

# Using Co-Creation to Develop Culturally Appropriate Alcohol and Other Drug Resources for Aboriginal and Torres Strait Islander Peoples



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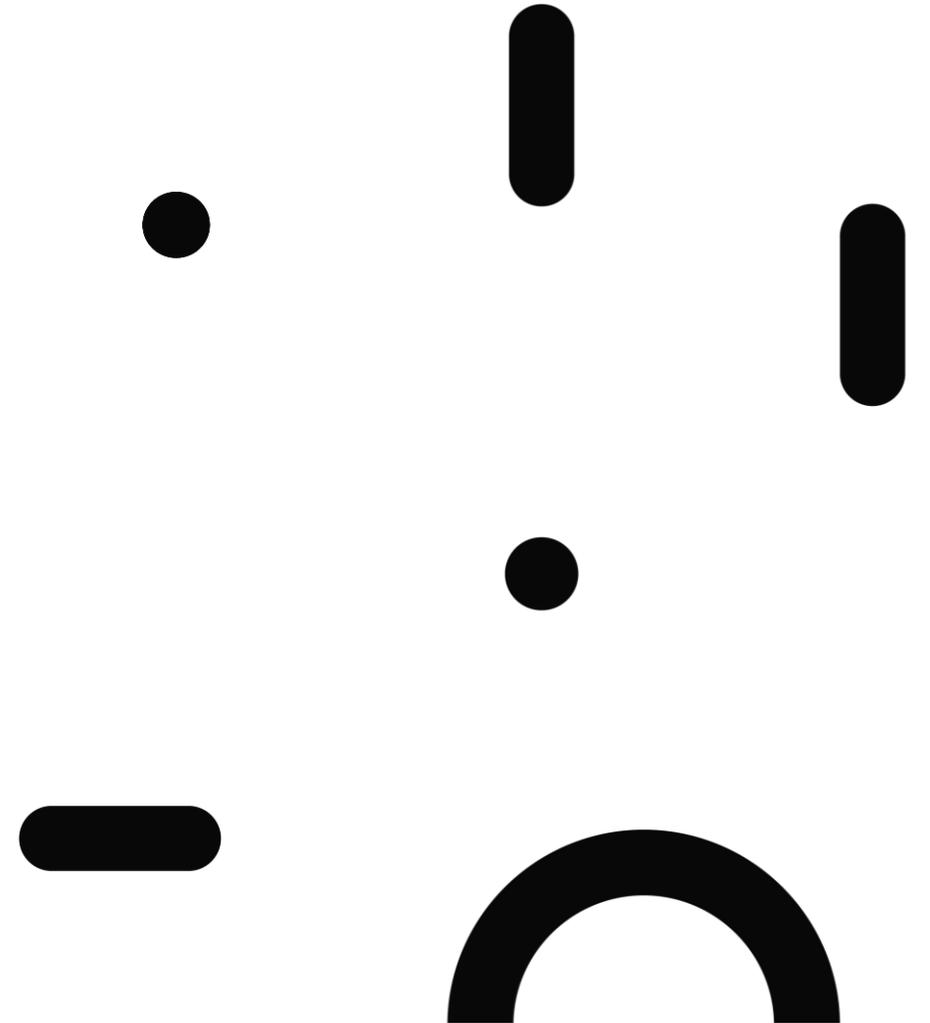
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## Disclosure of Interest Statement

