

Palmerston and Regional Basketball Association

Youth Drop In Sports and Streetball



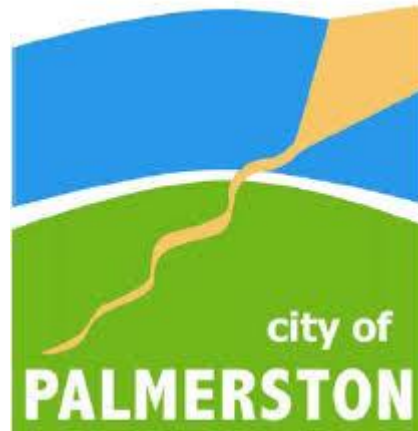
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Youth Drop In Sport (YDIS)

- Our Partners ; Territory Families, The Department of the Chief Minister, City of Palmerston and Larrakia Nation
- Palmerston is 22km from Darwin City
- Population 37000



Local challenge

- Community concerns regarding youth crime
- YDIS was designed to service the youth of Palmerston
- Targeted demographic ; at risk youth aged 12-18 years
- Especially those in recent contact with the juvenile justice system.



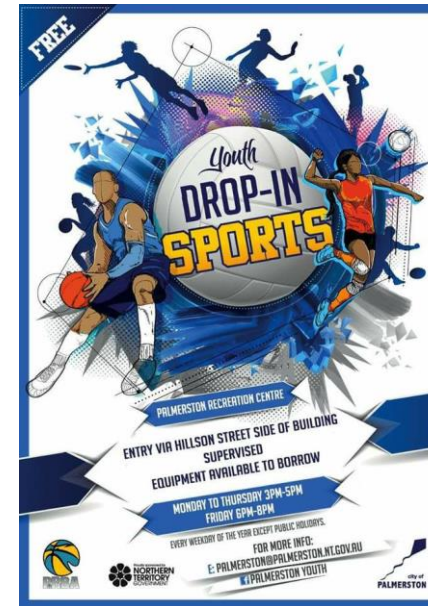
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Solution

- The Youth Drop In Sports and Streetball programs implemented April 2017
- Identifying and removing the barriers to participation



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- Youth Advisory panels essential to continual improvement
- Engagement of short term activity providers
- Continual collaboration between funders, services and activity providers



Implementation

- We set out to remove the barriers to participation;
- Transport
- Food Security
- No Uniforms
- Free programs
- Access to a communal phone and chargers



- Consistent staffing
- Data capture and analysis
- Reflection and revision



Impact

- Increased access to service providers such as Territory Families Youth Engagement Officers for young people
- Early intervention for at risk youth and referral on to service providers such as Anglicare and Mission Australia
- Community Work order placements allowing young people to be visible in the community “doing the right thing”
- Increased participation in organised sport
- Lower crime rates

Personal impacts

- Sense of belonging to community
- Strengthening social networks
- “Circuit Breaker”
- Safety and connection



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Top tips

- 1. Collaborate
- 2 Consistency is key, you can't have a bad day.
- 3 Right staff, right place, right result.
- 4 Be passionate
- 5 Our service should complement what others do, not compete



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For more information . . .

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PRBA

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WACFL's Peer Support Program

The Program aims to provide volunteers with the skills and information to recognise the signs and symptoms; and support the 'at risk' - through early intervention - in their football club (and broader communities).

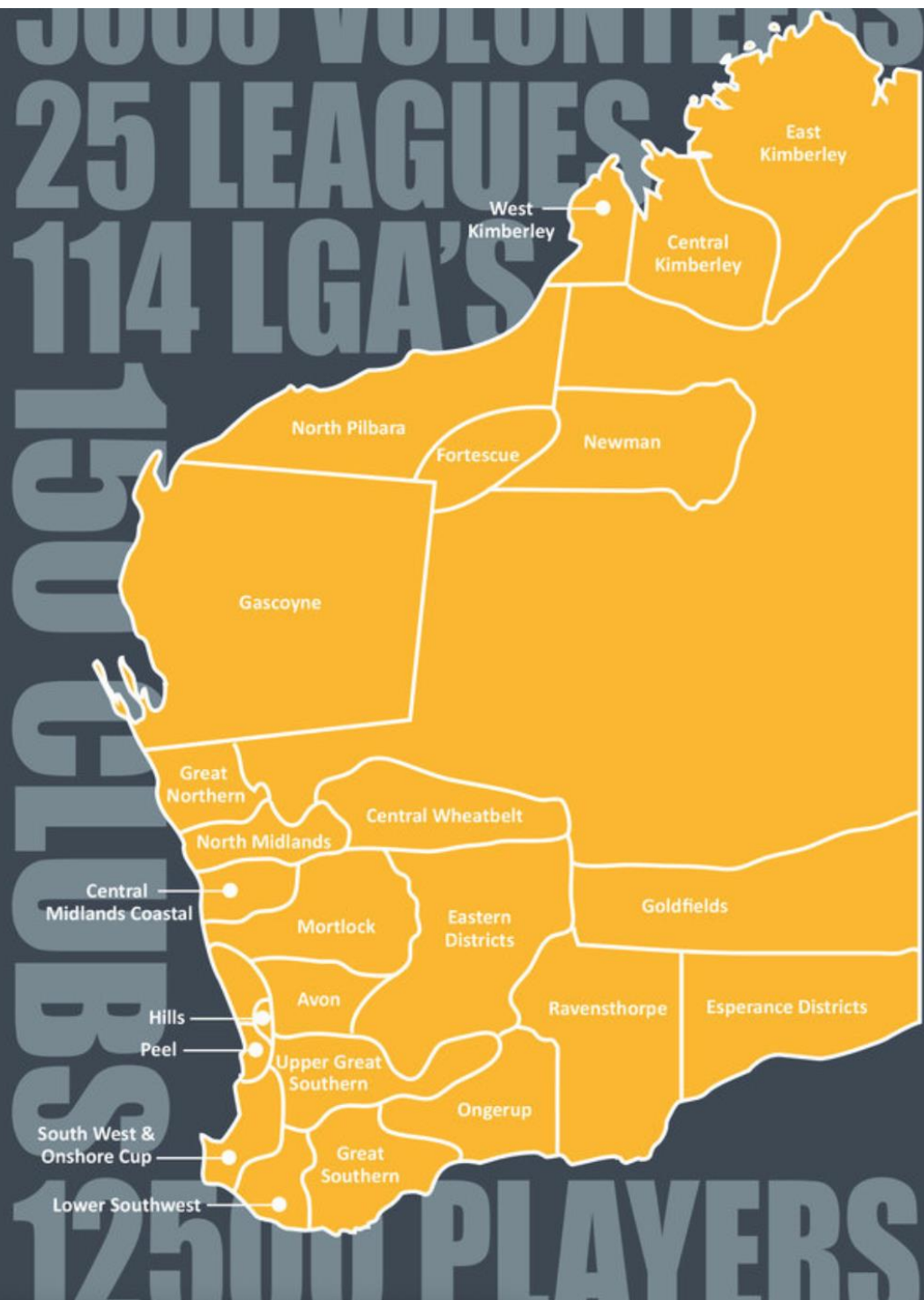
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Peer Support Program Partners

