

# YOUTH LINK-UP NEWSLETTER 2022

**CAYLUS is a division of Tangentyere Council. We receive funding from the National Indigenous Australian Agency, The Commonwealth Department of Social Services, The Aboriginals Benefit Account, The Northern Territory Community Benefit Fund and various donors including B1G1 & Dotcom Mob**







# WHAT WE DO?



CAYLUS works to stop the harm to young people in our region caused by sniffing and other drugs and alcohol.

If young people in your community suffer from substance misuse then ring the CAYLUS team to find out how we can help.

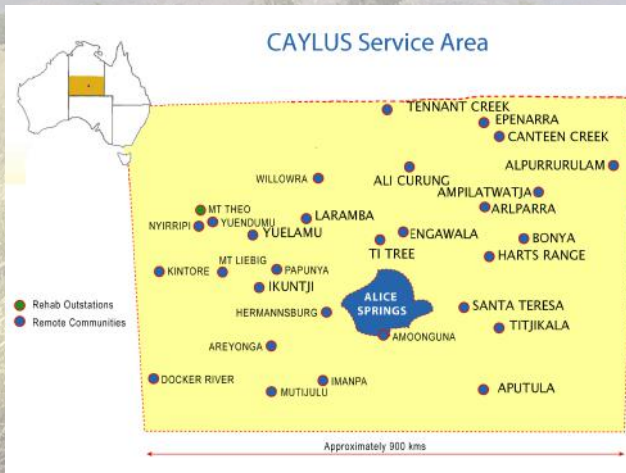
## CAYLUS...

- Works with stakeholders in remote communities and Alice Springs to develop and support the implementation of strategies to address substance misuse, especially of inhalants.
- Assists communities and agencies in implementing a coordinated response to substance misuse, and with sourcing funds, workers, infrastructure, training and education.
- Acts as a contact/information point regarding substance misuse in Central Australia.
- Supports families and individuals in dealing with substance misuse amongst young people, including access to rehabilitation.
- Works with retailers, families and the police to encourage and support responsible retailing of solvents.
- Works with communities, policy makers and governments toward better laws, programs and policies around youth wellbeing in Central Australia.



The CAYLUS Service area spans communities across the bottom half of the Northern Territory. CAYLUS only works in communities at the request of local people and agencies, over the 19 years that we have operated we have gradually extended our services to new sites. While CAYLUS primarily services this region, we have occasionally provided assistance to communities further away. In the NT, we have assisted Darwin, East Arnhem, Tennant Creek and Katherine, and in WA, Kiwirrkura, Balgo and Jigalong.

CAYLUS is a division of Tangentyere Council and takes direction from a steering committee made up from representatives of the following agencies:



- Pintubi Homelands Health Service
- Waltja Tjutangku Palyapayi
- Central Australian Aboriginal Congress
- Warlpiri Youth Development Aboriginal Corporation (Mt Theo Program)
- Tangentyere Council
- Ngaanyatjarra Pitjantjatjara Yankunytjatjara (NPY) Women's Council
- The Drug and Alcohol Services Association
- Alice Springs Youth Accommodation and Support Services
- Community representatives from the region

To get in contact, you can call us on

**08 8951 4236**

or email us at

**[caylus@caylus.org.au](mailto:caylus@caylus.org.au)**





# → VOLATILE SUBSTANCE MISUSE

Volatile substances (also known as inhalants) are usually classified into four groups:

- solvents - such as glues and petrol;
- gases - such as lighter fuels;
- aerosols - such as aerosol paints;
- nitrites - such as room deodorizers.

All of these items can be 'sniffed' and this is what we call volatile substance abuse (VSA)



Above, CAYLUS harm reduction poster advising what to do if someone passes out whilst sniffing.

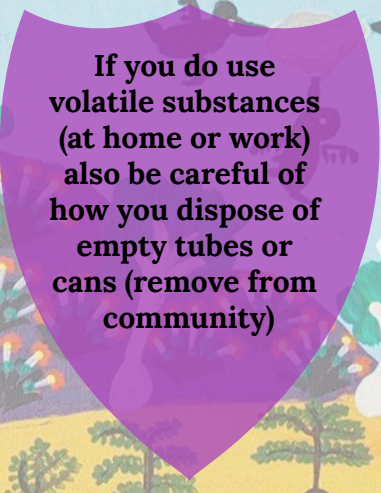
The Recovery Position can save lives!

Sniffing isn't very common these days. But it can occur from time to time and is currently happening in a number of communities in our region. It's important to know what to do when you believe it is happening in community.

Follow the steps of the flowchart (pictured overleaf) if you hear about it or see it happening.

**You can always call CAYLUS  
08 89514236 if you are unsure  
and need advice.**





If you do use volatile substances (at home or work) also be careful of how you dispose of empty tubes or cans (remove from community)

If you hear about or see VSA, try to find out:

- who was involved (including ages)
- what the substance was; and
- where it came from;

If you see used products you think were sniffed, collect them, record details of the products and safely dispose of them.

If fuel is found, retain if safe and speak to CAYLUS about testing it so see what it is. Report as per the flowchart and to CAYLUS.

Do not discuss or show images of specific products that may be misused to at-risk young people that are not involved in the incident - this may encourage experimentation with these items.

Only discuss volatile substance misuse with those youth involved in the incident - individuals and their families.

Practice caution in using products which might be sniffed in communities - such products should be closely supervised if used as part of community programs with youth. In communities with VSA Management Plans it may be illegal to bring particular substance into community, or they may need to be managed in particular ways.

**For more information on Management Plans:**

<https://health.nt.gov.au/professionals/alcohol-and-other-drugs-health-professionals/volatile-substances>



# VOLATILE SUBSTANCE MISUSE

## REPORT SNIFFING IN REMOTE COMMUNITIES IN CENTRAL AUSTRALIA

\* IT IS **MANDATORY** TO REPORT PEOPLE  
WHO ARE SNIFFING IF THEY ARE AGED UNDER 18

(S15 and 24 - Care and Protection of Children Act NT)

\* <https://legislation.nt.gov.au/Legislation/CARE-AND-PROTECTION-OF-CHILDREN-ACT-2007>

IF YOU BECOME  
AWARE OF  
ANYONE  
SNIFFING

you should report to

CLINIC

A health check is  
important.

POLICE

This does not get the person  
in trouble with the law.  
Police can take the  
substance and move the  
person to a safe place.

They will report to

Alcohol and Other Drug Services of Central Australia  
(ADSCA) 08 8951 7580

Reports to

DEPT of CHILDREN  
and FAMILIES

If person sniffing is  
under 18 years.

PROTECTIVE

Refers to

TREATMENT  
and  
REHABILITATION

REACTIVE

Refers to

Central Australian  
Youth Link-Up Service  
(CAYLUS) 8951 4236

For community action.

PREVENTATIVE



## **VOLATILE SUBSTANCE ABUSE PREVENTION ACT**

### **BACKGROUND**

The Northern Territory *Volatile Substance Abuse Prevention Act* (the Act) was introduced in February 2006, in response to community concerns about abuse of volatile substances such as petrol, paint and glue.

### **PURPOSE OF THE ACT**

The Act provides a comprehensive and systematic approach for the prevention, intervention and treatment of volatile substance abuse (VSA) in the Northern Territory. Its main focus is the protection, health and safety of children and adults who are abusing such substances. Community control is also central to the Act, providing legal support to local programs that have been in place for many years, and assisting individuals and communities to combat volatile substance abuse.

The Act provides police with the powers they need to address volatile substance abuse, courts with the tools they need to provide treatment to people at risk, and communities the support they need to control volatile substances and protect children and adults from the detrimental effects of volatile substance abuse.

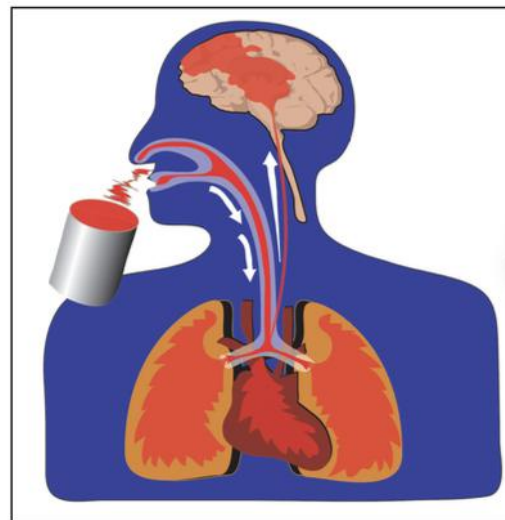
This landmark legislation was taken up enthusiastically from the beginning, with many people benefiting from assessment, treatment and other interventions. Communities in many regions now have a management plan in place to control possession, use and supply of volatile substances.

