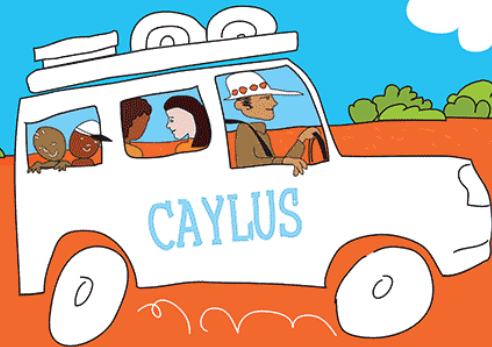


Central Australian Youth Link-Up Service

CAYLUS



Tangentyere Council

Navigating support

Before you travel

Know what is expected of non-local youth workers

Know your employer's policies and procedures

Know your place

Learn to discern between personal and professional needs

Do the selfcare

Look after the youth worker team

Communicate effectively via email

Keep an e-paper trail of requests and issues

Learn to work with what you do have

Take care of equipment and resources

Non-local youth workers need downtime

Helpful Central Australian Contacts

Reading

Author's note

This chapter of the Blue Book has been written specifically, but not exclusively, for non-local youth workers.

Navigating support

The team of non-local youth workers (NYW) is always a mix of people who have a diverse set of experiences. Some of you have lived and worked remote for years, while others will be in the early days of your youth work career. We can all learn from those who have been living remote for a long time, what do they do to sustain themselves personally and professionally.

Providing adequate support for NYW s is a challenge for every organisation running youth programs in Central Australia. NYW need tangible, practical responses to their professional needs, and most of these needs call for a fast response. It is often difficult for NYWs to articulate exactly what they need to feel supported with their less tangible needs, despite their experience in grappling with these gaps in support. This experience is not exclusive to any particular organisation, NYW, or 2023. This is an ongoing, regional challenge.

This chapter has a bunch of strategies non-local youth workers may apply in their work, to help navigate support. It has been informed by the experiences and discussions of NYWs past and present, and has the basics for a good foundation. Many of you will already apply these things, or have some version of these as part of your practice.

Before You Travel

Ochre Cards and Police Checks

All people working with young people in the Northern Territory must obtain an Ochre Card and a recent Police Check. Application forms for both of these checks and more can be found via [Safe NT](#). This will be something your employer will organise with you.

No Alcohol, Volatile Substances or illicit Drugs

The majority of communities are dry by law and severe penalties can apply. Some houses in communities have alcohol permits, however, the motto is, if no one in the community is supposed to be drinking, that includes you! Please also be aware of any substances you bring into communities that may have potential for sniffing, check whether a VSA management plan exists in your community as this may also place legal restrictions around such substances see: http://www.health.nt.gov.au/Alcohol_and_Other_Drugs/Volatile_Substances/Gazetted_Management_Areas_and_Plans/index.aspx. Also check out the VSA Chapter.

Food

Plan meals and shop smart, cook and freeze perishables even. If you are only coming to town intermittently you need to reach out to other people who are travelling who may be able to collect your online orders. Youth workers who under-cater for themselves may have to depend on the generosity of fellow workers, possibly creating tension or refusal. Community stores can have irregular delivery of fresh food, limited general supplies, and are often expensive.

Bush Orders

Order Woolworths and Coles shopping online, for you to collect or ask around and see if you have friends/colleagues travelling and they may be able to collect. Keep in mind that visiting support agencies may be in the position to pick up your pre-ordered groceries.

ABC Transport delivers to Kintore and Lake Nash every fortnight, contact them to make an arrangement for pick up and drop off if you are in those communities,

ABC Transport
Alice Springs (NT)

[23 Ghan Road](#)

[Alice Springs NT 0870](#)

PO BOX 2905, Alice Springs NT 0871

(08) 8952 7717

(08) 8952 7757

alicesprings@abctransport.com.au

Non-Perishables & Program Materials

It's good to buy all your non-perishables, for personal needs and your program requirements in advance, and spread it out over a few days if possible. Try to have as much done as possible on driving day - things always take longer than expected and if you cram buy, you will leave town exhausted and inevitably forget items, odds are you will remember 300kms out of town!

