

# STRENGTHENING GENERATIONS

Ballarat Communities That Care®

Creating Cool  
Communities  
And  
Building Awesome Futures

Building community capacity  
and resilience in young people.



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# STRENGTHENING GENERATIONS

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## *Communities That Care Methodology:*

Internationally recognised approach to systematic prevention planning

Combines community involvement with...

- ❖ Analysis of risk and protective factors in the lives of young people - extensive survey process
- ❖ Recommended evidence-based approaches
  - ❖ Long term plan for change

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## *Structure:*

- Project auspiced by City of Ballarat – Worker sits within Community and Culture unit of City Wellbeing department
- CORE (Coordinating Overseeing Resourcing Evaluating) Group comprised of following agencies –
  - Ballarat Catholic Education Office**
  - Ballarat Community Health Centre**
  - Child and Family Services Ballarat Inc**
  - Department of Education**
  - Department of Human Services**
  - Centacare**
  - City of Ballarat**
  - Victoria Police**
- Community action teams in each area made up of young people, community members and workers from health, community and education organisations. The action teams drive the process.

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## **Why we are working in Sebastopol / Delacombe and Wendouree**

Selected communities of need based on disadvantage from a wide range of indicators (in 2000) :

- areas of longstanding economic and social disadvantage.
- Around 80% of households have an income of less than \$400 per week.
- Education enrolments showing significant lack of pre school experience.
- Rates of protective notifications, investigations, substantiations, applications and new court orders issued relating to 0-17 year olds

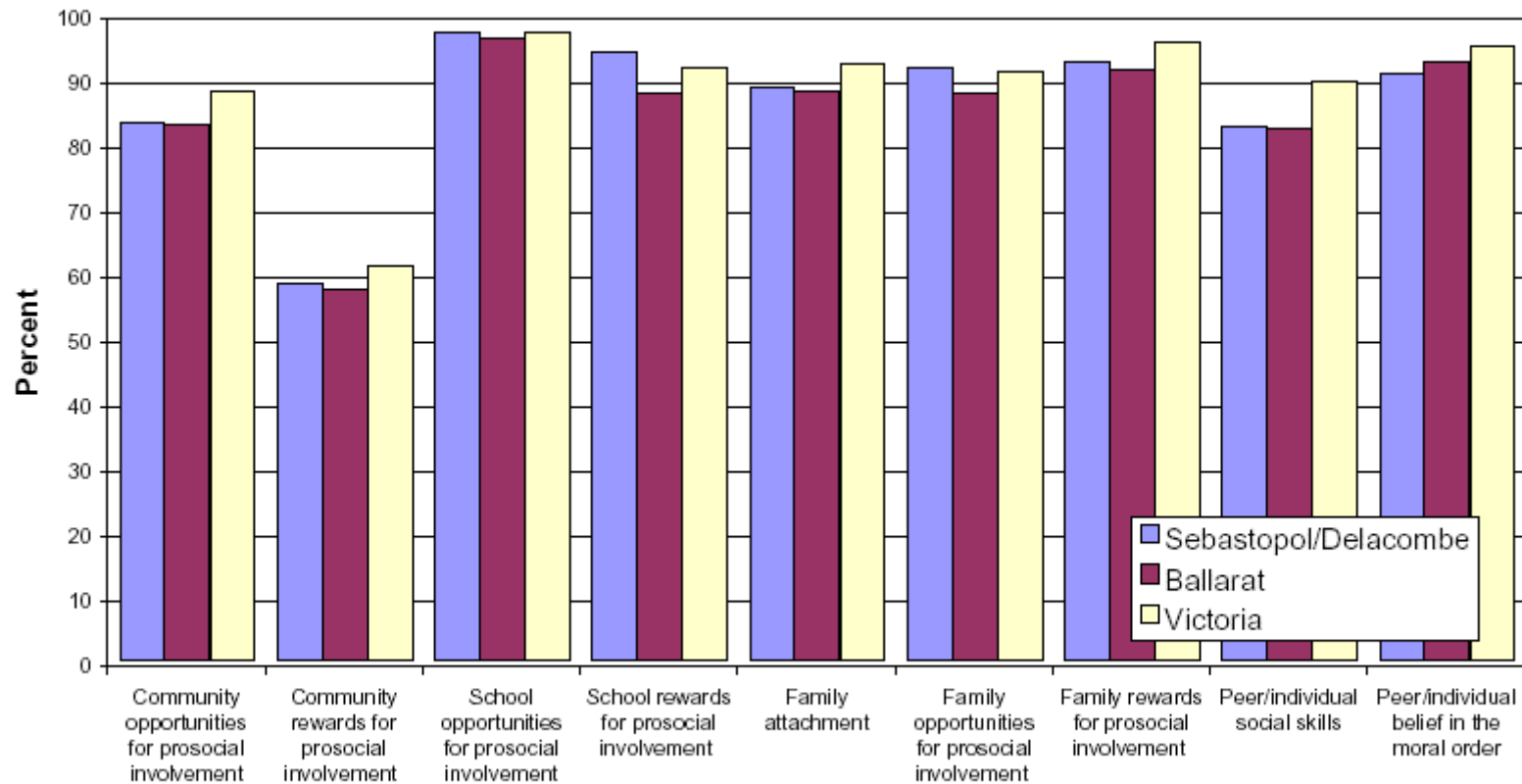
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# Sebastopol / Delacombe Protective Factors