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# Project objectives

✓ Redevelop outdated resources on website



✓ In line with ADF's commitment to reconciliation



✓ Identified need by LDATs for their communities



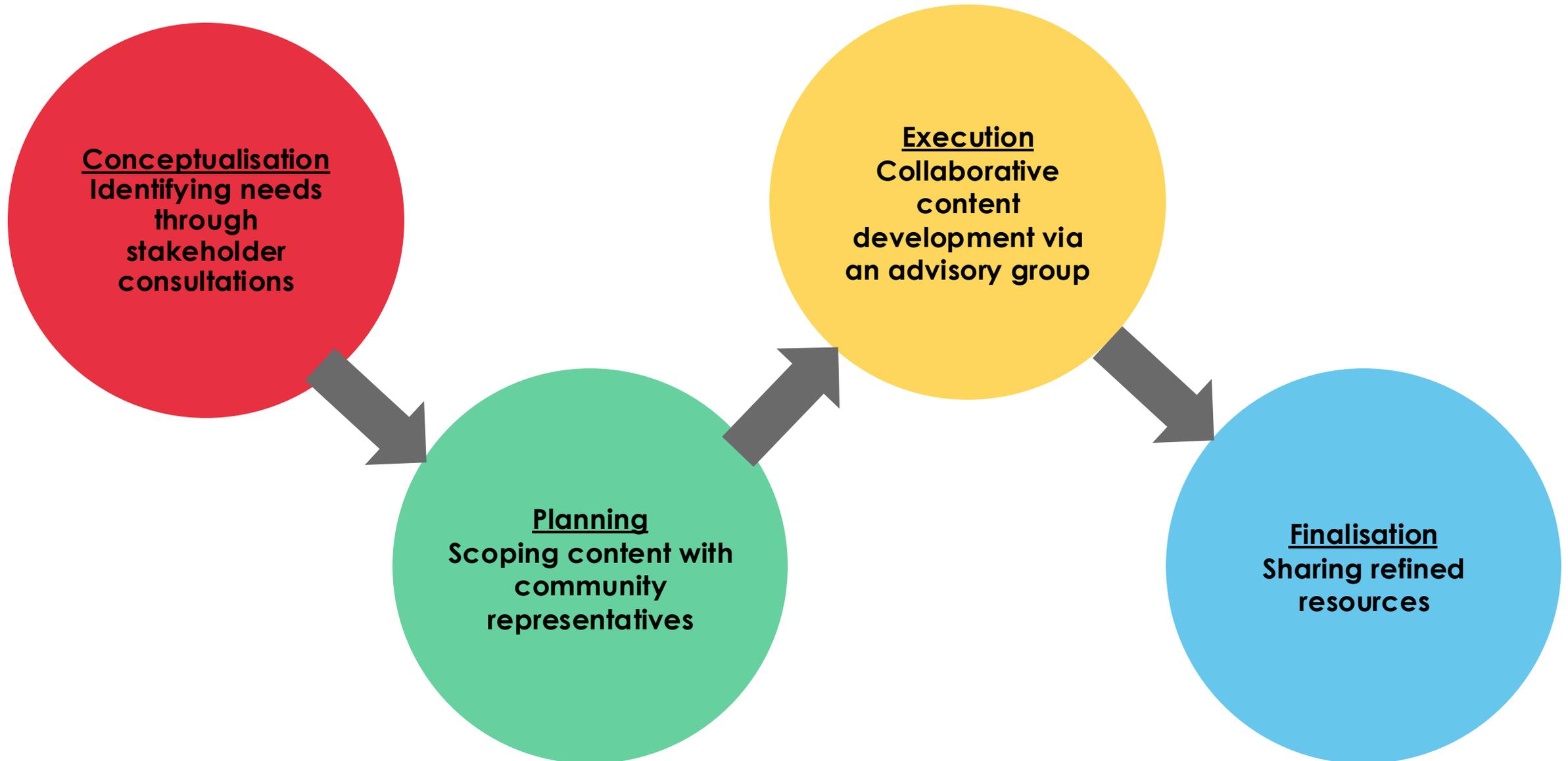
✓ Meets the organisations' evidence-based standards



✓ Co-creation and participatory processes



# Co-creation 4-step model



# Advisory group feedback – accessibility

Simple language & small amounts of text

Aboriginal and Torres Strait Islander words and phrases

Pictures, drawings, and other engaging visuals

Digital and print resources

## Advisory group



Eastern Health Victoria – Aboriginal Metro Ice  
Western Health – Aboriginal Hospital Liaison Officer