Travel

For health and safety reasons, most Central Australian agencies expect youth workers to always let their line manager (or a responsible adult with a phone in community) know when you travel outside of the community, even if it's just to a nearby waterhole. Try and establish the state of the roads you are planning to travel on, and have a 'worry person' (i.e. line manager) that you call when you're ready to leave, confirming your ETA and then call again when you've safely arrived. In general, your line manager is your 'worry person' when travelling to and from community - if you don't call to let them know you've arrived safely they are likely to freak out and send out a search party. You should be carrying a sat phone, so there are no excuses! Look at the Sat phone, regularly check it is charged, write down your emergency contacts (in communities and town) with the correct code to dial out, and pop the paper into the sat phone case. This is just a precaution in case you can't access your mobile phone, other people are using the sat phone etc. Also, familiarise all youth workers and carloads of young people with the sat phone, how to turn it on, the phone numbers, show them they need a clear line of sight to the sky for good signal. If any of this is confusing, ask management for a little crash course.

Water

As a general rule, carry at least a jerry can (20L) of water with you at all times when travelling, plus your personal drinking water. Obviously the more people in the car, the more water you'll need, and rule of thumb is 5L of water per person per day of travel. A good tip is to carry some smaller bottles with you too - life-saving if you come across a broken down vehicle and can at least leave some water with its occupants.

Vehicles

Work vehicles are generally well maintained, and should be equipped with a First Aid and toolkit, but it is you who will be completely dependent on this vehicle for your safety and success of the program. It is ultimately your responsibility to ensure the safety and cleanliness of the vehicle, including regular washing of the car, carrying plenty of water and reporting any issues and completing regular vehicle checks. Your employer will provide you with a vehicle checklist, ask for assistance if you don't know what you are looking out for.

Your employer will also have a very clear policy about vehicles. Familiarise yourself with this, they often include - no driving at night, no alcohol in the cars and other policies to ensure driver safety.

On long drives and any bush trips use the trip meter as often as possible, when passing landmarks / water access/ split in tracks. Keeps you alert to your whereabouts in country and helps if you need someone to find you in an emergency.

Equipment

Your employer should provide you with all the equipment and consumables you will need to run your program, however you are responsible for checking that you know how to set up and use it thoroughly before you leave. If using a computer make sure it has all your required software, passwords and compatible with projectors/video etc.

Know what is expected of non-local youth workers

- Read and re-read your job description. It may sound boring, but can be a useful part of your reflective practice. Consider what you have done in the last month. All those extra jobs, for other services, for families, for the team of youth workers. Examples of some things to consider:

How is this job e.g. Picking up ladies and driving them home, fulfil the responsibilities of my role?

- Is it an opportunity to build relationship, to talk about their grandchildren, the program, history of the place, learn some Warlpiri?
- Am I always giving lifts to the same select group of people/family? Does this alienate other families from accessing the youth program?

Where is there an opportunity to take care of myself and my energy levels, by setting some boundaries and politely avoiding particular requests?

- How do I take care of relationships and social obligations while maintaining boundaries?
- What sort of language do I use to refuse requests? Empathise with their need and express another need you currently are fulfilling, "Gunru, you've got lots of shopping today, but I'm heading that way to the rec hall, all the kids are waiting." A flat out no is rude.

Know your employer's policies and procedures

- Know them, enquire if you don't.
- Keep notes or make voice recordings of things so you can refer to them later, or expand upon them when sending an email to management etc.
- If you are unsure about something which has happened, don't be afraid to ask what to do.
- Be conscious of the limitations and the responsibilities of different roles within the organisation you work for.
- Tell management, at any stage, even if you forgot about reporting/discussing an incident, perhaps something you didn't realise you were supposed to. Communicating and following up is always more helpful and professional than leaving it swept under the carpet.

Know Your Place

Use your line manager, google, Council websites to find:

- A map of Alice Springs, and highlight key stores!
- Map of your region
- Directions to your community
- Slap map of community

Once there, we suggest you have regular cups of tea, chats, etc with the following community members, agencies and staff:

- Other youth staff
- BRACS (Radio/media staff)
- SSM and general shire office
- Coordinator and manager of youth services/community services
- Clinic details including manager
- CDEP/Job Agency
- Police
- Government Engagement Coordinator
- Supportive youth
- Supportive elders/families
- School (if not during the school holidays)

Ideally, you should identify these people early in your program, and keep a record of their contacts. Ask around to see if anyone can give you an existing list of community contacts.

