drugs.

We also work to keep priority issues on the political and public agendas, advocating for policy reforms and maintaining a high-profile presence through the media and our strategic partnerships.

**We are proudly evidence-based and independent, with a truly national footprint.**



# The ADF approach

## Alcohol and other drugs are complex

Understanding this, we use a range of integrated approaches to reduce alcohol and drug harms.

**We recognise the power of strong communities and the important role they play in preventing problems occurring in the first place. Communities – and the people who call them home – are at the heart of everything we do.**

We understand that a ‘one-size-fits-all’ approach doesn’t work, so we partner with local communities, supporting them to develop and run tailored activities, based on evidence, to address their specific concerns.

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 preventing or delaying uptake, we work to reduce the harms for those who are using alcohol and other drugs and for those who care about them.

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

And, we lead important conversations nationally, to inspire positive change across the country.

**By 2025, we will have changed knowledge, attitudes and practices so that we prevent and delay uptake by young people and strengthen prevention and harm reduction strategies for all.**



# Programs that impact Australian lives

## Good Sports

Participation in sport is an effective protective factor against harm from alcohol and other drugs for all age groups.

Good Sports is Australia's largest and most successful community health sports program. It has been helping community clubs create inclusive environments by reducing risky drinking for more than 20 years.

Over 10,000 Good Sports clubs are using the program's free, online portal and resources to build policies around alcohol, smoking, mental health, illegal drugs and safe transport. Together, these elements add up to set high standards of behaviour for members and spectators, ensuring a safe, welcoming, family friendly environment for everyone.

With our support, clubs progress along an agreed timeline, increasing their commitment to changing the culture and practices within the club 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.

## Local Drug Action Teams

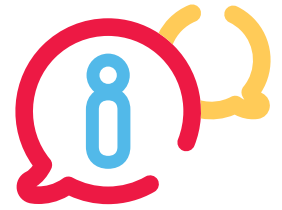
Community-based action is powerful in preventing and minimising harm from alcohol and other drugs.

Through the Local Drug Action Team (LDAT) program we foster collaborative partnerships within communities, helping them build knowledge and skills to identify and tackle alcohol and other drug concerns within the communities in which they live and work.

LDATs can be any mix of schools, educational institutions, health workers, police, community organisations, businesses and local government who band together to drive a community-led response.

We provide LDATs with advice, resources and support to understand the problem and identify evidence-based actions to address their issue/s and strengthen protective factors.

The program is funded by the Australian Government. Over 270 communities around the country are home to active LDATs.



## Information Services

We believe all Australians should have access to quality, evidence-based information to help them make informed decisions about alcohol and other drug use and harm reduction.

Our Information Services bust the myths, making sure everyone has the most up-to-date facts at their fingertips, anytime of the day or night.

A popular and 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.

All websites and applications in the Directory are quality reviewed to ensure the best search results.

Our DrugInfo program, funded by the Victorian Government, provides information on the effects of drugs and how to reduce their harms.

**[DrugInfo line \(1300 85 85 84\)](#)** – a free and confidential phone and email service where callers can speak to a real person for reliable information about alcohol and other drugs, and get referrals to support for themselves or loved ones.

**[DrugInfo website \(adf.org.au\)](#)** – provides online information about drugs, their effects and measures that can reduce harms.

**[Text the Effects \(0439835563\)](#)** – a confidential SMS service. 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 and most up-to-date alcohol and other drugs library in Australia, providing free access to a wide range of specialist print and online resources, including books, full-text articles from 11,000+ journals and databases. It assists AOD workers, health workers, other professionals and students access the latest research on alcohol and other drugs.

## Path2Help

Through our work, we know that family and friends of people who use alcohol and other drugs can feel lost and don’t know where to turn when it comes to finding help for a loved one.

So, we created Path2Help, a new online portal that uses a simple set of questions to match people with tailored support referrals based on their specific need and circumstances.

