

# **NORTHAM YOUTH WELLBEING PLAN**

**2018-2020**

## **Long-term Outcome:**

**To reduce the harms associated with alcohol and other drug misuse and anti-social behaviour for young people; improving their mental health and wellbeing through the enhancement of connections with education, support services and activities.**

## **PURPOSE**

The Northam Youth Wellbeing Plan seeks to address the harms associated with alcohol and other drug use, build resilience and improve wellbeing to reduce the incidence of risky behaviours of young people within the community through:

- Actively supporting partnerships between community and service providers to identify and address local issues.
- Provide a means to coordinate, implement and evaluate an evidence-based, whole of community approach in a timely and appropriate manner.

## **BACKGROUND**

The Plan was developed using best practice principles (see appendix 1).

The analysis of several consultation documents and reports dating from 2017-2018 and three Northam Shire Alcohol and Other Drug Management Plan review workshops involving the Western Australian Mental Health Commission and key Northam Shire stakeholders (February, March and May 2018) have provided the context for the YWP. These documents reflect the collective knowledge and experience of the Northam Shire AODMP planning workshops and should be consulted if further development of the YWP is required. Documents which inform the YWP:

- The Shire of Northam Community Safety and Crime Prevention Plan 2018-2021
- The Shire of Northam, Safety and Security, Addressing Community Priorities Perception survey 2015
- Northam Community Perception Survey 2018
- WAPOL Northam anecdotal Alcohol and Other Drug Incident Data 2017-2018
- WA Country Health Service, Wheatbelt Regional Profile (2017)
- LifeSpan evidence based suicide prevention model

These documents can be acquired by contacting the Wheatbelt Prevention Team, or the Northam Youth Wellbeing Plan committee.

## LINKS TO EXISTING STRATEGIES

The Northam YWP acknowledges the existing strategic framework of:

### National Strategies:

- National Drug Strategy 2017-2026
- The 5<sup>th</sup> National Mental Health and Suicide Prevention Plan
- ATSIPEP Report 2016 & ATSIPEP Youth Round Table Report 2015
- National Aboriginal and Torres Strait Islander Peoples' Drug Strategy 2014 – 2019 (*A sub strategy of the National Drug Strategy 2010-2015*)

### State Strategies:

- Drug and Alcohol Interagency Strategic Framework for Western Australia 2011-2015.
- Strong Spirit Strong Mind - Aboriginal Drug and Alcohol Framework for Western Australia 2011- 2015.
- Alcohol Support Plan 2012 - 2015.
- Volatile Substance Use Support Plan 2012-2015.
- WA Youth Health Policy 2018 - 2023
- WA Suicide Prevention Strategy 2020: Together we can save lives
- WA Aboriginal Youth Health Strategy 2018-2023
- WAPOL Community Safety Crime Prevention Plans
- The Western Australian Mental Health Promotion, Mental Illness, Alcohol and Other Drug Prevention Plan 2018-2025

### Local Strategies:

- Northam Local Drug Action Group
- Northam Local Drug Action Team
- Northam Shire Community Safety Committee
- Northam Regional Centre Growth Plan
- Wheatbelt Development Commission – Health Plan

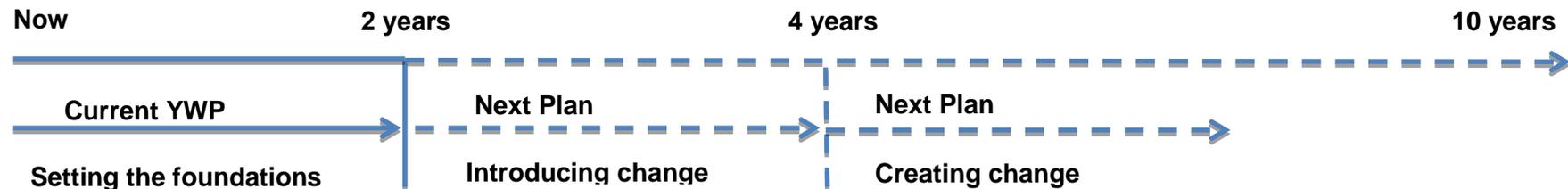
## WORKING DOCUMENT

The Northam Youth Wellbeing Plan is intended to be a **two year** plan. However, there may be cases where strategy and key priority areas will adopt some variation according to emerging trends in the community

## LIST OF ACRONYMS USED IN THIS DOCUMENT

<b>AOD</b>	Alcohol and other drugs
<b>ATA</b>	Alcohol Think Again
<b>AODMP</b>	Alcohol and Other Drug Management Plan
<b>CADS</b>	Community Alcohol and Other Drug Service
<b>CSCP</b>	Community Safety and Crime Prevention
<b>MHC</b>	Mental Health Commission
<b>Dept. LGSCI</b>	Department of Local Government, Sport and Cultural Industries
<b>LDAG</b>	Local Drug Action Group
<b>SDERA</b>	School Drug Education and Road Aware
<b>YWP</b>	Youth Wellbeing Plan
<b>MH</b>	Mental Health
<b>SP</b>	Suicide Prevention
<b>WCADS</b>	Wheatbelt Community Alcohol and Drug Service

