

# LDAT Highlights Report

December 2020



Alcohol  
and Drug  
Foundation



Australian Government

Local Drug Action Team Program

# Strengthening community-led prevention across Australia

The Local Drug Action Team (LDAT) program fosters partnerships in communities across Australia, helping them build knowledge and skills to address local issues associated with alcohol and other drugs (AOD), including methamphetamine (ice).

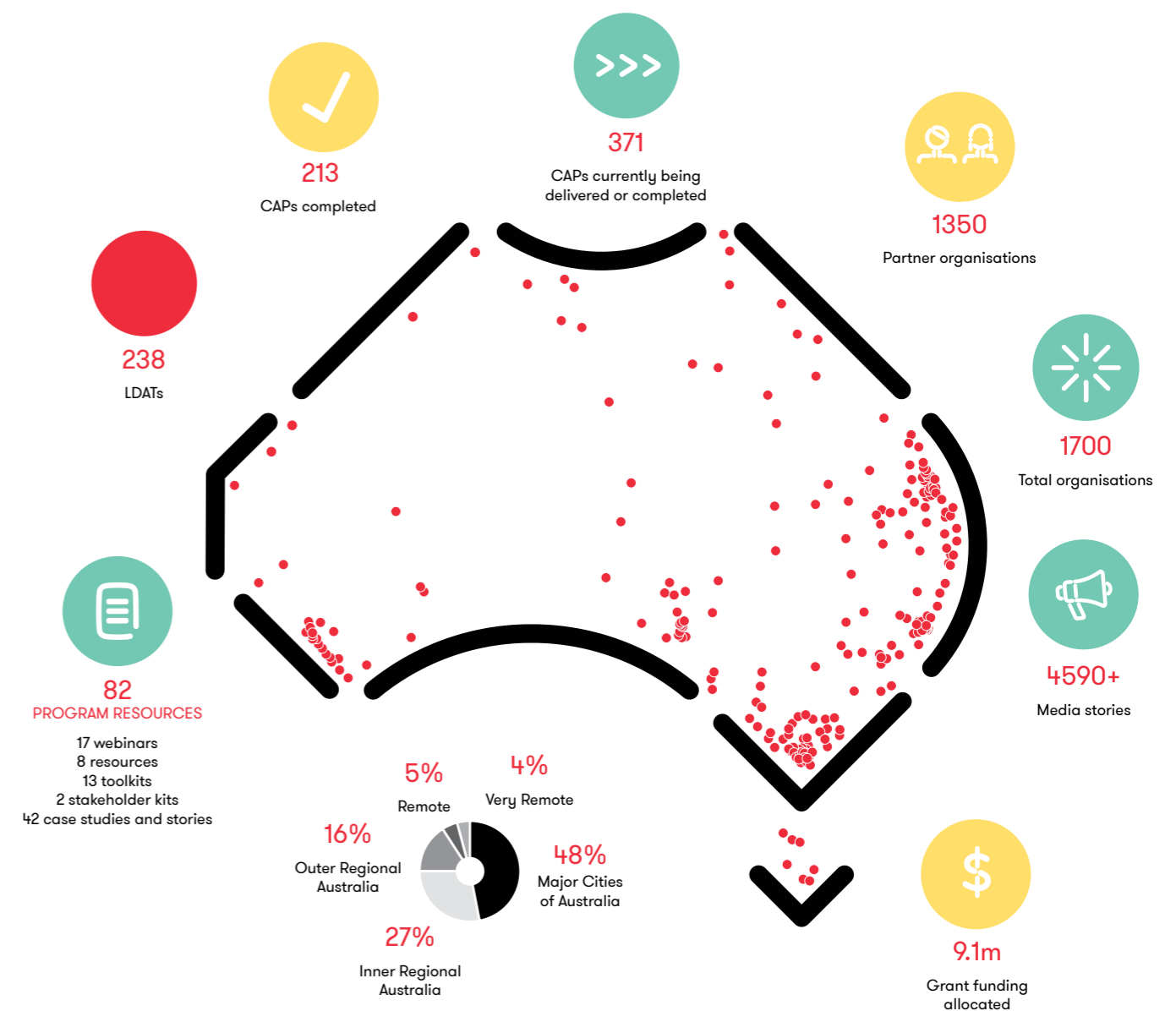
The program emphasises building 'protective factors' in the community - working to prevent alcohol and drug issues forming in the first place.