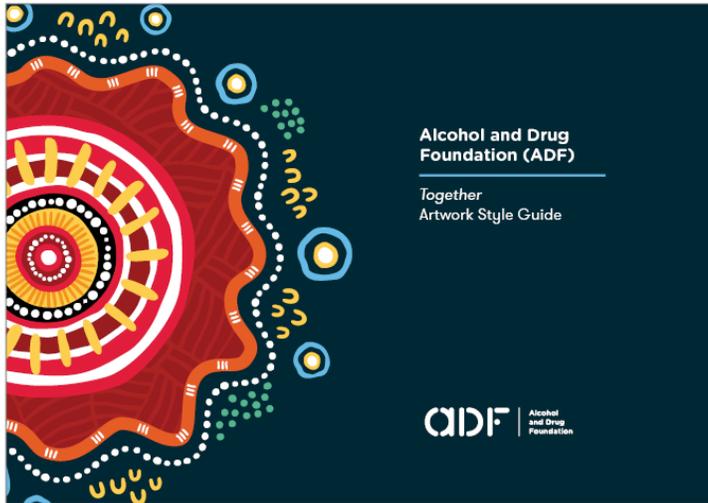
Ngwala Willumbong Aboriginal Corporation  
Whittlesea LDAT

# Elsewhere at the ADF, the new RAP artwork was in development



Artwork by: Charmaine Mumbulla at Mumbulla creative

# Artwork elements for resources



**About the artwork**

This artwork, *Together*, commissioned by the Alcohol and Drug Foundation (ADF) weaves the central theme of inspiring positive change through working together.

A large circle at the heart of the artwork represents the ADF, which has been serving communities across Australia for almost 65 years. A weaving ochre shape surrounds the ADF circle, representing harm reduction and evidence-based approaches to reduce harm from drugs and alcohol.

Small yellow u-symbols represent staff at ADF working together and embodying the spirit of reconciliation. Four vibrant circles on a connected pathway (that surrounds the ADF) represent its key values—Impact, Collaboration, Adaptability and Courage. The fifth circle on the pathway shows how the ADF leadership team is deeply connected to these values, modelling them through the way they lead the organisation. Smaller circles on the same pathway represent the ADF working together with communities to agree on local solutions for local communities.

Alongside the pathway, concentric circles surround by u-symbols represent the vision of Lives Unlimited. These symbols depict people living full lives in a healthy, independent and sustainable way in their own communities.

The background features organic lines and shapes which represent Country. These features remind us that the ADF performs its work on land that always was, and always will be, Aboriginal land.

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**Artwork Elements**

Artwork mono

3

**Artwork Elements**

Centre circle

7

**Artwork Elements**

Connected circles

5

**Artwork Elements**

Row 1 (1-4)

- Waterway
- Ochre circles
- Blue/yellow circles

Row 2 (1-4)

- Hill 1
- Hill 2
- Community circle

Row 3 (1-4)

- Circle 1
- Circle 2
- Circle 3

Row 4 (1-4)

- Circle 4
- Circle 5
- Circle 6

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# Advisory group feedback - content

Social and emotional wellbeing information

Harm reduction information

Info on drugs of concern

Where and how to access support

## Advisory group



Eastern Health Victoria – Aboriginal Metro Ice  
Western Health – Aboriginal Hospital Liaison Officer

Ngwala Willumbong Aboriginal Corporation  
Whittlesea LDAT

# Resource Types

## Drug Facts

Alcohol

Benzos

Cocaine

GHB

Gunja

Heroin

Ice

Why do people use  
grog and drugs?

## Treatment Information

Alcohol and drug  
treatment journey

Different types of alcohol  
and drug treatment

## Health and Wellbeing

Looking after yourself – social and  
emotional wellbeing

How to get through the day after  
using grog or drugs

Looking out for Mob

Healthy eating

# 7 treatment/health and wellbeing resources

# 7 drug facts resources

### How to get through the day after using drugs or drugs

**Summary:** There's a good chance you might feel hot, swollen, or stressed after a big day of using or using drugs. This resource will help you understand how to look after yourself, and when you should get more support.

**What can I do before I use and when I use to stay safer?**

- Think about how you might feel after using or using drugs, and what you can do to stay safer.
- If you use a lot of drugs, try to use them together.
- If you use a lot of drugs, try to use them together.
- If you use a lot of drugs, try to use them together.

**What happens the day after using drugs or drugs?**

- You might feel hot, swollen, or stressed.
- You might feel hot, swollen, or stressed.
- You might feel hot, swollen, or stressed.

### Looking after yourself - social and emotional wellbeing

**Summary:** There's a good chance you might feel hot, swollen, or stressed after a big day of using or using drugs. This resource will help you understand how to look after yourself, and when you should get more support.