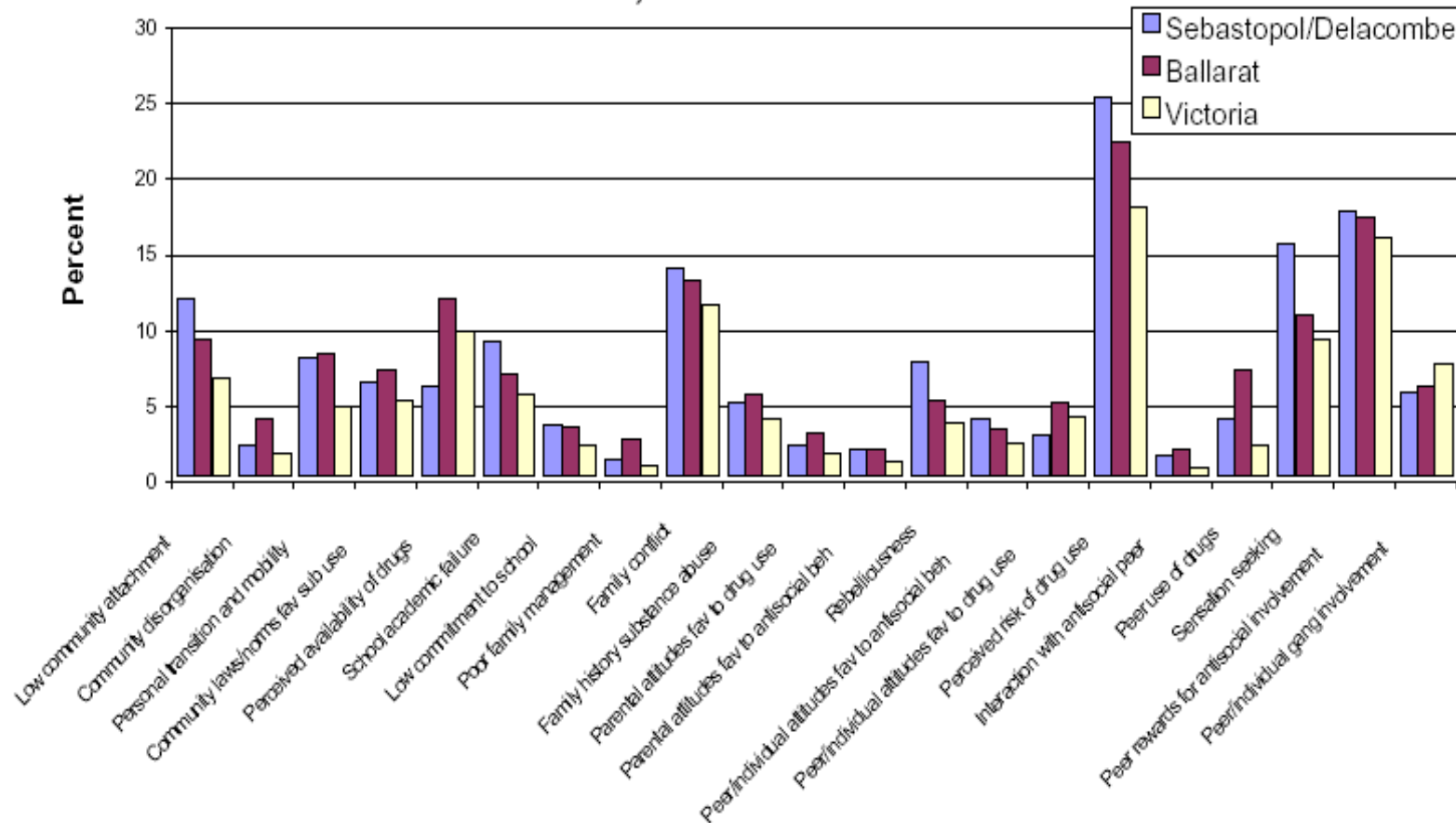
**Figure 15: Prevalence of Protective Factors Amongst Young People: Years 5, 7 and 9 Combined**