The Act was recently reviewed, resulting in several amendments, streamlining its operation and facilitating administrative processes. The amended Act came into force in February 2010.

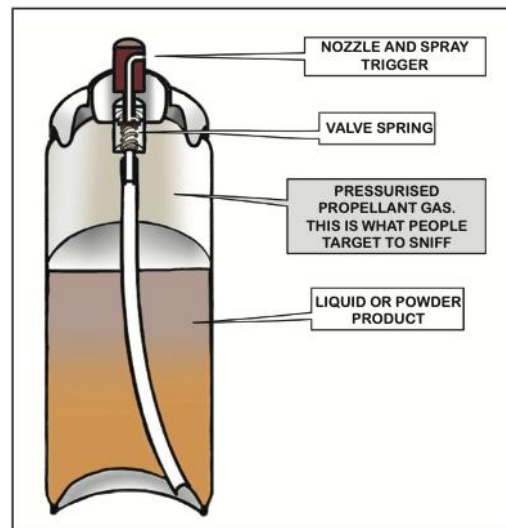
### **VOLATILE SUBSTANCE ABUSE IS NOT ILLEGAL**

The Act does not criminalise volatile substance abuse and does not involve prison sentences.

Sniffing sends dangerous chemicals into the lungs, the blood and the brain



The chemicals change the way the brain works



**More info act**

**<https://caylus.org.au/s/Central-Australian-Youth-Link-Up-Service-Targetted-Volatile-Substances-Legislation-Position-Paper.pdf>**



# VOLATILE SUBSTANCE MISUSE →

## » REHABILITATION OPTIONS

The following free rehabilitation and treatment services are available for young people with substance misuse problems.

- **Bush Mob**

Phone: (08) 8953 3798 (weekdays) 0419 839 920 (24/7)

Email: [intake@bushmob.com.au](mailto:intake@bushmob.com.au)

Location: Alice Springs

Age Range: 12-25

Bush Mob provide a residential rehab service for up to 16 weeks.

Assessment of the client is done before admission. Bush Mob accept self and family referrals, community agency referrals, and will accept referrals from courts and corrections. If a referral comes through the justice system, the nature and severity of the offence is taken into account during the intake assessment process. People who have committed sexual offences are not accepted.

Bush Mob will not prevent people from leaving, but if the person has been through the justice or VSAP Act system, the appropriate agencies will be notified upon departure.

- **Aranda House -Drug and Alcohol Services (DASA)**

Phone: 08) 89503700

Email: [intake@dasa.org.au](mailto:intake@dasa.org.au)

Location: Alice Springs

Age Range: 17+

Aranda House is a 20 bed residential rehabilitation facility that offers a 12 week program, and an 8 or 16 week program for Volatile Substance Misusers.

This service is a Therapeutic Community, where residents are encouraged to be actively involved in their own personal recovery, in a supportive and caring environment.



Aranda House also offers an initial detoxification and withdrawal service that can be co-managed with other health services should a medical detox be necessary.

• **Mt Theo Warlpiri Youth Development Aboriginal Corporation (WYDAC)**

Phone: 08) 8956 4188

Email: [admin@wydac.org.au](mailto:admin@wydac.org.au)

Location: Mt Theo outstation 2 hours northwest of Yuendumu

Age Range: varies

Runs residential programs for Warlpiri youth from time to time.

• **Council for Aboriginal Alcohol Program Services Inc. (CAAPS)**

Phone: 08) 8922 4800

Email: [caaps@caaps.org.au](mailto:caaps@caaps.org.au)

Location: Darwin

Age Range: 12-17 for youth AOD programs as well as adult and family programs  
CAAPS provide a residential rehab service for youth including an initial 4 weeks assessment phase and then if appropriate a longer, tailored program including education, therapies and recreation. CAAPS will assess and accept clients as a community based referral, or as a referral from Courts or Corrections. Clients who have committed offences against women and children or arson are not accepted by CAAPS. A thorough assessment and drug and alcohol screening is done on intake. Clients who need family support are able to have family stay with them, but family must attend program activities, do drug and alcohol screening, criminal history checks, and pay rent. Any children with family members of clients must attend school whilst at CAAPS. CAAPS staff will not prevent clients from leaving, but will notify the referring agency or Police (in the case of Court or Corrections referrals) when the client departs.

**CAYLUS can help young people go to drug and alcohol rehab programs, we can help cover travel/program costs if no one else can pay. If you want to go to rehab, or know someone who wants to go, call 08 89514236 or email [caseworkers@caylus.org.au](mailto:caseworkers@caylus.org.au)**



# OPAL FUEL STORY >>

THE most successful strategy to stop petrol sniffing in our region has been the replacement of standard unleaded petrol with Opal fuel also known as Low Aromatic Fuel (LAF). This fuel has been especially developed for this purpose. In Central Australia Opal fuel is now used in place of standard unleaded fuel at nearly every bowser starting at Katherine in the north, all the way down to Coober Pedy in the south including in road houses and remote communities. Since Opal came into use sniffing has nearly stopped in our region. It still happens sometimes and sometimes people sniff other things but it has become much easier to control.



It is important to remember that Opal is used across Central Australia because community leaders and organisations pushed to make this happen. When Opal was first developed, the Federal Government did not plan to roll it out across the region because it is more expensive than normal unleaded and required a subsidy to ensure it was the same cost at the bowser as normal unleaded.







Above, representatives from Titjikala Community with CAYLUS to talk about Federal Laws to support Opal

With support from CAYLUS and other organisations community leaders in our region spoke up in the media and to politicians about the need to roll out Opal to every outlet in the region. Aboriginal organisations, health organisations and local councils switched to using Opal in their fleets and moved their business to outlets that used only Opal.

As a part of these efforts CAYLUS, NPY Womens Council and General Properties Trust (who owned Yulara resort at the time) formed a group called The Opal Alliance. Together we commissioned a cost/benefit analysis by leading health economic consultancy firm Access Economics to demonstrate that there would be cost savings if Opal was provided across the region. The key finding of the Access Economic research was that in 2005 petrol sniffing in the central Australian region was estimated to cost \$78.9 million. Following this report the Federal Government agreed to roll out Opal across the region and to look into ways of reducing the environmental factors that contributed to petrol sniffing.

OPAL FUEL ADVERTISING SUPPLEMENT

## We need Opal petrol and youth programs in every community

David and Margaret Heavitwood founded the first petrol sniffing prevention program in 1960. Margaret Heavitwood was the first woman to be named in the program. Margaret Heavitwood was the first woman to be named in the program. Margaret Heavitwood was the first woman to be named in the program.

Margaret Heavitwood during a medical and survey patrol in Warburton in 1972.

Left, one in a series of local newspaper ads promoting Opal in 2006. We used locally known and trusted people as well as experts from universities and fuel companies.

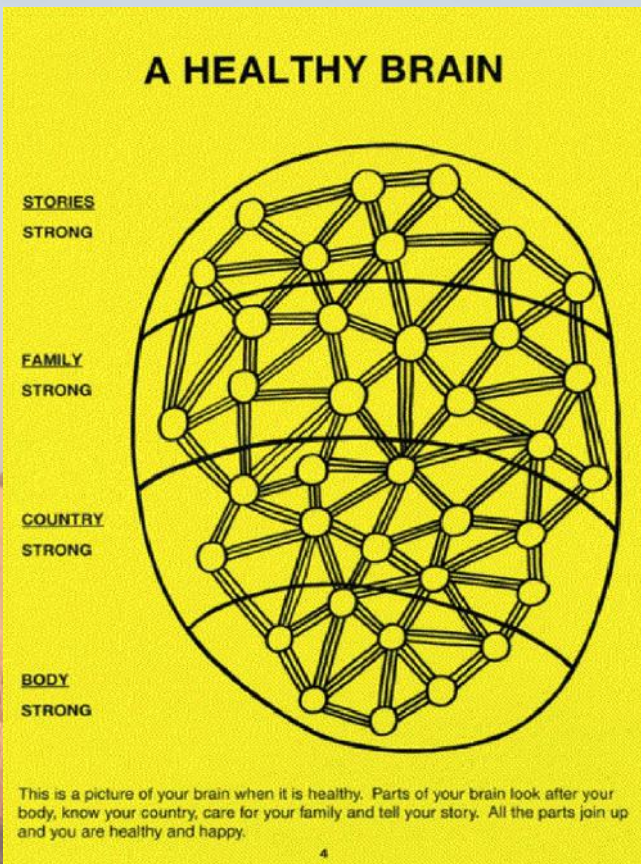




# OPAL FUEL STORY continued...



Once Opal was rolled out, petrol sniffing reduced by 94%, and stayed at that low level subsequently. In 2016, 10 years after the Opal roll out, CAYLUS, WYDAC and NPYWC held a celebration of the success of the strategy, releasing the following commemorative post card, pictured to the right.



