

Peer Support Program - Success Stories.



Save-A-Mate, Lismore LDAT, NSW.

The LDAT delivered a Save-A-Mate (SAM) peer support program to schools, community groups and professionals in Lismore and across the North Coast. The program equipped participants with the knowledge to prevent, recognise and respond to AOD emergencies through a harm reduction framework and to increase awareness and education in a non-judgmental and supportive environment. People from recognised agencies were also trained to become facilitators of SAM workshops through the Red Cross endorsement process. This activity is in response to concerns raised in North Coast PHN Regional Health Survey, crime data and the community.

Substance Misuse, Limestone Coast LDAT, SA.

The Mount Gambier LDAT aimed to reduce the use of methamphetamine, alcohol and illicit drugs among people aged 12-30 years old by increasing knowledge of alcohol and drug related harms through a pilot school program and facilitated the establishment of a school-based peer support program.

Safe & Supported LGBTQIA+ Group, Healthy Glenelg LDAT, VIC.

This project aims to strengthen protective factors for LGBTQIA+ young people, particularly in response to the impact of COVID-19, through the Safe & Supported (S&S) LGBTQIA+ Group. The S&S Group ran from October 2020 to the end of March 2021 and was delivered through online group engagement during Level 3 Restrictions, before returning to 2hr per week face-to-face meetings once restrictions allowed. The S&S Group worked with the PW to develop a delivery plan of activities over the six-month period, including Health and Wellbeing, AOD, Mental & Physical Health and community guest speakers.

Illawarra Junior Rugby Union Association (IJRUA) Youth Panel Peer Support Program, Illawarra LDAT, NSW.

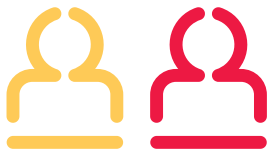
The Illawarra LDAT developed an Illawarra Junior Rugby Union Association (IJRUA) Youth Panel Peer Support Program in response to identified AOD use amongst IJURA junior players. The program was designed to prevent and/or minimise AOD related harm amongst the 900 IJURA juniors from 11 to 17 years of age and to encourage healthy lifestyle choices. In total, 14 Illawarra junior rugby union players (aged 15-17 years) were selected by IJRUA Clubs to become peer supporters and attended a Foundation Level 1 coach accreditation course, an orientation of the NSW Rugby Union State body and facilitated an Illawarra Junior Rugby Union Association training camp for 60 junior players.

West Coast Youth and Community Support Inc, Port Lincoln LDAT, SA.

West Coast Youth and Community Support Inc aimed to reduce the use of methamphetamine, alcohol and pharmaceutical drugs, by strengthening the local community and increasing awareness of the harms associated with substance use. This project aimed to achieve this by providing alcohol and drug education, engagement through art, training youth leaders to provide peer support, engaging in community events and using media strategies to raise community awareness.



Peer Support Program – Success Stories.



Stronger Outcomes for Youth LDAT

The Stronger Outcomes for Youth LDAT aimed to increase knowledge of alcohol and other drug-related harms and improve the decision-making capacity of people aged 12 - 30 years old, through an existing drop-in service. The drop-in service designed and delivered weekly activities and educational sessions in conjunction with youth workers. In addition, they expanded the Teach Our Youth peer educators program to deliver workshops on alcohol and other drugs, specifically alcohol, cannabis and methamphetamine.

Social and Emotional Wellbeing Peer Support Program, Warrnambool LDAT, VIC.

The Warrnambool LDAT is focused on preventing the use of alcohol among 12 to 17-year-olds in the local community through a peer support program. The project aimed to achieve this by engaging Year 7 students in social and emotional wellbeing education that equipped them with the skills to recognise and support their peers when they're struggling. The project also involved developing and maintaining a calendar of activities pertaining to wellbeing, implementing an anti-bullying campaign and designing and using a positive message board. Receiving support from peers, community participation and engagement are protective factors against alcohol use.

African Companions LDAT, NSW

The African Companions LDAT, in conjunction with Family Drug Support and other organisations, aimed to upskill and support community members in culturally and linguistically diverse communities to become educators on substance use, particularly alcohol and methamphetamine, and provide them with links to employment opportunities. This increased knowledge of alcohol and other drug-related harms



Connecting You - Building Strength & Resilience among Young People, St George LDAT, NSW

This LDAT aims to reduce the use of methamphetamine, alcohol and other illicit drugs among people aged 12 to 30-years, with a particular focus on people from culturally and linguistically diverse (CALD) backgrounds in the St George regions of Bayside & Georges River LGAs. The Project acknowledges the National Reconciliation Action Plan in responding to alcohol and other drug related harm amongst young Aboriginal and Torres Strait Islanders. Drawing on the evidenced-based Peer Support and Strong & Connected Communities ADF toolkits, the project aimed to empower young people with the skills to enhance their peers with the knowledge, understanding and awareness of alcohol and other drug related harms. The project built on the existing core of peer educators and the foundational work of the Media Project Worker in working with, and for, young people from diverse cultures.

