

2012/14 Leaders for Geelong Project

**THINK
TW!CE**

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Executive Summary

The Think Twice project team came together with the simple aim of improving the health and wellbeing of young people in our community. As part of the Leaders for Geelong program a 'law and order' day was prepared to educate participants on the current and emerging trends of crime and public safety within the Geelong region. It was Magistrate Stephen Myall that had a lasting impression on the project group and in particular his comments regarding young men, excessive alcohol consumption and then the ensuing trouble with the law. It was the belief that if our team could get young men and women to think twice before they acted, our community would be a healthier happier place to live.

Our vision was to identify the most effective way to target young men and women in the Geelong region by designing a focused and repeatable intervention that would shape their values and attitudes towards alcohol and other drug taking behaviour.

Through extensive literature research, interviews and participation in the P.A.R.T.Y Melbourne program it was agreed that our program needed to be visual and interactive. Additionally, it was the project team's belief that our local region has something quite different to offer its young people. It was for this reason that a new program was formulated to take advantage of the great work being done at the Trauma Rehabilitation Service of Barwon Health at the McKellar Centre and our close proximity to the maximum security facility, Barwon prison



The 'Think Twice' pilot program ran on Tuesday 29th of October 2013 and included nine year ten students from Lara Secondary College. The pilot program consisted of three sessions conducted at the McKellar Centre and then Barwon Prison. The first dynamic session was conducted by Ambulance Victoria MICA paramedics. They used real stories and a life-size mannequin with medical apparatus to demonstrate the care given to people suffering from alcohol or drug trauma. The second interactive session was run by the program coordinator of the Trauma Rehabilitation Service. It included a presentation on the structure and function of the brain, a movie on acquired brain injuries and the effects on the patients and their family and friends and finally a visit from a person named Ken with an acquired brain injury. Ken told the students his story and how his accident had affected every part of his life. The third session was conducted at the Barwon prison and introduced the students to life inside a prison. They were given a guided tour, a presentation from the general manager and had discussions with a long term prisoner.

The feedback from the students via comments on the day and the post program survey was very positive. Additionally, a post-pilot debrief session, organised with the major stakeholders, found that all key stakeholders endorsed the program and would continue to support its development. Further discussions with key stakeholders have been made and another program is being planned for the end of term one, 2014.

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Major Supporters

Victoria Police

Trauma Rehabilitation service, Mckellar Centre, Barwon Health

Barwon Prison, Corrections Victoria

Ambulance Victoria

Lara Secondary College

The Committee for Geelong



Acknowledgements

Kevin Freele, Executive Director of Mental Health, Drugs & Alcohol Services, Barwon Health

Natalie Anderson, North West Area Manager, Community Health & Rehabilitation Programs, Barwon Health

Clive Allen-Paisley, Community Liaison Coordinator, Lara Secondary College

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Communities that Care, Geelong

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Trevor Cooke, Trevor Cooke Photography

Truffledruck

McHarry's Buslines

Project Scope

- To identify the most effective way to target young men and women in the Geelong region whose values, attitudes and behaviours are most likely to lead to alcohol and other drug abuse, putting themselves (and others) at risk
- To use this information to design a focused and repeatable intervention methodology for the target group that will be most effective in shaping their values and attitudes towards alcohol and other drug taking behaviour.
- To pilot (and possibly repeat) the intervention with a controlled sample group/s and allow for the results to be monitored/studied over time.

Background

As part of the Leaders for Geelong program a 'law and order' day was prepared to educate participants on the current and emerging trends of crime and public safety within the Geelong region. Victoria Police representatives and Magistrate Stephen Myall discussed a variety of issues facing the Geelong region in relation to crime and its effects on the local community. It was Magistrate Stephen Myall that had a lasting impression on the project group and in particular his comments regarding young men, excessive alcohol consumption and then the ensuing trouble with the law. It was the belief that if our team could get young men and women to think twice before they acted, our community would be a healthier happier place to live.

The statistical profile of the Victorian Justice System 2005-06 to 2009-11 highlights that the number of male prisoners incarcerated in Victoria has grown by 15.4% over the five year period (Department of Justice - Corrections Victoria 2010, p. 8). The total number of prisoners within Victoria stands at around 5000, reflecting a growth trend of 38% between 2002 and 2012

(Sentencing Advisory Council Melbourne 2013, p. 8). Male prisoners accounted for 94% of the total prison population and approximately 50% of male prisoners had previously been in prison under sentence (Department of Justice - Corrections Victoria 2010, p. 12).