Above, a cake celebrating 10 years of low aromatic fuel!

Left, image from 'the brain story', a culturally appropriate flipchart about sniffing, developed by the Menzies School of Health & St Vincents Hospital, for the NT Health Department.

Right, a painting about the downside of sniffing made by youth from Yuendumu for Alice springs Hospital.





Image credit:  
Community Life  
with Opal Fuel,  
Margaret Boko  
Nampitjinpa, 2016.  
Courtesy  
Tangentyere Artists  
© Margaret  
Boko/Licensed by  
Viscopy, 2017.

Painting  
commissioned to  
celebrate 10 years  
since Opal Low  
Aromatic Fuel



"This [postcard] is about life since that Opal came - tjitji (kids) happy, papa (dogs) happy, someone to play (with). When tjitji around, tjulpu (birds) leave that papa wilma (small dog or puppy) alone. Tjulpu happy, play with plastic bags caught in the wind. Don't try steal that papa wilma away in the sky!"  
"See tjitji play with ball. See mothers pushing babies-pram. Tjitji on foot scooter has streamer. One tjitji reach for titty bottle. Papa takes kuka [meat] from other hand. Poor mother for that tjitji (chuckles), no kuka now! CAYLUS and other good people there visiting camp. See their cars? Opal stickers there. More kids play football on the road there. Everyone happy in camp."

The Opal Alliance story is about a community campaign led by community leaders, and local organisations from across Central Australia taking action to make things better and the Opal roll out worked better than anyone expected. However, we always thought that this strategy addressed the symptoms but not the causes of youth substance misuse, and we have been working since the roll out to support community based youth activities and other measures to change the environment for young people.





# CAYLUS ACTION ON ALCOHOL



Alcohol is the drug that causes the most damage to people in Central Australia and the Northern Territory, where people drink more than in other parts of Australia. Part of CAYLUS' work has always been to support actions to reduce problems related to grog, such as assaults, family fighting, and people going to hospital with sickness or injuries from drinking too much.

CAYLUS is a member of the People's Alcohol Action Coalition (PAAC) and also provides some funding for PAAC's policy co-ordinator. PAAC advocates to government for policies and laws that reduce alcohol consumption and the harm that comes from too much drinking.

There have been some big changes in recent years. The Northern Territory Government has brought in a Minimum Unit Price or 'floor price' on alcohol of \$1.30 a drink. This stops grog, especially cask wine and port and sherry, being really cheap, so problem drinkers cannot buy as much. Pricing is one way to reduce the harm caused by alcohol and it has worked in some other countries.

In the NT, alcohol consumption has dropped from 13.3 litres of pure alcohol in 2012 down to 10.17 litres in 2019 for each person aged 15 years and over, but it's still too high. Alcohol-related problems have gone up during COVID.

## TURN DOWN THE TAP

**Alcohol kills more people  
in Central Australia than  
anywhere else in the country**



Above, a sticker produced by CAYLUS in 2007 as a part of the campaign for a floor price on Alcohol.



Foetal Alcohol Spectrum Disorder is a big problem across Australia. When a mother is pregnant and drinks Alcohol this can cause harm to a baby and change the way they behave, think and look for their whole lives. While there hasn't been good testing, it looks as though there is a lot of FASD in Central Australia. Kids with FASD might need help with learning at school, managing their behaviour and other kinds of disability support, but it is very hard to get the right testing to work out if someone has FASD especially in a remote community. Often families and school teachers know that a kid has some sort of problem but they cannot get specialist doctors to come and do a medical check so nothing happens. This group has fallen through the net because they live in remote communities.

CAYLUS has been working with families in one western desert community to try and get diagnosis and support for a group of kids like this. So far we have been able to help one person get diagnosed and another who had a diagnosis get a support packages through the NDIS. The one who we helped access the support package was able to use the funds to support their participation in bush trips and funded supported participation in a local art centre, where a local person was trained and employed to provide one on one support for them. This shows a way forward but much more support is needed to support people with FASD and their families properly. We are working with Waltja and the school and youth program to assist a number of other young people who the community and youth team have identified as probably having FASD. If we can get diagnosis this might help the kids at school and in getting support through the NDIS.





# COMMUNITY ACTION ON FASD- CASE STUDY

## A WA remote community response to Fetal Alcohol Spectrum Disorder

Community action – Jandu Yani U

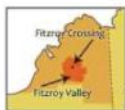


## Jandu Yani U Project Team submission to Senate Community Affairs References Committee on Effective approaches to prevention, diagnosis and support for Fetal Alcohol Spectrum Disorder

Submission 49 - Downloadable from

[https://www.apf.gov.au/Parliamentary\\_Business/Committees/Senate/Community\\_Affairs/FetalAlcoholSpectrumDi/Submissions](https://www.apf.gov.au/Parliamentary_Business/Committees/Senate/Community_Affairs/FetalAlcoholSpectrumDi/Submissions)

Background - before Jandu Yani U



### Fitzroy Valley

- Very remote setting - 2,500km north-east of Perth
- Fitzroy Crossing and the surrounding 45 communities in Fitzroy Valley have a combined population of 3,500 (80% of which is Aboriginal)



As the Committee would be aware, Aboriginal organisations and leaders in the Fitzroy Valley are renowned for their advocacy to reduce the effects of harms caused by alcohol in their community. Nonetheless, the below is a snapshot of the work that led in to and surrounded the Jandu Yani U project.

Between 2005 and 2010 Grandmothers started noticing behaviours and characteristics of young children that they had never seen before. In 2007, Aboriginal leaders in the Fitzroy Valley successfully lobbied for restrictions on the sale of full-strength takeaway alcohol.

In 2008, concerned about the effects of prenatal alcohol exposure on children in the community, its leaders initiated the Marulu Strategy to address FASD and ELT. They were concerned that children with FASD would have limited capacity to pass on the languages and traditions vital to preserving Aboriginal culture, to the next generation.

- In 2009 the landmark Lillilwan<sup>2</sup> (all the little ones) Project was initiated to address diagnosis of FASD, and determine the prevalence of alcohol use in pregnancy and FASD in the Fitzroy Valley
- In 2010, all eligible children (born in 2002 or 2003 and living in the Fitzroy Valley in 2010) were invited to participate in the Lillilwan Project, and 127 (95%) families gave consent
- Stage 1 (interviews with caregivers) indicated that 55% of children were exposed to alcohol in utero, with 93% at high-risk levels, and that ELT and life stress were universal
- In Stage 2, the Lillilwan team conducted comprehensive, multi-disciplinary neurodevelopmental assessments on 108 of the 127 children (85%)

In this population-based study, the first in Australia, rates of FASD (19%) were amongst the highest recorded internationally. An individualised Health and Education Plan was provided for all children and delivered to parents and, with their consent, to school and health services.

Children in the Lillilwan cohort had significant problems with learning and development, behaviour, language, attention, motor skills and mental health, and these were most evident in children with FASD.

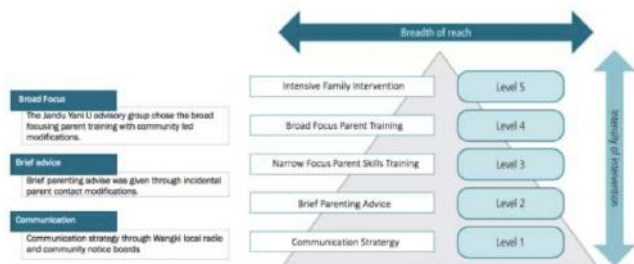
- 73% of children in the Lillilwan in the Lillilwan cohort had reported problems in academic performance
- Children with FASD were consistently reported by teachers as having more behavioural problems than children with no FASD diagnosis
- Teachers also expressed concern about challenging behaviours in children with FASD, including aggression, impulse control and self-harm.

In response to the concerns about child behaviour and complex needs following the Lillilwan project, a local organisation, Marninwarrtikura Women's Resource Centre (MWRC) initiated a partnership with researchers to bring an evidence-based positive parenting program (Triple P) to the Fitzroy Valley. Researchers from the University of Sydney and the University of Queensland (including an author of Triple P) were invited by the community to consult with them about family support required.

The community chose to work in partnership to deliver Indigenous Triple P, which had been shown previously to have a significant positive impact on parenting practices, and on child behaviour, as well as impacts on parental confidence (eg. Turner, Richards & Sanders, 2007). In addition to the evidence-base, the other positive appeals of Indigenous Triple P were its cultural tailoring for Indigenous families, flexible delivery, and focus on self-determination and self-regulation. Triple P is not a 'one-size fits all approach', and in the context of the Jandu Yani U project, the Triple P program was modified and implemented with both community members and researchers (including Triple P Author) to maintain program fidelity while enhancing fit, acceptability and sustainability to the community (see Figure 1).