LDATs can be any mix of schools, educational institutions, health workers, police, community organisations, businesses and local government who unite to drive a community-led response. There are 238 LDATs supported by the Alcohol and

Drug Foundation to develop a Community Action Plan (CAP) and implement evidence-informed activities to serve local needs.

A CAP highlights the target audience and key issues a community aims to address, describes actions to be undertaken and shows how these connect to prevent alcohol and other drug-related harms. A proportion of LDATs have completed more than one CAP, with some planning their fourth, fifth or sixth.

The Alcohol and Drug Foundation provides guidance and resources at every stage of development, implementation and evaluation of the CAP.



Central to the ADF's support for LDATs is the online Community Hub. The Hub houses a regularly updated suite of evidence-based information and resources, including guidelines on how to develop a Community Action Plan, Toolkits, case studies, media and branding guidelines and more.

A popular tool is the Alcohol and Other Drug Lifecycle Planner which maps out risk and protective factors for each age group and identifies the most applicable Toolkits for each, helping LDATs understand their audience to create a tailored community response.

[community.adf.org.au](http://community.adf.org.au)

# Aboriginal and Torres Strait Islander communities.

**SAFE Eidsvold, QLD**

## Partner organisations

Stepping Black Indigenous Corporation, Bridges Health and Community Care, North Burnett Regional Council and North Burnett Mental Health and Alcohol and Other Drugs Hub.

## Target audience

The whole of Eidsvold community, with a special focus on Aboriginal and Torres Strait Islander young people aged 18 to 30 years old.

## Local challenge

The Eidsvold community was concerned about young people experiencing significant harms associated with the use of methamphetamine (ice), alcohol and other drugs. Risk factors for young people within the community include boredom, unemployment, complicated family relationships, lack of communication and engagement with adults, and low attachment to culture and community.

## Solution

Building on the already successful activities of its previous Community Action Plan, the SAFE Eidsvold LDAT extended the reach of the Eidsvold women's group by increasing the diversity of ages in the group to include women aged 18 to 30 years.

The LDAT also established a monthly men's group, delivered skill development workshops in creative industries, held community activities and events, and increased its partnerships and collaborations through two community forums. A Project Officer was hired to increase the scope of activities.

## Impact

The community focused on creating more opportunities for people to connect and participate in shared activities in order to address the risks of alcohol and other drug harms. This included a community barbeque to socialise and connect and a forum to consult on local needs.

The women's, and men's groups, established in the LDAT's earlier Community Action Plan, remained highly engaged and active and a new youth group was established.

The women's group held weekly meetings, including playgroup sessions that brought together generations from children to grandparents. Over 50 women attended the two-day Weekend of Weaving, Wellbeing and Wonderful Women and many more community activities were held over 2019.

The men's group attended a fishing camp and participated in life skills training and workshops.

**"I learned that women together empower and support each other."**



# Around Australia: Local Drug Action Team snapshots.

## Protective Factors:

Protective factors for Aboriginal and Torres Strait Islander communities include:

- Community building activities such as evidence-based drug education
- Sense of belonging and engagement with community
- Participation in positive social activities
- Involvement in programs that build/maintain purpose and direction
- Access to training and employment pathways.

## NSW - Blacktown LDAT

The LDAT conducted a series of life skills and art therapy workshops, culminating in an art exhibition showcased on International Women's Day 2020. The workshops covered a range of topics such as resilience, healthy eating, positive mental health, communication skills and forming stronger connections with their community. The program was designed to empower and uplift local women to showcase skills learnt.