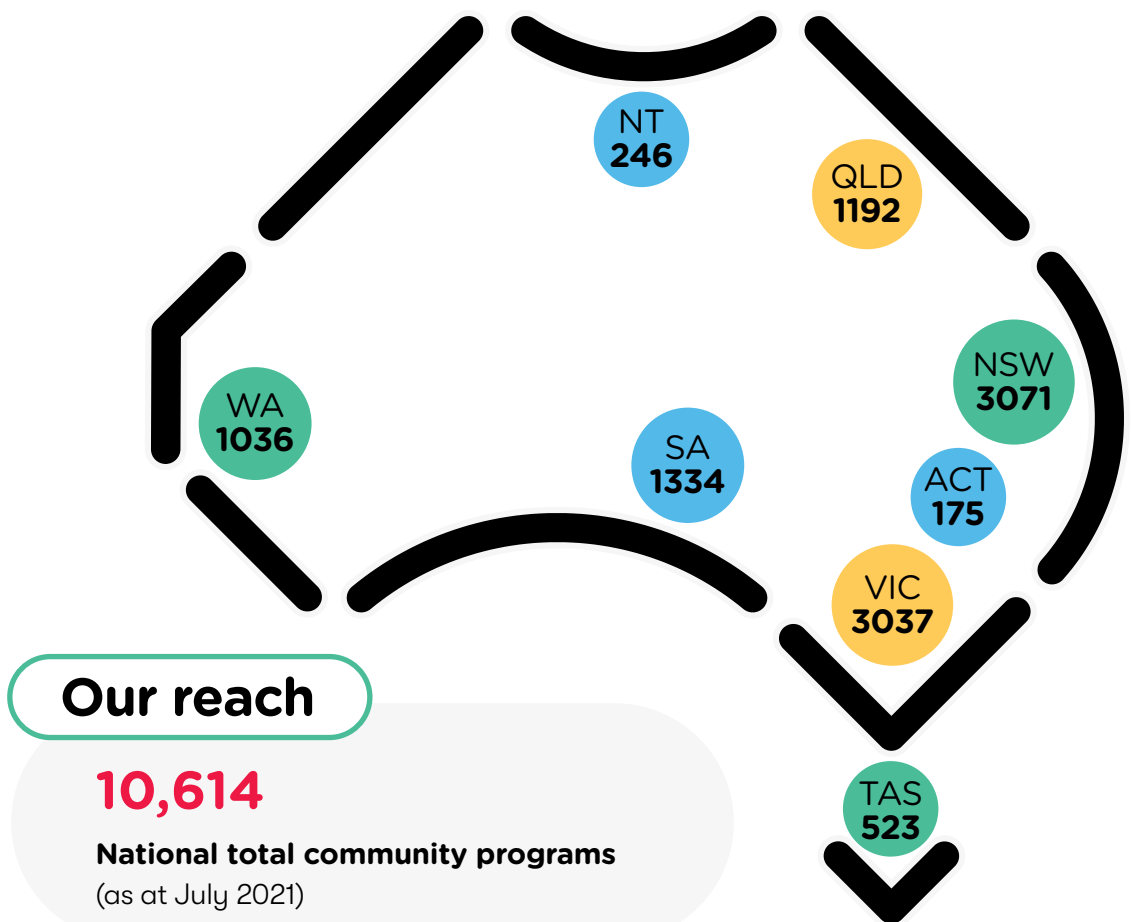
You don’t need to know exactly what you’re looking for, the portal’s built-in algorithm does it all for you, sifting through more than 7,000 specialist services to provide the best matches – from nearby counselling providers and rehab services to the facts about alcohol and other drugs and advice on how to start the conversation with a loved one.

It’s free, confidential, current and available 24/7 through our website.

# Reaching all corners of our country

## Our mission

Inspire positive change and deliver evidence-based approaches to minimise alcohol and drug harm.



## Our reach

**10,614**

**National total community programs**  
(as at July 2021)

1. Australian Bureau of Statistics. Deaths Due to Harmful Alcohol Consumption in Australia 2018 [updated 24 September 2019; cited 2020 June 25]. <https://www.abs.gov.au/ausstats/abs@.nsf/Lookup/by%20Subject/3303.0-2017-Main%20Features-Deaths%20due%20to%20harmful%20alcohol%20consumption%20in%20Australia-4>.
2. Australian Institute of Health and Welfare. Alcohol, tobacco & other drugs in Australia 2021 [updated 15 December 2021; cited 2022 March 17]. <https://www.aihw.gov.au/reports/alcohol/alcohol-tobacco-other-drugs-australia/contents/impacts/health-impacts#injury>.
3. Penington Institute. Australia's Annual Overdose Report 2021. Melbourne: Penington Institute; 2021.
4. Whetton S, Tait R, Gilmore W, Dey T, Agramunt S, Abdul Halim S, et al. Examining the Social and Economic Costs of Alcohol Use in Australia: 2017/18. National Drug Research Institute: Curtin University; 2021.
5. Collins D, Lapsley, H. . The Costs of Tobacco, Alcohol and Illicit Drug Abuse to Australian Society in 2004/05. Canberra: Australian Government Department of Health and Ageing; 2008.