Education of male prisoners appeared to be relatively low, with about 6.5% of those in prison at 30 June 2010 reporting that they had completed secondary, trade or tertiary education prior to reception. 88% of male prisoners reported having undertaken some secondary level education. Approximately 66% of male prisoners at 30 June each year were unemployed or not part of the



paid labour force when in the community (Department of Justice - Corrections Victoria 2010, p. 12). As at 30 June 2010, the average age of male prisoners was 37.2 years old, with 14.6% of male prisoner population under the age of 25 years old (Department of Justice - Corrections Victoria 2010, p. 15)

Data relating to the most serious offences for which prisoners were charged or sentenced as at 30 June 2010 indicates that men are most likely to be in prison for 'offences against the person' (44.5%) or 'property offences' (21.9%). These two offence categories represent more than 65% of male prisoners at 30 June each year since 2007 (Department of Justice - Corrections Victoria 2010, p. 13).

An extensive body of research suggests that excessive alcohol and/or drug use play a key role shaping behaviour leading to crime (Collins 1981; Hemphill et al. 2011; Lane et al. 2004; McMorris et al. 2007; Sonderlund et al. 2014) Our Discussions with Victoria Police and key staff attending the Magistrate's Court in Geelong suggests that this is the case within our local community.

The project team next turned our attention to alcohol and children. An interview was conducted with Deakin University's Associate Professor Peter G. Miller, Principal Research Fellow and Commissioning Editor of Addiction, School of Psychology, Deakin University, a specialist in drug and alcohol related behaviour. Further information has been sourced through a literature review (see below).

The 2011 Australian Secondary Students' Alcohol and Drug (ASSAD) Survey asked around 25,000 students aged between 12 and 17 years about their tobacco, alcohol and other drug use. "The results show around three of every four Australian secondary students aged between 12 and 17 years had tried alcohol at some time in their lives and 51% had consumed alcohol in the 12 months preceding the 2011 survey. The proportion of all students drinking in the seven days before the survey (current drinkers) was 17%. Around 19% of all 17-year-old students had consumed more than four drinks on at least one of the preceding seven days. Premixed spirits were the most preferred alcoholic drink type among female current drinkers, while premixed spirits and beer were the most preferred among male current drinkers. Students who consumed alcohol in the previous seven days most commonly obtained their alcohol from their parents (33%) or friends (23%), and consumed it at a party (34%) or in their own home (30%) (White & Bariola 2012, p. 2)."

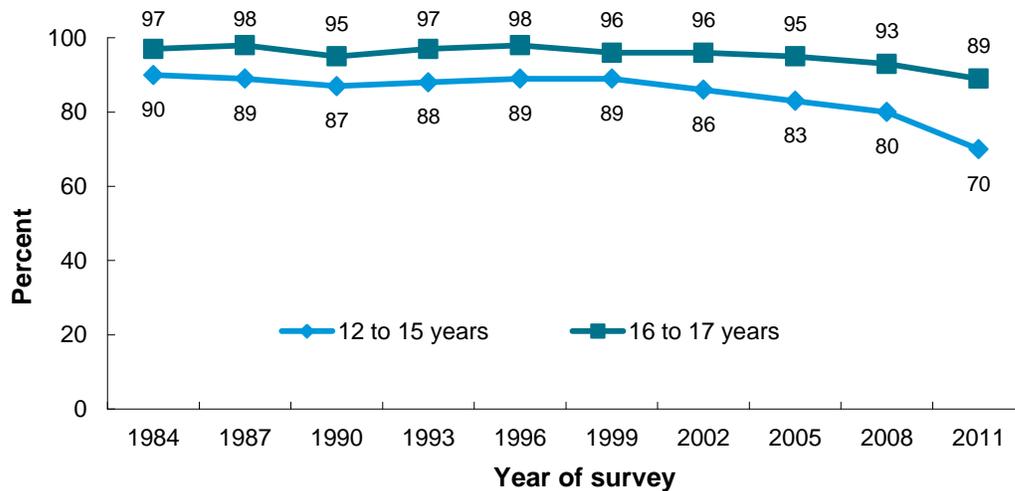


Figure 1: Changes in lifetime use of alcohol between 1984–2011 (White & Bariola 2012, p. 54)

Figure 1 shows that in 2011, 70% of younger students had tried alcohol. This led the project team to think about how we could influence the decisions these young people were making. Two organisations that drew our attention were Communities that Care and the 'Prevent Alcohol and Risk Related Trauma in Youth' (P.A.R.T.Y) Melbourne program.

