



ALCOHOL & OTHER DRUGS SAFETY

WE ALL WIN

Alcohol & Other Drugs

"AOD" statistical snapshot

AOD Use Costs the Australian Community...

Alcohol and other drug use costs the Australian community an estimated \$55.2 billion per year, of which 27.3 percent is attributed to alcohol and 14.6 percent is attributed to illicit drug use [1]



Demographic

31.2%

In 2019, the highest reported illicit drug use was those aged between the 18-24 years reporting the highest proportion of use 31.2% in comparison to 28.9% for the 25-29 age group [2]

80%

8 out of 10 Australians
over 14 years old drink
alcohol [3]



Across Australia more people
died from drug overdoses than
road accidents in 2018 [4]

AOD Related Ambulance Attendances

Ballarat - 2,204
Golden Plains - 143
Hepburn Shire - 235
Moorabool - 485
Ararat - 179
Pyrenees - 103
(per LGA, 2019-2020 financial year) [5]



AOD Deaths per LGA, in 2019

Ballarat - 193
Golden Plains - 36
Hepburn Shire - 50
Moorabool - 45
Ararat - 30
Pyrenees - 13
Victorian total deaths - 9387 (2019) [6]



ABOUT US



Sports Central

Sports Central support and strengthen sport and active recreation in the Central Highlands to promote active and inclusive communities.

We work alongside our community to deliver programs and services for sport and active recreation in all its forms. Key areas include:

- Development and Support
- Welcoming and Inclusive Sport
- Participation
- Healthy and Safe Communities

As the Regional Sports Assembly for the Central Highlands, we work across six Local Government Areas – Ararat Rural City, City of Ballarat, Golden Plains Shire Council, Hepburn Shire Council, Moorabool Shire Council and Pyrenees Hire Council.

More information: www.sportscentral.org.au



Ballarat Community Health

Ballarat Community Health work to promote health and wellbeing for all with a commitment to the most vulnerable.

From primary care to community wellbeing programs, Ballarat Community Health work to ensure a holistic approach is taken to better health.

More information: www.bchc.org.au

BADDAP

Sports Central and Ballarat Community Health acknowledge the support provided by the Ballarat and District Drug Action Partnership in developing the Leading from the Front initiative.



www.adf.org.au

ABOUT

Leading from the Front

Launching in 2022, Leading from the Front is a community sport health promotion initiative. Led by Sports Central, the initiative aims to raise awareness of health, safety and wellbeing issues across the Central Highlands.

Sports Central Executive Officer, Michael Flynn said "We are proud to launch Leading from the Front, a community sport health promotion initiative. Leading from the Front will encourage and empower sporting clubs to create environments that role model good health, safety and wellbeing".

The area of focus for this year is 'Alcohol and Other Drugs Safety – We All Win'. To be delivered in partnership with Ballarat Community Health, the program will:

- build the knowledge and capacity of leading sporting clubs to prevent the use of illicit drugs through policy development,
- minimise the harm of alcohol and other drugs within our communities through education and support, and
- develop an understanding of how to respond to concerns.

We know sporting clubs play an integral role in the health of the community. Sports Central look forward to delivering this important program with participating clubs. We will work with club leaders to develop an illegal drugs policy and provide alcohol and other drugs primary prevention training; and meet with members, players and parents to discuss prevention and harm minimisation.

Sports Central offer support across a range of health, wellbeing and safety areas including child safety, alcohol management, mental health, first aid and women's and men's health. Contact Sports Central today if your club requires support.

"Sports clubs play such a vital role towards the health and wellbeing of local communities but unfortunately, they have not been immune to illicit drugs finding a way into their clubs..."

Leading Senior Constable Des Hudson, Youth Resource Officer,
Ballarat Police Proactive Policing Unit.

Leading 
from the Front
Promoting Healthy & Safe Sport

HOW

**Leading
from the Front**
Promoting Healthy & Safe Sport

What's involved?

CELEBRATE:

- Promote your club's commitment to AOD safety

COMMIT:

- Register your club with Sports Central
- Participate in AOD primary prevention training tailored to the needs of club leaders, delivered by Ballarat Community Health



AOD Primary Prevention Training Dates:

- Monday 15/8
- Wednesday 21/9
- Monday 24/10

Club leaders select one session to attend. All sessions will be held at Barkly Square, Ballarat and commence at 7:00pm.

INITIATE:

- Host an AOD prevention and harm minimisation presentation for members, players and parents, delivered by Ballarat Community Health
- Access resources online via the Sports Central website
- Access Responsible Service of Alcohol training for staff and volunteers (optional)

CREATE:

- Develop a Good Sports - Tackling Illegal Drugs Policy, with support from Sports Central
- Update Good Sports Club Accreditation (if required)

**Healthy Sports Clubs Framework was developed by Monash Health in partnership with Cardinia Shire Council, City of Casey and City of Greater Dandenong. Sports Central has adapted this model for the Leading From The Front Initiative.*

The Australian guidelines recommend no more than ten standard drinks a week and no more than four drinks in one day to reduce the risk of harm from alcohol-related disease or injury [7].