# Sebastopol / Delacombe Risk Factors

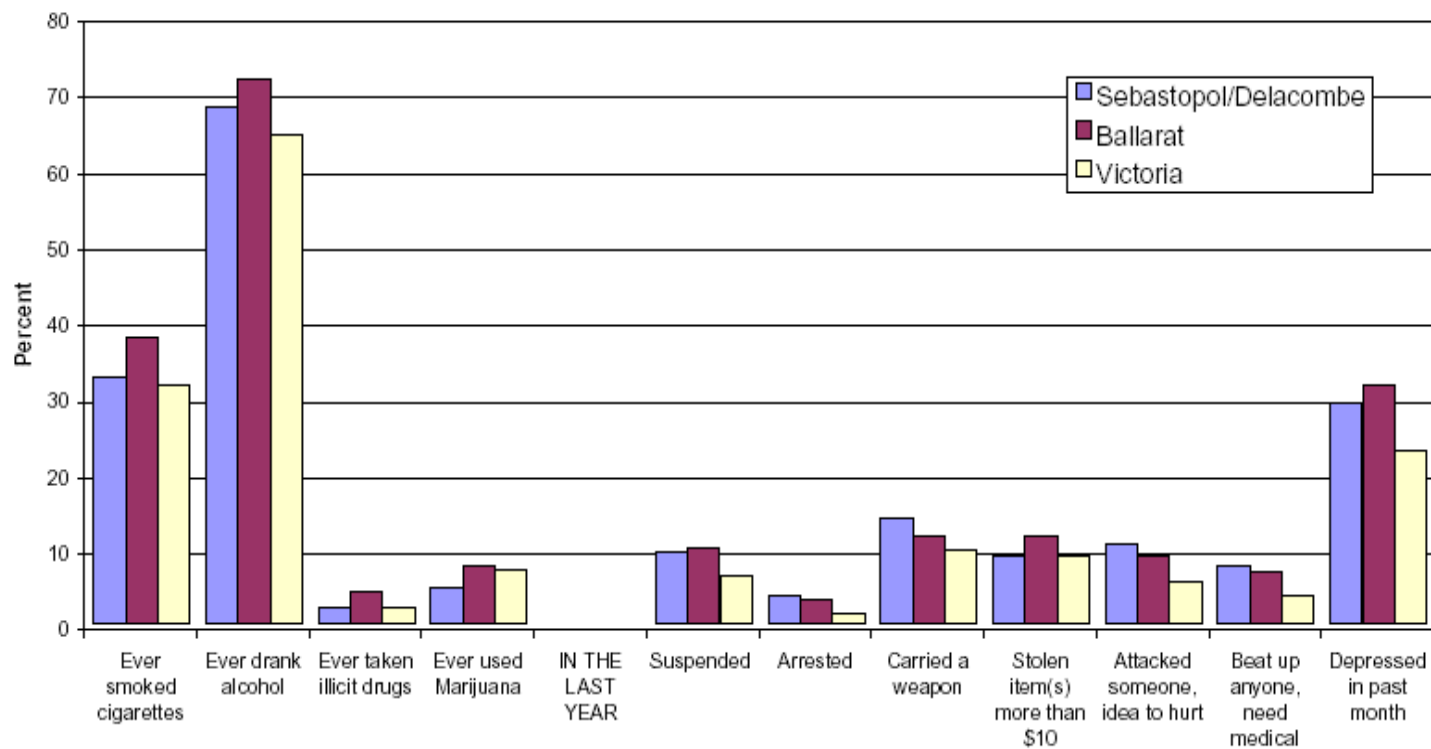
**Figure 10: Prevalence of Risk Factors Amongst Young People:  
Years 5, 7 and 9 Combined**