**Signs you might not be coping**

- Feeling angry or annoyed
- Feeling hot and swollen
- Feeling hot and swollen

**How can I feel better?**

- Get some rest
- Get some rest
- Get some rest

### Looking out for Mob

**Summary:** There's a good chance you might feel hot, swollen, or stressed after a big day of using or using drugs. This resource will help you understand how to look after yourself, and when you should get more support.

**Signs someone might need support**

- Not looking after themselves
- Not looking after themselves
- Not looking after themselves

**How can I help?**

- Offer support
- Offer support
- Offer support

### Alcohol

**What is alcohol?**

- It's a drug that can make you feel good, but it can also make you feel bad.
- It's a drug that can make you feel good, but it can also make you feel bad.

**What happens when I drink too much?**

- You might feel hot, swollen, or stressed.
- You might feel hot, swollen, or stressed.

**What happens if I drink too much?**

- You might feel hot, swollen, or stressed.
- You might feel hot, swollen, or stressed.

### Benzos

**What are benzos?**

- They're drugs that can make you feel good, but they can also make you feel bad.
- They're drugs that can make you feel good, but they can also make you feel bad.

**What happens when I use benzos?**

- You might feel hot, swollen, or stressed.
- You might feel hot, swollen, or stressed.

**What happens if I use benzos?**

- You might feel hot, swollen, or stressed.
- You might feel hot, swollen, or stressed.

### Cocaine

**What is cocaine?**

- It's a drug that can make you feel good, but it can also make you feel bad.
- It's a drug that can make you feel good, but it can also make you feel bad.

**What happens when I use cocaine?**

- You might feel hot, swollen, or stressed.
- You might feel hot, swollen, or stressed.

**What happens if I use cocaine?**

- You might feel hot, swollen, or stressed.
- You might feel hot, swollen, or stressed.

### What can I do to feel better?

**Summary:** There's a good chance you might feel hot, swollen, or stressed after a big day of using or using drugs. This resource will help you understand how to look after yourself, and when you should get more support.

**Where to get support**

- You can speak with a counsellor over the phone, get information and advice, and get support.
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- You can speak with a counsellor over the phone, get information and advice, and get support.
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### If the person you care about decides they are ready to get some support

**Summary:** There's a good chance you might feel hot, swollen, or stressed after a big day of using or using drugs. This resource will help you understand how to look after yourself, and when you should get more support.

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### What happens when I stop drinking after alcohol?

**Summary:** There's a good chance you might feel hot, swollen, or stressed after a big day of using or using drugs. This resource will help you understand how to look after yourself, and when you should get more support.

**Alcohol and pregnancy**

- It's a drug that can make you feel good, but it can also make you feel bad.
- It's a drug that can make you feel good, but it can also make you feel bad.

**Where to get support**

- You can speak with a counsellor over the phone, get information and advice, and get support.
- You can speak with a counsellor over the phone, get information and advice, and get support.

### What happens when I stop using benzos?

**Summary:** There's a good chance you might feel hot, swollen, or stressed after a big day of using or using drugs. This resource will help you understand how to look after yourself, and when you should get more support.

**Where to get support**

- You can speak with a counsellor over the phone, get information and advice, and get support.
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**Where to get support**

- You can speak with a counsellor over the phone, get information and advice, and get support.
- You can speak with a counsellor over the phone, get information and advice, and get support.

### What happens when I stop using cocaine?

**Summary:** There's a good chance you might feel hot, swollen, or stressed after a big day of using or using drugs. This resource will help you understand how to look after yourself, and when you should get more support.

**Where to get support**

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# Lessons learnt and next steps

- ✓ Input into project design and allowing time to engage community
- ✓ Strong demand for resources continues
- ✓ Future projects to develop resources for other groups identified by the co-creation participants including:
  - ✓ family and friends
  - ✓ young people
  - ✓ people engaged in the law and justice



# Alcohol.



This resource provides a summary of alcohol, including info on what it is, how it affects your mind and body, what happens when you have too much, mixing with other drugs, ways that you can be safer, and where to get support if you need it.

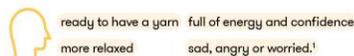
**Also known as:** grog, charge, booze, liquor, turps.

## What is alcohol?

Beer, wine, cider, spirits, coolers or home brew.

Alcohol is a depressant drug, which means it slows down how your brain talks to the other parts of your body.