## NT - Redtails Pinktails Right Tracks Program

The LDAT has successfully engaged and supported young men and women from regional and remote communities in Central Australia to improve their health and wellbeing. This has been achieved through promoting community connection and participation in structured sport (football, softball and netball), as well as providing positive mentorship, leadership training and other primary prevention initiatives to build on protective factors.

**Pictured left:** SAFE Eidsvold LDAT women's activities

**Pictured top:** Blacktown LDAT's art exhibition

**Pictured bottom:** SAFE Eidsvold LDAT women's weaving activities



# Migrant and intercultural communities.

## Western Alcohol Action Team, VIC

### Partner organisations

IndianCare Inc., Club 60, Australian Multicultural Community Service Inc., Wyndham Social Cricket League, Brothers and Sisters Foundation.

### Target audience

Intercultural communities in the western suburbs of Melbourne, from the 70+ and 18 to 30-year-old age brackets.

### Local challenge

Like many Australian communities, the Australian Indian community faces challenges of alcohol use. There is a stigma surrounding alcohol that impacts on issues being identified and addressed within the community, reducing access to support within the community and to support services. There is limited knowledge about standard drinks, effects of alcohol or stress management techniques. Risk factors for alcohol and other drug use for the senior age group include social isolation and changes to employment status.

### Solution

Social outings for the seniors, such as a day camp, help overcome the feelings of isolation and separation from community. Other LDAT activities to increase confidence and social connectedness include: English classes for seniors; work readiness skills workshops for people aged 18 to 30; and, community resilience support for recent migrants.

### Impact

The day camp program provided community and cultural connections. The senior participants themselves had a hand in planning the day. The group determined that they wanted to have an outing that would help them feel more connected to their community.

The group visited a YMCA camp site for a day trip, where the activities helped participants enjoy the value of connection and being together. The activities, such as the giant swing, proved to be a great success for team building. Participants reported that the outing made them feel alive, sociable and connected.

The English classes were designed to reduce isolation and stigma around seeking assistance regarding alcohol and other drugs. They developed social connections and conversational English language skills. Surveys and feedback indicated that the program assisted the participants to improve their English language skills. Participants reported that they are practicing English with group members and grandchildren at home.

The work readiness program boosted the confidence of 14 Indian young people to apply for jobs with effective resumes, well addressed key selection criteria and gain job interviews.

“The giant swing made me feel like I was living my childhood again.”

# Around Australia: Local Drug Action Team snapshots.

### Protective Factors:

Protective factors for intercultural and migrant communities include:

- Participation in recreational activities
- Evidence-based drug education
- Sense of belonging and connectedness with school, family and community
- Developing new, positive relationships
- Positive role models, including around AOD use
- Access to training and employment pathways.

### NSW - CALD Illawarra

Increasing knowledge of the harms associated with risky drinking and other drug use among young people aged 12 to 17 years, including young people from a refugee background was the challenge for this LDAT. Key health promotion messages and effective ways of working with the young people were identified through various methods such as focus groups and research projects. In 2019, the LDAT received a NSW Multicultural Health Communication Award for its work in health promotion within intercultural communities.

### SA - Hoi Sinh LDAT

A group of 65 young people from CALD backgrounds, predominately Asian and African communities in Western and Northern Adelaide, engaged in two school holiday education sessions in 2019. These included information about alcohol and other drugs, road safety, respectful relationships, sexual and mental health, and available local support services. The sessions were delivered by Community Access and Services SA, SA Police, Shine SA and Red Cross Save-A-Mate. The sessions aimed to increase knowledge and skills to prevent alcohol and other drug-related harm and enable young people to seek help and support.

**Pictured left:** Western Alcohol Action Team's senior camp day  
**Pictured right:** Hoi Sinh LDAT's school holiday sessions



# Supporting parents.

Adelaide Metro South LDAT, SA

## Partner organisations

Junction Australia (SA), Anglicare SA and City of Onkaparinga.

