




# Youth in Charge

Information for referrers



Youth in Charge is a counselling program, delivered by Anglicare Southern Queensland, specifically designed for young people seeking support to reduce or stop substance use.

The program supports young people aged 12 to 25 years old who are experiencing moderate-to-severe drug and/or alcohol abuse.

**We support young people to manage their alcohol and/or drug use, by working with them to develop strategies to:**

- cope with cravings, triggers and high-risk situations that lead to substance use;
- gain control of difficult thoughts, feelings and beliefs that trigger the want to use substances;
- take charge of stress, depression, anxiety and other symptoms that make it difficult to control the need for substances;
- manage a lapse and prevent relapse;
- reduce harm resulting from substance use;
- improve relationships with family and friends;
- develop communication and assertiveness skills;
- create social and community support and reduce isolation;
- find substance-free fun activities, opportunities to relax and creative things to do;
- improve general health and wellbeing;
- build on the client's strengths, abilities and confidence for the future.

The program is free to clients and consists of 12 confidential sessions over a six-month period. The frequency of these sessions is flexible based on the needs and wants of the client. Additional sessions may be available, subject to the review, after completion of the initial program.

### **Client Suitability**

The Youth in Charge program is suitable for clients aged 12 to 25 with moderate-to-severe substance abuse issues. Clients can participate in a location that they feel comfortable in, which can help to make them feel more safe and more capable of engaging in the service.

The program has service locations in Booval, Riverview, Gatton, Esk, Toogoolawah, Lowood, Laidley, Charleville, Roma, St George, Cunnamulla and offers an outreach component which provides flexibility to clients.





## Our approach

The Youth in Charge program is a voluntary program for young people to engage with. We work with each client, collaboratively, to identify what goals and outcomes they want to achieve. We engage with them in a way that maximises their sense of safety, empowers them and provides them with choices. Our operational philosophy, on which our program success is based, is to enable young people to drive their own change.

Our program is client-oriented, and our counsellors are there to support the change and goals of the client. We use a range of motivational interviewing techniques to engage with clients based on their individual backgrounds. We assist with zero judgement and provide clients with the skills and resources that they need to establish their own goals and change.

When clients enter Youth in Charge, we provide them with flexible program consisting of brief or long-term counselling and support, depending on their needs. Through the program, our counsellors seek to support the underlying challenges that lead to clients abusing substances. Things like family breakdowns, anxiety, bullying, or stresses at school or at home.

Throughout the Youth in Charge program, young people are given resources and skills that help them to manage their cravings and prevent them from relapsing. We provide education to not only assist clients in reducing or managing their alcohol and drug use, but also to help them with minimising potential harm to themselves and loved ones. Ultimately, we are supporting them to be the best version of themselves that they can be.

### Education

Learning how to make better decisions is a key part of recovery. Our experienced team supports clients to increase their awareness about the impacts of different substances on their health and wellbeing, so they can make more informed decisions. We discuss the client's experience of substance use, including the ups, downs and in-betweens, and provide tips for how they can improve their quality of life and safety. We can also offer information and education sessions in other agency settings, or by phone.

# Testimonials

## Hayley

Hannah's House

The great thing about the Youth in Charge program is that it meets people with where they're at in their journey and it's quite flexible.

## Luke

Ipswich Alcohol and Other Drug Service

We've had a relationship with Youth in Charge for quite a while. When we need to refer a young people, we feel confident referring to the program. We have found it to be a really helpful service.

## Emma

Stride Mental Health

I've worked with Anglicare for some years and I've found the people really care for the people they're looking after.





The key objectives of the Youth in Charge program are to support young people to:

- reduce harm;
- set goals;
- improve their general health and wellbeing; and
- support the change they are making in their lives.





# Contact us or refer a client

[anglicaresq.org.au/youth-in-charge](http://anglicaresq.org.au/youth-in-charge)

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Anglicare Southern Queensland acknowledges the Traditional Owners of the lands on which our services now stand. We pay our respect to Elders – past, present and emerging – and acknowledge the important role of Aboriginal and Torres Strait Islander people in caring for their own communities.

