



Adolescents, Alcohol and other Drugs (AOD)

Busting the myths, exploring the facts and knowing how to talk about it all.

The Adolescents and AOD workshop will provide participants with the opportunity to engage and be a part of an informative and experiential/interactive session. The workshop will include discussions, information and activities that focus on young people, AOD, risk-taking behaviour and crisis situations. The session will also focus on how to best support young people, focusing particularly on ways in which to best communicate with them through these years of experimentation and risk taking. Furthermore, there will be a focus on the vulnerability of our youth in relation to AOD due to advertising and cultural norms. It is important that professionals understand and appreciate the landscape in which young people are growing up. The seminar will also look at ways that young people can support their friends in crisis situations and how to have conversations with young people about AOD and their lifestyle choices.

Training commences with an icebreaker and group agreement activity to ensure that all participants feel comfortable and safe to share and learn. This is particularly important with the topic area being discussed. The presentation includes but is not limited to information and statistics about alcohol and other drugs and young people. Myths about alcohol and other drugs and young people will be explored – this will be one of the first activities, which will set the scene for the session, but is also designed to give participants the opportunity to learn about what drugs are impacting our young people, what drugs are being consumed and which are having the biggest impact on our society. This will impact participant values and perceptions of the area and also provide a good sense

of current knowledge base. A section on communication provides participants with communication skills and tools for parents to utilise throughout the adolescent years. AOD and advertising / Australian culture will be explored together with the world in which our young people live and the cultural norms they are navigating. Advertising and the impact this has on our young people will be reviewed.

Scenarios will be built into the session which will give participants the opportunity to think about the issues impacting young people and as a group, explore and discuss strategies and ways that they can best support both professionals and young people. A safe learning space is designed to create confidence in participants for them to subsequently be able to utilise new skills and knowledge in the outside world.

Learning objectives of this training:

1. Increased understanding about alcohol and other drug use in adolescents.
2. Statistical data about the prevalence of drug use in Australia.
3. How best to support young people in crisis situations.
4. Increased knowledge of tools and strategies that for parents concerned about their children going to parties and engaging in AOD use recreationally.
5. Increased confidence in approaching a young person they are concerned about.
6. Understanding of the different services available to support young people both online and in person.
7. Increased understanding of the social pressures that young people face as a result of the alcohol culture within Australia.



Kim Huckerby has spent the last 15 years working extensively with young people, parents, secondary schools, the corporate sector and the wider community. Her professional focus has been on adolescent development, engaging in diverse roles to pursue her passion in education and training about youth issues. Kim has navigated the adolescent space for many years and has found that through working in different areas such as psycho-education, outreach, mentoring and teaching/training, she has equipped herself with the necessary tools, skill base and knowledge to impart some of learnings with the wider community. Over the last few years, Kim has moved into strategic planning and management at Raise Foundation, as well as a newly appointment role in the Learning and Development space. She also runs her own business delivering Youth Mental Health First Aid courses.

This training may qualify for Focussed Psychological Strategies (FPS) CPD. Please refer to the Dept. of Health <http://www.health.gov.au/internet/main/publishing.nsf/content/mental-ba-focus#cpd> for more information.

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Our continuing professional development events meet the quality standard recognised by relevant professional associations including psychology, social work, occupational therapy, mental health nursing, community work, counselling, psychotherapy and more.

We recommend checking with your association for the correct calculation of points.

A certificate of attendance for 6 hours of face-to-face training is issued for all participants.

Morning Session

Introduction to alcohol and other drug use and adolescents

Myth busters – what is the reality of young people and AOD use in Australia?

Scenarios and practice sessions – Crisis situations and the important information we need young people to know

Afternoon Session

How do we support concerned parents?

Cultural and social pressures placed on young people with the AOD landscape in Australia

What support services are available for young people

Evaluation and Closing.

“Let's work together to inform our youth about the impact of alcohol and other drugs. This is not something that we want to preach to them about, but rather to give them the information so that they can make informed decisions and know how to keep themselves and their friends safe.”

Kim Huckerby

How will you benefit from attending this training?

- Acquire up-to-date statistics about young people and alcohol and other drug use.
- Develop better understanding of the cultural landscape of alcohol in which young people find themselves.
- Learn tools to support parents who are concerned about their children and strategies to help young people support friends in crisis situations.

Booking process:

1. Request a quotation.
2. Agree upon a delivery date.
3. Arrange the 50% booking deposit.
4. Finalise balance of booking fee one month prior to the training.

We include:

- Presenter travel and accommodation costs.
- Soft copy of resources.
- Individual attendance certificates for all participants.

Contact our in-house program director 1300 887 622 or info@PDPseminars.com.au for information, quotation or to have a helpful chat about the needs of your team.

This presentation is appropriate for participants wanting an overview of relevant and up-to-date information and statistics on alcohol and other drug use in adolescents.

Feedback for Kim's recent training presentations:

“The presenter was engaging and knowledgeable, and made everyone feel safe and comfortable to participate. One of the best trainers that I have ever had the pleasure of doing a course with - thank you Kim”

“The instructor was fantastic. From the moment you entered the room where everything was set up so well, to her manner and style, engaging, fun, knowledgeable and lots of opportunity to practice and work with others. Was a great course”

“The course was an amazing insight into the world of youth mental health. Kim was a fantastic instructor who is knowledgeable and passionate about mental health. I would truly recommend to this course to anyone from parents to social workers...”