Communities That Care is a not-for-profit training and consulting company formed through collaboration between the Royal Children's Hospital and the Rotary Club of Melbourne. Their objective is to implement, evaluate and disseminate strategies for building community prevention capacity in Australia. The company vision is to promote the healthy development of children and young people through long term community planning to prevent health and social problems (Toumbourou 2013, p. 1).

The P.A.R.T.Y. program is a trauma prevention initiative aimed at senior school students and young offenders. Trauma is defined as an injury that has been caused by physical force such as motor vehicle accident, fall or assault. P.A.R.T.Y. seeks to give participants a snapshot of the possible traumatic and often preventable consequences of risk-related behaviour that can lead to these injuries. P.A.R.T.Y participants spend time with staff in the emergency/trauma centre, the Intensive Care Unit, trauma wards, and rehabilitation units of the hospital. They get an up front, true to life experience of the impact of trauma on young lives. P.A.R.T.Y. was developed in 1986 at the Sunnybrook Health Services Centre in Toronto, Canada as a result of emergency room staff seeing a large number of trauma cases occurring among young people, and requests by young people to see the impact of trauma. The P.A.R.T.Y. program is now operated by staff at established trauma hospitals at over 100 sites around the world. In Australia these hospitals are: The Royal Perth Hospital (WA), Royal Brisbane and Women's Hospital (QLD), The Alfred (VIC) and The Royal Melbourne Hospital (VIC) (PARTY Melbourne 2014).

The Journey

Lara Secondary College - Year 10 Students

During our initial research, we came across Communities That Care, (reference to the group was detailed in our background report). It was through our ongoing work with this group that we built up a rapport with one of the committee volunteers, Clive Allen-Paisley, who shared our desire to make a difference with young people. Clive has a long history of supporting local initiatives. He has been a keen advocator and educator through the Keep'em Safe project and his paid employment as Community Liaison Coordinator at Lara Secondary College.

Clive was most enthusiastic during the evolution of our project and acted as a sounding board and reference point. A common vision was shared that encouraged students to think twice about the decisions they made and to look after their mates particularly when drugs or alcohol were involved. This was very different to the age old message telling students not to drink. It was Clive that provided us with the introduction to the education system, advocating his local school board and securing us with the opportunity to have access to a faction of students from Lara Secondary College to become our pilot group.

Throughout the research a gap became evident in educating youth to think twice. Consistently, most of the programs we became aware of were targeted at youth either in an "after the event" fact, or to those who are already in the correction system. Additionally, recognising that children growing up in stable family environments can also be influenced by their peers and often make decisions on popularity verses risk or consequence. These two ideas guided the selection of the nine students by Clive and School Counsellor Ellen. The project team also identified that an even gender mix of students would be preferable and that they should demonstrated qualities of influence and leadership amongst their peers. Of the nine students chosen, there were four females and five males.



The content of the day, both verbally and visually was designed to portray a message of 'Think Twice' when confronted with a situation and your likely behaviour especially if drug or alcohol are involved. The students and counsellor were briefed on this and were also advised of their ability to opt out on the day with anything they found confronting or overwhelming.

We surveyed the students before and after the pilot program for their thoughts and reactions.. The completed surveys were all anonymous which was intended to increase the level of honesty in the responses without fear of persecution or judgement.

Pre Program Survey responses indicated:

- Eight out the nine answered "yes" to having been drunk before.
- Three out of nine were once a week drinkers, with the other six responding as not drinking very often.
- All students answered "no" to being smokers.
- The results were 50/50 when asked if they would think about taking drugs other than alcohol at a party. The 50/50 was also evenly spread across the genders.

Prior to and on the morning of the program, we encouraged the students to be open and honest in their feedback and thoughts throughout the day. We promoted this as an opportunity to learn and ask questions, as we were keen to ensure among our local resources, the content hit the target audience.

The Think Twice Program



Pilot Program

9.00am - Students arrive at the main entrance and are walked through the McKellar Centre to the "Rehab Centre".

