

OUR ACTIVITIES AT A GLANCE 2007-2008

Activity	Description	Partnerships
Individual and Family Counselling	<p>175 substance users and family members were supported through face to face counselling and therapeutic groupwork throughout the year at Bridges and through outreach.</p> <p>In addition Bridges provided information, referral and telephone counselling and informal face to face contact and support.</p>	<p>Outreach counselling was provided at :</p> <ul style="list-style-type: none"> • Holy Family Centre, • Riverstone Neighbourhood Centre • and Aboriginal Medical Service (AMS) Western Sydney
Healing Addictions Group	<p>29 participants in the Healing Addictions Group which ran on a weekly basis throughout the year</p>	<p>Referrals from a range of agencies</p>
What helps Kids Grow Strong – Groups for Parents at other Centres	<p>Resilience-based parenting program</p> <ul style="list-style-type: none"> • 14 parents at Doonside Community Health (6 sessions) • 6 parents at AMS Western Sydney (3 sessions) <p>Promotion, registration and venues were organised by our partners.</p>	<ul style="list-style-type: none"> • Doonside Community Health • AMS Western Sydney
What helps Kids Grow Strong – Training for workers	<p>Training in resilience-based interventions for staff working in community and government sectors. Bridges provided several workshops for each group below. The maximum number in attendance at any given session is detailed below.</p> <ul style="list-style-type: none"> • 23 Family, Youth and Health Workers at Doonside • 13 Aboriginal Workers at AMS Western Sydney 	<ul style="list-style-type: none"> • Doonside Community Health, • Marist Youth Care • AMS Western Sydney • Doonside Public School

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	<ul style="list-style-type: none"> • 22 Workers at Marist Youth Care • 22 Teachers and Staff at Doonside Public School Promotion, registration and venues were organised by our partners.	
Children's Therapeutic Groups	This year 6 children affected by substance use in their family were interviewed for therapeutic groupwork to commence in the next financial year.	<ul style="list-style-type: none"> • Holyoake will facilitate groupwork for Bridges clients. • Bridges will support Holyoake.
Children – Kids Club	70 Children enrolled in activities for seven weekly sessions for social engagement and recreation group. This included children who come from diverse backgrounds where there is social disadvantage. As well as assisting in the running of the sessions, Bridges supported Doonside Hub in running the Kids Club for children attending Doonside Public School. Bridges sponsored the artwork program and the children's art exhibition to which their parents were invited.	<ul style="list-style-type: none"> • Doonside Hub • Doonside Public School
Indigenous Photovoice Project	15 Indigenous children participated in a photovoice project where they learnt photography skills and took photos to fit with the theme "Willmot is the best place to be". This involved weekly sessions over a term and also two outings. Bridges published a booklet to showcase the work of the students. The booklet will be posted on the website. Wilmot Public School held a launch of the booklet with 150 students, parents and teachers in attendance.	Bridges ran sessions with children attending Mt Druitt Indigenous Church and Willmot Public School
Discovery Challenge Film Project	Approximately 60 young people were involved in the filming of the DVD that included voices of young people from diverse cultures discussing thoughts and experiences related to family, Blacktown, war, sport, friendships and their dreams. One of the aims of the project was to build empathy between different cultural groups. The film was produced by Blacktown Migrant Resource in association with Bridges, supported by Liverpool PCYC. Blacktown Migrant Resource Centre organised a launch of the film. This film is on the Bridges Website.	<ul style="list-style-type: none"> • Blacktown Migrant Resource Centre • Liverpool PCYC. • Doonside High • Mt Druitt Mission Australia • Blacktown City Council

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Shalvey High Film Project	A resilience-based project where 9 students created a script which described a contemporary dilemma related to drug use. They then acted in the film production. Shalvey High organised a launch of the film in front of other students in the school.	Bridges contracted Short Black Films to work with students from Shalvey High.
Training Day – “There’s more to Drug Use than Drugs”	40 people attended Training on Bridges Approach to addressing Drug and Alcohol Issues. Speakers – Peter Slattery (Resilience) Catherine Spooner (Social Determinants of Drug Use), Kylie Frazer and Amanda Howard (Assets-Based Community Development), Robert Peckham (AMS Western Sydney), Susan Vogels (Blacktown Migrant Resource Centre) plus Bridges workers.	Family Worker Training and Development Program promoted the event and coordinated registrations, venue and evaluation.
Presentations	Presentations on Bridges approach were provided at were provided at:- <ul style="list-style-type: none"> • Seven Hills/Toongabbie Interagency Planning Workshop • Workshop at Network of Alcohol and Drug Agencies Annual Conference • Workshop at Blacktown Conference 	Acknowledgement of partnerships at workshops
Blokes Day	Over 100 people attended this event which was coordinated by Doonside Hub. This was an event for men and their families from diverse cultural backgrounds to gain health information and connect with others in the community, including service providers. This event was jointly sponsored by Bridges and Community Drug Action Team. The event would not have been possible without this sponsorship.	<ul style="list-style-type: none"> • Doonside Hub • Community Drug Action Team
Website	4,070 unique visitors with 71,083 hits on website in total for the year. The website is maintained and updated with our projects, resources and links.	Partners and partnership projects are promoted on this website.