**Figure 1: The Triple P multilevel model – as adapted for Jandu Yani U**



### Jandu Yani U participant remarks

The data findings of Jandu Yani U obviously credit the value of the project for the community, however remarks from parents, family members and parent coaches in the Fitzroy Valley who went through the Jandu Yani U program show the impact it had in their own day to day lives, and the importance of its community led nature.

*"I think for now personally the parenting thing is just a good thing for families... we are teaching them, or we are not teaching them but telling them that there is a better way for your kids."*

*"It's like telling them and showing them there's other options instead of the way that you've always been growing up and the way your parents done it and their parents and the way you're doing it now."*

*"Empowering family and that's the thing, this is the tool. Jandu Yani U is the way to go this far and wide into this Triple P because that is what I want. I want to educate the families."*

*"No offence, but do you think if a Karta (non-Indigenous person) was teaching this that so many families would be interested? ... I wouldn't, but no offence"*

*"It's beneficial, it's good, we can learn and take it back to our community."*

*"Use the program, take it back to our communities, something that we could put to good use. Utilise it effectively."*

*"This is sort of giving us the skills to be able to take back... it's special care. This parenting has helped us to be able to observe and use the right form of discipline, you know?"*

### Concluding Remarks

Although the *exact quantum* is unknown because of the lack of national prevalence data, it is safe to assume the cross-portfolio consequences of not addressing FASD through a prevention, early intervention and management lens are grossly economically inefficient. Of course, in addition to these consequences are the stories and consequences for real families and children who deal daily

and throughout their life course with lack of adequate acknowledgement of their diagnosis, and corresponding challenges and services to address these.

The initiative of the Fitzroy Valley community, the Marulu Strategy more broadly, and Jandu Yani U provide an example of the joint effort necessary to manage FASD and further prevent FASD in the future.

Although this is just one community example, the response can be used as a symbolic comparator for what is required at a whole-of-government level. We can learn from the Fitzroy Valley in acknowledging the importance of; awareness – for professionals, service providers, clinicians, mothers and the wider community; data – to identify scale of issue, and how to prevent, intervene and manage; and the wraparound services for the individual child or adult, and their surrounding support network (parents, kin, community).

*On behalf of all of the Jandu Yani Yu project team, thank you for the opportunity to comment on this important inquiry – at the time that hearings are scheduled in early 2020, please feel free to contact Eliza Mitchell [emitchell@primary-pr.com](mailto:emitchell@primary-pr.com) to discuss coordination of potential appearances of relevant Fitzroy Valley community leaders from this project and parenting and family researchers in front of the Committee.*

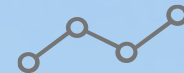
**Are there some young people in the community you work in, that are presenting with possible FASD behaviours?**

**Try talking to the clinic/school/family about making a plan to help this young person.**





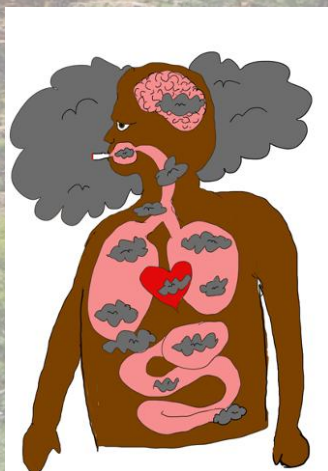
# CAYLUS ACTION ON GANJA



A lot of people in Australia regularly smoke ganja. In Central Australia ganja has become cheaper and easier to get and more and more people in remote communities are smoking it.

There are some problems with ganja though:

- Some people smoke ganja a little but and have no problems, but other people feel worried or upset when they smoke
- Some people smoke all the time and when they can't get more ganja this becomes a problem
- Inhaling ganja smoke is bad for your lungs, heart and brain
- Some people spend all of their money on Ganja and don't leave enough for food or bills
- There is also synthetic ganja like Chronic made from chemicals in factories, no one knows what it is made from and it can sometimes be very strong
- Ganja is illegal in the NT so people can run into legal problems
- Because ganja is illegal people might have to deal with criminals and dodgy people to get hold of ganja







CAYLUS can help if you are worried about Ganja problems for yourself or your family. We can help you get to a free rehab program where you can have a break and get professional help with drug problems.

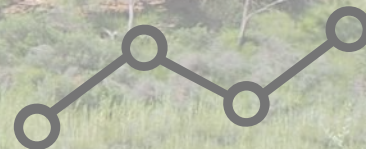
If you are worried about Ganja in your community we can help with secretly reporting dealers and getting a police response.

We also help run youth programs and other activities to keep young people busy and out of trouble.

Phone 08 8951 4236 if you want help with Ganja problems for your self, family or community

**Synthetic (fake) ganja is getting around more these days and can be very dangerous. You can see synthetic (fake) ganja in the pictures on the left and right.**

**Synthetic ganja is especially dangerous because it is made in factories overseas, from chemicals, and without anyone checking that it is safe.**







# WORK WITH RETAILERS



Retailers in our region play a key role in responsibly managing a range of products that can be targeted for sniffing or other kinds of misuse. Ensuring these products are managed well can make a big difference to levels of sniffing in the region. CAYLUS works with shops in Alice Springs and the region to let them know of any issues in their area and about achievable actions that they can take to make the situation safer.

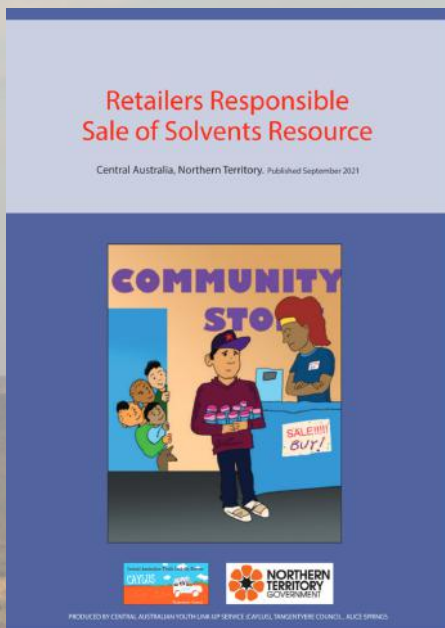
Strategies sometimes include:

- training of staff around legal obligations and good-management
- moving risky products to more closely supervised locations, or locking them up
- implementing store policies that apply to all customers such as requiring ID for a particular product or keeping a register of sales
- switching to alternative products that are less risky

When Low Aromatic fuel was rolled out across the region in 2007 it resulted in a 94% drop in sniffing. Good management of other risky products by retailers has been an important complimentary measure and a part of this success.

**Left, CAYLUS recently updated our retailer kit resource, it can be viewed here:**

<https://caylus.org.au/s/CAYLUS-Retailers-Kit-LR.pdf>







**Above, workshop held at Bunnings with  
CAYLUS and Alice Springs Police.**



**Above, Jennifer McFarland, CAYLUS supply  
reduction worker, in store at Repco.**

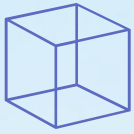
**Locked inhalants cage for targeted products**



**Lockable inhalants cabinet**







# INFRASTRUCTURE UPGRADES



A big obstacle to the delivery of youth programs in remote communities is the poor state of facilities like rec halls, basketball courts and staff housing.

Governments mostly do not fund ongoing maintenance of facilities like these. They are often high wear and tear areas, and they fall into disrepair over time. It is a complex job to apply for money to upgrade such facilities and to then manage the works. To assist with this over the past 15 years, CAYLUS has worked with local youth service providers to apply for funds and then manage the works - see list below of work since 2009. We also own and manage youth worker houses in 6 communities and the youth Centre in Ntaria. Here's a bit of detail about some of our more recent projects:

## **Santa Teresa (finished April 2021)**

**Works:** renovations to the existing youth centre - including a new multi-purpose room and outdoor play areas. Upgrades to the kitchen, lighting, toilets, upstairs indoor skate park, air conditioning upgrades and installation of passive cooling and sound insulation to make the space less noisy, and upgrades to the upstairs indoor skate park and toilet block.

**Local employment:** 4 builder trainees, Indigenous employees performed 43% of the total construction hours

**Funding:** The Aboriginals Benefit Account, Santa Teresa Local Authority, CAYLUS

## **Pmara Jutunta (finished April 2021)**

**Works:** Upgrades to air-conditioning, toilets, storage, offices and main halls space, creation of a covered outdoor activity area

**Local Employment:** 1 builder trainee who worked 35% of the construction hours

**Funding:** The Aboriginals Benefit Account, CAYLUS





## Mt Liebig (finished Dec 2020)

**Works:** Extend building to create music room and a girls area, install sound insulation to reduce noisiness of the space, upgrade and pave outdoor play areas, upgrades and refurbishments to all spaces and toilets

**Local Employment:** 2 builder trainees worked 37% of total construction hours

**Funding:** The Aboriginals Benefit Account, CAYLUS

More to come! We have started planning for upgrades and new facilities in Lajamanu, Laramba, Nyirripi and Aputula. Keep your eyes peeled!

