



Communities That Care<sup>®</sup>  
Mandurah

# Community Resources Assessment 2018

(Report 3.2)

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Supported by South Metropolitan Health Service – Health Promotion

# Community Resources Assessment 2018 - Report Outline

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## Executive Summary

The Communities that Care (CTC) system is a framework for community planning to promote the healthy development of children and young people and to prevent health and social problems. A community-wide approach, this framework is preventative based, it helps communities to prevent problems before they develop. The CTC system was initiated in Mandurah in 2016, with the establishing of a community board and key leader group. These groups, supported by the City of Mandurah, have worked to develop the CTC model in Mandurah and produce the CTC Mandurah Community Profile.

The CTC Mandurah Community Profile includes two documents:

- Community Assessment (Report 3.1)
- Community Resources Assessment (Report 3.2) – This document.

The research that underpins CTC identifies risk and protective factors within the environments that surround children and young people, aged 0 to 18 years. These risk and protective factors are predictors of problem health and social behaviours and positive youth outcomes. The more risk factors that are present, the greater likelihood of health and social problems. Protective factors can buffer or shield children or young people from risks and promote their healthy development.

Through the Community Assessment process (Report 3.1), the following risk and protective factors were identified as the priority areas for CTC Mandurah:

- *Attitudes favourable to alcohol and other drug use*
- *Community laws and norms favourable to alcohol and other drug use*
- *Low commitment to school*
- *Poor family management / Family conflict*
- *Opportunities for prosocial involvement / recognition*

This Community Resources Assessment (Report 3.2) identifies existing evidence based programs, resources and strengths in Mandurah that address the above listed risk/protective factors. This report also recommends potential new programs to address identified gaps in the priority areas. The Resources Assessment work group also acknowledged a range of valued (existing) community programs that are currently not evidence based, which could potentially be supported in future years, to develop greater evidence in program delivery.

The CTC Mandurah community board aims to facilitate a planned increase in evidence based programs and resources to minimise the effects of the risk factors and to enhance the protective factor.

CTC Mandurah is working towards the following targeted behavioural outcomes:

- *Reduce adolescent alcohol use*
- *Increase school attendance*

As one of the risk factors relates to the school domain, it was important to find out what evidence based programs are currently being delivered in schools throughout Mandurah. An online survey was developed with support of 2 local School Principals. This was sent to 24 schools in Mandurah

including both public and independent, primary and secondary schools. 17 responses were received to the survey, from a mixture of independent and public schools.

## Introduction

### Mission and Vision

#### **Vision**

Building connections to grow healthy, resilient communities.

#### **Mission**

CTC Mandurah will work collectively to build a healthy, resilient community using data to plan and coordinate preventative evidence-based interventions.

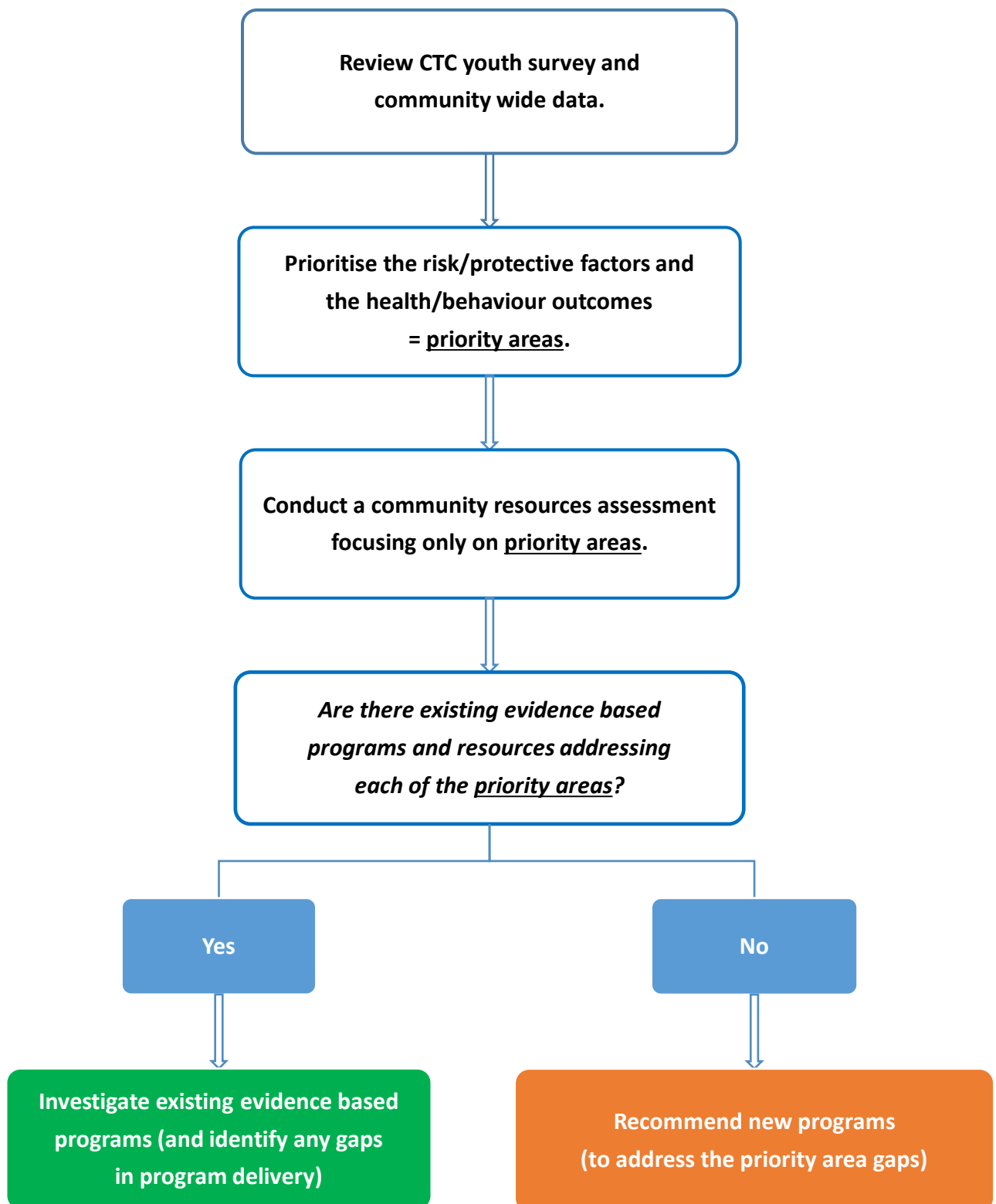
Communities that Care (CTC) Mandurah was established in 2016, with the City of Mandurah becoming the auspice agent for grant funding through the National Health and Medical Research Council (NHMRC). The CTC process provides communities with a unique approach to identifying and understanding the issues experienced by local children and adolescents.