MORE ABOUT ACTIVITIES

As can be seen our activities in the last year were broad ranging. The activities demonstrate our network approach, which is also systemic, builds on strengths and strengthens relationships at all levels.

Who have we engaged ?

Our activities engaged individuals, families and groups where alcohol and drug concerns were identified as present as well as general community groups.

Provision of counselling and groupwork for individuals and families who identify as having alcohol and other drug issues

We provided counselling and groupwork for individuals and families who have identified alcohol and other drug problems. Sessions were for substance users and/or family members. When working with clients, counsellors focused on their strengths and opportunities for change. At the same time interventions addressed many interrelated issues including child protection, family safety, housing, mental health issues, family conflict and broader social issues. Clients have been supported to address their own needs as well as those of other family members, in particular the needs of children. For some substance using clients their substance use has stopped. For others they have learnt how to reduce the harm to themselves and/or those close to them. Family members have been supported to look after themselves and other members of the family. They have learnt to understand the interpersonal dynamics between the substance user and other members of the family and that change in one family member, whether or not they are the substance user, can result in other members of the family also making changes.

Assessments this year have been carried out for therapeutic groupwork for children affected by a family members substance use.

Early Intervention and Prevention Strategies

In partnering with other organisations we are able to provide early intervention and prevention services to children, young people and adults, who otherwise would not access our service.

Our programs this year have included resilience-based parenting workshops called "What helps kids grow strong" that have been designed and run by Peter Slattery.

We also supported the Kids Club at Doonside School to provide interventions for children.

Projects that support the voices of children and young people to be heard

By partnering with other organisations, we have been able to run photography and film projects.

Our photo voice and film projects have engaged children and young people in creative and strengths-based ways. By participating in a Photovoice project, fifteen Indigenous children attending Mt Druitt Indigenous Church and Willmot Public School have been supported to take photographs published in a booklet entitled “Why Wilmot is the best place to be”. In this process they have felt a sense of pride in themselves and the area they live, they have learnt photography skills, had a sense of contributing to their community, created more connections with each other as well as other groups in their school. Their school organised a launch of the booklet at which they were identified as “VIP”s.

Similarly, nine young people from Shalvey High worked with Short Black Films to write a script and then be actors in a film that is now a DVD called “Freddie Farquars Facts and Fictions”. There were similar experiences for these students. One young person described the experience as “a chance in a lifetime”. Similar experiences were also the case for young people who participated in the Discovery Challenge DVD. This included young people from African and other culturally diverse backgrounds. The Discovery Challenge DVD is already on the Bridges Website. The Photovoice Booklet and Freddie Farquar’s Facts and Fiction will also soon also be on the website.

We will also further showcase and promote the booklet and DVDs that can engage and benefit others. As this takes place the young people who participated will potentially gain a further sense of pride and sense of value and inclusion in their communities.

Such projects address risk and protective factors for young people.

Training for workers

In line with our network approach and focus on strengths, in the last year, we provided free training on resilience approaches for workers in the area. The training was designed and run by Peter Slattery.

We also ran a training on the Bridges approach. At this training we emphasised how the approach resonates with theories and practice relating to the 'The Social Determinants of Drug Use', resilience and assets-based community development.

Community Events

We co-sponsored Blokes Day, as it was an event that engaged men and their families and brought community members together.

Our work with Indigenous and Culturally and Linguistically Diverse (CALD) groups

Most of our work with Indigenous groups has only been possible through our partnerships - in particular with Aboriginal Medical Service Western Sydney and with Mt Druitt Indigenous Church. Our work with Doonside Hub and Doonside Public School also involves Aboriginal children who are part of the Kids Club along with children from other backgrounds. In addition there was a high attendance of Aboriginal men at the Blokes Day.

Similarly it is our partnerships that have made it possible for us to engage with CALD groups.

Acknowledging and connecting people and organisations through our website

Details of projects and people's stories are placed on the website. People and organisations are also acknowledged for their role in projects. These postings provide opportunities for understanding, connection and for people and organisations to learn about each other. We also link to other organisations and resources.

All of the above contributes to building stronger networks and potentially stronger communities.