CELEBRATE

Leading from the Front Celebrations

Celebrate and showcase your club's leadership efforts in alcohol and other drugs safety

Celebrate your club's involvement in the Leading from the Front initiative! This will provide a great opportunity to come together and demonstrate your commitment to the health, safety and wellbeing of not only your members but the local community.

Some creative ideas may be to:

- launch your new policy at an alcohol-free club event;
- promote your stance on alcohol and other drugs safety via social media; or
- host a family-friendly event featuring local produce.

"The Alcohol and Drug Foundation says, on average, 15 per cent of people over the age of 14 have used illicit drugs, so it would be naive to think people involved in football and netball, and by extension, any community sport, have not used drugs"

Rod Ward, Former Regional General Manager of AFL Goldfields

Club Commitment:

- choose a way to launch your club's new Tackling Illegal Drugs Policy
- promote alcohol and other drugs safety to your club community via social media campaign
- display alcohol and other drugs safety resources within the club setting

Sports Central Support:

- assist in the development of campaign material
- provide alcohol and other drugs safety health promotion material
- provide an online directory of alcohol and other drugs safety support
- provide trusted, tailored support and opportunities from sports development professionals within your club setting

Why Lead From The Front?

CLUB BENEFITS

By participating in the Alcohol and Other Drugs Safety - We All Win program, your club will:

improve the health, safety and wellbeing of your members and the local community

showcase your commitment and become a sporting club of choice

proactively prevent and/or minimise alcohol and other drugs harm

be equipped to respond appropriately if there is an issue or concern

empower a new generation of volunteers through development, training and support [8]

establish partnerships with local support organisations

EXPRESS YOUR CLUB'S INTEREST

Andrew Milligan

Sports Central, Programs Manager

register and further information:

www.sportscentral.org.au

RESOURCES

1. Alcohol and Drug use cost to the community - National Drug Strategy Household Survey 2019 (aihw.gov.au)
2. Drug use demographics - www.drugaware.com.au/get-the-facts/young-people-and-drug-use
3. Alcohol use statistic - National Drug Strategy Household Survey 2019 (aihw.gov.au)
4. Drug use deaths - www.goodsports.com.au/drugs
5. Drug Ambulance Transport per LGA - Alcohol and drug research and data (health.vic.gov.au)
6. Illicit drug deaths per LGA - Victorian alcohol and drug statistics - www.AODstats.org.au
7. Australian Guidelines - AIHW 2022. Alcohol and other drug treatment services in Australia 2020-21: Early Insights. Cat. no. HSE 242. Canberra: AIHW. Viewed 28 March 2022. (Aus alcohol)
8. Alcohol Management - Good Sports, www.goodsports.com.au/alcohol-management/

Club Support

...

Sport Central support and strengthen clubs across the Central Highlands to be their best!



Sports Central deliver work through:

-  **One on one support**
 -  **Planning & development**
 -  **Presentations & workshops**
 -  **Promotion & updates**
 -  **Resource and policy development**
- Fundraising, grants and sponsorship
 - Volunteer management
 - Committee management
 - Policies and procedures
 - Strategic planning
 - Marketing
 - Participation planning
 - Club culture and behaviour
 - Diversity and inclusion
 - Health, safety and wellbeing programs
 - Alcohol management
 - Child Safety
 - First aid and mental health training



www.sportcentral.org.au
info@sportcentral.org.au
03 5331 6966

Barkly Square,
25-39 Barkly Street,
Ballarat, Victoria 3350

Responsible Service of Alcohol Training



Delivered by BGT Group Training and tailored to sporting club environments.

RSA training is mandatory for licensees, bar staff and club volunteers and qualifies you to sell, serve or supply liquor.



You Will Learn

- Problems associated with excessive consumption
- Alcohol and the law
- The question of who is responsible for responsible service of alcohol
- Facts about alcohol
- Improving the atmosphere of your premises
- Handling difficult customers

Details

Time: 6:00pm - 10:00pm

Date: Monday 8th August

Where: Barkly Square,
25-39 Barkly Street, Ballarat

Cost: \$77 p/person (incl. GST) +
Eventbrite service fee

Further Details

for more information contact
Sports Central on
info@sportscentral.org.au
or 5331 6966



**SIGN UP
NOW**

<https://sportscentral.org.au/rsa>

ALCOHOL & OTHER DRUGS COUNSELLING



Alcohol and other drugs counselling at Ballarat Community Health provides support and therapy to individuals who are struggling with substance abuse or addiction, as well as their family members and significant others.

Ballarat Community Health is now offering out-of-hours care for those looking for support after 5pm weekdays or on weekends.

For more information or to make an appointment or make an enquiry call us directly on **(03) 5338 4500**.

For more information about mental health and alcohol supports in the Ballarat region, visit:
<https://ballaratmentalhealth.com.au/>



Sports Central and Ballarat Community Health acknowledges the traditional owners and custodians of the lands and waterways. We recognise their diversity, resilience, and the ongoing place that Aboriginal and Torres Strait Islander people hold in our communities. We pay our respects to the Elders, both past and present, and commit to working together in the spirit of mutual understanding, respect and reconciliation.

Sports Central and Ballarat Community Health values inclusion and diversity and is committed to providing safe, culturally appropriate, and inclusive services and programs for all people, regardless of ethnicity, faith, disability, sexuality, gender identity or health status.