Communities That Care® (CTC) is proud to be part of planning and facilitating the Kind 2 Mind™ mental health and social inclusion event being held on Wednesday 30 March at the Frankston Arts Centre.

Family Life (as part of the SHINE Mental Health Project) as the lead agency, has worked in close collaboration with a number of key agencies, organisations, including CTC, and secondary schools to develop this event.

Positive working relationships developed by CTC staff, Sam and Liz, in 2010 with Family Life team members have paved the way for CTC’s involvement in the Kind 2 Mind™ event. Sam and Liz continue to build and foster strong professional links within the community, particularly now that CTC is in its important implementation phase. “As community development facilitators, we understand that it’s vital to cultivate such relationships and identify the necessary links for effective implementation of the CTC process,” said Sam.

“Mental health and social inclusion are currently key priorities for a number of agencies, organisations and schools. Liz and I have therefore welcomed the opportunity to work alongside them in improving health and wellbeing outcomes for youth.”

Approximately 750 Year 8 students from the Mornington Peninsula (including from Somerville, Mornington and Rosebud Secondary Colleges) and Frankston areas will attend. Positive health messages for young people will be reinforced in a fun and relaxed way. Free and low cost groups and activities for young people will be promoted.

Encouraging the positive mental health of young people on the Mornington Peninsula and increasing their community connections are currently CTC’s key priorities. For this reason, the CTC team has been actively involved in this event.

Improving mental health is a Peninsula-wide priority and improving community attachment is a priority for the Rosebud to Portsea, Mornington Communities, and Somerville-Tyabb-Baxter Local Area Groups.

It is anticipated this event will be held annually, alternating between Frankston and Mornington Peninsula municipalities. CTC will continue to work with the SHINE Team in developing such future events.

A more detailed report on this event will be provided in the June issue of the newsletter. For further information, contact Sam 5950 1668 or Liz 5950 1669.

Around 14% of young people aged 12-17 years and around 27% of young people aged 18-24 years experience a mental disorder in any given 12 month period

- Over 75% of all serious mental health problems commence before age 25 years
- Only one out of every four young people with mental health problems receives professional help. Even among young people with the most severe mental health problems, only 50% receive professional help.
- 86% of young people turn to their friends for support or advice
- 74% turn to families
- 17% of young Australians go to the internet, and 13% seek information in magazines
- 10% turn to youth workers and professionals
- 6% phone a help line

Welcome to our new team members

The Youth Strategic Planning and Support Team is fortunate to have recently welcomed three energetic and eager new team members: Sarah De Neef, Laura Nicol and Jamie Hughes. Their combined vigour, enthusiasm and fresh ideas are valuable additions to the Shire’s Youth Services. We welcome them warmly and hope that they enjoy working with the Shire’s communities.

Jamie Hughes has lived in various locations throughout the Peninsula his whole life and most recently built a house on the quieter Western Port side. He has worked extensively with young people and has developed many valuable skills at agencies such as the Salvation Army, where his focus was homeless young people.

Jamie brings to his current position a strong connection to the Peninsula’s professional networks of key agencies, including youth mental health and allied health services. In the past, he has worked alongside the Mornington Peninsula Shire’s youth workers and now joins the youth team himself as a Youth Support and Recreation Program Worker.

Laura Nicol, a Bittern resident, completed a Bachelor of Recreation Management at Victoria University, and is currently completing a Certificate in Nutrition and Diet.

Prior to commencing at the Shire as a Youth Recreation Officer, Laura worked with the Peninsula’s young people through her involvement with the Harbourside Christian Church in Hastings.

“One of the reasons I applied for my current position was to be able to have a positive impact on youth by helping to engage them within their local communities,” said Laura. She explains further that her vision for her work is of “being able to work with youth to identify their talents, passions and personalities, and to create opportunities for developing and nurturing these in a fun and engaging program and life skills way.”

Her interests include running, swimming, outdoor activities (in particular hiking and rock climbing), personal development, cooking, nutrition, hanging out with good friends and attending a church. Laura is also a casual swim teacher at Pelican Park Recreation Centre.

Laura also hopes to incorporate her passion for healthy cooking, nutrition and sustainable living practices into the current services offered at Shed 11.

Sarah De Neef is currently completing the final year of a Bachelor of Arts Youth Work at Victoria University. She has completed a Certificate IV in AOD (Alcohol and Other Drugs). Sarah is thrilled to be working in her first paid position in the youth work sector.

For information on any of Mornington Peninsula Youth Services programs or activities, please call 5950 1666.

Mornington Peninsula Shire’s Youth Services team runs a number of programs that specifically address young people’s priority risk and protective factors. A sample of these programs includes:

**Break Loose** – aims to give young people the opportunity to learn a detailed hip-hop dance routine, as well as skills in event planning and presentation. Importance is placed on positive social connectedness.

**Rec Ed** – aims to give young people the opportunity to develop their personal potential and encourages their engagement with the local community. This occurs through team building and goal setting activities, and interaction with a variety of local community services such as police, school nurses, mental health, drug and alcohol workers, and youth workers.