Location	Workscope/	Date complete
Harts Range	Youth centre veranda's, services connections	May 2009
Nyirripi	Youth centre extension, air-con, connect sewer	Jun 2009
Mt Liebig	Youth worker house simplex (2-bed House), inc furnishings, septic	July 2009
Willowra	Youth centre extension, air-con	Aug 2009
Kintore	Basketball court/ roof, stage/store	Sept 2009
Harts Range	Youth worker house simplex (2-bed House), inc furnishings	Dec 2009
Ntaria	Youth worker house simplex (2-bed House), inc furnishings	Feb 2010
Amplatwatja	Basketball court roof, stage, fencing	Apr 2010
Lake Nash	Youth Centre fit-out, air-con, site fencing, pool table	Apr 2010
Areyonga	Youth worker house house transportable 2-bed house, fencing etc.	Feb 2011
Yuendumu	Multi-purpose rooms on youth centre	May 2011
Trigkala	Youth centre extension, youth space refurbishment	Dec 2011
Laramba	Youth worker house simplex (2-bed House), inc furnishings	Jan 2012
Laramba	Youth centre extension and refurbishment	Mar 2012
Kintore	Youth centre upgrade, Basketball Court Lights	Aug 2012
Areyonga	Youth centre refurbishment	Dec 2012
Ariparra	Youth centre upgrade, toilets	May 2013
Papunya	Youth centre upgrades	May 2013
Ntaria	Basketball courts re-surfacing and new roof	May 2013
Ariparra	Youth worker house simplex (2-bed House), inc furnishings	Jun 2013
Areyonga	Multipurpose room extension to youth centre	Aug 2013
Kintore	Second youth worker house simplex (2-bed house), inc furnishings	Nov 2013
Amplatwatja	Youth worker house simplex (2-bed House), inc septic, fencing, furnishings	Nov 2013
Ntaria	New youth centre and ablutions, change-rooms, landscaping, services connections	Apr 2014
Docker River	Youth centre upgrade, new toilets	Sep 2018
Mt Liebig	Youth centre upgrade, 2 new rooms	Dec 2020
Pmara Jutunta	Youth centre upgrade, new covered play area	Apr 2021
Santa Teresa	Youth centre upgrade, new external play area	Apr 2021







# YOUTH PROGRAM SUPPORT



Good quality youth programs provide recreational and diversionary programs that keep young people busy, engaged and out of trouble. Such programs provide a supported and safe environment where young people have access to assistance with referrals and support, they also provide fun and access to new skills. Good youth programs work closely with local stakeholders to shape program activities, they are often major employers of local staff and they coordinate with schools to encourage and support school attendance.







As CAYLUS operates over a large region our strategic direction is to support the development of regional, community managed organisations as youth service providers. Our support includes :

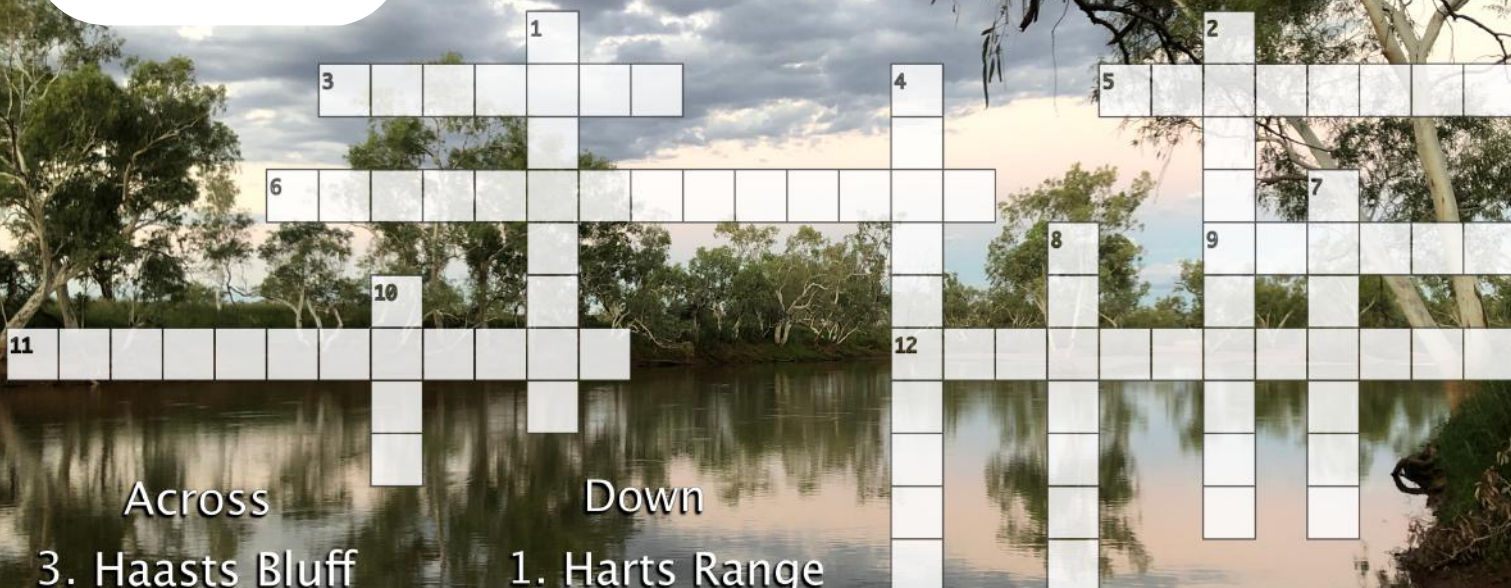
- providing support with recruitment and staff orientation and support
- assisting with locating and coordinating funding for youth programs; this includes funding for youth worker positions, infrastructure such as rec halls, houses for youth workers, vehicles, computer labs and other youth program resources
- professional support to program providers with staff supervision, submission and report writing and strategic planning
- assistance with monitoring and evaluation of youth programs
- advocacy and policy work with government around the funding and strategic implementation of programs for young people and families



# MANYU WANA

fill out the local language name for each community

Time for  
some fun!!!



Across

Down

3. Haasts Bluff

1. Harts Range

5. Alice Springs

2. Kintore

6. Santa Teresa

4. Mount Liebig

9. Hermannsburg

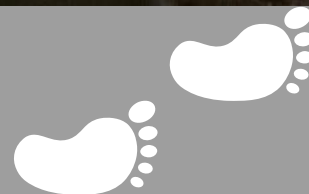
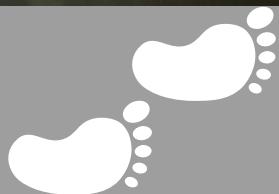
7. Papunya

11. Docker River

8. Finke

12. Lake Nash

10. Areyonga





fill out the right-skin for each skin name

# MANYU WANA

## Who can I marry?



Across

- 2. Napangarti
- 3. Nangala
- 6. Tjapanangka
- 7. Tjapaltjarri
- 8. Napanangka

Down

- 1. Tjapangarti
- 4. Napaltjarri
- 5. Tjangala





# PROGRAMS CAYLUS CAN OFFER



## BICYCLE PROGRAMS



Over the past two years, CAYLUS staff have visited various communities in the region, running bicycle mechanic and riding programs. Programs include:

- fixing broken bicycles from around the community & from the rubbish dump
- going on group bicycle rides around the community
- teaching young people & youth staff basic bicycle mechanic skills
- leaving some communities with a fleet of program bicycles & toolkits



**Above, CAYLUS youth & community development workers - Cairns & Charlotte gearing up for bike program!**



Sometimes it can be difficult to talk to youth about their problems. Having an activity or task to perform whilst talking with youth often facilitates dialogue. Youth regularly open up as soon as you get them fixing or riding a bicycle. Bicycle mechanics and riding are also great life skills, means of transportation and help with stress relief.

If you would like to have bicycle program in your community - let CAYLUS know and we can see what we can do!









## MUSIC PROGRAMS



There are many talented musicians in our region and making music is an activity that cuts across generations. It is an especially popular activity for older youth, a group who are sometimes hard to involve in other activities.

Working with local partner organisations CAYLUS supports music activities in our region through supporting workshops, building music rooms into youth centres where we can, and through providing computer equipment and sometimes training to record and make music.