Art Project, Port Lincoln LDAT, SA

The Port Lincoln LDAT aimed to reduce the use of methamphetamine, alcohol and non-prescribed use of pharmaceuticals within the local community, focusing on Aboriginal and Torres Strait Islander peoples. The LDAT achieved this through peer support and community strengthening, specifically via a weekly art program supported by peer leaders. Suitable art was displayed locally at events also supported by peer support workers which helped share this messaging more broadly in this community.

Peer Support Education Program, Brighton Community LDAT, St George NSW

The Brighton Community LDAT aimed to reduce the use of alcohol, methamphetamine and other illicit drugs among young people aged 12 to 30 years-old through a peer support program. The program achieved its aims by providing alcohol and drug education to 10 to 12 young people, including members of Aboriginal and Torres Strait Islands, culturally and linguistically diverse and LGBTIQ+ communities, to enable them to provide information to their peer groups on the harms associated with alcohol and drug use. The project also used social media and community events to raise awareness of the potential harms associated with substance use.

Peer Support Program – Success Stories.



Resilient Ararat, Ararat LDAT, VIC.

By building on the learnings from The Resilience Project, Resilient Ararat (a localised approach to The Resilience Project) developed and delivered two communication campaigns and four workshops targeting local businesses and the wider community. The Community Action Plan (CAP) engaged a local youth reporter, 10 to 15 young people and the Greater Ararat Business Network to support the coordination of these activities and strengthen the reach of AOD prevention and resilience messaging (messaging that was particularly tailored to post-Covid-19). The aim of this CAP over a period of six months is to increase the community's awareness of resilience strategies and to support local businesses.

COVID-19 Videos, Southeast LDAT, VIC.

This activity engaged 20 students from years 9 and 10 of local secondary schools in the south east suburbs of Melbourne to be upskilled in developing short videos in relation to the current pandemic of COVID-19. The videos highlighted the impacts the situation has had on young people and contained coping strategies. The aim of the activity was to upskill and empower young people to play a leadership role by increasing their peers' coping strategies throughout the pandemic.



Kaleidoscope, Regional Victoria LGBTIQ LDAT, VIC.

Kaleidoscope is an eight-week online peer support program for sex, sexuality and gender diverse young people who would like to better understand their health and well-being choices and connect with their community. Through incorporating cognitive behavioural therapy, relational work, skills development, art therapy and reflective learning, participants are encouraged to support each other learn and make positive choices by providing a therapeutic and positive peer space.

Indigenous Education, Stirling LDAT, WA.

This program aimed to identify and recruit young Aboriginal high school students to increase their knowledge of and connection to culture. This was achieved by engaging with leaders and prominent Aboriginal community members, who then passed on their own knowledge of Noongar culture, traditional practices and facilitation skills to the young people. The young people were then able to become peer leaders using this knowledge and gained meaningful employment by delivering cultural workshops.

Schools and Sporting Clubs Program, Murray Bridge LDAT, SA

This LDAT aims to reduce the use of alcohol, methamphetamine, stimulants and cannabis among 12 to 30-year-olds, particularly Aboriginal and Torres Strait Islander and LGBTIQIA+ young people. The program aimed to achieve this through a peer mentoring program, delivered through four schools and two sports clubs locally to students and members, focusing on mental health and social & emotional wellbeing in schools, sporting clubs and at headspace over a 12-month period.

Southeast LDAT, VIC

Southeast LDAT held a forum for Year 10 peer leaders who were identified by at least ten schools. Young people heard from St Kilda AFL players and engaged in a range of activities around safe partying, AOD harm prevention and minimisation, road safety, and other alcohol awareness and leadership topics. Afterwards, they developed projects tailored for their schools to communicate these messages in an accessible way. Ideas included a social marketing campaign such as short films with alcohol safety messages. These projects, and the influence of peer leaders, is hoped to encourage young people to think about and practice safer alcohol consumption

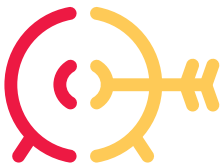
Home Base Youth Hub, Northern Mallee LDAT, VIC.

This activity is a peer support program to provide a structured addition to the Home Base Youth Hub in Mildura for children and young people. Through the employment of two peer coordinators and engagement of ten peer support volunteers, this peer support program aims to increase social connections, self-confidence, pro-social behaviours and understanding of health and wellbeing for young people in the Mildura community in a safe space.

Peer Support Program – Success Stories.

