







Alcohol and Other Drug Lifecycle Planner.

Use this planner to guide the development of a Community Action Plan that addresses local alcohol and other drug (AOD) issues, by addressing risks and building protective factors using the range of evidence-based toolkits.

	0-5 years 	6-11 years 	12-17 years 	18-30 years 	30-50 years 	50-60 years 	60-70 years 	70+ 
Issues	<ul style="list-style-type: none"><li>• AOD use in pregnancy*</li><li>• Approach of parents/carers to parenting*</li></ul>	<ul style="list-style-type: none"><li>• Approach of parents/carers to parenting*</li><li>• Early experimental use of AOD</li></ul>	<ul style="list-style-type: none"><li>• Approach of parents/carers to parenting*</li><li>• Risky drinking</li><li>• AOD use</li><li>• Steroid use</li></ul>	<ul style="list-style-type: none"><li>• Risky drinking</li><li>• Drink driving</li><li>• AOD use</li><li>• Steroid use</li><li>• AOD use in pregnancy</li></ul>	<ul style="list-style-type: none"><li>• Risky drinking</li><li>• Drink driving</li><li>• AOD use</li><li>• AOD use in pregnancy</li></ul>	<ul style="list-style-type: none"><li>• Risky drinking</li><li>• Drink driving</li><li>• AOD use</li><li>• Pharmaceutical use</li></ul>	<ul style="list-style-type: none"><li>• Risky drinking</li><li>• Drink driving</li><li>• Pharmaceutical use</li><li>• Poly-drug use (pharmaceutical and alcohol)</li></ul>	<ul style="list-style-type: none"><li>• Risky drinking</li><li>• Pharmaceutical use</li><li>• Poly-drug use (pharmaceutical and alcohol)</li></ul>
Risk Factors	<ul style="list-style-type: none"><li>• Family history of AOD use</li><li>• Family conflict</li><li>• Harsh or inconsistent parenting</li><li>• Child abuse and neglect</li><li>• Social disadvantage</li><li>• Alcohol advertising</li><li>• AOD use in the home</li><li>• Availability and accessibility of AOD in community</li><li>• Misinformation and misconceptions about the impact of drinking during pregnancy</li></ul>	<ul style="list-style-type: none"><li>• Family conflict</li><li>• Child abuse and neglect</li><li>• Social disadvantage</li><li>• Alcohol advertising</li><li>• AOD use in the home</li><li>• Availability and accessibility of AOD in community</li><li>• Childhood conduct disorders</li><li>• Academic failure</li><li>• Harsh or inconsistent parenting</li><li>• Favourable parental attitudes towards alcohol use</li></ul>	<ul style="list-style-type: none"><li>• Family conflict</li><li>• Lack of engagement in activities with positive adult role models</li><li>• Mental health issues</li><li>• Academic failure</li><li>• Low attachment to school and community</li><li>• Negative peer influence</li><li>• Availability and accessibility of AOD in community</li><li>• Parental supply of alcohol</li><li>• Favourable parental/carer attitudes towards AOD use</li></ul>	<ul style="list-style-type: none"><li>• Lack of engagement and social support</li><li>• Mental health issues</li><li>• Unemployment</li><li>• Isolation (geographic and social)</li><li>• Family violence/relationships</li><li>• Negative peer influence</li><li>• Availability and accessibility of AOD in community</li><li>• Life transition (increasing independence)</li><li>• Social and economic disadvantage</li></ul>	<ul style="list-style-type: none"><li>• Mental health issues</li><li>• Unemployment</li><li>• Isolation (geographic and social)</li><li>• Family violence/relationships</li><li>• Availability and accessibility of AOD in community</li><li>• Lack of engagement and social support</li><li>• Misinformation and misconceptions about the impact of AOD use and associated harms</li><li>• Issues with sleep management</li><li>• Injury/chronic pain/lack of mobility</li></ul>	<ul style="list-style-type: none"><li>• Mental health</li><li>• Unemployment</li><li>• Isolation (geographic and social)</li><li>• Family violence/relationships</li><li>• Availability and accessibility of AOD in community</li><li>• Life transition (empty-nesting/retirement)</li><li>• Lack of engagement and social support</li><li>• Misinformation and misconceptions about the impact of AOD use and associated harms</li><li>• Issues with sleep management</li><li>• Injury/chronic pain/lack of mobility</li></ul>	<ul style="list-style-type: none"><li>• Isolation (geographic and social)</li><li>• Availability and accessibility of AOD in community</li><li>• Poor pain management</li><li>• Elder abuse</li><li>• Change to employment status</li><li>• Retirement</li><li>• Declining health</li><li>• Lack of engagement and social support</li><li>• Misinformation and misconceptions about the impact of AOD use and associated harms</li><li>• Issues with sleep management</li><li>• Injury/chronic pain/lack of mobility</li></ul>	<ul style="list-style-type: none"><li>• Isolation (geographic and social)</li><li>• Availability and accessibility of AOD in community</li><li>• Poor pain management</li><li>• Elder abuse</li><li>• Declining health</li><li>• Bereavement</li><li>• Lack of engagement and social support</li><li>• Misinformation and misconceptions about the impact of AOD use and associated harms</li><li>• Issues with sleep management</li><li>• Injury/chronic pain/lack of mobility</li></ul>