Learn to discern between personal and professional needs

- Know who is the right person for the job, and adjust your expectations accordingly. For example, your manager is not your mental health professional, it is okay if they don't provide that kind of support and they refer you to someone else.
- Know why you are struggling, is it because you have a maintenance or staffing issue, or is it because you are not managing your downtime very well and feel generally stressed. It is likely to be a combination of things, set up habits, consistency, routine.
- Consider the cultural differences or behaviours of others which you may find challenging. These may include, for a western whitefella, forms of politeness, gratitude, negotiation, communication, living arrangements, physical contact, waste management, resource management, kinship systems, relationships with place and space, and power dynamics. It is okay to find these things challenging, however they are generally not problems, or things that need fixing, or there is more to the story you may not realise. It is our job to slow down, listen, and develop some resilience by actively managing any personal challenges.
 - For example, occasionally NYWs are really challenged by rubbish on the ground in a community, and make it a priority to instil some so called pride in the local

community. More useful, less racist, is a rubbish collection system that has the equipment and resources to regularly provide a service, less wind, access to rubbish bins or skips in zones that are inaccessible to dogs, access to vehicles for trips to the tip, less plastic in the world. So, here we see that there are in fact several issues relating to managing rubbish which not everybody has the time, desire or capacity to prioritise.

Do the selfcare

- Know the basics and build them into your routine.
- Know your weaknesses and work with them so they don't create more work, or less than ideal working conditions for yourself
 - Skipping lunches because you always seem too busy?
 - Forgetting to drink and dehydrated most days?
 - Itchy head? (don't think too long about that one)
 - Not getting enough sleep because you wake up at 3 am every night and can't get back to sleep?
 - Got a boil? Or a tiny cut that looks a bit like it's getting infected?
 - Haven't done any physical exercise in months?
 - Am I able to feel professionally centred and valued without the reassurance of others?
 - Forgetting your culture, your value, who you are?
- Find the right mental health support for you - if you find one practitioner is not offering the right support for you, find someone else, keep looking until you have the right one.
- Acknowledge if you have outgrown a support system. This could be a mental health professional, how you have downtime, what you do when you go on leave, who you chat to on the phone etc. and invest in necessary changes.
- Make a conscious decision to *not* talk about work and community life on a regular basis. Look after yourself, your relationships in the community you live and relationships with family and friends in other places.
- Discern between problems you find, and those you create.
- Be equipped with the things you personally need to recognise and manage a cold, boost your immune system, deal with nits, period pain, boils, ring worm, scabies, cuts, infections, dehydration... etc. etc. etc.

Basic rule is, don't leave it to get better, prioritise your health, yes you are privileged, but it doesn't make you underserving of the time and brain space for selfcare and professional health care. Treat the thing, go to the clinic. It is so easy to wind up in hospital with a boil the size of a tennis ball on your bicep.

Look after the youth worker team A local youth worker might really like working when their sister comes along, when they can use the camera, if you've got the USB with the good music, cooking, bush trips, driving, if they can be part of their favourite activity, if they can take the lead. Find out what motivates individuals and try to support.

- Be respectful and kind, possible health issues, lack of sleep, no breakfast, no car for a lift to work can make it challenging to rock up and give 100%.
- It is not a local youth worker's job to be a whitefella, or to do all the things a whitefella team leader has to do.
- Try not to make assumptions about why a local colleague may or may not be able to work. There is a great deal NYWs will never know.

Step back and make space for your local colleagues to do their job. Stay quiet.

- Experiment with reducing the common compulsion to (even gently) give directions, reduce this to 50% of the time, 20%, to 0% of the time. See what happens. Try to be present and observe your thoughts while being in a position where you don't give direction, see how this makes you feel... Frustrated? Angry? Is it too slow for you? Find it difficult to stay quiet? How is your compulsion to direct motivated by your emotions? Explore your chatter, how much of it is motivated by a real need for intervention?
- Understand which parts of the role the local youth worker may need your support with, and when it is your job to step back. Make time to talk about this, and most importantly observe, observe yourself, and your colleagues.
- Don't get involved in local gossip.

