

Key Learning Outcomes: Youth AOD Organisations

Theoretical frameworks

- Understanding of **harm minimisation** and ability to articulate the three key pillars
- Ability to apply **harm reduction** in practice

Assessment

- Understand how alcohol and other drug (AOD) use interplays with other **psychosocial factors** (mental health, housing) and **functioning** (employment and training)
- Knowledge of **Stages of Change** theory
- Ability to apply Stages of Change theory to a case

Interventions

- Ability to match an **appropriate intervention** to a Stage of Change and articulate why this would be the indicated treatment
- Knowledge of primary **AOD specific interventions** (harm reduction, motivational interviewing, cognitive behaviour therapy, relapse prevention etc.)

Best practice

- Ability to develop an AOD **treatment plan** (e.g. how do you set goals with young people regarding their substance use)
- An understanding of **youth specific approaches** to practice (e.g. what would you do differently to working adults, an ability to articulate a developmental approach when working with young people)
- Understanding of stigma people may experience in relation to using alcohol and other drugs
- An ability to work with people from different cultural backgrounds

NB: Cheat sheet via Dovetail good practice guide #1 & #3