

## Additional resources

---

### Participant handouts

Each unit has several handouts that participants might find helpful to both support the information they have received from the presentation and to use during encounters with young people with mental health and substance use issues and/or their families. These can all be found online at [www.agpncando.com/ypfc\\_ah.htm](http://www.agpncando.com/ypfc_ah.htm)

- Unit one
  - Handout 1.1 - Common drug types, their prevalence, use and effects
  - Handout 1.2 – What's grog got to do with it?
  - Handout 1.3 – What's pot got to do with it?
  - Handout 1.4 – What's speed got to do with it?
  - Handout 1.5 – What's smack got to do with it?
  - Handout 1.6 – NSW CAAH handout - Understanding adolescents and their health needs
  - Handout 1.7 – NSW CAAH handout - Conducting a youth-friendly consultation
  - Handout 1.8 – NSW CAAH handout - Culturally sensitive practice
  - Handout 1.9 – NSW CAAH handout - Enhancing compliance
  - Handout 1.10 – NSW CAAH handout - Creating a youth friendly practice
  
- Unit two
  - Handout 2.1 – NSW CAAH handout - Conducting a psychosocial risk assessment
  - Handout 2.2 – NSW CAAH handout - Negotiating a management plan
  - Handout 2.3 – NSW CAAH handout - Risk taking and health promotion
  - Handout 2.4 – NSW CAAH handout - Treating substance use
  - Handout 2.5 – NSW CAAH handout - Sexual health
  - Handout 2.6 – NSW CAAH handout - Adolescent mental health
  - Handout 2.7 – Substance use – stages of change model
  
- Unit three
  - Handout 3.1 – FDS facts – Drug Services
  - Handout 3.2 - FDS facts – Supporting someone through Detox
  - Handout 3.3 - FDS facts – Minimising harm: a practical guide
  - Handout 3.4 - FDS facts – Communicating with the Drug user
  - Handout 3.5 – Understanding feelings of guilt and mental illness
  - Handout 3.6 – Recognising the grief response and mental illness
  - Handout 3.7 – Developing helpful communication skills with the person who is unwell and agitated.

### Useful websites and links (in alphabetical order)

Association of Relatives And Friends of the Emotionally and Mentally Ill	<a href="http://www.arafemi.org.au">www.arafemi.org.au</a>
At Ease - Mental health and wellbeing information for Veterans	<a href="http://www.at-ease.dva.gov.au">www.at-ease.dva.gov.au</a>
Australian Drug Foundation	<a href="http://www.adf.org.au">www.adf.org.au</a>
Beyond Blue	<a href="http://www.beyondblue.org.au">www.beyondblue.org.au</a>

Carers Australia	<a href="http://www.carersaustralia.com.au">www.carersaustralia.com.au</a>
Centre for Adolescent Health	<a href="http://www.rch.org.au/cah">www.rch.org.au/cah</a>
Centre for the Advancement of Adolescent Health - NSW	<a href="http://www.caah.chw.edu.au">www.caah.chw.edu.au</a>
Centre for Youth Drug Studies	<a href="http://www.cyds.adf.org.au">www.cyds.adf.org.au</a>
Dual Diagnosis Services South Western Sydney Area Health Service	<a href="http://www.swsahs.nsw.gov.au/areaser/Midas/default.asp">www.swsahs.nsw.gov.au/areaser/Midas/default.asp</a>
Family Drug Support	<a href="http://www.fds.org.au">www.fds.org.au</a>
headspace: Youth Mental Health Foundation	<a href="http://www.headspace.org.au">www.headspace.org.au</a>
Kids Help Line	<a href="http://www.kidshelp.com.au">www.kidshelp.com.au</a>
Lifeline	<a href="http://www.lifeline.org.au">www.lifeline.org.au</a>
Make a Noise – Youth Voice Portal	<a href="http://www.makeanoise.ysp.org.au">www.makeanoise.ysp.org.au</a>
Mental Health Council of Australia	<a href="http://www.mhca.org.au">www.mhca.org.au</a>
Mood Gym	<a href="http://moodgym.anu.edu.au">http://moodgym.anu.edu.au</a>
NSW Centre for the Advancement of Adolescent Health	<a href="http://www.caah.chw.edu.au">www.caah.chw.edu.au</a>
Reach Out!	<a href="http://www.reachout.com.au">www.reachout.com.au</a>
SANE Australia	<a href="http://www.sane.org">www.sane.org</a>
Ted Noffs Foundation	<a href="http://www.noffs.org.au">www.noffs.org.au</a>
The Black Dog Institute	<a href="http://www.blackdoginstitute.org.au">www.blackdoginstitute.org.au</a>
The Network for Carers of people with a mental illness	<a href="http://www.carersnetwork.org">www.carersnetwork.org</a>
Ybblue – Youth beyond blue	<a href="http://www.youthbeyondblue.com">www.youthbeyondblue.com</a>

You are more than welcome to include other handouts that you feel are relevant to the topic and services represented.