Protective Factors	<ul style="list-style-type: none"><li>• Higher parent skills, knowledge and confidence including knowledge of harms/health beliefs that support healthy AOD use (among parents/carers)</li><li>• Child’s sense of family belonging or connectedness</li><li>• Parental/carer involvement</li><li>• Proactive family problem solving</li><li>• Family rituals/celebrations</li><li>• Caring relationships with at least one parent/carer</li><li>• Positive role models, including around AOD</li><li>• Access to quality information about alcohol use in pregnancy</li><li>• Cultural activities that promote connection to culture</li><li>• Healthy public policy</li></ul>	<ul style="list-style-type: none"><li>• Evidence-based drug education</li><li>• Community building activities including evidence-based drug education</li><li>• Positive role models, including around AOD</li><li>• Sense of belonging/connectedness to community, school and family</li><li>• Knowledge of harms/health beliefs that support healthy AOD use (among parents/carers)</li><li>• Involvement in recreational activities</li><li>• Parental/carer involvement</li><li>• A caring relationship, even with one parent/and or carer</li><li>• Family rituals/celebrations held and maintained</li><li>• Cultural activities that promote connection to culture</li><li>• Healthy public policy</li></ul>	<ul style="list-style-type: none"><li>• Community building activities including evidence-based drug education</li><li>• Positive role models, including around AOD</li><li>• Clear rules around alcohol use</li><li>• Sense of belonging/connectedness to community, school and family</li><li>• Knowledge of harms/health beliefs that support healthy AOD use and the supports available in the AOD space</li><li>• Participation in positive activities with adult engagement</li><li>• Family rituals/celebrations held and maintained</li><li>• Cultural activities that promote connection to culture</li><li>• Healthy public policy</li></ul>	<ul style="list-style-type: none"><li>• Community building activities including evidence-based drug education</li><li>• Support from family and friends</li><li>• Sense of belonging and engagement with community</li><li>• Knowledge of harms/health beliefs that support healthy AOD use and the supports available in the AOD space</li><li>• Participation in positive social activities</li><li>• Access to training and employment pathways</li><li>• Access to information on avoiding alcohol in pregnancy</li><li>• Cultural activities that promote connection to culture</li><li>• Healthy public policy</li></ul>	<ul style="list-style-type: none"><li>• Sense of belonging and engagement with community</li><li>• Knowledge of harms/health beliefs that support healthy AOD use and the supports available in the AOD space</li><li>• Access to information on avoiding alcohol in pregnancy</li><li>• Support from family and friends</li><li>• Participation in social connection activities that create belonging and purpose</li><li>• Access to non-stigmatising advice and support from health professionals about AOD issues</li><li>• Availability of suitable health and wellbeing alternatives to pharmaceutical use, such as access to sport and physical activity to increase mobility and reduce injury, or good sleep management</li><li>• Cultural activities that promote connection to culture</li><li>• Healthy public policy</li></ul>	<ul style="list-style-type: none"><li>• Knowledge of harms/health beliefs that support healthy AOD use via the provision of information on drinking guidelines and the effects on medication</li><li>• Support from family and friends</li><li>• Participation in social connection activities that create belonging and purpose</li><li>• Access to non-stigmatising advice and support from health professionals about AOD issues</li><li>• Availability of suitable health and wellbeing alternatives to pharmaceutical use, such as access to sport and physical activity to increase mobility and 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Influencers	<ul style="list-style-type: none"><li>• Parents/carers</li><li>• Health professionals</li><li>• Early childhood educators</li><li>• Maternal and child health nurses</li></ul>	<ul style="list-style-type: none"><li>• Parents/carers</li><li>• Health professionals</li><li>• Teachers</li><li>• Coaches</li></ul>	<ul style="list-style-type: none"><li>• Parents/carers</li><li>• Teachers</li><li>• Coaches</li><li>• Peers</li></ul>	<ul style="list-style-type: none"><li>• Parents/carers</li><li>• Teachers</li><li>• Coaches</li><li>• Peers</li></ul>	<ul style="list-style-type: none"><li>• Peers</li><li>• Employers</li><li>• GPs</li></ul>	<ul style="list-style-type: none"><li>• Peers</li><li>• GPs</li><li>• Family</li></ul>	<ul style="list-style-type: none"><li>• Peers</li><li>• GPs</li><li>• Carers</li></ul>	<ul style="list-style-type: none"><li>• Peers</li><li>• GPs</li><li>• Carers</li></ul>
Activities	<div>Community Engagement and Mobilisation Toolkit</div> <div>Community Action on Alcohol Availability</div> <div>Parenting Toolkit</div> <div>Alcohol and Pregnancy Toolkit</div>	<div>Alcohol and Other Drug Education in Schools Toolkit</div> <div>Peer Support Toolkit</div>	<div>Alcohol and Pregnancy Toolkit</div> <div>Providing Support for Teenagers Toolkit</div> <div>Mentoring Toolkit</div> <div>Healthy Workplaces Toolkit</div>	<div>Alcohol, Other Drugs and Young Adults Toolkit</div>	<div>Pharmaceutical Drugs and Your Community Toolkit</div>		<div>Alcohol, Other Drugs and Older Adults Toolkit</div>	
	<div>Good Sports Program**</div>							