If you have an idea for a music project in your community CAYLUS might be able to help, give us a call on 08 8951 4236 or ask your local youth team, to get in contact.



**CAYUS has also provided some funds to support the Pirrjirdi Karnte Karnte young women's music project at PAW Media in Yuendumu**





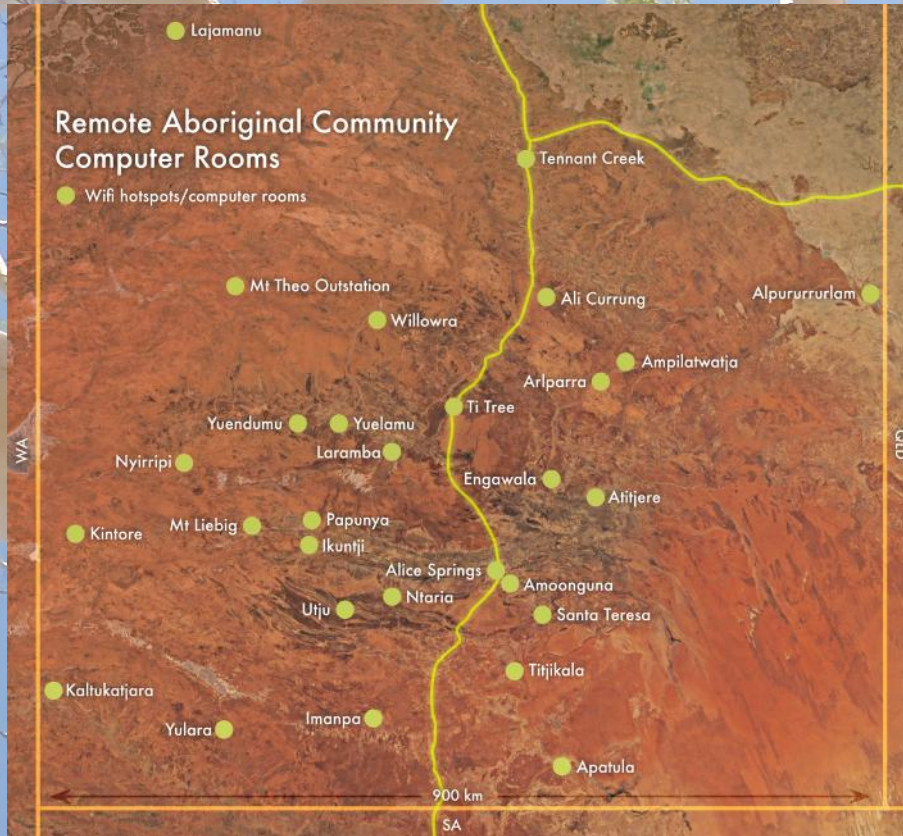
**In 2021 CAYLUS provided computers and some training for music production at Willowra youth program.**



**As a part of the Mt Liebig Youth Centre upgrade we built a new music space with sound proofing**



# COMPUTERS & WIFI HOTSPOTS



CAYLUS can help with setting up a public computer room and free public wifi in communities in our region.

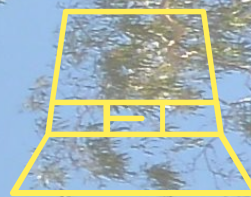
Computers are fun and work well in youth programs but they are also useful for people in remote communities dealing with banking, Centrelink or communicating with friends and family in other places.

We have also provided computers for music, arts and local history projects.

Over more than 10 years, we have helped with wifi and computer rooms in nearly all communities in our region, and we continue to work with youth programs and other local organisations to get them going again if they stop operating and maintain equipment.

**This work of CAYLUS is funded mainly with generous support from The Magid Indigenous Benevolent Fund and donors through Buy 1 Give 1 (B1G1).**







# PINTUPI LURITJA PHOTO ARCHIVE

The Pintupi Luritja Photo Archive is a facebook site where thousands of old photos from the Pintubi-Luritja Region (Kintore, Kiwirrkurra, Papunya, Mt Liebig and Ikuntji) can easily be viewed by community members and other people who are interested. CAYLUS started supporting this project in around 2015 when during the set up of computer rooms across the region, it became apparent that people greatly valued having photos of family and country, and that the photo collections were being used to pass on culture, kinship networks, and knowledge of country to younger family members.

Photos are sourced from a variety of organisations and individuals; people who lived and worked in remote communities such as field workers, nurses, school teachers, AIATSIS, and others. Photos contributed are taken out bush and cleared for display by the relevant community elders before they are released for viewing.

**This work has been supported by the Magid Indigenous Benevolent Fund (DotCom Mob) as a part of computer room work.**

Check it out on Facebook by searching '[pintubiluritjaphotoarchive](#)'



**The Archive is particularly popular with dialysis patients at the Purple House facilities across the region.**

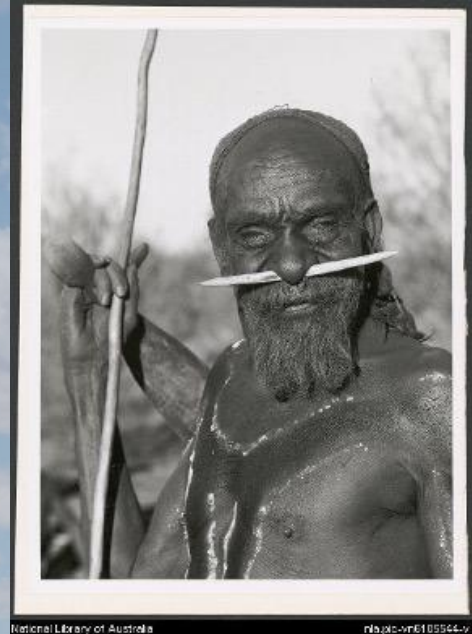
**Right, Douglas Multa from Ikuntji found a picture of himself as a teenager in the Archive.**







**Left, Ketjura and family look at the Archive in Watiyawanu.**



**Below, Greg Smith, CAYLUS Pintupi Luritja Photo Archive worker, sits down with Ikuntji mob.**



**DotCom Mob (DCM) contributed equipment to the the Photo Archive - 15 computers for Purple House, and a project lap-top and iPad.**

**Greg also takes a portable printer (funded by DCM) with him when he goes out for field trips, so people can have prints of family.**





# WOMENS HEALTH



CAYLUS supports women's health programs across the region and provides women's health products to a number of youth programs and various services, via the MHH Program.

To find out more about how CAYLUS can support women's health and provide various products to you or the community you work in, check out:

<https://caylus.org.au/mhm>

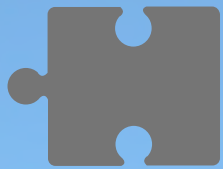
or call 08 8951 4236

or email

[mhm@caylus.org.au](mailto:mhm@caylus.org.au)







# RESOURCES AVAILABLE TO LOAN FROM CAYLUS



Item	Quantity
Personal wireless PA system (MA-202)	2
Light box	1
Security flood light (portable)	1
Mac computer chargers	multiple
Passive mixers	multiple
Canon 500D camera	1
Sony DSLR camera	1
Microphones & various AV items (recorders etc.)	multiple
Hair salon & Beauty items	multiple
Tripod	2
Canon desktop printer	1
HP desktop printer	1
Finska game	1
Engel car refrigerator	2
Waeco car refrigerator	1
Large esky	1
Single swag	4
Double swag	1
Circular saw	1
Computer monitors	multiple
TV screen	1
Canon photo printers	2
Mitsubishi projector	1
Epson projector	1
Sony projector	1
Green screen equipment	1
Lacie hard drives (loaded with content)	multiple

CAYLUS operates a library of equipment and other things that youth and community programs can borrow for running local activities.