# Sebastopol / Delacombe Challenging Behaviours

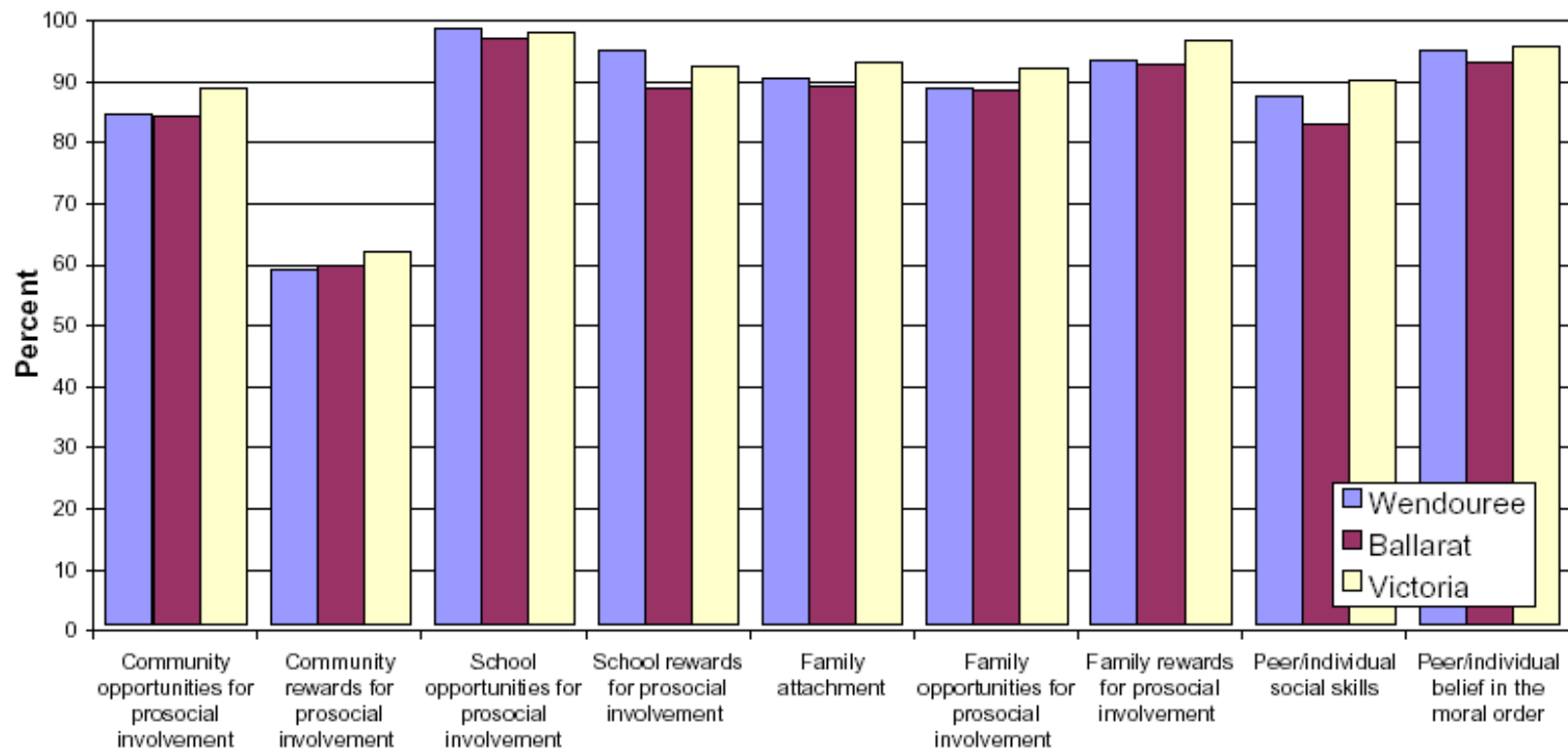
**Figure 1: Reported Prevalence of Behaviours:  
Years 5, 7 and 9 Combined**