## Target audience

Early learning educators and support workers working with parents of children aged 0 to 5 years old and expectant mothers.

## Local challenge

With Fetal Alcohol Spectrum Disorders (FASD) mentioned in South Australia's Alcohol and Other Drug Strategy 2017-2021 as a key area for action to "increase the prevention and diagnosis of FASD, by working with SA Health, hospitals, non-government organisations and primary health sector," the LDAT identified the opportunity to address local concerns about young women's alcohol consumption during pregnancy.

## Solution

The LDAT focussed on addressing and preventing alcohol consumption among pregnant women or women planning a pregnancy by upskilling their support service workers through education, information sharing and awareness raising.

Several workshops were held, facilitated by NoFASD Australia, to deliver education, training and advice on the effects of consuming alcohol when planning and during pregnancy and how this impacts on the developing brain, empowering support service workers to share learnings and adopt appropriate communication methods in their practices with women in the City of Onkaparinga.

The LDAT also distributed 100 tea towels with alcohol prevention messaging to young women in the community, to serve as a daily reminder of the risks of consuming alcohol before and during pregnancy.

## Impact

The program aimed to improve FASD knowledge among those working with young women at risk of consuming alcohol during pregnancy.

More than 80 early learning educators, support workers and clinicians attended the workshops and reported that they felt more confident in sharing what they had learned with young parents and that they were making inroads to prevent FASD in the community.



# Around Australia: Local Drug Action Team snapshots.

## Protective Factors:

Protective factors for people of parenting age include:

- Community building activities such as evidence-based drug education
- Sense of belonging and engagement with community
- Knowledge of harms/health beliefs that support healthy AOD use and the supports available within the AOD space
- Participation in positive social activities
- Access to training and employment pathways
- Access to information on avoiding alcohol in pregnancy.

## TAS - Burnie Works LDAT

RULER is a program that aims to reduce the use of alcohol and other drug use in the community by increasing emotional intelligence, communication and strengthening relationships between parents, young people and community services. The program protects against the uptake of substances and provides alternative stress management techniques.

RULER is an acronym for the five skills of emotional intelligence: Recognising, Understanding causes and consequences of, Labelling, Expressing and Regulating one's own emotions.

## WA - Southern Forests LDAT

The Community Building program looks at the role parents play in prevention of alcohol and other drug-related harms. The LDAT delivered local public education messages and workshops targeting parents, to increase awareness of the important role they play in preventing alcohol-related harm amongst young people and how they can positively influence their child. The LDAT also delivered mother-daughter and father-son activities to embed knowledge and practices learnt through the local campaign and workshops.

**Pictured left:** Adelaide Metro South LDAT workshop  
**Pictured right:** Southern Forests LDAT family bonding



# Prevention through structured activity.

## Western Australia Country Football League LDAT, WA

### Partner organisations

Avon Football Association, Good Sports, WA State Government, Regional Men's Health, Rural Health West, Think Mental Health, Holyoake and Western Australia Police.

### Target audience

Young males aged 20 to 29 years playing senior football in the Western Australia Country Football League.

### Local challenge

Within the Wheatbelt region in southwest Western Australia, there was community concern about high rates of methamphetamine (ice) use and high levels of risky drinking. The impact this was having on the mental health of young people was front of mind. Risk factors that influence the use of alcohol and other drugs within this region include negative peer influences, mental health issues, unemployment and isolation.

### Solution

The LDAT identified that football clubs are a social centre, especially for young men and that sport can be used as a vehicle to promote social inclusion and build support networks.

A peer support program was rolled out to encourage senior players to become key role models for their team mates.

Alcohol and other drug education and mental health awareness training prepared the senior players to be more aware of the signs and symptoms of mental health issues experienced by their peers and encouraged them to engage in conversations with 'at risk' peers. The program included leadership training, talks with local police and Good Sports program policy education.