9.10am - 9.15am - Students are welcomed to the 'Think Twice Program'

9.15am - 9.45 am Paramedics to present interactive session with mannequin and real life scenario

9.45am - 10.15am - McKellar Centre to present an interactive movie on brain injuries from the view of a acquired brain injured patient and their view on the world since their accident

10.15 am - 10.30 am - Morning Tea

10.30am - 11.15am- Trauma Client (Ken) will speak to the students. This session will be interactive with a chance for question & answers.

11.15am - 11.45am- Tour of the Rehabilitation Unit & facilities

11.45am - 12.15pm- Bus student to Barwon Prison

11.15pm - 1.15pm- Arrive and processed into prison, tour of holding cell and lunch

1.15am - 13.45pm- Presentation from the general manager Barwon prison

2.00pm - 2.30pm- Prisoner (Marcus) will speak to the students. This session will be interactive with a chance for question & answers.

2.45pm – 3.15pm- Depart Barwon prison to return to school



Ambulance Victoria

The 'Think Twice' project was designed to engage year 10 aged secondary students so that they would be involved and encouraged to participate. The program aimed to teach them from the variety of learning packages provided during the day in environments designed to elicit participative learning. One of the keys to the success of this project was to place the students in the shoes of a person during risk taking behaviour under the influence of drugs or alcohol.

To ensure early engagement by the selected students, the first presentation in the 'Think Twice' program was presented by paramedics from Ambulance Victoria. Ambulance Victoria was eager to participate and contribute to this project from the first initial contact by the project group. They saw this project as an excellent opportunity to provide a clear message on the associated risks with alcohol and drug use for this age demographic. As a result Ambulance Victoria provided a tuition package designed to connect with secondary school students and included:

- Operational Ambulance Victoria MICA paramedics who were able to relay real life stories to the students involving persons of a similar age who they had personally cared for as a result of drug or alcohol use
- A lifelike mannequin and real medical apparatus which was used to demonstrate the medical procedures that are utilised on patients suffering from alcohol or drug trauma
- Instruction to the students in regards to how to engage Ambulance Victoria paramedics attending situations when drugs or alcohol have been used by friends
- Instruction and tips on initial first aid for friends who may be suffering from alcohol or drug related trauma



Trauma Rehabilitation Service, McKellar Centre, Barwon Health

Two members of the Think Twice project team attended the P.A.R.T.Y Melbourne Program run by The Alfred Emergency Department to help educate us about how to run a program. As a result of participating in this event and additional research undertaken it was agreed that our program needed to be visual and interactive. Additionally, it was the project team's belief that our local region has something quite different to offer its young people. It was for this reason that an alternative program was formulated to take advantage of the great work being done at the Trauma Rehabilitation service of Barwon Health at the McKellar Centre and our close proximity to the maximum security facility, Barwon prison.

Our Leaders for Geelong program coordinator Rosemary White connected us to Kevin Freele (Executive Director of Mental Health, Drugs & Alcohol Services, Barwon Health) and Natalie Anderson (North West Area Manager, Community Health & Rehabilitation Programs, Barwon Health) who were interested in hearing more about the proposed program.

During the meeting the proposed program was outlined with open discussion being held on what would work and what would not work, based on the expertise of Kevin and Natalie.

The main outcomes from the meeting were:

- The proposed program had real merit

- Natalie and the rehabilitation team at the McKellar Centre were excited by the opportunity to be involved in our proposed program
- They were also committed to supporting and organising a session for the students at the McKellar Centre for the pilot program
- Kevin advised that gaining access to the Geelong Emergency Department would not be a viable option
- Additional meeting was coordinated between Natalie Anderson & the Think Twice project team

Prior to the meeting Natalie advised that Brooke Caldwell (Community Rehabilitation Coordinator) would be overseeing the McKellar Centre Rehabilitation Services involvement in the pilot day.

At the meeting held with Brooke our project team was very impressed with the Rehabilitation Unit's enthusiasm to be involved in the program and help to make a difference. Planning was then initiated by Brooke to prepare a program at the McKellar centre to include a session completed by the Paramedics as well as herself as an educational piece as well as a guest speaker & DVD presentation.

The pilot program started with the students arriving at the McKellar Centre by bus at approximately 9.15am. The students made their way to the Conference Room where they were greeted by two paramedics working on a full sized mannequin. The mannequin had been at a party and passed out from excessive alcohol consumption.