# Wendouree Protective Factors

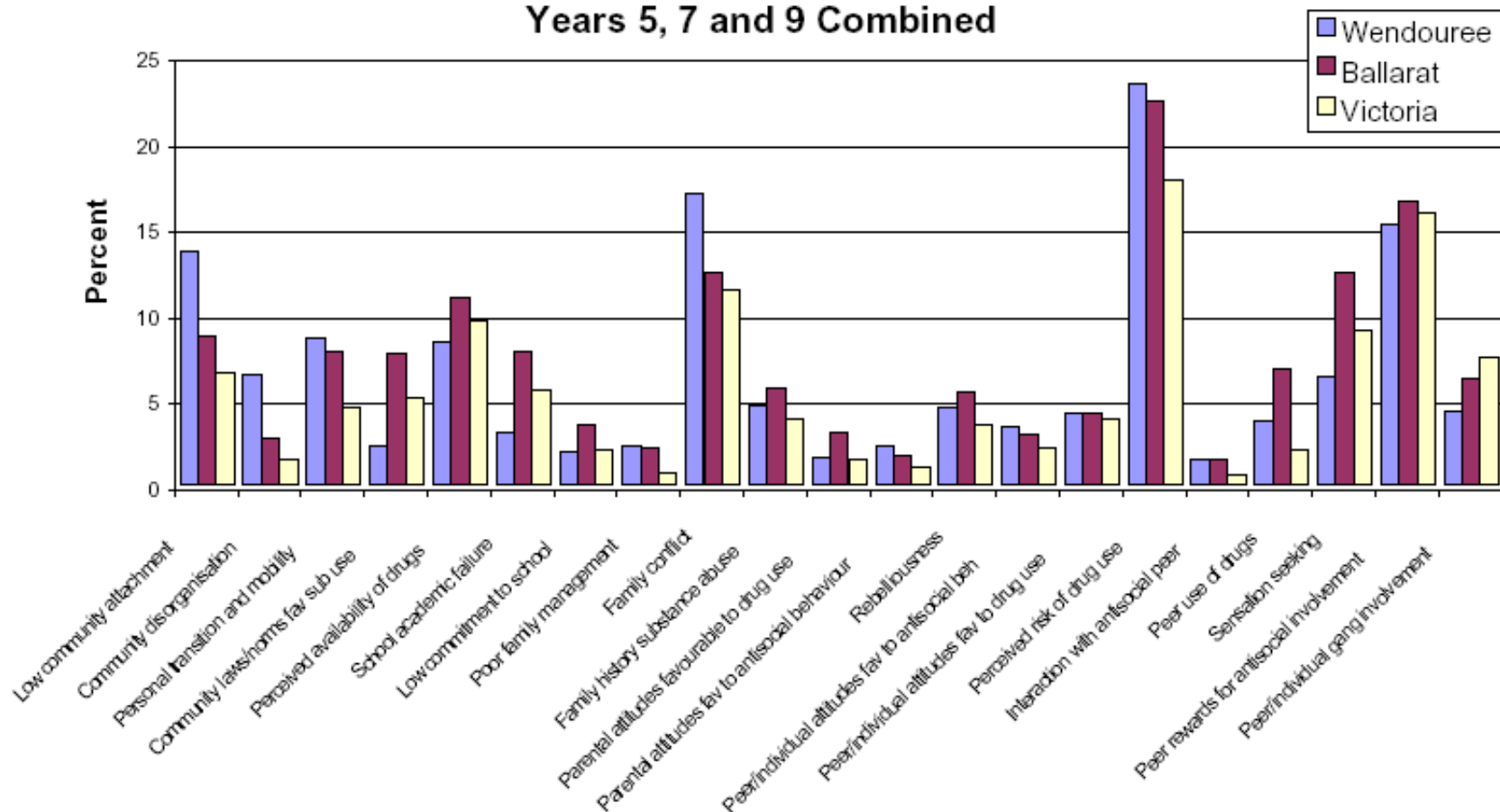
**Figure 15: Prevalence of Protective Factors Amongst Young People: Years 5, 7 and 9 Combined**