Peer-Designed Education Campaign, Blue Mountains LDAT, NSW

This project recruited and trained 12 peer leaders to co-design a peer education/peer support program to deliver AOD prevention messages and media. The project aimed to increase awareness of the harms of risky drinking and drug use amongst young people in a way that is accessible, youth friendly and peer designed. The project used evidence-based apps and other media as prevention strategies. The project strengthened the knowledge, skills, confidence, resilience and positive social connections of both peer educators and their target audience.



UWA College Row LDAT, WA

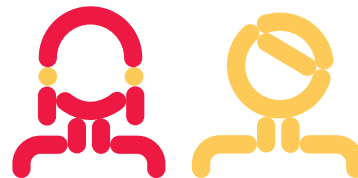
The UWA College Row LDAT project targeted University students, as research suggests this subset of young people drink at more hazardous levels than their non-tertiary counterparts. The LDAT drew on aspects from the Peer Support toolkit as peer support activities are effective with young people and particularly beneficial for young people who are experiencing life transitions. The project created a brief intervention tool and training package for peer educators which were used to increase the reach of their current alcohol intervention program. By embedding the intervention into curriculum and increasing the capacity of peer educators, the project will be sustainable.

Save-A-Mate, Nambucca Heads Youth Wellbeing Partnership, NSW.

Guided by the LDAT peer support toolkit, the project focus is to engage young people aged 12 to 17 and encourage healthy role modelling, strengthen protective factors, increase knowledge of the harms of risky drinking and drug use. The program delivered Save-a Mate AOD education/first response training for young people across the LGA. Six young people from the Save-A-Mate program were identified to participate in a Peer Leadership program and supported to facilitate workshops for peers through the Project X Interactive Youth Outreach program, a Pop-up site that encompasses static and interactive evidence-based activities and resources, from ADF and Positive Choices websites.

Our Youth Matters Project, LDAT, Qld.

The Girls Leading Our World (GLOW) youth-led initiative is a newly established project which aims to empower and support young women from African backgrounds to create an environment that fosters personal growth, leadership development and communication across communities. Through creating a network of peers this group supports young women, 15 to 25-years-olds, to become role models in their communities through increased knowledge, connection and confidence. GLOW aims to promote resilience and social connection by encouraging healthy role modelling to support positive cultural change, increasing protective factors for individuals and the community as a whole as a preventative program.



Peer Support in Schools, Southeast LDAT, VIC.

The Southeast LDAT aimed to reduce the use of alcohol among 12 to 17-year-olds in the local community. The project achieved this by working with schools across the catchment area to identify, train and support young peer leaders to influence change in AOD attitudes and behaviours among their peers. This program also facilitated the development of leadership skills, self-confidence and resilience, all protective factors against the uptake of alcohol and drug use.

Peer Support Program – Success Stories.

Healthy Hoopster Heroes Peer Support Program, Basketball Kimberley, WA.

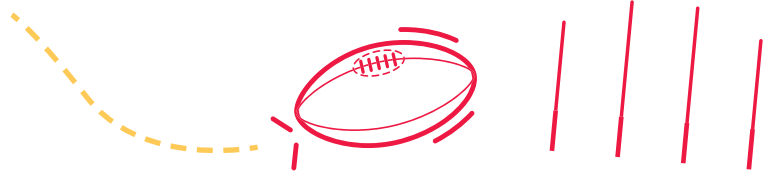
Healthy Hoopster Heroes Peer Support Program targeted adolescents & young adults in remote communities in the Kimberley Region of Western Australia. The program increased protective factors by providing positive role models who use evidence-based education sessions through basketball to decrease harm of alcohol/other drugs and improve life skills. This was achieved by the delivery of engaging, structured basketball activities that include embedded AOD and life skills education sessions. This program also focussed on upskilling leadership qualities in Basketball Kimberley's High Performance Squad players, who are young sporting heroes and emerging leaders to encourage their peers to set and pursue goals and work to be their best.

West Belconnen Community Garden, ACT

Belconnen Community Service developed a project in partnership with the University of Canberra, local schools and other community organisations. The project was focused on building closer familial, peer and mentoring relationships among young people transitioning from primary to high school through participation in a community garden. This provided participants with new skills, nutrition knowledge and closer relationships in their community. These protective factors are associated with reduced uptake of alcohol and risky drinking. The project included young people from culturally and linguistically diverse backgrounds.

Advertising Campaign Competition, Casey LDAT, VIC.

The Casey LDAT designed and implemented a social marketing campaign targeted at 15 to 17-year-olds to shift the focus from consuming alcohol when turning 18 to positive health-promoting behaviours. The LDAT engaged young leaders in the City of Casey to co-design the campaign slogan based on values-based messaging to ensure that the key messages resonate with the target audience and counteract messaging that they receive from the alcohol industry. A six-week competition was run aimed at young people (12 to 25-years) to develop social marketing content (videos and images) that respond to the campaign slogan.