Communicate effectively via email

- Emails are not an opportunity to write an essay, be as brief and as clear as possible.
- Format your email so it is readable.
- Use lists.
- Cc the right people and reply all when appropriate.
- Use the subject line and make it clear what the email is about, if it is urgent, add that.
- Replying to questions, you can go through the email and write your reply directly under questions in another colour text, to make sure you don't miss anything.
- Take notes on computer or phone while speaking on the phone so it is easier to send a follow up email if you need to.
- Follow up emails create a habit of listing the main points of the discussion, it helps everyone stay on track and feel heard, get stuff done.
- If you have a meeting to discuss an incident or to navigate support, make yourself a list of points to discuss (and email if appropriate) prior to the call.

Keep an e-paper trail of requests and issues

- Keep track of things by using email correspondence so you know when and what you asked for, and when you received a response. This transparency is helpful for all involved.
- If you have a phone conversation in which you ask for several things, follow up with a brief email.
- If you can't follow up with an email immediately, make the list in an app on your phone (eg. Google Keep and Reminders) and send them in email form later.

Learn to work with what you do have

This means understand the equipment and space you have, and use it to its full potential. Look after relationships with other services and find out about possible spaces you may be able to use for specific activities eg. does the school have a home ec room you can use out of hours?

- Know how to use an iPad, know what is on it and how to use the apps beneficial to the program for example: sports games scoring apps, iMovie, Garage Band, downloaded dance choreography clips of popular songs. Know what the apps are and organise them into folders for age group so it is easy to direct and navigate (and so you recognise possible gaps).
- Use benches/chairs/mats/paint/chalk/masking tape to make shapes on the floor and lighting to help create a dancefloor ie. transform the rec hall for a good disco
- Freezers are your friends in summer, freeze 1/3 full water bottles and top up with water for trips in the car or outside activities etc. Freeze oranges, fruit boxes etc.
- Manage rubbish. Depending on how regular the local service is, you may find you have to take it to the tip.
- If you only have one good basketball, communicate the value of this to everyone who uses it and make sure you know where it is at the end of the activity. If you only have one crap basketball, also know where it is at the end of the activity!

Take care of equipment and resources

- Check any fresh food upon arrival if you have orders, a box of oranges may have one mouldy one. If you have fresh food which will soon go bad and you don't think you'll be using it, give it away before it goes bad.
- Always check the fridge door is closed before leaving the building.
- Lock the padlock to the door (or somewhere close by) as soon as you unlock it so you don't lose it.
- Create system for keeping track of keys, know where the spares are.
- Keep things clean so you can use them, for example, avoid serving cordial in the water eski, the minute you're not onto it, it will go off and you'll have mouldy spouts etc.

- If you have equipment which is functional but you just never use it, let your coordinator/management know so they can find out if a team from another community have a use for it.
- Look after the cars, take the vehicle checklist and the cleaning requirements seriously.
- Make a habit of checking power points and that whatever may be powered by them is plugged in.
- Consider the safest and most practical storage solution for fragile and/or highly desirable equipment. If you must store things in your accommodation discuss this with coordinators/management for the sake of transparency.
- Have a consistent charging routine in place for electronic items so they are always ready to use.
- Have a consistent routine in place for ending an activity, so everyone present knows the routine/expectations.
- Take photos of broken equipment or spaces which are unsafe, if there has been a break in, if reporting and/or maintenance is required, include them in your email.
- Clean, functional spaces foster opportunities for care and ownership by all accessing the space.
- And... please don't spend your own money on program needs

Non-local youth workers need downtime

Here are some ways to look after yourself when you have time off. This includes time off in your home community, when you go to Alice Springs, and when you go away from the NT.

Downtime in your home community

Everyone has their personal interests and projects, here are a couple of things which may help with things that can be hard to access or make time for.

Reading

Library membership of eBooks, including books, magazines and audiobooks

Alice Springs Public Library

- Join in person in Alice Springs, you need a proof of address in the NT, Payslip should do the trick.
- BorrowBox - [Google Play app](#) for Alice Springs library's digital content
- BorrowBox - [Apple app](#) for Alice Springs library's digital content

Are you a member of a library elsewhere? Check out their ebook collection. Also worth checking out is [80 Online Resources for Book Lovers](#)

Movement

It can be really hard to find time, energy and the space to move, or to exercise to look after your physical and mental health. Summer adds extra challenges where work hours are massive and the heat oppressive. Often an escape to the aircon of our homes and a shower is about as far as it goes in terms of selfcare. It can be hard to carve out the dedication to practice daily yoga, or other workouts at home at this time of year. I recommend checking out Katy Bowman, for a physiotherapist's approach to movement in the fullness of everyday life.