The LDAT also aimed to influence football clubs to reconsider alcohol sponsorship as a form of funding. Research suggests that repeated exposure to alcohol advertising can be harmful, particularly to younger club members.

### Impact

Thirty-five peer support ambassadors from various clubs signed up to the program. Ambassadors completed several courses (including First Aid) and mental health activities.

The program has changed attitudes to alcohol sponsorship within the WACFL. As of 2019, 22 clubs in regional WA have removed alcohol sponsorship from player guernseys. Seven clubs have updated and appropriated their member policies through the Good Sports program, covering issues such as alcohol, tobacco management and safe transport practices.

**“The program calls on local players to provide leadership around AOD and mental health.”**

**Joe Georgiades, former General Manager of Country Football WA.**

# Around Australia: Local Drug Action Team snapshots.

### Protective Factors:

Protective factors fostered through involvement in structured activity include:

- Community building activities such as evidence-based drug education
- Participation in positive social activities
- Sense of belonging and connectedness to community, school and family
- Participation in recreational activities
- Developing new, positive relationships
- Involvement in programs that build/maintain purpose and direction.



### QLD - Tablelands Drug Action Alliance

The Bike Bus Program supported local schools in the Tablelands region to run a weekly activity for primary school students. Led by teachers and police, students rode to school one day each week. The program included practical life skills and fostered relationships with parents, teachers and the wider community.

### NSW - Bega Valley LDAT

Project 8 worked to increase resilience and positivity by teaching young people creative skills involving videography, dance and music. The free program saw participants create inspirational harm minimisation messages for their peers as part of eight workshops that were held across the Bega Valley region. The final outcome was the production of a music video focused on prevention and harm reduction.



**Pictured top:** Tablelands Drug Action Alliance's Bike Bus program  
**Pictured below:** Western Australia Country Football League

# Young people.

Wodonga LDAT, VIC

## Partner organisations

City of Wodonga, Wodonga Plaza, Hello World Travel, Timmy G's, Personnel Group, Own Life and FReeZA

## Target audience

Young people aged 12 to 17 years, living within the Wodonga community.

## Local challenge

Risk factors for young people developing unhealthy relationships with alcohol and other drugs include lack of engagement in activities with adults, mental health issues, family conflict, academic failure and negative peer influence. The risk factors of living in this regional area have been further compounded by local bushfires.

## Solution

The Deck'd design competition was created, with young people encouraged to design artwork to be displayed on a skateboard 'deck'. Entrants also submitted key messages relating to inclusivity, friendship, the importance of fun, and having a positive mindset.

A large social media campaign was undertaken by Dutch Media, culminating in an art exhibition and skateboarding event attended by local services. The aim was to combat stigma, encourage youth to seek support and help them foster important relationships within the community.

## Impact

Four local schools were engaged throughout the campaign, which connected young people with service providers and encouraged them to take part in a recreational hobby such as art or skateboarding in a safe, alcohol and drug-free environment.

Over 100 Deck'd designs were submitted with 64 displayed in a pop-up gallery at Wodonga Plaza. Entrants took pride in relaying their own interpretations of the brief, as well as having the opportunity to have their art on show locally and at the national ADF Prevention in Practice Conference in June 2019 in Melbourne.

The next iteration of the Deck'd project has just gained LDAT program funding and is now underway.



# Around Australia: Local Drug Action Team snapshots.

## Protective Factors:

Protective factors for young people include:

- Evidence-based drug education
- Participation in positive activities with adult engagement
- Sense of belonging and connectedness to community, school and family
- Positive role models, including around AOD
- Participation in recreational activities.

## SA - Whyalla LDAT

This LDAT brought large-scale well-known board games (i.e. Jenga) and other interactive games to twelve community events and featured at the new 2019 Whyalla Youth Drop-in Centre. The activity was coined Little Big World and allowed young people to connect outside of the traditional sporting sector. Whilst playing the games, young people had conversations with each other and LDAT members about the issues they were facing. Parents/carers were also engaged and made aware of support services available in their community. The program reached over 900 community members.