### Key accomplishments to date

The CTC model is a 5 phase cycle. Currently Mandurah CTC is finalising phase 3 of the cycle. All milestones relating to phases 1 and 2 have successfully been completed. This includes:

- Establishing a “Community Coordinator” role, to facilitate the CTC process in Mandurah.
- The formation of a CTC Mandurah Key Leaders group, including Mandurah Mayor and regional leaders from State Government agencies. In Mandurah the regional networking group known as the “Group of Six” fulfils this role.
- Formation of a community board.
- Formation of working groups.
- CTC training and orientation for board members and key leaders, delivered by Deakin University.
- Engaging with secondary schools.
- Delivery of youth survey in 3 secondary schools for year 8 and 10 students.
- Delivery of Smart Generation (evidence based program) to year 8 and 10 students in 3 schools.
- Collection and analysis of detailed relevant community data.
- Smart Generation - Supply monitoring of packaged liquor stores in Mandurah.
- Received \$10,000 to establish a Local Drug Action Team and deliver Smart Generation to year 6 students in 3 schools.

Diagram - Phase 3: Creating a Community Profile










### How to read this report:

This report is colour coded, with programs classified as follows:

- Existing evidence based programs, resources and strengths in Mandurah that address the priority areas.
- Valued (existing) community programs that are currently not evidence based, but could potentially be supported in future years, to develop greater evidence in program delivery.
- Potential new evidence based programs to introduce to Mandurah to address identified gaps in the priority areas.

### Legend of Symbols:

Programs	
	Evidence Based Program
	Valued Community Program
	New Evidence Based Program

Domains	
	Family Domain
	Individual Domain
	Community Domain
	School Domain

### Strengths and gaps analysis:

During this resources assessment process, the CTC Mandurah Resources Assessment work group analysed the community's strengths and gaps, for the selected CTC priority areas. The types of gaps that were considered during this analysis included:

- Effectiveness gaps – ensuring there are tested and effective programs addressing the priority areas.
- Funding gaps – ensuring sufficient funding to deliver the program to fidelity or with the desired reach.
- Domain gaps – ensuring risk factors are addressed across multiple domains (eg- community, school, family and peer/individual).
- Developmental gaps – ensuring risk factors are addressed across developmental age groups (eg- pre-schoolers, primary students, secondary students).
- Demographic gaps – ensuring risk factors are addressed across cultures, genders, languages, economic status and races.
- Geographic gaps – location of programs can sometimes be a barrier to participation.
- Implementation gaps – ensuring programs are implemented as designed (with 'fidelity').

## Investigate Existing Mandurah Programs

(and identify any gaps in program delivery)

### Evidence Based Programs ★

#### Smart Generation Program ★



Smart Generation is an evidence based community intervention program, with an aim to educate communities, adolescents and parents about the harms associated with adolescent alcohol use. The intervention uses two key components:

- *Social marketing*: The aim is to communicate messages to both parents and students, around the importance of not drinking alcohol until the age of 18 years. Completed in three classroom sessions as well as information sent home to parents.
- *Supply monitoring*: A community wide intervention aimed at the supply of alcohol through liquor sales to underage youths or minors.