# Wendouree Risk Factors

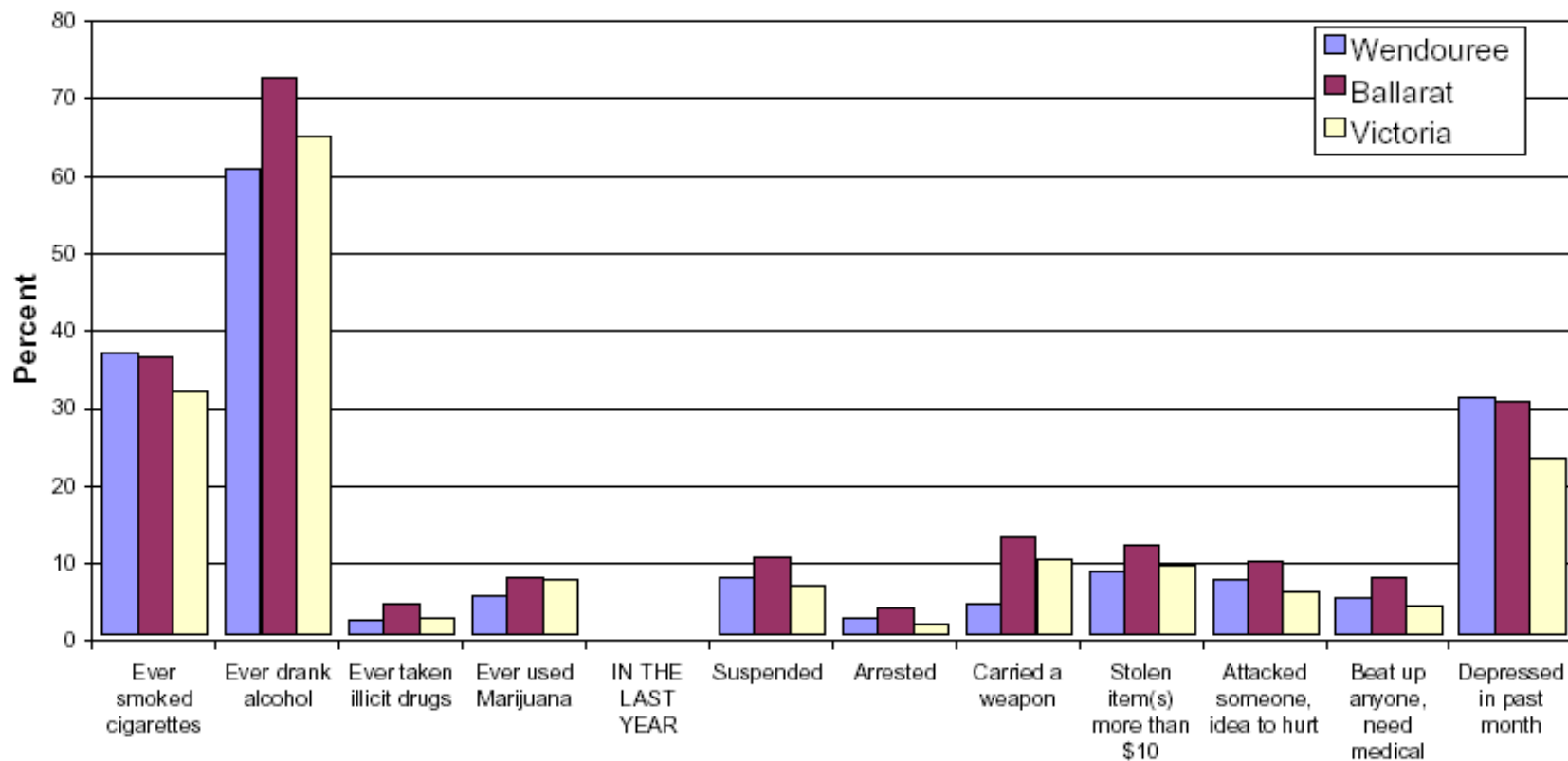
**Figure 10: Prevalence of Risk Factors Amongst Young People:  
Years 5, 7 and 9 Combined**