To find out about  
borrowing  
call 08 8951 4236  
or email  
[caylus@caylus.org.au](mailto:caylus@caylus.org.au)





# SROI IN YOUTH PROGRAMS STUDY



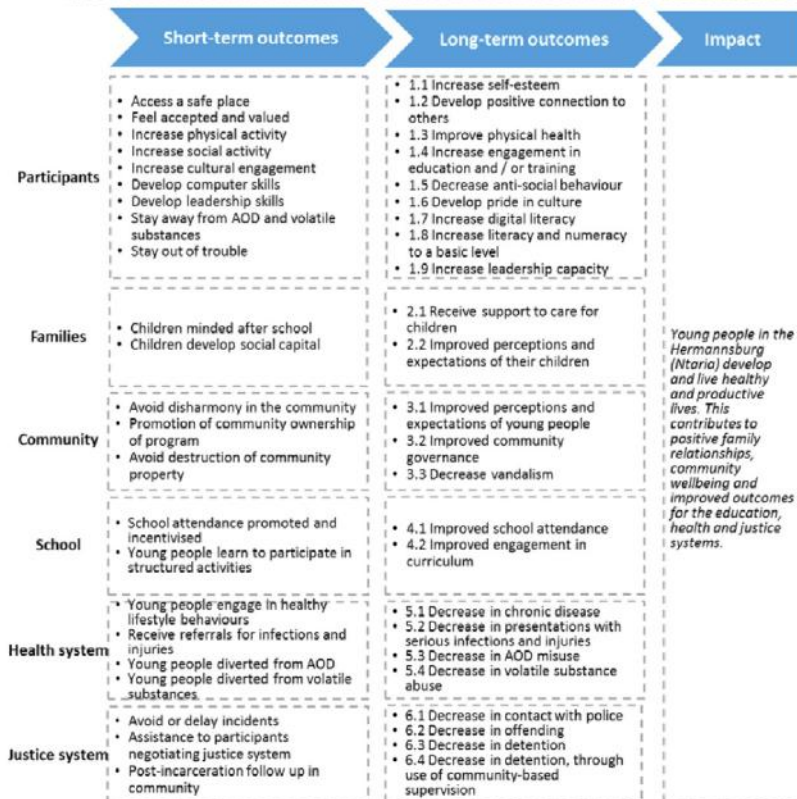
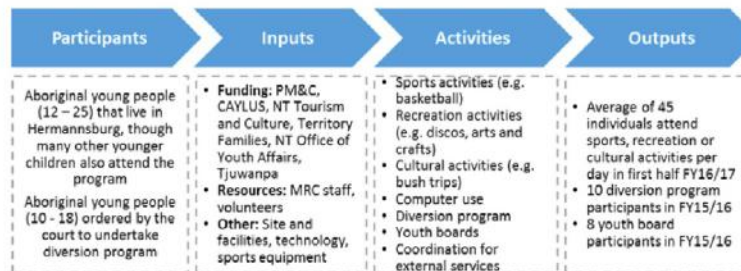
People in living remote communities know that busy kids are happy kids. But some recent research shows that youth programs also make sense financially. In 2017 CAYLUS worked with the Nous Group (who supported the research through their Community Partnerships Scheme) and with three youth service providers to look at the funds spent on youth programs in three communities and the value of the benefits coming from these programs.

The research found that for every dollar spent on the delivery of programs between \$3.50 and \$4.50 of benefits were provided.



**The project involved looking closely at programs and documenting the benefits that they achieve. Above & Right, are impact maps for the youth program in Ntaria (Hermannsburg).**







# CAYLUS SUPPORT DURING THE COVID PANDEMIC



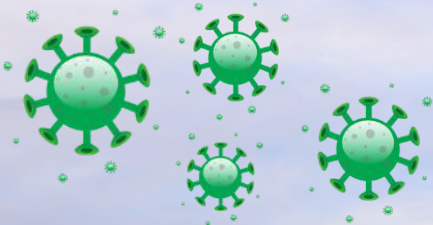
The COVID pandemic has hit Central Australia in a big way during 2020, 2021 and 2022. Like lots of organisations CAYLUS has been working hard during this time to prevent the spread of COVID and to support families, community staff and organisations in remote communities.

## 2020

- CAYLUS worked to support local youth programs with negotiating permissions to bring staff interstate and in and out from remote communities to Alice Springs
- Provided portable handwashing facilities for youth programs and other remote community services (pictured above right)
- Helped recruit new workers, bring them from interstate (if needed) funded costs of quarantine for remote youth workers
- With support from CLC and the Australian Government provided funds for additional COVID measures at youth programs
- Developed posters, social media and other training resources about COVID (pictured right)



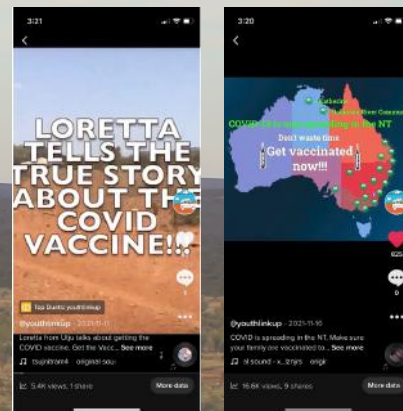




2021

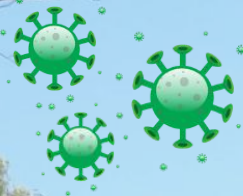
CAYLUS focussed on promoting and supporting COVID vaccination efforts in partnership with local youth programs, councils and health services this included:

- Social media in local languages and using trusted, local spokespeople (right, screengrabs of Tik Tok videos produced by CAYLUS)
- Pamphlets , posters banners and flyers at local youth centres (pictured above right)
- Providing incentive vouchers for young people to get vaccinated
- Organising and attending public meetings to promote and discuss vaccination





# CAYLUS SUPPORT DURING THE COVID PANDEMIC CONTINUED...



**MacYouth Youth Worker, Nicholas and CAYLUS Community Development Worker, Charlotte promote vaccinations in Ntaria (Hermannsburg).**



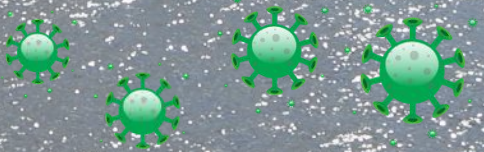
## 2022

The COVID pandemic continues to impact remote communities, especially the workforce. CAYLUS continues to support remote community youth programs through:

- continuing to promote the importance of vaccination, whilst COVID spread across the NT
- assisting with recruitment and operating a pool of locum youth workers to help fill staffing gaps
- assisting youth service providers to source funds to upgrade ventilation, kitchen, toilet and handwashing facilities as well as to create undercover outdoor program spaces
- providing 'lockdown kits' for young people, whilst in community lockdowns in January & February 2022



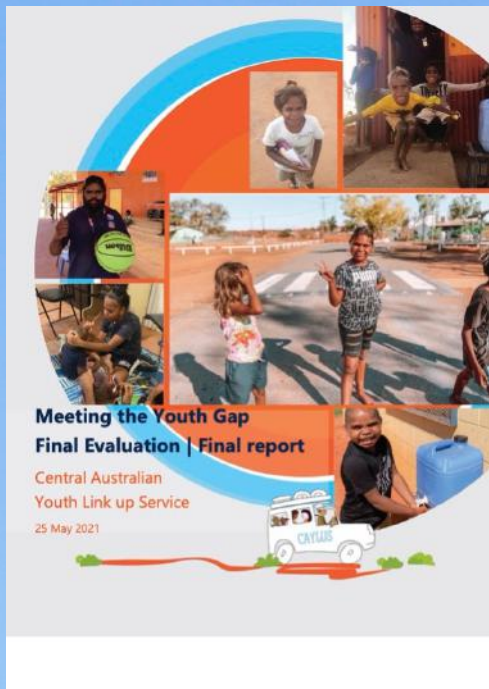
Above & Right, lockdown kits sent out for youth in communities in January 2022.







# MEETING THE YOUTH GAP



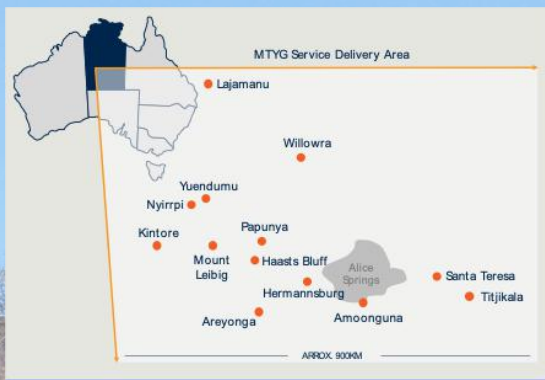
Youth programs in remote communities are big employers of local people as they have local language skills, knowledge of local families and issues and existing relationships with the kids.

CAYLUS received funding from DSS for a trial project with MacDonnell Regional Council (MRC) and The Warlpiri Youth Development Aboriginal Corporation (WYDAC) in 13 remote communities developing a training program for local staff and funding youth worker traineeships for young people.

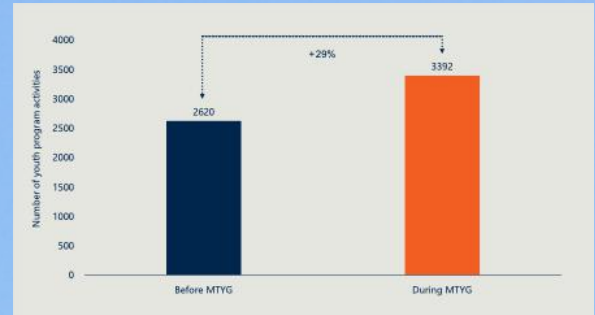
The Meeting the Youth Gap program ran for 18 months and showed that with the right support youth worker traineeships are a good way to employ and support local staff.