**Target Audience:** 11 to 16 years.

**Current delivery:** CTC Mandurah is delivering this program at a selection of schools in 2017-2019.

**Gaps:** Funding and Geographical.

#### **Target Risk Factors:**

- Community disorganisation
- Perceived availability of drugs (alcohol)
- Laws and norms favourable to drug use
- Family history of antisocial behaviour
- Favourable parental attitudes to antisocial behaviour
- Favourable attitudes to alcohol use

#### **Target Protective Factors:**

- Community attachment
- Community opportunities for prosocial involvement
- Community rewards for prosocial involvement

#### **Evaluation Evidence:**

Parent education and community mobilization to encourage family rules that do not allow or provide adolescent alcohol has been shown to reduce adolescent alcohol use (Rowland et al., 2013). Supply monitoring interventions have been shown to increase compliance with minimum age laws among retailers (Scribner & Cohen, 2001) and programs combining community mobilization and social marketing strategies have achieved success in reducing alcohol related harm (Cooper et al, 2001). A recent evaluation of The Smart Generation trial found that it successfully reduced risk factors that predict adolescent alcohol use (Rowland et al, 2013).





Structured learning program using music, psychology and neurobiology to help young people to reconnect with themselves and others. The program explores music, beliefs, emotions, attitudes and thoughts. The program incorporates hand drumming, behavioural therapeutic principles and cognitive and dialectical elements to achieve positive outcomes. (10 x 1 hour sessions, with a maximum of 12 students).

**Target Audience:** Young people aged 12 to 17 years.

**Current delivery:** Streetnet Youth Services staff are fully trained and have the equipment to deliver this program. Currently Streetnet deliver this program with limited schools and youth groups, as funding allows.

**Gaps:** Funding, Developmental and Implementation.

### **Target Risk Factors:**

- Personal transitions and mobility
- Low commitment to school (low engagement with school)
- Rebelliousness
- Antisocial behaviour
- Sensation seeking

### **Target Protective Factors:**

- Community attachment
- Opportunities for prosocial involvement
- Rewards for prosocial involvement
- Social skills

### **Evaluation Evidence:**

An evaluation was conducted across three schools in Western Australia with 60 student participants identified as being at risk of alienation from their schooling (Faulker et al, 2012). The average age of participants was 12 years. Results showed improvements in self-esteem, decreases in absenteeism, decrease in antisocial behaviour, increases in levels of cooperation, and high satisfaction with the program.



The Protective Behaviours Program promotes the safety and wellbeing of all children. The program seeks to prevent child abuse by providing tools, strategies and resources to children, organisations, parents, families and communities to address and deal with these issues.

**Target Audience:** Parents of all year levels.

**Current delivery:** Currently delivered through Parenting Connection WA – Anglicare WA, local schools, Department for Communities – Child Protection and Family Services

**Gaps:** Demographic.

### **Target Risk Factors:**

- Poor family management
- Parental attitudes favourable towards antisocial behaviour

- Early initiation of problem behaviour
- Sensation seeking

**Target Protective Factors:**

- Belief in the moral order
- Opportunities for prosocial involvement
- Family attachment

**Evaluation Evidence:**

Based on Protective Behaviour Australia and International. This is an evidence based program.

**Tuning in to Kids** ★



A parenting program that aims to promote the development of emotional competence and prevent behaviour problems in young children by improving the parent's own emotional competence as well as teaching them emotion coaching skills.

**Target Audience:** Parents of children aged 4 to 12 years.

**Current delivery:** This program is currently delivered through Relationships Australia and Parenting Connection WA – Anglicare WA.

**Gaps:** Domain and Demographic.

**Target Risk Factors:**

- Poor family management
- Family conflict
- Anti-social behaviour
- Early initiation of problem behaviour

**Target Protective Factors:**

- Family attachment
- Community attachment
- Opportunities for prosocial involvement
- Rewards for prosocial involvement
- Social skills

**Evaluation Evidence:**

A number of studies have been conducted to evaluate the evidence for the *Tuning in to Kids™* (TIK) program. Evaluations of *Tuning in to Teens™*, *Tuning in to Toddlers™*, and *Dads Tuning in to Kids™* have been conducted – with larger randomised controlled studies of these three programs currently underway. The programs have been evaluated with parents of anxious children and parents of children with chronic illness using a one-to-one delivery. A pilot study of TIK delivered in groups for parents/carers of children who have experienced complex trauma has also been conducted through the Australian Childhood Foundation.

**Tuning in to Teens** ★



Providing parents with a greater understanding of their teen's emotional experiences while teaching specific skills that can assist in being supportive, empathic and staying connected with the young person. This program builds on Tuning in to Kids.

**Target Audience:** Parents of children aged 10 to 13 years.

**Current delivery:** This program is currently delivered through Relationships Australia and Parenting Connection WA – Anglicare WA.

**Gaps:** Domain and Demographic.

**Target Risk Factors:**

- Poor family management
- Family conflict
- Anti-social behaviour
- Early initiation of problem behaviour

**Target Protective Factors:**

- Family attachment
- Community attachment
- Opportunities for prosocial involvement
- Rewards for prosocial involvement
- Social skills

**Evaluation Evidence:**

See evaluation description for Tuning in to Kids above.