This [clip](#) is a good intro into what it's all about...

Website: [Nutritious Movement](#)

Blog: [Nutritious Movement](#)

Podcast: [Move your DNA with Katy Bowman](#)

Downtime in Alice Springs

Not everyone spends time in Alice on their breaks, it can be hard if you don't have friends in town or don't know the place very well. Even if you don't have extended periods of time in Alice, you are bound to spend some time there, and here are a few things worth knowing about...

Mountain Bike trails, great for mountain biking but also lovely walking and running. A trail head is easy to get to from anywhere in Alice. In Summer night rides are common, local Local bike stores may be run night rides so you could join one.

See below [map](#) of the extensive routes.

If you want to ride you can hire bikes at [Outback Cycles](#), otherwise you could ask on Youth Work in Central Australia facebook page if anyone in town has a bike you could borrow. Also check out Alice Springs Mountain Bike Trail Trails on facebook.

Safety and comfort is your responsibility

- Take plenty of water.** Drink at least 1 litre per hour and always take more than you think you'll need. Hyponatremia is recommended.
- Avoid extreme heat.** In hot weather plan your ride or walk for early morning or evening.
- Be sun-smart.** Apply sunscreen regularly and cover up.
- Wear a helmet.** Additional safety gear like gloves are also recommended. Armour should be considered on Black Trails.
- Prepare for flies.** Consider taking a fly net or fly cream.
- Plan ahead and be prepared.** Have a training or take a phone of the area. Carry: tools, spare tubes, pump, first aid kit, extra water and food.
- Know and respect your equipment.** Ensure your bike and equipment are suitable for your chosen trails.
- Ride in groups and know your limits.** supervising children at all times. If alone, tell someone about your plans. Be aware of hazards and changes to trail conditions.
- Respect wildlife.** To minimise disturbance and for your safety, allow animals space and time.
- Carry a mobile phone.** Be aware that reception is unavailable and can often improve with high elevation.
- Motorcycles are not permitted** on any trails within Jorjunga West MacDonnell National Park or Alice Springs Telegraph Station Historical Reserve.
- Give way to vehicles** which may be using management tracks.

In the event of an emergency call 000

Many trail markers display a grid reference which can help locate you.

Ride the Red Centre

The Eastside & Westside Trails form part of a large network of mountain bike & shared-use trails across Central Australia.

For more information about the trails, events & the trail community visit www.ourterritory.com.au/mtb

ALICE SPRINGS MOUNTAIN BIKE TRAIL TRAILS

Larapinta Trail

The Larapinta Trail is a world renowned walking trail spanning over 230 km through the West MacDonnell Ranges. The Larapinta Trail is for walkers only, with the exception of a 3 km section between the Alice Springs Telegraph Station and the Railway Line that is shared with mountain bikers. Please ride with care and give way to walkers.

Atetherre (1-11) (11-04) Budgeter. Gateway to the Westside Trails and a great introduction to Red Centre riding. 4 km

Larapinta Trail (11-01) (11-04) A well established 100km long distance walking trail in major with mountain bikers. Please ride with care and give way to walkers. 3 km

Flying Doctor Technical experience with great views. Contact to Flynn's Gate Historical Reserve management tracks (only 20m). 3 km

Nturrerte (1-100) (11-04) Scenic ridge. Progress your outback riding skills on the undulating and flowy singletrack loop. 6 km

Mulga Bill One way mostly descending trail through the woodland of Mulga Bill's namesake. 2 km

Locomotive "Watch where you're On!" on this fast and fun trail bends the railway line. 5.5 km

Hell Line Extended outback cross-country trail for experienced riders only. Be prepared and carry plenty of water! 15 km

Road Train Prime singletrack with great views. Links trail line with the Larapinta Trail and the Telegraph Station trails. 5.5 km

Bus Challenging one-way trail features a climb to a spectacular lookout and a very technical rocky descent. 3.5 km

Please remember

- Comply with all signs, noting if a trail is one or two-way, for shared-use, walkers-only or riders-only.
- Stay on the marked trails for your own safety and to show respect for country and culture. Trail lightly and leave no trace, control your bike and take all rubbish with you.
- Share the trails, respecting other users. Remember, cyclists generally give way to walkers but, common sense should prevail according to the situation.
- Look after the trails by setting a good example of environmentally sound and socially responsible trail use.