\*This is referring to the behaviours and use of AOD by the parents of the baby/child \*\* Good Sports is a separate program to the LDAT Program: [goodsports.com.au](https://goodsports.com.au)

NOTE: The AOD Lifecycle Planner includes an overarching summary of the key risk and protective factors relevant to AOD across the lifespan, additional risk and protective factors are included in each toolkit as relevant to that approach. References are available at [community.adf.org.au](https://community.adf.org.au)

Community Engagement and Mobilisation

This Toolkit supports the Community Engagement and Mobilisation Community Action Plan (Type 1 CAP) that is designed to guide and support LDATs to engage and mobilise their communities, develop appropriate partnerships, determine local issues and the most appropriate prevention approaches for future Community Action Plans (Type 2 Prevention CAPs).

Alcohol and Pregnancy

Unborn children are at high risk of alcohol related harm. Community based awareness and education activities are a key way of informing parents-to-be about these risks. This toolkit helps communities design awareness and education activities that highlight the risks associated with alcohol consumption in pregnancy. It gives communities the tools to ensure that information is written and delivered in an appropriate and accessible way.

Alcohol, Other Drugs and Older Adults

There are key transitional phases in people's lives in which they are more vulnerable to the harms of AOD. The transition into older adulthood is one of these phases. Aging is associated with many changes including metabolic, physiological, health, social, financial stability and work status. Significant life changes such as retirement, increases in social isolation and the death of relatives or loved ones may also lead to an increase in social risk factors for AOD use. This toolkit supports communities to deliver activities which can increase the awareness of community members, healthcare providers and other key organisations to reduce the risk of increased harm to those transitioning into older age.

Alcohol, Other Drugs and Young Adults

There are key transitional phases in people's lives in which they are more vulnerable to AOD harms. The transition from secondary school to higher education or the workplace is one of these times. Changes to levels of independence, social engagement and financial status are hallmarks of this transitional period. This is an exciting stage of life which can also increase stress and social isolation. Increased rates of mental health issues and substance use have been demonstrated in this age group during and following this transition period. The workplace and higher education institutions can play a key protective role against AOD related harms. This toolkit explains how community groups can work in collaboration with organisations and institutions and help to promote harm minimisation information to students and employees.