**Triple P (Positive Parenting Program)** ★



The Triple P Positive Parenting Program is the most commonly implemented parenting program in Australia. Triple P is a parenting and family support strategy that targets the developmental periods of infancy, toddlerhood, pre-school, primary school, and adolescence. The program aims to prevent behavioural, emotional, and developmental problems in children by improving the skills and confidence of parents.

**Target Audience:** Parents of children aged 0 to 6 years.

**Current delivery:** This program is delivered in Mandurah through Child and Parent Centre – Dudley Park – Anglicare WA.

**Gaps:** Domain and demographic.

**Target Risk Factors:**

- Poor family management
- Family conflict
- Anti-social behaviour
- Early initiation of problem behaviour

**Target Protective Factors:**

- Family attachment
- Opportunities for prosocial involvement
- Rewards for prosocial involvement
- Social skills

**Evaluation Evidence:**

The evidence base includes scientific papers that have contributed to the theory and development of essential procedures involved in forming part of the Triple P system of parenting interventions. This includes research related to the efficacy, effectiveness and dissemination of intervention programs, epidemiological studies, correlational studies, service-based research, evaluations of professional training, large-scale population trials, and meta-analyses. It also includes observational studies of family interaction and independent program evaluations.

### 123 Magic and Emotion Coaching ★



Increases parent's skills in encouraging and promoting positive behaviour in children. Parents learn strategies and techniques for managing challenging behavior and building strong and healthy connections with children.

**Target Audience:** Parents of children aged 2 to 12 years.

**Current delivery:** This program is currently being delivered at the Dudley Park Child and Parent Centre – Anglicare WA and Parenting Connection WA – Anglicare WA.

**Gaps:** Domain and Demographic.

#### **Target Risk Factors:**

- Poor family management
- Family conflict
- Anti-social behaviour
- Early initiation of problem behaviour
- Interaction with anti-social peers

#### **Target Protective Factors:**

- Family attachment
- Opportunities for prosocial involvement
- Rewards for prosocial involvement
- Social skills

#### **Evaluation Evidence:**

A single randomized controlled trial was undertaken, showing significant improvement in child behavior post implementation and significant improvements for carers and parents. The program appears to be beneficial as a prevention and early intervention program for preschoolers with externalizing and / or internalizing difficulties who were at high risk of maltreatment.

### Better Beginnings (Rhyme Time and Story Time) ★



Better Beginnings aims to develop literacy skills in young children through fostering a love of books and language. Free books and reading packs are delivered to parents of newborns and children beginning kindergarten and preschool. Interactive literacy and parenting information sessions are run at libraries and in the community. Families are linked to the resources and services that libraries offer people of all ages.

**Target Audience:** Children and parents aged 0 to 4 years.

**Current delivery:** Weekly sessions at Mandurah, Falcon and Lakelands libraries.

**Gaps:** Domain, Developmental and Demographic.

**Target Risk Factors:**

- Poor family management
- Family conflict
- Family attachment

**Target Protective Factors:**

- Family attachment
- Community attachment
- Opportunities for prosocial involvement
- Rewards for prosocial involvement

**Evaluation Evidence:**

Edith Cowan University is conducting an independent longitudinal evaluation of Better Beginnings. The study demonstrates that Better Beginnings is having a significant positive impact on early reading practices, attitudes and beliefs across Western Australia. **85%** of parents surveyed reported that they read to their child after receiving the Better Beginnings reading packs (only 14% of these parents reported reading to their child beforehand). **88%** of parents reported that their confidence in sharing books with their child had increased after being involved in Better Beginnings. The average number of books in the home suitable for reading to children increased from **15** to **125**. Children's library membership increased from **4%** to **65%**. Parents indicated this had been influenced by Better Beginnings.

**Circle of Security (Parenting Connection) ★**



The program aims to help parents understand their child's emotional world by learning to read their emotional needs. Parents learn about helping their child to successfully manage emotions and how they can enhance their child's development of self-esteem. Parents are encouraged to honour their own innate wisdom and natural desire for their child to be secure.

**Target Audience:** Parents of children aged 2 to 12 years.

**Current delivery:** This program is delivered in Mandurah through Child and Parent Centre – Anglicare WA and Parenting Connection WA – Anglicare WA.

**Gaps:** Domain, Developmental and Demographic.

**Target Risk Factors:**

- Poor family management
- Family conflict
- Anti-social behaviour
- Early initiation of problem behaviour

**Target Protective Factors:**

- Family attachment
- Community attachment
- Opportunities for prosocial involvement
- Rewards for prosocial involvement

- Social skills

### **Evaluation Evidence:**

A longitudinal mixed-method quasi-experimental study with 75 mother-child pairs found the program had a significant positive impact on the attachment–caregiving patterns of high-risk toddlers and pre-schoolers and their primary caregivers (Hoffman et al. 2006). A randomised control trial was undertaken on the home-visiting version Circle of Security in Washington among a sample of economically stressed mothers with irritable newborns at risk of insecure attachment (Cassidy, Woodhouse et al. 2011). Participation in the home visiting program significantly reduced the risk of insecure attachment.

