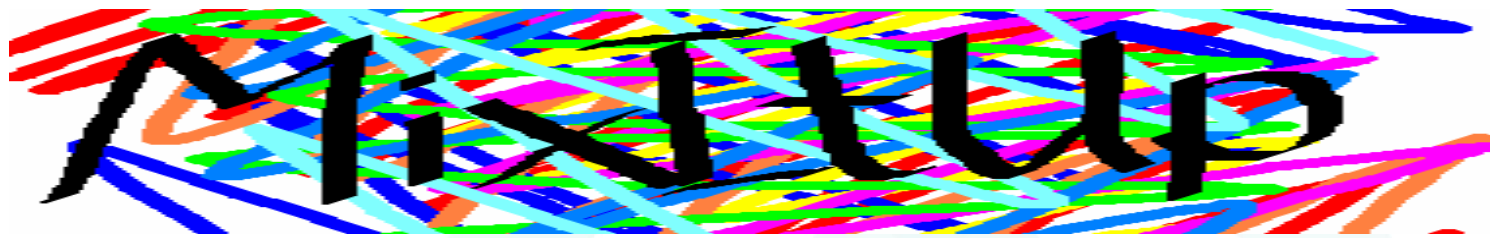




Young Blokes Getting Together
Program





The MixItUp Project is an initiative and partnership developed by the UHCHS AOD service and the Mental Health service in response to issues in accessing appropriate and timely intervention for young people presenting with co-morbidity.

National Illicit Drug Strategy Funded.

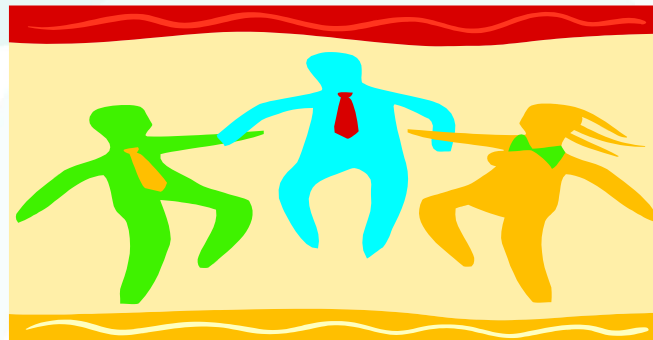


Young Blokes Getting Together, YBGT, is an innovative psychosocial day program using a group approach in working with young males between the ages of 18-25 years who present with dual diagnosis issues.



Psycho-Social Rehabilitation

... psychosocial rehabilitation invariably encourages persons to participate actively with others in the attainment of mental health and social competence goals”.
(Cnaan et al, Psychosocial Rehabilitation Journal, Vol. 11, No. 4: April 1988, p.61)



YBGT Background.

Need Identification:

- A significant majority of consumers accessing MIU were male, tended to have increase in social disconnections and isolated
- Lacked some basic living skills
- Lacked meaningful activity
- Low self esteem
- Poly drug users, however the primary substance of choice was alcohol.

Purpose of YBGT

The primary purpose of YBGT is to assist one another in breaking down barriers of isolation and reconnect young people to meaningful social activities, to enhance their emotional wellbeing through a sense of community connectedness and participation in a substance free environment.

Objectives

- To promote self confidence in a social/group environment without the use of substances.
- To enhance the young people's sense of emotional wellbeing through participating in social community activities.
- To break down barriers of isolation and assist young people to reconnect to community activities and services.
- To promote healthy nutritional diets.

Criteria

Young males between the ages of 18 to 24, who are experiencing co occurring mental health and substance use issues and who are not participating in employment, education or recreational/social activities. The number of participants is restricted to six.

Activities Undertaken

- Meet for a meal at the Salvation Army.
- Play Pool
- Fishing
- Lawn Bowling
- Ten Pin Bowling
- Exploring/hiking/sightseeing
- Coffee and chat
- Movies



Challenges & Unexpected Bonuses

Challenges

- reliability, no shows and excuses.
- Hang-over's.
- Medication issues.

Unexpected Bonuses

- No incidents of Bullying or harassment
- General group cohesion
- Members welcomed new participants
- Peer reinforcement of appropriate social behaviour

Outcomes

- Notable substance use decrease.
- Improved mental health status, including reduction of anxiety in a group setting and increased self worth and self esteem
- Improved social skills, e.g. eating a meal.
- Enrolment in pre- apprenticeship course, another in an Arts course, others scoping.
- Greater knowledge of vegetables and methods of cooking.
- Degree of acceptance of each other.