## ACT - Changing the course of alcohol (and other drug) consumption in ACT higher education institutions: A coordinated response

In partnership with leading ACT universities, policies were developed to reduce alcohol and other drug-related harm amongst students at university activities and events. Through coordination and collaboration of activities, student leaders and residents increased their awareness of planning and conducting events where alcohol is served.

**Pictured left:** Wodonga LDAT's Deck'd exhibition  
**Pictured right:** Whyalla LDAT's games event



# From Then to Now.

Queensland Blue Light LDAT, QLD



## Then

In 2017, a proportion of high school students in various locations across Queensland were identified as being at-risk of disengagement from school – a risk factor for alcohol and other drug use.

The Blue EDGE (Educate, Develop, Grow, Empower) Program is designed to use physical training as a tool to engage young people before school. Students take part in two sessions per week for eight weeks.

Each morning session involves 30 to 45 minutes of physical activity, followed by showers, a healthy breakfast and mentoring and life skills sessions. A bus transports students to school, ensuring they attend for the day.

Improved attitudes towards police, school and community were recorded following participation in the program. Students showed increased self-esteem, resilience, respect for others, improved mental health, increased school retention, improvements in school performance and a positive view of the future.

The LDAT was assisted by KPMG to develop an evaluation framework for the Blue EDGE Program. The evaluation, produced in June 2018, found that overall, the program achieved its goals in strengthening school engagement in the local area. In all, 28 programs were completed between 2017 and mid-2019.

## Now

Queensland Blue Light LDAT continues to roll out the program across Queensland. It delivered 14 further Blue EDGE Programs by the end of 2019 in Logan, Cunnamulla, Murgon, Charters Towers, Townsville, Cairns West, Marsden, Park Ridge, Charleville, Manunda, Mount Morgan and Capalaba. The communities have welcomed the program back in a number of areas.

The evaluations conducted by KPMG on these programs continue to show positive outcomes for the participants. In the most recent evaluation of 71 participants, 95% of the students demonstrated increased resilience post-program. Additionally, 75.9% demonstrated increased self-esteem and 72.4% talked more positively about others.

Partner organisations in this LDAT are Queensland Blue Light Association, Queensland Police Service, Queensland Police Citizens Youth Welfare Association and local high schools.



Pictured left and right: QLD Blue Light LDAT's Blue EDGE program

# Staying connected despite COVID-19.

The COVID-19 pandemic has disrupted life as we know it and brought business as usual to a halt across Australia.

While face-to-face activities ceased, Local Drug Action Teams responded to the changing needs of their communities, determined to continue their important work preventing and minimising the harms associated with alcohol and other drug use nation-wide.

Below are a collection of snapshots showcasing the innovative ways LDATs are continuing to make a difference in spite of isolation and social distancing restrictions.

## WA - Swan City LDAT

Music recording workshops for young people may be on hold, but this Western Australian LDAT is still determined to continue to support young people.

Creating a safe and supportive environment online and via the phone has helped youth continue to express themselves through music - despite the studio being closed. Participants are encouraged to reach out if they have questions relating to music, emergency relief and many other services to reduce the impact of social isolation.

## VIC - Chin Community Western Partnerships

No longer able to meet face-to-face, the Chin Community Western Partnerships LDAT has taken its parenting groups online, providing information through social media and messaging apps as well as on lead organisation, cohealth's, website.

The now virtual parenting group covers COVID-19 health and other key government messaging and guidance on using video chat platform Zoom so that participants can safely social distance while staying connected.



## NSW - Auburn Youth Sound Project

Recognising that COVID-19 has been particularly challenging for young people and their mental health, Auburn Youth decided to get creative, encouraging young locals to submit videos of themselves dancing to 'Turn It Around' - a song previously developed through the LDAT's Sound Project. The videos were then collated into a collaborative music video clip, sending an inspiring message of resilience to other young people in the area through the universal languages of music and dance.