ALICE SPRINGS MTB TRAIL MAP

"Werte. Nlembu amere amere keube-keube. Arerete wape-keube. Mawre arle arpe-awebu-tyapite. Mawrige-arehwe-Kele."

"Welcome to Arrernte country. Hope a good day and be aware of what's around you. Thank you." Traditional Owners

Cinema

[Araluen Cinema](#) hosts film festivals, cinema nights and theatre productions.

[Alice Springs Cinema](#) is at the top of the Todd Mall.

Festivals in Alice Springs

There are a number of festivals in Alice and surrounds, it is a pretty busy place. You don't always need to fly far away to go to some amazing events. See links to some of these events below, there are plenty more so do your research - [NT festivals & events](#).

February [Travelling Film Festival](#)

March [FabAlice](#)

April [Blacken Open Air](#)

April/May [WOS](#)

June [Beanie Festival](#)

July/August [Red Dirt Poetry Festival](#)

September [Bush Bands Bash](#)

Downtime away from the NT

Some of the Golden Rules of going interstate on leave...

- If you need looking after go somewhere you will truly be looked after. Let the family or loved ones know that's what you need.
- Try not to over commit to things, chances are you can't see everyone and it may end up being stressful and more about everyone else's excitement to see you, rather than you having a rest and fun
- Try your best to switch off. Don't promise you'll do work related things while on leave, if someone from work calls you, politely ask if it can wait till you return on blah blah date.
- Try to minimise discussing your life and work. It is time to rest, time to look after your relationships and remind yourself of you... not time to convince everyone to reimagine what this country is... Beware! It is an exhausting, heart wrenching trap!
- Go and eat all the awesome food in all the awesome places.
- Give yourself enough time to get back, arriving in Alice and preparing to get back out bush always takes more time and energy than expected, plan and avoid the mega day and mega stress, and possible dangerously speeding into that setting sun. Here are some examples of things you can do:
 - Order supermarket food online in advance (you could even do this before you go on your holiday!)
 - Stay the night in Alice before heading back out bush (c'mon, it's not that bad!)
 - If you have specific things which need picking up in Alice which are for the youth program, CAYLUS may be able to help, and it's worth going and meeting the team here anyway... call 89 514236 or email caylus@caylus.org.au

Living in Central Australia, it seems to be inevitable that everyone travels by plane at some point. Maybe you find yourself in the climate anxiety boat, maybe not... but you want to be proactive anyway... and keen to reduce and and/or offset your carbon emissions, check out this article, [Offsetting Carbon Emissions: 'It has proved a minefield'](#) (Guardian). It has a bunch of different projects we can put our \$\$ into, many of which are tax deductible donations, to offset your carbon footprint.

Helpful Central Australian Contacts

[Alice Springs Youth Accommodation and Support Services \(ASYASS\)](#) **8953 4200**

Organises emergency accommodation and provides support to youth

Alcohol and other Drug Services, Central Australia (ADSCA) 8951 7580

Non-residential service providing specialised alcohol and other drug assessment, treatment, referral and managing withdrawal at home.

Alice Springs Women's Shelter [08 8952 6075](#)

Crisis and emergency accommodation

Open 24 hours

Atunypa Wiru Minyma Uwankaraku Domestic Violence Service (NPYWC) (08) 8950 5420 1800 180 840

[BarklyYouth](#)

Head office: **8962 0000**

Bush Mob [08 8953 3798](#) (Monday to Friday - 8am to 4pm) [0419 839 920](#) (24/7)

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 health workers and youth workers

[Central Australian Aboriginal Family Legal Unit](#) (CAAFLU)

1800 088 884 or Alice Springs **8953 6355**, Tennant Creek **8962 2100**

Provides free familial legal services and education for Indigenous people

Central Australian Aboriginal Legal Aid Service (CAALAS) - Tennant Creek (08) 8950 9300 or 1800 636 079

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

[Central Australian Women's Legal Service \(CAWLS\)](#) (08) 8952 4055 or 1800 684 055

[Central Desert Shire Council](#)

Head office [08 8958 9500](#)