Community Action on Alcohol Availability

Community Action on Alcohol Availability refers to the involvement of local communities in issues related to alcohol harms and alcohol availability. This action can include: creating awareness of alcohol-related harms and how they link to availability; building capacity of organisations to respond to alcohol-related harms associated with alcohol availability; making a submission relating to a proposed liquor licence; and involvement in local liquor licensing processes.

Healthy Workplaces

Workplaces are an important setting for reducing alcohol and drug related harms; more than two thirds of working-age Australians are in paid work, many spending up to a third of every day at work. The workplace is ideally situated to change attitudes and behaviour regarding alcohol and other drug use, considering the large population of working Australians and the length of time that people spend at work. The Healthy Workplaces Toolkit outlines different strategies workplaces can adopt to prevent and minimise alcohol and drug-related harms in the workplace, including training or workshops, education and awareness raising activities, events or forums, and healthy policy.

Creating Social Connection, Belonging and Purpose

Creating Social Connection, Belonging and Purpose increases a person's state of feeling cared about by others, caring about others, having a sense of belonging to a group or community and a purpose to drive and guide them. These types of connections can help to reduce feelings of loneliness and social isolation, and can improve a person's health and social/emotional well-being. This toolkit provides an overview of evidence-informed approaches to creating social connection, belonging and purpose, to help prevent and reduce alcohol and other drug (AOD) harms in your community.

Mentoring

Positive relationships are a key protective factor against AOD harms. Mentoring programs have been demonstrated to be especially effective in supporting young people at high risk of involvement in illicit drug use. Mentoring is a key way of facilitating meaningful and positive relationships between adults and young people. Where the mentor is appropriately trained, these relationships provide the opportunity for informed and appropriate guidance around AOD issues. This toolkit supports communities in planning and implementing mentoring activities that help to directly address AOD issues and strengthen broader social, cultural and emotional factors that can influence and impact AOD use.

Peer Support

Peer support programs create a safe space where young people's skills can be recognised and utilised. Peer support relationships, whether they are between individuals or groups, allow young people to work together to engage in problem solving, role modelling, and positive influencing. This toolkit aims to help communities plan and establish peer support programs to deliver effective messaging, to positively influence young people's knowledge, values, attitudes and behaviours, and to prevent AOD related harm.

Pharmaceutical Drugs and Your Community

Inappropriate pharmaceutical use is common in Australia. However, knowledge about this issue is low. The provision of clear, evidence-based and appropriate education and information around the harms associated with the inappropriate use of pharmaceuticals is important for community members and service providers (such as GPs and carers). This toolkit aims to guide communities in the creation and dissemination of clear, evidence-based and appropriate information to educate and inform community members, key community organisations and service providers about the harms associated with inappropriate use of pharmaceuticals.

Parenting

A person's life success, health and emotional wellbeing have their roots in early childhood. We know that if the early years are properly supported we can expect to see children thrive throughout their schooling and into their adult lives. By strengthening parents' skills, capacity and confidence in parenting, we can help to improve child outcomes and help protect against future AOD harms. This toolkit aims to support communities to implement evidence-based positive parenting programs and provide guidance to understanding parenting as a protective factor.

Alcohol and Other Drug Education in Schools

School plays a formative role in people's lives. Outside their role in formal education, schools play a crucial role in building and fostering the development of important life skills. These developmental years are critical to establish behaviours that protect against future AOD harm. Tailoring AOD education in schools to suit these developmental years is essential to supporting healthy outcomes. This toolkit aims to guide and support communities in the implementation of effective, engaging and evidence informed AOD education in schools including policies, practices, programs and events in schools connected with the prevention and reduction of alcohol and other drug harms.

Providing Support for Teenagers

Adolescence is an influential time. Positive role modelling and messaging are essential to prevent AOD harm. Parents and coaches play a key role during this developmental stage. So, it's essential that they understand the impact of positive role modelling on teenagers, have the skills to be a positive role model and have the knowledge and tools to discuss AOD issues in a confident and informed way with teenagers. This toolkit provides communities with evidence-based tools and activities to inform parents and other adults about how to engage with teenagers to prevent AOD harms.

Putting it all together:

Creating your Community Action Plan.

Refer to the Local Drug Action Team Community Hub, this Alcohol and Other Drug Lifecycle Planner, the relevant toolkit and the Community Action Plan template to support the development of your Community Action Plan (CAP).



Contact us at the Alcohol and Drug Foundation for support at any stage of your CAP development.