## SA - Adelaide Metro South LDAT

Initial face-to-face FASD education modules were planned for delivery in the classroom setting however, due to COVID-19 this LDAT pivoted its approach and is creating online FASD education modules. The modules will be utilised by teachers in four schools in Adelaide Metro South area and delivered as part of the Year 9 and 10 Health and Wellbeing curriculum in the latter part of 2020. The online solution will enhance the sustainability of the program, which the LDAT hopes to embed into the curriculum for years to come.

## VIC - Campaspe LDAT

The KyFit gym-based youth program has been adapted to run online, offering prize incentives for young locals taking part in weekly home workout challenges. With additional support from essential services, local businesses and sponsors, the workout challenges are helping to reduce stress, assist youth to reach their fitness goals, and encourage connectedness during COVID-19.

## SA - Barossa LDAT

The Barossa Cares e-community website was developed during COVID-19 to provide alternative community connection and support during a period of increased social isolation. It is intended to help the community access accurate information and advice about support services and seeking assistance. The website covers a wide range of areas from financial to mental health assistance and offers a way to establish neighborhood connections. As the potential for harms associated with alcohol and other drugs grows, the website will be updated to increase awareness of prevention information and provide advice on how to access specific local supports within the changing environment.

## VIC - Baw Baw LDAT

Originally planned to be delivered on the court, the Hoops at Night program has been altered to comply with new restrictions and combine participants' love of gaming and sports to a digital tournament hosted on the NBA Xbox game. Whilst connecting young people together online, volunteers can talk to at-risk young people and provide them with access to alcohol and other drug advice and other local youth services during a fun and safe activity.



**Pictured left:** Chin Community Western Partnerships  
**Pictured right:** Auburn Youth Sound Project

# Become a Local Drug Action Team.

- **Want to make a difference to alcohol and other drug use in your community?**
- **You may have what it takes to become a Local Drug Action Team and be part of this Australian Government-funded prevention program.**

The Local Drug Action Team Program supports organisations to build or extend local partnerships and develop evidence-based activities to prevent and minimise harms caused by alcohol and other drugs where it matters the most - at the grassroots, community level.

The fact is, no community is the same and we know that locally-led responses are the most effective when it comes to addressing the challenges of alcohol and other drugs, including crystal methamphetamine ('ice').

There are already over 230 active Local Drug Actions Teams having an impact around Australia and we're on the lookout for another 40.

**Applications open: February 2021**



**Pictured Left:** Sharon Labbett, Vashti Taverner, Jhan Leach from Blacktown LDAT (NSW) and Sylvia Tiet, Senior Community Development Officer at the ADF.

**Pictured Right:** Peter Uzande from Northern LDAT (VIC) and Stef Maciulaitis, Senior Community Development Officer at the ADF.

## How to apply

Applying is easy. When applications open in early February, 2021, you'll be able to complete an online form to tell us about the proposed make up of your local team, the issue you'd like to tackle and what you think will be the most effective approach.

Jump on the ADF's Community Hub at [community.adf.org.au](https://community.adf.org.au) to find out what makes a successful Local Drug Action Team and start formulating ideas for your application. You'll find success stories from other communities, just like yours, to motivate and inspire as well as evidence-based tools and resources.

Application dates will be confirmed shortly. Keep your eye on the Community Hub for all the latest updates. An announcement of successful Local Drug Action Teams is planned for April 2021.

## What happens if I'm successful?

If your application is successful, you'll receive \$10,000 and be supported by a member of the Alcohol and Drug Foundation team to get set up, undertake further community consultation and develop and implement a tailored Community Action Plan addressing alcohol and other drug issues in your community. There will be opportunities to apply for further funding to support the delivery of your action plan.



Funding applications open in February 2021 – but don't miss out. Visit [community.adf.org.au/ldat-contact](https://community.adf.org.au/ldat-contact) now to find out how you can develop a strong application.

## **Alcohol and Drug Foundation**

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