Proceeding the paramedic's session the students received morning tea. During morning tea the students had the opportunity to ask the questions of the paramedics in an informal environment.



After morning tea Brooke Caldwell held an interactive session with the students on the effects of alcohol & drugs on the brain as well as a summary of acquired brain injuries anatomy of the brain and some of its functions. The students were encouraged to ask and answer questions and be involved as much as possible.

Following this presentation we were introduced to our guest speaker Ken. Ken is a long term patient of the McKellar Centre Rehabilitation Service through an acquired brain injury which occurred when he was in his late twenties. Ken sat with the students and spoke about his



accident and the effects the accident has had on all aspects of his life. He openly discussed the continual impact of his condition on his social, work and family life.

It was remarkable to watch the student's engagement and focus as soon as Ken walked into the room. They sat in

silence when he spoke and during question time the students asked well-thought-out questions.

To conclude the McKellar Centre session, Brooke presented a DVD based on a twenty year old American college student who acquired a severe brain injury from drink driving. The DVD revealed not only the challenges he faces on a daily basis but also the effects his decision and accident has had on his family and friends. The DVD resonated with the students who were visually effected by what they had seen.

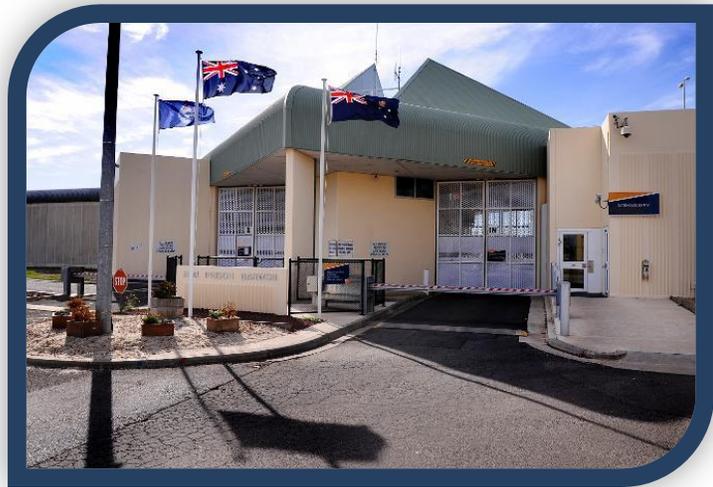
Once the DVD was finished there was a period of reflection time followed by a constructive summary of the morning. The students were then taken on a tour of the McKellar Centre (hydro pool, gym & speech pathology) prior to being bussed to the Barwon Prison.

Barwon Prison

The pilot day's final stage was held within the grounds of Barwon Prison. The prison forms part of the Barwon South West Region in supplying a range of justice services and is a significant stakeholder within the justice system. The prison houses 400 plus prisoners and the majority of these men are the State's most difficult to manage; and are amongst some of the longest serving and experienced prisoners.

One of the main aims for the prison visit was to ensure that the students were given exposure to the rigour, security and general restrictive environment that a maximum-security prison is operated under. The visit was to provide exposure to the harsh reality experienced by people who choose to live outside the laws and regulations of the State of Victoria.

Students were processed into the prison through the normal processes. They were subjected to the search procedures inclusive of x-ray scanning and being required to pass through a drug detection machine. The students were shown through the usual reception process that all prisoners undertake when they enter the prison.



They were given a firsthand look through the prisoner clothing and property store, along with the secure holding cells that form part of the reception process.

The students were introduced to the General Manager and the Deputy General Manager of the prison who gave a complete overview of the prison and their experience in the prison system, both locally and internationally. An interactive question and answer process followed that enabled the students to ask any questions that they might have. The responses to these questions gave the students a firsthand understanding of living and working in a prison environment.

To emphasise opportunities within the prison, lunch was provided to the group. This was fully prepared and catered for via the hospitality section of the prison. The hospitality industry teaches prisoners skills required in any hospitality industry, such as basic front of shop skills and general food preparation. It is a popular industry and the expertise and tutorage is provided in partnership with the Gordon Institute of TAFE.

At the completion of lunch, a mainstream prisoner (Marcus), invited by management for the event, joined the group. Marcus has experienced over 30 years of prison life and has spent many jail terms in various prisons. Marcus gave the students a very comprehensive view on what prison life is really like.