WACFL Club Leadership Pilot Program, WA

This LDAT aims to reduce the use of alcohol, methamphetamine and cannabis among people aged 18 to 30-years through peer support. The activity is based around developing a Peer Support Network with a Country Football League to help support Individuals and develop safe and welcoming cultures in the League's Football Clubs and broader community. The activity focussed on a three pronged approach, namely: working with and supporting the League to develop suitable policy and systems; working with and supporting Clubs to develop suitable policy and systems; and establishing a Peer Support network from current footballers and up-skilling them through training to be better positioned to respond to community needs and tie in with local service providers.

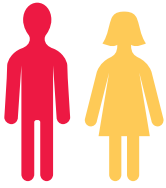
Strathalbyn Region LDAT, SA

The Strath Region LDAT aims to reduce the use of methamphetamine, alcohol and illicit drugs among 12 to 70-year-olds through a peer support program. The project achieved its aims by providing diversionary activities, coordinated through a peer support or co-design model of program delivery. These activities built leadership and capacity among peer leaders and improved awareness of social engagement methods that do not focus on alcohol or drug consumption.

The Ubuntu Peer-to-Peer Leadership Project, Afri-Connect, VIC.

The Ubuntu Peer-to-Peer Leadership Project builds on the Knowledge Team model of ten young Africans aged 18 to 36-years-of-age consulting with peers for our first Community Action Plan (CAP). These plus others who showed interest at the time formed the leadership group. Through workshops, we built their knowledge around AOD harms and the link with mental health. They learnt skills for engaging with peers and support services and developed appropriate messaging for African communities. Participants made recommendations to our LDAT as a basis for CAP #3, which the leadership group itself will have a central role in delivering.

Peer Support Program – Success Stories.



AOD Education, Merriwa LDAT Hub, WA

The LDAT recruited a Project Lead with expertise in AOD prevention who liaised with community organisations to identify peer leaders aged 15 to 25-years. Working alongside the Project Lead, these Peer Leaders co-designed peer education sessions aimed at informing local disadvantaged young people about AOD related harms and providing guidance on how to party safely. The program was delivered to young people in alternative education settings - ALTA-1 Merriwa and Joondalup Campus. The co-designed process determined the specific content, style and delivery mode for the peer education sessions. Delivered during school term 2, 2019.

LDAT Winton, Qld.

The Winton Human and Social Services Group assisted with training four young people to be peer support leaders within the community. The four young people engaged other young people to identify risky behaviours around the use of drugs and alcohol.

Community Youth Mentoring Support Network, ACT.

The ACT LDAT organised a Youth as Agents of Behavioural Change (YABC) Peer Educators Training, targeting 20 diverse Youth Workers (e.g., CALD & Indigenous). In addition, the LDAT established a network of Youth Peer Leaders to run workshops across the Canberra community to over 200 young people. The 20 YABC Peer Educators and peer support leaders, ran youth-based workshops on interpersonal and behavioural skills development by applying evidence-based and experiential learning techniques based on non-discrimination and respect for diversity, intercultural dialogue, social inclusion and gender.

Casey Youth LDAT

The Headspace Youth Advisory Group (HYAG) are a youth representative group designed to assist with governance and meet on a monthly basis. This project aims to increase the confidence, knowledge and awareness of the HYAG around AOD risks, harms and protective factors, and the comorbidity of AOD and mental health. This was done through 4 to 6 workshop sessions with the HYAG, involving AOD specialists from Task Force YSAS and Headspace. The HYAG have been consulted about this project and are eager to increase their confidence, knowledge and understanding around AOD prevention and harm reduction.

AOD and/or Mental Health, Gladstone LDAT, Qld.

Using the Peer Support toolkit, the LDAT created a peer support social activity for hard to reach at-risk persons in the Gladstone community. The peer support social activity created a space for people to feel included and increased their preparedness to access AOD and/or mental health services, while reduce stigma associated with using these services. Through community consultation, the LDAT established the most effective way to engage with this cohort is through peers with a mental health lived experience. Their lived experience enabled engagement to be appropriately delivered, however did not include their own personal experiences with AOD and/or mental health issues.



Red Frogs – Sydney, NSW.

This project used the peer support toolkit to establish a peer support program in the University setting to empower students to support each other. By providing training in preventing AOD related harm, developing personal skills and establishing support mechanisms, Student Leaders will have the tools and resources to develop local prevention and community building strategies with their peers. The intent is to provide a safe and supportive environment and positive peer leadership that will support university students make positive life choices and support cultural change in an alcohol and drug fuelled environment.