- Avon Football Association + 7 Clubs
- Good Sports
- WA State Government
- Regional Men's Health
- Rural Health West
- Holyoake
- WA Police



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Local challenges

- Report 1 suggests that the key demographic of Meth users in the WA are most likely to be men between 20 and 29 years old.
- Meth use amongst this cohort is higher in WA than other parts of country (11.1 per cent compared to 6.7 per cent).
- Report 2 indicates that 44.8% who drank alcohol in the Wheatbelt drank at risk for long-term harm.
- Report 3 attributes the Wheatbelt as having the 2nd highest number of deaths / population attributed to Alcohol of any regional area (WA) (425 Deaths in 2010-2012.)
- Young people won't volunteer!

Solution

- Build a Peer Support Network within a Football League (AFA 7 Clubs).
- Peers to be senior players as opposed to older committee persons (role models).
- Enhance policy at each Club.
- Train Peers on the harms of AOD and give them the skills to positively refer.
- Promote Peer Support Network and encourage conversations leading to early intervention and a community support approach.

RISK: Getting 21+ Peer Support Volunteers

- Personally present at 7 Club visits
- Content included Personnel Experiences, Alcohol, Drugs, Meth and Mental Health info and the connections.
- 'Pilot' Program Approach / Open Mind

Content Provided to Peers

- Illegal Drug Expert
- Club Leadership Analysis & Discussion
- 21 Day Mental Health Activity – Gratitude Journal
- Good Sports Range of Policy
- Rural Minds Course (4 Hours)
- First Aid Certificate
- Local Police involvement
- Education on Local Service Providers
- Jacket

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Expectation of Peers



- Sign off on a Pledge
- Attend 3-4 sessions and participate in training
- Promote Key Messages when opportunities present
- Not be an illegal Drug user
- Be passionate about positively influencing their community
- Confidentiality

What will success look like?

- 3+ Peer Support Leaders from each Club
- Club Policy overhaul
- Positive Promotion of the program through media
- Establishing partnerships with service providers
- Positive experience reported from Peer Support Leaders and increased confidence handling AOD and Mental Health.
- Referrals

Successes

- 35 volunteer Peer Support Leaders with a greater knowledge than before.
- \$300,000 pa State Government Support (Mental Health)
- Removal of Alcohol Sponsorship from 22 Club's football guernseys
- 7 Clubs with updated and appropriate member protection policy
- Reach, referrals, impact and overall success still unknown.*

*Report due in August.

Scalability Across WA

- WACFL's State-wide country network includes 25 Leagues, 150 Clubs, 12,500 Players.
- 3-4 Leagues have already expressed interest in the Program prior to release of the report.
- 5 Peer Support Leaders from each club equates to ~750 across the state.
- With a positive report we will be looking to include partners and build a roll out plan.

Top tips

1. Document your vision / if done well it will help form partnerships.
2. Young people will volunteer (ask them correctly) / Give them the opportunity to step up and support their community.
3. Human Impact/ Rubber on the road / Speak from the heart.
4. Don't expect too much from volunteers.
5. Impact of Role Models on youth is critical. Don't underestimate the impact sport can play to positively impact 'at risk'.

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For more information Contact . . .

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2017-2019 WACFL Strategic Plan

<http://wacfl.com.au/resources-1/downloads>

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References

1. The 'Western Australian Meth Strategy'
2. Wheatbelt Primary Health Care Profile
3. Electoral districts in the McCusker Centre for Action on Alcohol and Youth