His open and brutally honest account on the effects of prison life and a life of crime had on himself and his family left all of the students in total disbelief. He gave a firsthand account on what life is like when you have dependencies on drugs or alcohol. Marcus described how he was exposed to illegal drugs at a very young age by an elder family member. He spoke of how life is with no normality to it when you spend periods of time in jail and periods of time at home in a family environment.

He described the heart breaking realities of lost time with his parents, his own siblings and the many periods he was never around for his own children.

At the completion of his talk, Marcus was open to receiving and answering any questions the students had. This produced further conversation on the trials and tribulations of an inmate within Corrections Victoria.

Key Outcomes

The feedback from the students via comments on the day and the post program survey was very positive. The students found the interactive session with the paramedics very beneficial and also found the personal story of Ken very moving. Most students were able to relate to the message provided by the presenters. Many students referred to either themselves or friends known to the students as being involved in behaviour associated with alcohol and drug use.

Throughout the day the students began to open up, ask questions and engage with us, sharing their thoughts and feelings. Some key findings revealed in the post program survey included:

- The post survey results were unanimous in the positive rating of the day, with seven recording a 1 being really useful/great day.
- Ken our real life example of how one moment in time can change your life and the tips provided by the paramedics rated as the most useful message on the day.
- All responded "yes" to this program being of benefit to people of their age. The response from the students, their involvement and honesty was to be congratulated.



The 'Think Twice' pre-program questionnaire indicated eight of the nine had already at some stage been drunk. This information could infer that risk taking behaviour relevant to alcohol use may already be occurring. The "Think Twice" project has now been able to display to these students some of the medical and legal consequences involved in risk taking behaviour through the use of drugs and alcohol.

Following the pilot program a debrief session was organised with the major stake holders. All stakeholders have endorsed the program and would continue to support its development. In particular Clive and the Lara secondary College have continued to support the project team and offered another group of students to participate in a subsequent program. Clive's belief in what we were achieving allowed us to recognise that we have an opportunity to make a difference. Even if we change the mindset of only one person, then our project has been of value. In addition, as part of the 'Think Twice' project debrief, Ambulance Victoria and The Trauma Rehabilitation Service have indicated a willingness to commit to assisting with future 'Think Twice' student groups. This commitment of involvement in the 'Think Twice' project is a positive indication these organisations believe that the 'Think Twice' project is hitting the mark in its vision to display consequences of risk taking behaviour to local youth.

Future Direction

To ensure the continuity of this program, it is vital to maintain the impetus gained so far by our group as an experimental task force. In order for this to happen, stakeholders within the

community need to be engaged and in order for them to desire to engage there must be some form of benefit. ***The Community will benefit by a more socially stable teenage demographic.*** More social responsibility, socially engaged positively, greater school attendance, more alertness during school hours and positive peer interaction.

The target audience also needs to be engaged, 'buy in' from the students is also very important. The program needs to be seen to be 'cool' and something that they aspire to be involved in. To be empowered to understand and have control of their life. "Be strong enough to look after yourself and look after your mates"! (This could involve local elite athletes becoming ambassadors of the program).

The resources required for the program to sustain it are:

- **Need**
- **Finance**
- **Personnel**

The **need** has been identified.

The **finance** has to come from somewhere. The funding module is also fundamental to the ongoing viability of the program. Finance comes from a funding model which can be found in many collective community organisations such as:

- Government (local, state and federal)
- Community foundations that can be established
- Philanthropic donations
- Organisations such as Lions and Rotary

Personnel can be made up from organisations such as: G21, Bethany, Headspace, Northern Futures, Local government, Schools, Churches, Ambulance/Hospitals, The Mackellar Centre, Barwon Health. These organisations already have experience with youth based programs and therefore have the knowledge and means of how to co-ordinate the process.

Think Twice team members were invited to attend the G21 Regional Justice Group forum to brief the 21 members of the group about the journey of the program and the results thus far. G21 members relayed to the Think Twice team that the negative community issues that make headlines day after day (and week after week) continue to grow and manifest. Think Twice it is a tangible contribution to in some way diminish the increasing issues we are experiencing with many teenagers in our community.

Barwon Prison has advised the Think Twice project team that they would like to establish themselves as a periodical part of the outlined scheduled 'project day' at the prison, and are happy to support an on-going association with the program once it materialises.