## Priority: Alcohol and other Drug use by young people, and associated disengagement from education, services and youth activities



### BACKGROUND BEHIND YOUTH PRIORITY FOCUS

Throughout the review process of the Northam Shire Alcohol and Other Drug Management Plan 2015-2017, it was evident that participating agencies had a strong youth focus. Discussions during these workshops, further informed by the results of the Northam Community Perception Survey 2018, highlighted that the issues/problems experienced by the Northam community spanned further than those specifically as a result of AOD use/misuse; improvement was required with positive early life and behaviour changes with young people. Primarily the group decided to focus on improving provision of AOD intervention, education and prevention activities to reduce associated harms with young people in the Shire of Northam. The Northam Community Perception Survey 2018 highlighted that mental health and wellbeing was an identified key concern, thus it was decided by the committee that suicide prevention, mental health and wellbeing strategies would be incorporated into the plan also.

*Primary Target: Young people aged 10 - 25 & service providers*

*Secondary Target: Parents and Carers, whole of community*

#### **Short Term Outcomes:**

1. Services/Agencies in the Shire of Northam are aware of the barriers and are working collaboratively to improve engagement with young people.
2. Community is more aware of the impact and harms caused by alcohol and other drug use
3. Young people are more engaged with education, youth activities and appropriate services for both AOD and Mental Health
4. Reduce risks for young people through and the provision of education and training, for youth, professionals and the broader community

<b>SHORT- TERM OUTCOME 1:</b> Services/Agencies in the Shire of Northam are aware of the barriers and are working collaboratively to improve engagement with young people.		
KEY PERFORMANCE INDICATOR	COLLECTION TOOL	COLLECTED BY
Service provider forum	Number of students who participate in a youth focus groups	Forum Subcommittee
	Variation and number of agencies present at forum	Forum Subcommittee

ACTIONS	LEAD	RESOURCES	WHO WILL CONTRIBUTE	BY WHEN
Develop youth focus group questions. Roll out Youth Focus groups and scope barriers to services access areas, share these results with service providers	<i>Youth service providers:</i> PCYC Avon Community Services TAFE Dept. Ed. SDERA Shire of Northam		Holyoake	February 2019
Hold a Service Provider Forum → to network and discuss referral pathways between agencies (involved schools, TAFE etc.) - Subcommittee to be formed and potential funding to be identified	Shire of Northam PCYC SDERA Avon Community Services WAPHA		Holyoake	November 2019
Scope the potential to form a Youth Advisory Council to inform and liaise with the Northam Shire community development. Potential to run through VC.	Shire of Northam	Funding Dependent – cost associated		October 2019

		with hosting of meetings		
Engage with, and investigate support by, local sporting group. Extend meeting invitations when appropriate.	Shire of Northam Community Development Officer		Holyoake	Ongoing
Continue collaboration with and extend invitation to other health and/or youth service providers who are based in, or outreach to, the Shire of Northam	Whole of Committee			Ongoing
Advocate for metropolitan mental health services to scope potential to provide outreach or placed based service to Northam	Holyoake Wheatbelt Prevention Team			Ongoing

<b>SHORT- TERM OUTCOME 2:</b> Community is more aware of the impact and harms caused by alcohol and other drug use		
<b>KEY PERFORMANCE INDICATOR</b>	<b>COLLECTION TOOL</b>	<b>COLLECTED BY</b>
Increase in the number of people aware of the impacts and harms associated	Northam Shire Community Perception Survey (2018 baseline data)	Committee/MHC

<b>ACTIONS</b>	<b>LEAD</b>	<b>RESOURCES</b>	<b>WHO WILL CONTRIBUTE</b>	<b>BY WHEN</b>
Develop a localised media and community awareness Communication Plan (to include media schedule, print, radio etc.) to include messages on the following: <ul style="list-style-type: none"> <li>- ATA Alcohol and Youth &amp; ATA Youth 'Leavers' Focus</li> <li>- Develop NEW local community advocacy campaign → 'what role a community can play in preventing AOD associated harms'</li> <li>- Bi-annual youth agency promotion, directed toward Northam 10-24 year olds.</li> <li>- Act Belong Commit campaign messaging and promotion</li> <li>- Beyond Blue materials (i.e. AOD/MH/SP fact sheets)</li> <li>- #youcantalk campaign</li> </ul>	<i>Subcommittee:</i> Holyoake Shire SDERA LDAG WACHS	<u>Funding:</u> LDAG to source via LDAT	Whole of Committee to support information dissemination	June 2019
Implementation of Alcohol and Drug Foundation 'Tackling Illegal Drug Use' program to be introduced to Northam Sporting Clubs. <i>Assisting with the introduction and development of pollicised and procedures addressing illegal drug use.</i>	Alcohol and Drug Foundation			June 2019
Support/deliver alcohol free events during Family Week (May) and Youth Week (April)	Avon Community Services PCYC	Funding dependant		December 2019
Potential collaboration with the WACFL LDAT Club Leadership Avon Pilot Project. Extend invitation to WACFL to attend a meeting and share project outline.	Alcohol and Drug Foundation Holyoake			June 2019