The program, employed 80 trainees, who together worked more than 17,000 hours doing on the job training and working through program training modules.

The training modules developed for the program were designed to be flexible, fun and appropriate for local youth workers with a range of literacy. **These resources are available for other programs to download and use on the CAYLUS website [caylus.org.au/mtyg](https://caylus.org.au/mtyg)**







The MTYG program gave a boost to the youth programs that had trainees with a 30% increase in the activities they were able to run.



Importantly the program allowed trainees to work in ways that suit them. This meant that nearly all trainees stayed on the program

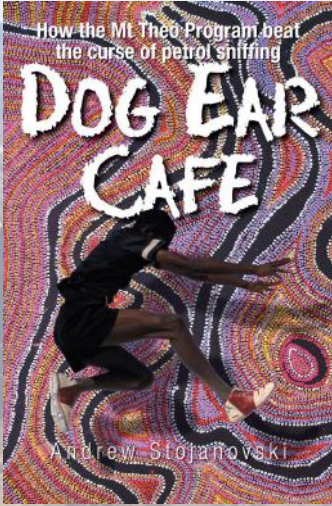


If you want to find out more about the Meeting the Youth Gap project, **check out this report at <https://caylus.org.au/s/Meeting-the-Youth-Gap-Final-evaluation-report.pdf>**





# YOUTH WORKER SUPPORT

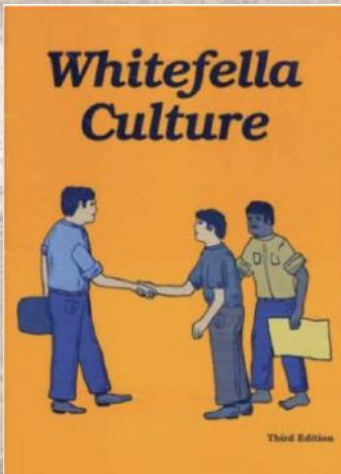


Being a youth worker in a remote community is a huge job. You are often a major support person for young people, as well as their families. You work long hours, doing a variety of tasks and often have minimal resources and funds to get the job done. That's why it is very important to take good care of yourself - as you don't want to burnout.

It's essential to listen to your mind and body. These are common signs of burnout:

- low energy & feeling unwell a lot
- decreased productivity, being indecisive & isolating yourself
- higher intake of alcohol, smoking, caffeine etc.
- feeling depressed & having a negative outlook
- becoming less flexible and open to ideas

**If you start to feel like these things are happening to you, you may be burning out. You can take measures to look after yourself!**



Essay

## Kartiya are like Toyotas

by Kim Mahood

'Kartiya are like Toyotas. When they break down we get another one.'

– remark by a Western Desert woman about whitefellas who work in Indigenous communities

GREAT READS!





If you are wanting to maintain longevity in your job and be less likely to burnout - these tips can help:

- set achievable and realistic goals
- have good time management
- strive to have healthy and positive relationships with your work colleagues
- ensure a work/life balance
- maintain personal relationships & support networks outside of work
- vary & mix up your work load & duties
- take time off work regularly - don't wait until it is too late
- talk to a professional about work regularly
- don't be afraid to ask for help - sometimes we all need it!

**Remember, CAYLUS is always here to help and listen.**

**We offer free phone based professional development sessions with an experienced remote community worker. Get in contact!**



Tangentyere Council



Central Australian  
Youth Link-Up Service

## Central Australian Youth-Worker Blue Book

Check out the CAYLUS blue book  
<https://caylus.org.au/s/Central-Oz-Blue-Book-LR.pdf>

You can also call the **Bush Support Line** on **1800 805 391** and explain you are a youth worker providing health support to young people.



# USEFUL CONTACTS



## **Alice Springs Youth Accommodation and Support Services (ASYASS)**

(08) 8953 4200

Organises emergency accommodation and provides support to youth

## **Alcohol and other Drug Services, Central Australia (ADSCA)**

(08) 8951 7580

Provides clinical and educational support in relation to alcohol and other drugs

## **Barkly Regional Council**

(08) 8962 0000

Main youth service provider in remote communities in the Barkly region

## **Bush Mob**

(08) 8953 3798

Provides drug and alcohol rehabilitation and treatment, and bush therapy in Alice Springs for young people

## **Bush Crisis Line (Council of Remote Area Nurses of Australia)**

1800 805 391

This service accepts calls from stressed youth workers as well as health workers

## **CAYLUS – Central Australian Youth Link-Up Service**

(08) 8951 4236

Call us anytime to chat and to report any VSA issues.



**Central Australian Aboriginal Family Legal Unit**

**1800 088 884 Alice Springs (08) 8953 6355 Tennant Creek (08) 8962 2100**

Provides free familial legal services and education for Indigenous people Central

**Australian Aboriginal Legal Aid Service**

1800 636 079 (NT Only)

Alice Springs (08) 8950 9300 Tennant Creek (08) 8962 1332

Provides free legal services and education for Indigenous people in Central Australia

**Central Desert Regional Council**

1300 360 605 or (08) 8958 9500

**Congress Social and Emotional Well Being Unit**

(08) 8959 4750

Provides counselling and support

**Crimestoppers**

1800 333 000

Provides an anonymous service through which anyone can report crimes

**Drug and Alcohol Services Association (DASA)**

(08) 8950 5000


Provides rehabilitation programs for petrol or any other drug (aged 18+ years)

**Headspace Alice Springs**

(08) 8958 4544

Provides a range of free and confidential services to youth in Alice Springs including doctors, psychologists, counsellors and emergency relief





**Holyoake**

(08) 8952 5899

Provides counselling and education for families affected by substance misuse

**Indigenous Community Volunteers**

(02) 6122 6444

Provides volunteers to work with communities to do projects communities want to do

**MacDonnell Regional Council**

(08) 8958 9600

**Mental Health Association of Central Australia (MHACA)**

(08) 8950 4660

Provides support for people with mental health issues (employment, accommodation, living skills and social activities) and training in mental health first aid and suicide prevention skills

**Warlpiri Youth Development Aboriginal Corporation (WYDAC)**

(08) 8956 4188

Runs a range of wellbeing services including substance misuse prevention, youth development, education, rehabilitation, counselling, life pathways and outreach.

**NPY Women's Council**

(08) 8958 2345

Runs youth services in Imanpa, Aputula, Mutitjulu and Docker River, as well as the APY and Ngaanyatjarra Lands

**NT Family and Childrens Services (NT FACS)**

(08) 8955 6001 (business hrs)

1800 700 250 (after hours)

Investigates reported cases of neglect or child abuse





# USEFUL CONTACTS

## **NT Legal Aid Commission**

1800 019 343

Alice Springs (08) 8951 5377 Tennant Creek (08) 8962 0100

Provides free legal services and education (legal rights) for Indigenous people in the NT around criminal, family and civil matters

## **NT Police**

000 Emergency

13 1444 24hr police response/switchboard (will connect you to your local police station)

## **Tangentyere Night/Day Patrol**

1800 133 110 or (08) 8953 3110

Provides a night patrol service to Alice Springs, Tues-Sat

Provides a day patrol service to Alice Springs, Mon-Fri, 5am-7:30pm

## **Tangentyere Council**

(08) 8951 4222

Provides a range of social and community services for town camp residents and the wider region.

## **Waltja Tjutangku Palyapayi (doing good work for families)**

(08) 8953 4488

Provides support and training to youth workers and a range of programs for remote communities



**Like us on facebook!**

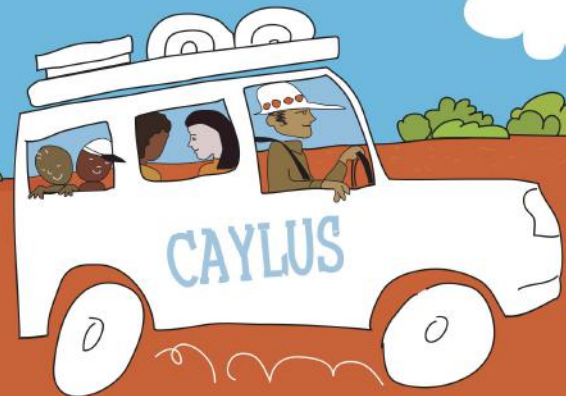
<https://www.facebook.com/YouthLinkUp/>

**Check out our website!**

<https://caylus.org.au>

Central Australian Youth Link-Up Service

CAYLUS



Tangentyere Council

**Like us on insta!**  
[youthlinkup](https://www.instagram.com/youthlinkup)

**Like us on tiktok!**  
[youthlinkup](https://www.tiktok.com/youthlinkup)