

# Parent Workshops 2013



## Workshops for parents

What do you do if your underage daughter / son is caught drinking? Can you be fined for supplying alcohol to a young person under 18? How does alcohol affect a young person's brain development?

What can you do as a parent to help them develop a responsible attitude towards alcohol? Learn to set healthy boundaries? What about peer pressure—how do they deal with that?

These were just a few of the hot issues MDECC and the Police tapped into at the workshops for parents on alcohol & adolescent health, parenting tips and secondary supply legislation with the Local Area Command.

The sessions were successful in that parents felt more informed of the harms and risks associated to underage drinking, empowered and armed up with communication skills, and a greater understanding of how the adolescent brain works when mixed with alcohol.

Feedback from parents:

*"Communication skills and active listening is what I will take away tonight"*

*"This workshop empowered me to tackle a challenging topic with my kids"*

*"I learnt to validate my teenager's feelings and use I statements"*

*"The number of drinks a young person can and will consume is unbelievable, the age they start drinking is quiet frightening"*

*"Setting up a safety agreement is a great idea when they go to parties"*

*"I learnt so much about the harms on a young persons liver and brain, I'll be passing this onto my children"*

*"The resource is something I will pass onto my friends and get my son to check out"*



## Manly Drug Education & Counselling Centre MEMBERSHIP 2012/13

Working with Young People, Families & the Community to Promote Mental Health & Reduce Drug & Alcohol Related Harm

Your help to maintain our service within the community is appreciated.

**All donations of \$2.50 or more are tax deductible and membership is GST free.**

Please complete the form below and mail with your payment to: The Secretary  
Manly Drug Education & Counselling Centre 91 Pittwater Road, MANLY NSW 2095

**YES**, I would like to become a member of the Association and enclose \$15 / \$10 (concession) annual membership fee.

I would like to contribute to the work of the Association and enclose \$ \_\_\_\_\_ donation

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Signature: \_\_\_\_\_

Alternatively, donation/payment may be made directly to our account:

Name: Manly Drug Education & Counselling Centre Operating Account

BSB: 032 096 Acc No: 208 039



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Manly Drug  
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Dec  
2013



# NEWSLETTER



Welcome to the MDECC Summer newsletter. This is an exciting time for us as we are celebrating 40 years of service to our community.

Our AGM, held in November and attended by over 50 guests, was a huge celebration of our achievements over the years.

Dr Alex Wodak, AM was our key note speaker. Dr Wodak reflected on changes in the drug & alcohol sector over the past 40 years and how MDECC has been at the forefront.

At the AGM our Board members were all re-elected, which is great news for MDECC. We have also just recruited two new Board members.

I will be updating you all in 2014.

Since our last newsletter there have been some new and exciting initiatives. We have been involved in clinical research, conducted new groups for at risk young people and taken a key role in the Northern Beaches Community Drug Action Team (NBCDAT) 'Stop the Supply' community education campaign.

Our partnerships continue to flourish, without them we would not be able to achieve the positive client outcomes or community based education initiatives.

MDECC is a consortium member for the new Northern Beaches Headspace. We look forward to this dynamic new service for young people, to be open in mid 2014.

We have welcomed our new team member, Marryam and volunteer, Nicola, then unfortunately said goodbye to our Clinical Psychologist.

A key challenge this year has been the anticipation of new grant funding arrangements with the NSW Ministry of Health. We are still uncertain of exactly what this will look like. We are working closely with our Peak Body NADA and the Northern Sydney LHD to ensure MDECC is as prepared as we possibly can be.

With our solid foundations and fantastic community support, I believe MDECC is in a very strong position to ride the waves of change within the sector.

We are here to stay.

With the kindest regards,

*Susan Gomola*

Chief Executive Officer, MDECC



Inside...

# Health Promotion



## 'STOP THE SUPPLY' CAMPAIGN

On Wednesday 23 October 2013, the mayors of Manly, Warringah and Pittwater joined the Northern Beaches Community Drug Action Team (NBCDAT), to launch the 'Stop the Supply' campaign. This was also the day that the campaign messages were released on buses and at key bus shelters. 'Stop the Supply' aims to assist the Northern Beaches community in taking a stand against supplying alcohol to minors.

The campaign has three phases which began in liquor outlets across the Northern Beaches, displaying posters with the messages: 'You're a parent not a mate' and 'Here's your drink it cost me \$1,100'.