# Wendouree Challenging Behaviours

**Figure 1: Reported Prevalence of Behaviours:  
Years 5, 7 and 9 Combined**



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## Survey Results: Protective Factors-both communities

### Community strengths:

On par or better than state average in the following indicators:

- Opportunities for social involvement at school
- Opportunities for social involvement in the family
- Family attachment
- Peer / individual belief in the moral order.

### Community weaknesses:

Young people reported the following protective factor was not as high and lower than the state average:

Community opportunities for involvement & rewards for involvement

*Conclusion: Young people do not feel as valued in their communities as they do in families, schools or by their peers.*

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The survey identified relatively heightened

## Risk factors

- Not connected to community
- Family conflict
- Drug use
- Involvement in antisocial behaviour

## Challenging Behaviours

- Tobacco use
- Alcohol & Binge drinking
- Depression

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**“Creating Cool Communities” and “Building Awesome Futures” use this evidence to create long-term community plans that :**

Inform people of the issues affecting young people

Include strategies with programs that address these issues

Include ideas for community development actions to involve the whole community

Provide a vision for the future health and wellbeing of young people, their families and the community

Include goals and measurable targets to evaluate results

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## The Wendouree “Creating Cool Communities” Plan – Goals

- Increasing Community Attachment
- Increasing Community Rewards for Involvement of young people in their community
- Decreasing Family Conflict
- Reducing the rates of binge drinking and substance use in young people.
- Reducing the rates of depression experienced by young people

## The activities to achieve these objectives will include:

- A youth participation process
- Creating connected communities
- Supporting family to address family conflict
- Action to reduce binge drinking and substance use in young people
- Activities to decrease the perception that drug use holds few risks

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## The Sebastopol/Delacombe “Building Awesome Futures” Plan

### Goals:

- positive development of community life
- increase in social skills for young people for individuals and their peers
- decrease in binge drinking and other substance use
- increase in health and wellbeing
- increase in family harmony

### Activities:

- develop leadership skills and initiate and sustain youth participation in the community
- build relationships with local training institutions and business to increase youth education, training and employment options
- skills, recognition and rewards program for children and young people
- assist families to establish and maintain positive relationships
- educate young people and their families re binge drinking

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- **Community plans provide a resource to:**
  - act as a catalyst for future community development in target communities
  - focus on children, young people and families
  - collaborate and build community capacity to achieve outcomes
- **Associated initiatives include:**
  - Wendouree West Community Renewal
  - Delacombe Community House
  - Best Start
  - Family Services Innovations
  - Family Violence Court
  - Ballarat a Safe City
  - CAST (CAMHS and schools together)

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**Young People in Capacity Building so far & a taste of things to come:**

Examples: - Connecting Wendouree and OOPS & SWOOP

Process – followed principles of Strengthening Generations:

## **Opportunities / Skills / Recognition**

**Opportunities** – Young people invited to attend initial meetings by approaches to schools and teachers

**Skills** – Young people involved in compiling surveys – distributing and collecting, collating results.

Young people assisted in the formation of the projects and participated right through to end of project and evaluation

**Recognition** – Young people given certificates at assemblies and invited to meetings and events with Premier to recognise contributions.

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2003 Out of Order Program  
from Sebastopol



2004 Sebastopol Wendouree  
Out of Order Program

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## Connecting Wendouree a public arts project



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## Implementation:

- Family Harmony initiatives have commenced in both areas
- Action teams are working on the Youth Participation Framework
- Agencies and schools have taken on recommendations from plans
- Process and impact evaluation is about to commence.

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Acknowledgments:

Strengthening Generations Wendouree and Sebastopol /  
Delacombe Action Teams

Strengthening Generations CORE Group

Centre for Adolescent Health & Communities That Care® Australia

Clark Phillips

Community Support Fund – Department for Victorian Communities

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