### **Love Bites Senior** ★



Topics covered in Love Bites Junior include friends; respectful relationships; bullying; gender and relationships; love and control. Love Bites Senior aims to provide young people with a safe environment to examine, discuss and explore respectful relationships. This program consists of three sessions including:

- Knowledge: youth-led collaborative learning;
- Attitudes: critical thinking and decision-making; and
- Behaviours: problem solving and communication skills.

The Love Bites program takes a strengths-based approach and views young people as active participants who are able to make choices for themselves and their relationships when supported with information and opportunity for skill development.

**Target Audience:** Junior 11 to 14 years old and Senior 15 to 17 years.

**Current delivery:** Streetnet Youth Services partner with Allambee Counselling to deliver this program in Mandurah schools, as funding allows.

**Gaps:** Funding, Demographic and Implementation.

### **Target Risk Factors:**

- Personal transitions and mobility
- Family conflict
- Low commitment to school (low engagement with school)
- Interaction with antisocial peers
- Early initiation of problem behaviour
- Antisocial behaviour
- Sensation seeking

### **Target Protective Factors:**

- Family attachment
- Opportunities for prosocial involvement
- Social skills

### **Evaluation Evidence:**

Developed by NAPCAN (National Association for Prevention of Child Abuse and Neglect), Love Bites is based on best practice standards for education programs as recommended by the Federal

Government funded Australian Domestic and Family Violence Clearing House and other leading academics in the area of violence against women. Love Bites is constantly being evaluated in light of best practice standards and National Frameworks.

### EdConnect (Mentor Volunteer Program) ★



EdConnect is an in-school, structured mentoring program. The volunteer mentors assist the students in school on a one-on-one basis, outside of the classroom for 1 hour, once a week by encouraging and guiding them to achieve their full potential. Mentors provide more of a social and emotional support rather than academic support. The program aims to increase student confidence, therefore increasing school attendance and performance.

**Target Audience:** Students aged 6 to 17 years.

**Current delivery:** EdConnect Australia deliver this mentor program in 5 schools across Mandurah with approximately 32 volunteers.

**Gaps:** Funding and domain.

#### **Target Risk Factors:**

- Low commitment to school (low engagement with school)
- Antisocial behaviour
- Poor emotional control
- Low social skills

#### **Target Protective Factors:**

- Opportunities for prosocial involvement
- Rewards for prosocial involvement
- Social skills

#### **Evaluation Evidence:**

See the EdConnect Australia Impact Statement 2016, listed in the references of this report. Applied Research Consulting conducted a comprehensive survey of EdConnect Australia. The program is embedded with tools to analyse mentoring outcomes and impacts, including evaluations, surveys of teachers, students and volunteers, as well as interviews and data collected by the Liaison Officers.

### Classwide Peer Tutoring (CWPT) ★



This peer support program is an instructional model based on reciprocal peer tutoring that can be used at any year level.

**Target Audience:** Students 5 to 11 years.

**Current delivery:** This program is currently only operating in a few of Mandurah's schools.

**Gaps:** Domain, funding and geographical.

#### **Target Risk Factors:**

- Low commitment to school
- Academic failure

#### **Target Protective Factors:**

- Opportunities for prosocial involvement

- Rewards for prosocial involvement
- Social skills

#### **Evaluation Evidence:**

The program has been found to have lasting outcomes, with benefits for academic competence at least three years later. Evaluation has shown that students who participate in CWPT in Grade 1 have better comprehension in that grade than students in Grade 2 who have not participated in the program.

#### **You Can Do It** ★



'You Can Do It' aims to improve academic outcomes for late primary students by encouraging social-emotional and problem solving skills.

**Target Audience:** Students 10 to 14 years.

**Current delivery:** This program is currently only operating in a few of Mandurah's schools.

**Gaps:** Domain, funding and geographical.

#### **Target Risk Factors:**

- Low commitment to school
- Academic failure
- Poor emotional control
- Low social skills

#### **Target Protective Factors:**

- Opportunities for prosocial involvement
- Rewards for prosocial involvement
- Social skills
- Belief in the moral order

#### **Evaluation Evidence:**

Evidence from a number of small randomised trials shows support for this program. Studies have shown improvements in academic achievement, homework performance, and academic engagement (Pina, 1996 as cited in Bernard, 2006).

#### **Promoting Alternate Thinking Strategies (PATHS)** ★



Provides teachers with systematic, developmentally-based lessons for teaching their students emotional literacy, self-control, social competence, positive peer relations, and interpersonal problem-solving skills.

**Target Audience: Students** 5 to 7 years

**Current delivery:** This program is currently only operating in a few of Mandurah's schools.

**Gaps:** Domain, funding and geographical.

#### **Target Risk Factors:**

- Low commitment to school
- Academic failure



- Sensation seeking
- Rebelliousness
- Favourable attitudes to problem behaviour
- Low social skills
  
- Interaction with antisocial peers

**Target Protective Factors:**

- Opportunities for prosocial involvement
- Rewards for prosocial involvement
- Social skills

**Evaluation Evidence:**

The PATHS program has good evidence from randomised trials that it can prevent violence, aggression, and other behavioural and mental health problems by promoting primary school children's social and emotional competence.