<b>SHORT- TERM OUTCOME 3:</b> Young people are more engaged with education, youth activities and appropriate services for both AOD and Mental Health		
<b>KEY PERFORMANCE INDICATOR</b>	<b>COLLECTION TOOL</b>	<b>COLLECTED BY</b>
Improvement in the proportion of student attendance rates at Northam Schools	Dept. Education attendance stats	Dept. Education
Increase in the number of 12-25 year olds accessing appropriate services, and attending local youth focused events	Anecdotal reports received via youth services and agencies	Whole of committee

<b>ACTIONS</b>	<b>LEAD</b>	<b>RESOURCES</b>	<b>WHO WILL CONTRIBUTE</b>	<b>BY WHEN</b>
Advocate for a transport bus to be introduced for outer Northam school and TAFE students	Avon Community Services		Shire of Northam	October 2019
Work in continuous collaboration with new Youth Precinct to ensure it is being used appropriately and fosters a positive environment.	Shire of Northam			Ongoing
Explore the potential use of the Alcohol and Drug Foundation - Peer Support Toolkit	Alcohol and Drug Foundation		Whole of Committee	Feb 2020
Advocate for the reintroduction of the Night Hoops Program	Shire of Northam PCYC LDAG/LDAT	<u>Potential Funding:</u> LDAT		December 2019
Liaise and encourage collaboration between sporting clubs and Good Sports and Department of Local Government, Sport and Cultural Industries	Good Sports Dept. LGSCI Shire of Northam Community Development Officer			Ongoing

Investigate the development of a AOD youth early intervention program – where GPs, agency or self-referrals can be made Subcommittee to be formed and potential funding to be identified	WAPHA Dept. Ed Holyoake Avon Community Services			June 2020
Identify and promote youth engagement activities within the Shire of Northam. i.e. School Holiday Program (Primary School Aged Children) - Drop in at Rec Centre - Share and Care 'Youth Carers' school holiday program 8-14 years old (must be engaged with program)	Whole of Committee			December 2019
Engage with Camp Kulin and promotion of programs available in schools/peer leadership pathways	Whole of Committee			June 2020

<b>SHORT- TERM OUTCOME 4:</b> Reduce risks for young people through provision of education and training, for young people, professionals and the broader community		
<b>KEY PERFORMANCE INDICATOR</b>	<b>COLLECTION TOOL</b>	<b>COLLECTED BY</b>
Number of education and training sessions provided and participation numbers	Attendance lists etc.	Training facilitators (information to be sent to YWP group)

<b>ACTIONS</b>	<b>LEAD</b>	<b>RESOURCES</b>	<b>WHO WILL CONTRIBUTE</b>	<b>BY WHEN</b>
Identify training needs within the Shire of Northam and develop a schedule of training events	Whole of Committee			
Provision of appropriate youth mental health training, such as Youth Mental Health First Aid Training, Peer Support Mental Health First Aid training, safeTALK, Applied Suicide Intervention Skills Training [ASIST] and Gatekeeper Suicide Prevention Training.	Whole of Committee			Ongoing
Support School Drug Education and Road Aware [SDERA] programs continued involvement in Northam Schools to deliver relevant AOD education and resilience building activity	SDERA			Ongoing
Support SDERA to increase awareness to parents in Northam of the harms of AOD use by providing relevant fact sheets and delivering the Talking Drugs Parent Workshops	SDERA		Whole of Committee	December 2019
Consider the development of a AOD youth early intervention program – where GPs, agency or self-referrals can be made <i>Subcommittee to be formed and potential funding to be identified</i>	WAPHA Dept. Ed Avon Youth PCYC		Holyoake	June 2020

Continue communication between services, and provide update on training opportunities for service providers	Whole of committee			Ongoing
Advocate for more training opportunities to be introduced in Northam	Whole of committee			Ongoing
Promote SDERA two-day 'Wraparound' (AOD and young people) training with schools in the Northam Shire	SDERA		Holyoake	June 2020

## APPENDIX 1

### PLANNING FOR AN EFFECTIVE PLAN

Creating a sustainable reduction in alcohol and other drug related harm is a complex and long-term process. Issues can be overwhelming and seen as too difficult to address at a local level. However, with some effective planning, it's at the local level where partnerships between communities and services can have the greatest impact.

Prior to establishing and implementing an Community Wellbeing Plan (CWP) , a number of steps need to happen to ensure the resulting plan has been developed in partnership to reflect the communities needs and has the best chance at creating sustainable change.

It is important that the community have a strong understanding of the issues and have ownership of the strategies developed to address them. To ensure this, processes should be put in place that allow community input into all stages of the development and implementation of the CWP, including progress made against addressing the issues.