NBCDAT have partnered up with Good Sports to promote the key message: 'You're the coach, not the team mate'. We hope to get the message to all sports clubs and their licensed venues.

'Stop the Supply' campaign highlights some of the simple actions people can take to inform themselves and others about supplying alcohol to young people under 18 years of age. The Campaign delivers a clear message that secondary supply of alcohol to a person under 18 years is against the law (unless you are the parent or guardian) and results in a minimum on the spot fine of \$1,100 or fine up to \$11,000 and/or 12 months imprisonment (NSW Liquor Act 2007).

This campaign empowers parents, friends and sporting organisations to say 'no' to secondary supply. Northern Beaches CDAT wanted to send a message about the responsibilities that older members of the community have towards under18's when it comes to alcohol consumption.

Parents were also invited to attend workshops in all three LGA area's in November and December, the response has been welcoming by many parents. A free usb resource was developed for the workshops containing tips for parents, safe celebrating for young people, legislation information along with alcohol and health tips. This is a valuable resource to pass onto their children and parent peers.

Please take the opportunity to complete the recall survey if you have seen the buses or bus shelters, your response and feedback is valuable and will assist NBCDAT with the future direction of the campaign.

Northern Beaches CDAT would like to thank Madeline Avery and her team at Tactical Directions for developing a cutting edge campaign with lasting impact. Alastair Noble Media Director, The Media Planning Agency Metrobacks. Cactus Imaging for printing up posters for bus shelters and buses and showing a strong interest in this social media campaign. Spinfluence—Nathan Butcher a father himself and passionate about the cause for creating the [www.stopthesupply.org.au](http://www.stopthesupply.org.au) website.

Thank you to all the NBCDAT members for making this STS campaign a winning combination and for the awesome teamwork.

Have a great Christmas everyone!

Amanda Watkins

# Intervention

## Intervention

## Counselling and Treatment



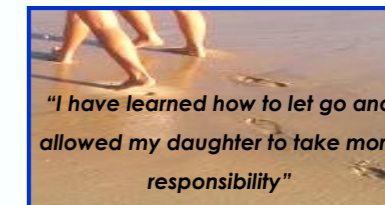
Intervention has expanded its Targeted Group Programs in schools. Over the past 5 months we have facilitated 13 group sessions, reaching 61 students. The topics of focus have been cannabis, alcohol, mental health and sexual health.

The evaluations from the students indicated that 89% of young people found the topics interesting, 80% reported that they learnt something new and 90% of the students said they found the facilitators easy to talk to.

Intervention attended the School Connect Expo at the Beach School. This was an opportunity for Intervention to meet representatives from high schools in the Northern Sydney Region in order to offer support and programs.

Intervention is very much looking forward to working with partnering agencies in 2014 such as Head Space, The Burdekin Association and Juvenile Justice Case Conferencing.

Due to the positive feedback from students, Intervention is aiming to create its own professional group resources to enhance the learning experience for students.



## PAVING WAYS FAMILY PROGRAM

It's been a busy year this year for the clinical team working with parents. We have held four Paving Ways groups, the last two held in July and August with numbers being at maximum capacity.

Top Up groups were created with the intention of allowing participants to share their story since they attended Paving Ways and focusing on a topic of learning. The idea behind this is of 'topping up' on their skills without having to come back into individual counselling.

The first "top up" group Relapse Prevention for Parents was held at the end of November. An invitation was sent out to participants who completed the program within the last 18 months. The group was a small closed group of 8 participants.

Based on Acceptance and Commitment Therapy (ACT) the participants were encouraged to find ways to in which they could continue to live a rich and meaningful life despite the ups and downs created by their loved ones.

The evaluations for the Top Up group showed the participants gained from the revision of topics from Paving Ways, connecting with other participants from their group and looking at their values.

Comments from parents:

*"There were many great reminders of tools and concepts from Paving Ways and the strategies we learnt today will definitely be most helpful too"*

*"It was great to catch up with people from my original Paving Ways group- to re encourage/ support. Celebrate progress."*

*"That strength comes from within and to stay strong to yourself."*

*"It was a positive session- reminded me that I am doing well - continue to be mindful."*

**Christmas Closing**

MDECC will be closed from 1.00pm the 20th December and re-open 6th January 2014.

May we take this opportunity to wish you all a wonderful Christmas and a peaceful New Year.