**Friendly Schools and Families/Friendly Schools Plus** ★



A whole-school bullying prevention program that incorporates evidence-based strategies to manage and prevent bullying in schools. The program provides resources to build school capacity to systematically respond to bullying, and provides strategies to parents, teachers, and students to effectively prevent and manage bullying.

**Target Audience:** Students 6 to 14 years.

**Current delivery:** This program is currently only operating in a few of Mandurah's schools.

**Gaps:** Domain, funding and geographical.

**Target Risk Factors:**

- Low commitment to school
- Antisocial behaviour
- Favourable attitudes to problem behaviour
- Low social skills
- Interaction with antisocial peers

**Target Protective Factors:**

- Opportunities for prosocial involvement
- Rewards for prosocial involvement
- Social skills
- Family attachment

**Evaluation Evidence:**

A three year effectiveness trial called Friendly Schools Friendly Families demonstrated positive outcomes for students exposed to the intervention. These students experienced a significant reduction in bullying behaviour, greater feelings of safety and happiness at school and an increase in social skills relative to the students in schools that did not receive the program (Communities that Care, 2018 as cited in Cross et al., 2010).

## Valued Community Programs 😊

### Good Sports 😊



An accreditation program delivered in sports clubs to create conditions for community mobilisation to reduce risky alcohol use and reduce alcohol harm. Good Sports requires clubs to go above the minimal required liquor laws enabling benefits reaching out beyond the club. Through this program clubs work towards developing a policy to change alcohol management practices, which will be embedded into the culture and management of the club.

**Target audience:** Sporting clubs in Mandurah.

### Talking Kids (Parenting Connection) 😊



Talking kids is a 5 week parenting workshop, to assist parents with building a good relationship with their child in a positive way, exploring ideas and strategies to find positive solutions for morning routines, bedtime and sleep issues, back chat, sibling rivalry and much more.

**Target Audience:** Parents of children aged 0 to 12 years.

### Eyes Wide Open (Peel Youth Services) 😊



The Eyes Wide Open project offers a primary health care service at a grass roots level to young parents and their families. Services include: Home visits, outreach mentoring, an alternative education program for young mothers of compulsory school age, parenting skills and support, supported playgroup, and hospital visiting. A university student studied the program for several months and wrote a thesis/evaluation on the program in 2017.

**Target Audience:** A free service to young pregnant women and young parents (14 to 25yrs).

### Choyces (Peel Youth Services) 😊



Programs are offered per school term, with an option for young women to attend for more than 1 term. The programs cover: self-worth, confidence, life skills, respectful relationships, safe sex, addictions, family values, identity, health and wellbeing.

**Target Audience:** Girls aged 13 to 16 years.

### Uturn (Peel Youth Services) 😊



Peel Youth Services counsellors and youth workers run programs and one-to-one outreach for young men aged 12 to 25 years struggling with the complexities of life that they face every day. Bullying, self-control, self-worth and homelessness are just some of the issues addressed. Programs include confidence building, problem solving activities, male mentors, information and advocacy, life skills, recreation and an anger management program known as RAGE.

**Target Audience:** Boys aged 11 to 25 years.

### Family Support (Peel Youth Services) 😊



Identifying and working to overcome barriers that face youth and families, improve access to resources, linkages to other services, supporting and education parents of teens, and improving family relationships.

**Target Audience:** Young people and families aged 11 to 25 years.

### Mentoring (Peel Youth Services) 😊



The mentor will provide positive role modelling while assisting with self-esteem, social skills, communication, emotional regulation, relationships, conflict resolution, problem solving, goal setting and community connection.

**Target Audience:** Young people aged 11 to 16 years.

### Constable Care 😊



Theatre Response Group empower young people to explore and resolve real world issues through the safe medium of theatre. Some of the theatre displays involve:

- Forum Theatre - "Control Freak"
- Forum Theatre - "Drinking Games"
- Puppet Shows (Constable Care)
- Intensives – over several weeks, the students prepare and then present their own performance.

**Target Audience:** 2 to 17 years

## Recommended New Programs (to address the priority area gaps)

### Evidence Based Programs ★

### Bringing up Great Kids



Developed by the Australian Childhood Foundation, the Bringing Up Great Kids' programs and resources support parents and carers to:

- Learn more about the origins of their own parenting style and how it can be more effective;
- Identify the important messages they want to convey to their children and how to achieve this;
- Learn more about brain development in children and its influence on their thoughts, feelings and behaviour;
- Understand the meaning of children's behaviour; discover how to overcome some of the obstacles getting in the way of them being the kind of parent they would like to be; and
- Discover ways for parents to take care of themselves and to find support when they need it.
- 6 sessions x 2.5 hours.

**Target Audience:** Parents of Early Years and Teens.

**Target Risk Factors:**

- Poor family management
- Family conflict
- Family history of antisocial behaviour
- Early initiation of problem behaviour
- Antisocial behaviour

**Target Protective Factors:**

- Family attachment
- Rewards for prosocial involvement
- Opportunities for prosocial involvement

**Evaluation Evidence:**

A mixed method evaluation was conducted across 16 Australian sites and included 94 parent participants. Participants reported having a greater awareness of how their upbringing impacted on their responses and behaviours towards their children and of being more mindful, calm and better listening in their interactions. Parents reported positive changes in their lives such as less conflict and greater calmness in their homes and more positive interactions with their children (Hunter, and Meredith, 2015.)