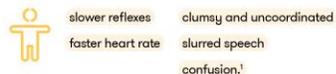
## How alcohol can make you feel (short-term):



The more you drink, the stronger you might feel these effects. This can also depend on where you are and who you're with, and how you feel before you start drinking.

When you drink, you may also say or do things you normally wouldn't. Drinking can also lead to accidents, aggression and fights.

## What alcohol can do to your body (short-term):



You might feel something as quickly as 10-15 minutes after your first drink. This will depend on how fast you drink, the type of drink, if you have eaten beforehand, and your size/weight.

## How long does alcohol last?

Your body can only get rid of one standard drink every hour. You're likely to keep feeling the effects for a while if you drink a lot at once or continue to drink without having a break.<sup>2</sup>

## What happens when you drink too much?

- slower breathing
- blurred vision
- confusion
- vomiting
- loss of memory
- passing out.<sup>1</sup>

If you or someone you know experiences these symptoms, call triple zero (000) immediately. Ambulance officers do not have to involve the police unless there is a threat to their safety.

## What happens if I drink all the time?

Regular use of alcohol may lead to:

- dependence/addiction
- poor memory
- difficulty having children
- cancers, heart disease, stroke and liver disease
- mental health conditions can get worse
- your Mob might get worried about you.<sup>3</sup>

## What happens when I stop drinking after a while?

Giving up alcohol after a long time can be dangerous because the body is not used to going without it. You might go into withdrawal, which can be serious and sometimes cause death.<sup>4</sup>

You might experience:

- sweating a lot
- shaking
- feeling sick
- no appetite
- feeling anxious or annoyed
- trouble sleeping
- seeing or hearing things that aren't there
- seizures.<sup>1,4</sup>

It's important to speak to a doctor if you want to stop drinking, you can also call one of the support numbers at the end of this page.

## What happens when I mix alcohol with other drugs?

**Alcohol + gunja:** might make you feel a bit sick and wobbly, and can lead to vomiting.<sup>5</sup>

**Alcohol + ice/cocaine:** cocaine/ice can mask the effects of alcohol and you may drink more. Can increase risk of alcohol poisoning.<sup>5</sup>

**Alcohol + benzos/GHB/heroin:** high risk of overdose, may feel clumsy or wobbly, slow breathing, sick and vomiting, memory loss, passing out, and possible death.<sup>5</sup>

## How can I stay safer?

- No more than 4 standard drinks in one day, and no more than 10 standard drinks during a week
- Eat before and during drinking
- Drink something with zero alcohol between drinks
- Stay away from spirits
- Drink plenty of water (this helps with a hangover too)
- Avoid drinking alone
- Don't drive or operate machinery after drinking.<sup>5</sup>

## Alcohol and pregnancy

Drinking alcohol when you're pregnant can cause harm to your baby. It increases the risk of Fetal Alcohol Spectrum Disorder (FASD) which can impact a child's learning, memory and behaviour.<sup>6</sup>

It is also safer not to drink while breastfeeding, as alcohol can pass through breastmilk.<sup>6</sup>

## Where to get support:

**National Alcohol and Other Drug Hotline (24/7): 1800 250 015**

You can speak with a counsellor over the phone, get information on drugs and links to support services. They speak to family and friends too.

**13 Yarn (24/7): 13 92 76**

If you need some crisis support, you can get free assistance from this Aboriginal and Torres Strait Islander crisis support line.

**Brother to Brother (24/7): 1800 435 799**

Free 24-hour crisis line to support Aboriginal men experiencing issues relating to relationships, family violence, drugs and alcohol.

**Yarning Safe and Strong (24/7): 1800 959 563**

A service for Aboriginal and Torres Strait Islander peoples. You can get free counselling over the phone. They can also support friends and families who need to have a yarn with someone about their wellbeing.

**Victorian Aboriginal Health Service (VAHS): 03 9419 3000**

Provides a wide range of in-person health services for Aboriginal and Torres Strait Islander peoples in Victoria. You can find similar services in different locations across Australia using HealthInfoNet's resource: [Map of Aboriginal and Torres Strait Islander health/medical services.](#)

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Artwork by Mumbulla Creative



[adf.org.au/programs/indigenous-resources](https://adf.org.au/programs/indigenous-resources)

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