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Appendix A: Pre Program Survey



Think Twice Pre Program Questionnaire

Leaders for Geelong Pilot Project

- Q1 Gender: M or F
- Q2 Have you ever had an alcoholic drink or even a part of an alcoholic drink?
 1. No
 2. Yes, just a few sips in my whole life
 3. Yes, fewer than 10 alcoholic drinks in my life
 4. Yes, more than 10 alcoholic drinks in my life
- Q3 There is a good Chance I will drink before I'm 18. 1 – Very likely, 5 – undecided, 10 – very unlikely. 1 2 3 4 5 6 7 8 9 10
- Q4 Do you smoke? Y or N
- Q5 I will never take drugs. 1 – Very likely, 5 – undecided, 10 – very unlikely
 1 2 3 4 5 6 7 8 9 10
- Q6 Have you ever gotten drunk?
 1. Yes
 2. No
- Q7 How often do you drink?
 1. not very often
 2. Once a week
 3. a couple of times a week
 4. At least four nights a week
- Q8 Drinking is cool. 1 – Very cool, 5 – undecided, 10 – very uncool
 1 2 3 4 5 6 7 8 9 10
- Q9 I'd think about taking drugs other than alcohol at a party. 1 – Strongly agree, 5 – undecided, 10 – Strongly disagree
 1 2 3 4 5 6 7 8 9 10
- Q10 If you drank too much alcohol, how likely do you think it is that you would:
 1 – Very likely, 5 – undecided, 10 – very unlikely
- | | | | | | | | | | | |
|--|---|---|---|---|---|---|---|---|---|----|
| Became more violent and aggressive | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Had sex that you later regret or wish you hadn't had | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Forgot where you were and what you did | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Seriously hurt or injured yourself | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Got into a serious argument | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Got into trouble with the police | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Were verbally abused or threatened | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Were shoved, hit or assaulted | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Had a serious argument with my boyfriend/girlfriend | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
- Q11 What do you think the Think Twice program is here to do?



Appendix B: Post Program Survey



Think Twice Post Program Questionnaire

Leaders for Geelong Pilot Project

- Q1 Gender: **M or F**
- Q2 Have you ever had an alcoholic drink or even a part of an alcoholic drink?
 1. No
 2. Yes, just a few sips in my whole life
 3. Yes, fewer than 10 alcoholic drinks in my life
 4. Yes, more than 10 alcoholic drinks in my life
- Q3 There is a good chance I will drink before I'm 18? 1 – Very likely, 5 – undecided, 10 – very unlikely.
 1 2 3 4 5 6 7 8 9 10
- Q4 Do you smoke? **Y or N**
- Q5 I will never take drugs? 1 – Very likely, 5 – undecided, 10 – very unlikely
 1 2 3 4 5 6 7 8 9 10
- Q6 Have you ever gotten drunk?
 1. Yes
 2. No
- Q7 How often do you drink?
 1. not very often
 2. Once a week
 3. a couple of times a week
 4. at least four nights a week
- Q8 Drinking is cool? 1 – Very cool, 5 – undecided, 10 – very uncool
 1 2 3 4 5 6 7 8 9 10
- Q9 Losers take drugs? 1 – strongly agree, 5 – undecided, 10 – strongly disagree
 1 2 3 4 5 6 7 8 9 10
- Q10 If you drank too much alcohol, how likely do you think it is that you would?
 1 – Very likely, 5 – undecided, 10 – very unlikely
- | | | | | | | | | | | |
|--|---|---|---|---|---|---|---|---|---|----|
| Became more violent and aggressive | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Had sex that you later regret or wish you hadn't had | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Forgot where you were and what you did | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Seriously hurt or injured yourself | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Got into a serious argument | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Got into trouble with the police | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Were verbally abused or threatened | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Were shoved, hit or assaulted | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Had a serious argument with my boyfriend/girlfriend | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
- Q11 What do you think the Think Twice program is here to do?

- Q12 How would you rate the day? 1 – Really useful/great day, 5 – undecided, 10 – waste of time
 1 2 3 4 5 6 7 8 9 10



Think Twice Post Program Questionnaire

Q12 What were you surprised at?

Q12 What did you find most useful?

Q12 Who was your favourite speaker and why?

Q12 Do you think this program would help other people your age?

Q12 Other Comments?

On behalf of the project team from the Leaders for Geelong thank you for your participation in the program. We value your contribution and hope that the day was useful. Our goal is to reduce Alcohol related trauma in our community. So together lets decide to think twice about what we do when we drink. Thanks Again!