**Strengthening Families Program** ★



The Strengthening Families Program (SFP) is an evidence-based prevention program for parents and children in higher risk families. SFP consists of parenting skills, children's life skills, and family skills training courses taught together in fourteen 2-hour group sessions, preceded by a meal that includes informal family practice time and group leader coaching. SFP was designed in 14 sessions to assure sufficient dosage to promote behaviour change in high risk families.

**Target Audience:** Birth to 17 years.

**Target Risk Factors:**

- Poor family management
- Low neighbourhood attachment

- Personal transitions and mobility
- Community disorganisation
- Favourable attitudes to problem behaviour
- Family conflict
- Family history of antisocial behaviour
- Early initiation of problem behaviour
- Low social skills

**Target Protective Factors:**

- Family attachment
- Rewards for prosocial involvement
- Opportunities for prosocial involvement
- Social skills

**Evaluation Evidence:**

Randomised trial evaluations in the US support the benefits of this program for young people and their parents. Outcomes for young people include reductions in substance use, reductions in hostile and aggressive behaviour, and fewer problems in school (Spoth & Redmond, 2000). Training manuals and workshops can be ordered. Evaluation being conducted by Deakin University.

**'Alcohol Think Again' Campaign (Mental Health Commission)** ★



A range of campaigns focusing on the harm alcohol does to young people, responsible service of alcohol, tolerance of drunken behaviour, supply monitoring laws, alcohol and cancer and no alcohol in pregnancy. Strong Spirit Strong Mind Metro Project Campaign promotes the uniqueness of Aboriginal culture as a central strength in guiding efforts to manage and reduce alcohol and other drug related harm in Aboriginal communities.

**Target Audience:** Parents, adolescents and community.

**Target Risk Factors:**

- Community laws and norms favourable to substance use
- Parental attitudes favourable towards antisocial behaviour
- Rebelliousness
- Early initiation of problem behaviour
- Antisocial behaviour
- Parental attitudes favourable towards drug use
- Favourable attitudes towards drug use
- Perceived risks of drug use

**Target Protective Factors:**

- Family attachment
- Rewards for prosocial involvement
- Opportunities for prosocial involvement
- Belief in the moral order

**Evaluation Evidence:**

MHC have embedded monitoring and evaluations throughout the design and delivery of each campaign, including the use of focus groups to assess the effectiveness of the messages and community surveys to judge the cut-through of campaign messages and how the campaign has affected people's behaviour/choices.

### Aussie Optimism (Curtin University) ★



The program assists students to build resilience and emotional regulation. It provides a foundation for social skills and helps to develop positive thinking styles. Program content includes communication and effective decision making, developing social support networks and understanding the link between thoughts and feelings.

**Target Audience:** 5 to 12 years.

**Target Risk Factors:**

- Academic failure
- Low commitment to school
- Interactions with antisocial peers
- Early initiation of problem behaviour
- Antisocial behaviour

**Target Protective Factors:**

- Rewards for prosocial involvement
- Opportunities for prosocial involvement

**Evaluation Evidence:**

Aussie Optimism is an evidence-based mental health promotion program for children in primary and lower secondary schools. Aussie Optimism is based on Seligman's theories of learned helplessness, and more generally on Positive Psychology. Studies include:

**2013 – 2014:** Aussie Optimism: Enhancing the effects of the Positive Thinking Program: A longitudinal evaluation.

**2010-2013:** Aussie Optimism Positive Thinking Skills Program: Preventing Childhood internalising disorders: 42 and 54 months follow-up.

**2008-2009:** Aussie Optimism Positive Thinking Skills Program: Prevention of Internalizing Disorders in 9-10 year old children: Efficacy of the Aussie Optimism Positive Thinking Skills Program at 30-month follow-up.

### Talking Drugs Parent Workshops (SDERA) ★



School Drug Education and Road Aware (SDERA) deliver parent workshops focussed on alcohol and drug awareness and education. The evenings include discussions about trends in student drug use, the role parents/carers play in school drug education and tips on how to start a conversation with children. Parents are informed of where to go for help with a drug-related problem.

**Target Audience:** Parents of all year levels.

**Evaluation Evidence:**

SDERA's parent workshops follow best practice principles, strategies, activities and approaches which have been shown through research and evaluation to be effective.