*(Low community attachment is a priority for the Rosebud to Portsea, Mornington Communities and Somerville-Tyabb-Baxter Local Area Groups.)*

For further information about these or any other programs, please call 5950 1666 or visit www.m pys.com.au.
Communities That Care® (CTC) is pleased to report that the second distribution round of the Mornington Peninsula Parents’ Alcohol and Drug Resource Book (MPPADRB) is currently underway involving all 13 Mornington Peninsula secondary schools.

The booklet was appropriately amended for the 2011 roll out, thanks to Rob Macindoe and the CTC MPPADRB steering committee, with a new message from CTC’s Chairperson, David Parker. The 2011 edition included several quotes in response to the 2010 booklet from parents, a teacher, a former student and a school council member. The information chapters remain unchanged. A very generous donation from one of the recipient schools resulted in each school receiving additional copies this year. CTC and the broader school community are very appreciative.

A number of schools, in preparation for launches, information sessions or parent evenings when books will be distributed to Year 7 parents, have already received their book allocations.

CTC staff, Sam and Liz, are also currently conducting 2010 evaluation interviews with each school. These evaluations will occur twice in 2011. In 2012, they will take place at the end of Terms 2 and 4.

Thank you to all who have been involved in coordinating the 2011 roll out - your efforts and commitment to this important initiative are greatly appreciated.

If you would like more information about this initiative or would like to assist in funding the 2012 roll out please contact Sam 5950 1668 or Liz 5950 1669.

Parents have a major influence over an adolescent child’s attitudes and behaviour, and can help discourage harmful alcohol and drug use.

**What can parents do?**

To prevent or delay their children’s use of drugs and alcohol, parents can:
- lead by example and communicate safe drinking patterns to their adolescents
- listen to their children and plan healthy family activities that provide alternatives to alcohol use
- create and discuss family rules and expectations
- communicate with teachers and other community figures to help support the child and create and encourage opportunities for them
- supervise parties and other social events at home, and maintain contact with organisers of events elsewhere, to monitor the availability of alcohol, safe transport, etc.

Help and/or further information, including drug fact sheets, available from: www.druginfo.adf.org.au/support
Parenting strategies for preventing adolescent alcohol misuse: www.parentingstrategies.net


**Watch this space!**

Mornington Peninsula Shire Youth Strategic Planning is pleased to welcome a new coordinator to the Communities That Care® and School Focused Youth Service team.

Karl Kasbach’s appointment commenced on 28 March 2011.

Karl’s profile will be included in the June issue of this newsletter.
Hi, I would like to introduce myself as the new School Focused Youth Service (SFYS) Coordinator. Many of you may know me already as I have worked with the Mornington Peninsula Shire as a youth worker for the past fourteen years, mainly providing personal support for young people in the past few years but also being involved in programs and other youth related activities.

I was an original member of the Two Bays CTC LAG and have seen the program develop from a rather confusing, at times, concept to an active part of our community. In my current role I work very closely with the CTC program not only physically, as we share a room, but also philosophically.

CTC provides the statistics and evidence base that support the innovative programs that SFYS fund through its brokerage. This brokerage aims to bring schools and agencies together to develop and implement sustainable programs.

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**ConnectYOU Photovoice Project**

The first of three workshops for teachers and students was held at Cube 37 on 16 March. Students from participating schools from across the Mornington Peninsula and Frankston municipalities learnt about how pictures can demonstrate a young person’s connectedness to their community, as well as strategies for taking good photos. Students worked on developing leadership skills that they would take back to their schools as project ambassadors.

CTC staff have collaborated with Peninsula Health, the lead agency, and other agencies and organisations, to provide young people with the opportunity of taking part in a strategy that encourages their active participation in their local communities. Improving community attachment is a priority in the Rosebud to Portsea, Mornington Communities, and Somerville-Tyabb-Baxter Local Area Groups.

The project, a year-long needs assessment of young people’s social connectedness, continues throughout 2011 and culminates in an exhibition at Cube 37 in November.

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**CTC Board members**

David Parker - Chairperson
Antonella Celi
Bev Colomb
Matthew Dodd
Janet Kinley
Rob Macindoe
Shayne Pannell
Anne Shaw
Antony Trivett
Robin Adams

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Funding has contributed towards bullying strategies, mental health programs/events, school and community gardens, and the Mornington Peninsula Parents’ Alcohol and Drug Resource Book provided by CTC.

SFYS is also about making connections between schools and community agencies generally. I run a Youth Services Network meeting bi-monthly that brings together schools and agencies operating on the Mornington Peninsula. This includes a large number of agencies which have their base in Frankston or elsewhere but have clients locally, and like to know what is available in this area. It is a good opportunity to share information and local knowledge. I am thoroughly enjoying working in this role and look forward to assisting schools and the community in making great things happen for our young people.

–Judi Adams
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You can also research articles or find “filler” articles by accessing the World Wide Web. You can write about a variety of topics, but try to keep your articles short. Much of the content you put in your newsletter can also be used for your Web site. Microsoft Word offers a simple way to convert your newsletter to a Web publication. So, when you’re finished writing your newsletter, convert it to a Web site and post it.