Congress Social and Emotional Well Being Unit

Provides counselling and support (need a referral) 8951 4457

Crimestoppers 1800 333 000

Provides an anonymous service through which anyone can report crimes

Domestic Violence Legal Service

(08) 8952 1391 or 1800 684 055

Drug and Alcohol Services (DASA) 8952 8412

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

Headspace Alice Springs 8958 4544

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

Holyoake 8952 5899

Provides counselling and education for families affected by substance misuse

Community First Development

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

MacYouth

Head Office: **89589600**

Mental Health Association of Central Australia (MHACA) 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

Mt Theo, Warlpiri Youth Development Program 8956 4188

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

North Australian Aboriginal Justice Agency (NAAJA) - Alice Springs

(08) 8950 9300 or 1800 636 079

NPY Women's Council 8958 2345

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

NT Family and Children's Services (NT FACS) 8955 6001 (business hrs) 1800 700 250 (after hours)

Investigates reported cases of neglect or child abuse

NT Legal Aid Commission 1800 019 343, Alice Springs 8951 5377, Tennant Creek 8962 0100

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

NT Police

Emergency **000**

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

Tangentyere Night/Day Patrol **1800 133 110 or 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 Safe Families **89528282**

Provides emergency residential assistance for children

Waltja Tjutangku Palyapayi (doing good work for families) **8953 4488**

Provides support and training to youth workers and support for communities

WYDAC

Head Office **8956 4188**

Reading

Some good reads from the region (and beyond):

- Kim Mahood [Kartiya are like Toyotas](#)
- [Vikky Reynolds](#) for professional practice/self care
- Dog Ear Café: How the Mt Theo Program beat the curse of petrol sniffing By Andrew Stojanovski
- Crossed Purposes: The Pintubi and Australia's Indigenous Policy By Ralph Folds
- We Are Staying: The Alyawarre Struggle for Land at Lake Nash By Pamela Lyon
- Pintubi Country: Pintubi Self By F. Myers
- Why Warriors Lie Down and Die By Richard Trudgen
- Craig San Roque's The Long Weekend in Alice Springs, adapted and drawn by Joshua Santospirito.

Check out CAYLUS docs and resources

- [Menstrual Hygiene Management](#)
- [Meeting the Youth Gap](#) Bunch of resources for youth worker teams (and others) to support local youth workers, and other young people entering the workforce.
- Documents, etc available on the CAYLUS website (www.caylus.org.au):
- Link-Up Newsletters (CAYLUS Newsletters)
Information on Opal
Info on Youth Programs in Central Australia
- Info in Inhalant Substance Abuse
Evaluation of CAYLUS work with retailers of VSA in Alice Springs
- NT Laws about Inhalant Abuse
Submission to Senate Inquiry into Inhalant Substance Abuse
Coronial Submissions 2005
Research Reports about Youth Programs in the region

Professional development via Zoom

Craig San Roque

This is an [intro](#) to Craig San Roque who does professional development work with us. If you are interested in talking to him about your work as a remote community youth worker, ask your line manager to email caylus@caylus.org.au and we will make a booking for a confidential session.

Amy Gordon

[Amy](#) is an experienced remote community youth worker with extensive counselling qualifications. If you are interested in talking to her about your work as a remote community youth worker, ask your line manager to email caylus@caylus.org.au and we will make a booking for a confidential session.

Author's note...

At best I am super organised super charged productive machine and thrive with ten balls in the air.... Or at least I think I do (it is exciting having a million things going at once no?!). I also know I am pretty chaotic, get super hungry and crash before I get to my next piece of cheese and bread. I tend to get dehydrated and I get snappy. I also forget to brush my hair or wash my face. In my first youth worker role was terrified of writing emails or calling a shop in town to get a quote, (I just didn't do it). I thought management in town didn't even know I existed. I had insomnia for months and I denied I had nits until they were literally jumping off my head. The list goes on. In writing the Blue Book, I draw from my own mistakes and weaknesses, as well as the countless discussions I have had supporting youth workers. I have made so many mistakes and was completely overwhelmed by my first role out bush. I am grateful for these experiences, because I know that if I work with them, they can help inform and strengthen my professional practice. - Leyla Iten.

It is really helpful not just for you personally, but for other WYWs past present and future, if you work on finetuning how to navigate support, and being able to provide constructive feedback to your coordinators and management. Your employer's practice also influences other youth program providers in the region.