## **School Programs Survey Results**

# COMMUNITIES THAT CARE MANDURAH



Communities That Care®  
Mandurah

## 2018 SCHOOLS SURVEY SNAPSHOT



17 out of 23

MANDURAH

SCHOOLS

PARTICIPATED IN



56%

of schools encourage  
volunteering within  
the community

13 of 17 schools  
encourage volunteering  
at school

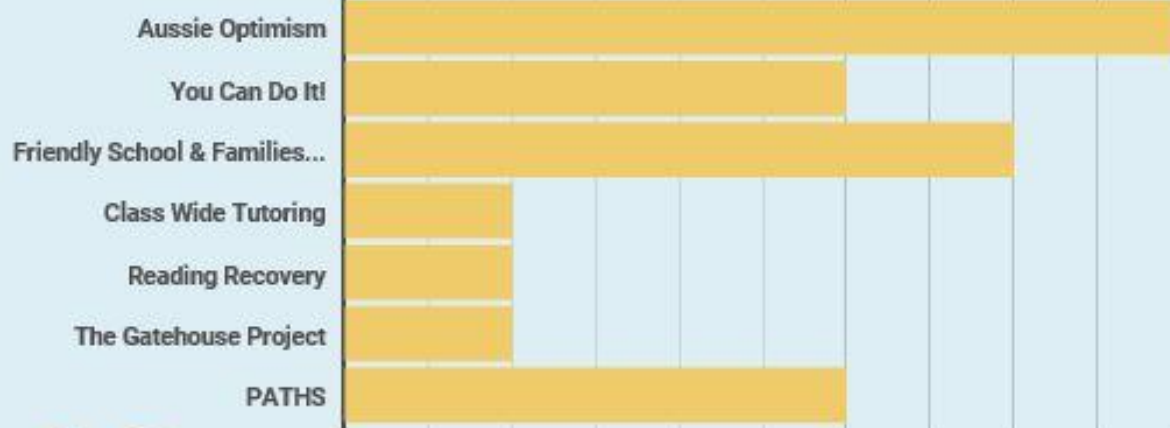


Half of the schools have a 'no alcohol' policy



● YES ● NO

### EVIDENCE BASED PROGRAMS IN MANDURAH SCHOOLS



18

additional prevention programs delivered in Mandurah schools

FOR MORE INFORMATION CONTACT

[safer.mandurah@mandurah.wa.gov.au](mailto:safer.mandurah@mandurah.wa.gov.au) or call on (08) 9550 3717



## Protective Factor

There are many existing assets in the community that enhance the selected protective factor, “community opportunity and recognition for pro-social involvement”. Some of these include:

- Peel Youth Services
- Youth Leadership Group (The Makers)
- Volunteer Resource Centre
- Billy Dower Youth Centre
- Scouts and Girl Guides
- Sporting Clubs and Activities
- Church Youth Groups
- Youth Urban Art Project (pilot 2018)
- Clontarf & Girls Academies

## Recommendations and Conclusion

This Community Resources Assessment (Report 3.2) provides an inventory of existing evidence based prevention programs and valued community programs in the City of Mandurah, that currently address the CTC Mandurah priority risk and protective factors. The report also identifies new evidence based programs to be considered for implementation in Mandurah, in order to address CTC Mandurah priority risk and protective factors.

This information, collected by the CTC Mandurah Resources Assessment work group, enabled the group to analyse the community’s strengths and gaps, for the selected CTC priority areas. Supported by Deakin University, the CTC Mandurah community board then received training and undertook the process of shortlisting and selecting programs and strategies for inclusion in the CTC Mandurah Community Action Plan. The following recommendations were made:

1. To support the continuation and expansion of the following existing prevention programs within the Mandurah Community:-
  - **Smart Generation** - an evidence based social marketing and supply monitoring alcohol prevention program, to address the risk factors of favourable attitudes to alcohol and other drug use and community norms and laws favourable to alcohol and other drug use.
  - **Love Bites Senior** - an evidence based domestic and family violence prevention program for senior students, to address the risk factor of family conflict.
  - **EdConnect** - an evidence based mentoring program targeting school students, to address the risk factor of low commitment to school and the protective factor of opportunities for prosocial involvement and recognition.
  - **Good Sports** – a valued community program supporting local sporting clubs, to address community norms and laws favourable to alcohol and other drug use.
2. To adopt and implement the following new prevention programs within the Mandurah Community:-
  - **Alcohol Think Again** - to form the basis of an evidence based local youth alcohol campaign, to address the risk factors of favourable attitudes to alcohol and other drug use and community norms and laws favourable to alcohol and other drug use.

- **Bringing up Great Kids** – an evidence based program to target parents and care givers and address the risk factors of poor family management and family conflict.

It is noted that this is the first cycle of the CTC model in Mandurah and as such, the community board were aware of the need to ensure the selected programs and strategies are realistic and achievable. The above listed recommendations have been approved by the CTC Mandurah Key Leaders group, CTC Mandurah Community Board and the CTC Ltd team based at Deakin University.

The recommended existing and new evidence based prevention programs have been selected to address the CTC Mandurah priority risk and protective factors, with the aim to achieve behaviour outcomes of reducing adolescent alcohol use and increasing school attendance in the Mandurah community.

This Community Resources Assessment (Report 3.2) together with the Community Assessment (Report 3.1) completes the CTC Mandurah Community Profile.

## **Next steps**

CTC Mandurah will next progress into Phase 4, “Create a Plan”, producing a detailed written Community Action Plan that is available to the wider community. The community board will explore grants and funding options to fund the CTC Community Action Plan. It is envisaged that the evidence based collection of local data and the community-wide support within CTC Mandurah will give strength to future funding applications.

The Community Board and Key Leaders group will continue to drive the CTC model forward in Mandurah and work towards its vision for a healthy resilient community.

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