

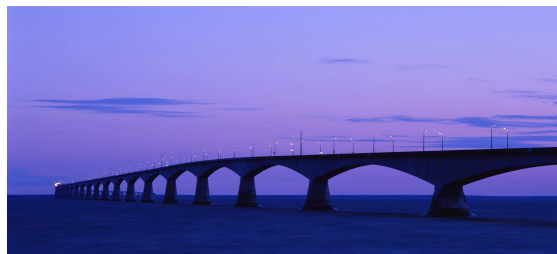
Do you have a 12 -26 year old in your family that you are concerned about?

Are you the mother, father or carer of a young person, and are you concerned that:

- They seem out of control- do their own thing and won't listen
- They might be or are using alcohol or other drugs
- They get really angry or aggressive with family members, being threatening, verbally or physically abusive.
- They are stealing things from the family or your home
- They are damaging things like doors or walls
- They are getting in trouble with police, eg for graffiti, drinking in public, damaging property
- They seem to be suspicious of you or others, or a bit paranoid
- Their behavior is erratic, their mood can change from one to another quickly, and may be extreme at times
- Their appearance has changed, for example, they have lost a lot of weight or put it on, or they don't care about their appearance anymore, or they look really unwell
- They are staying out until very late or not coming home at all
- They are wagging school and failing subjects, or missing work
- You are concerned they are in with the wrong crowd, who are getting into trouble
- They sleep too much, or not enough
- They seem really nervous or worried or depressed
- They are not wanting to connect with anyone, even their friends
- They feel depressed, anxious or paranoid and that stops them doing the kinds of things they want to do
- They are withdrawing from the family, not talking to anyone, staying in their room or away from the home

Some of these behaviours may be part of their normal development as they are trying to become more independent from parents and family, however sometimes there is more going on, they may be placing themselves at risk, and there are things you can do that can help.

At this time, Drummond Street Relationships Centre in Carlton is also offering something special for families with worries like these about a young person 12-26 years. It's a program called Deakin Family Options, run by Deakin University researchers in collaboration with Drummond Street. Read on to find out more.



ARE YOU or someone you know aged between 12 and 26, and having a hard time coping with some things on this list:

- Difficulty falling or staying asleep, or sleeping A LOT compared with others your own age
- Feeling flat, down, and depressed most of the time
- Feeling really nervous or worried most of the time
- Drug use problems (use of pot, ice, pills, h, chroming, etc feels out of control or causing hassles)
- Feeling worthless and/or guilty
- Anger and/or lashing out at others
- Alcohol use problems (feels out of control, need it to cope/feel numb)
- Stealing or other ways of getting money for drugs or alcohol
- Feeling a bit paranoid or on edge
- Feeling isolated and alone
- School grades getting worse, don't feeling like trying
- Getting into trouble all the time
- Stopped doing many of the things you like doing, to try to feel better, or can't see the point anymore
- Feel like life is not worth living, nothing seems pleasurable anymore
- Sweaty, nauseous, racing heart when not exercising

At this time, Drummond Street Relationships Centre in Carlton is offering something special for you and/or your family, with worries like these. It's a program called Deakin Family Options, run by Deakin University researchers in collaboration with Drummond Street. Read on to find out more.



Deakin Family Options



Deakin Family Options is a program for youth (12-26) and families, where there are issues similar to those described above.

Family Options compares two different ways of helping youth and families in similar situations to yours. Both ways have been found to be helpful for youth and families in the past.

The program is funded by *beyondblue: the national depression initiative* and *Deakin University* as part of a research trial, which means that (a) the family options are provided free of charge, (b) you would be required to complete some surveys and an interview so that we can measure your progress, and (c) families are assigned to the option based on a random selection to ensure the research is not biased. However the 'options' are all expected to have benefits for youth and their families, based on previous trials with families' in similar situations. There are two 'family options':

1. The first 'family option' is a **group for families**. The group is called **BEST Plus**. This group is designed so that the parent/s attend initially to get some tips and strategies for managing difficulties at home in a supportive, non-judgmental environment. Others in the group will be in similar situations, and the group is led by two experienced counselors/educators who are experienced in working with families in similar situations. This group runs weekly for eight weeks after work hours, and includes the 'parents' in the first 4 weeks and then other family members such as young person and their siblings, are invited in the last 4 weeks. 'Parents' might be any person caring for the young person, and may include a parent who may not live with the young person, or step-parents. Usually in families the more people involved in the group, the better, so everyone hears the same messages and are able to work together to make positive changes in the family if needed.
2. The second 'family option' is a number of **one-on-one sessions with the young person** and a trained youth counsellor, working through a program called **SHADEY CBT**, aimed at managing difficulties, increasing positive behaviours, improving mood, and feeling and coping better. The youth will be offered 10 sessions all together, in a supportive and structured environment led by an experienced and trained counsellor.

Also, some families will be randomly chosen to be offered both of these options together, so that your family can attend the group and your youth can also attend the one-on-one sessions.

If you are interested in being involved in the study, we will invite you to attend a confidential 60-90minute interview with a Family Options team member, who will ask you some questions about your family history and current difficulties, and give you a chance to ask any questions about this program and the options available for your family. Ideally, at least one parent and one young person would attend for this interview, but if that is not possible, then we may also be able to arrange it over the phone.

To receive the free Family options sessions you are required to complete the surveys and the interview, for research purposes. All information collected for research purposes is kept private and confidential, and would never be shared without your consent.

If the young person doesn't want to be involved, or if the young person wants to be involved but parent/s don't, we can still offer you participation in SHADEY CBT (for youth) or BEST Plus (for parents). You will not be pressured to share or do anything you don't want to, and you can withdraw from participation at any time. For more information or to arrange an interview, contact Gabrielle Connell or Olivia Morrow at Drummond Street Relationships Centre familyoptions@deakin.edu.au or 9663 6733. **Please note that there are also other low-cost options available to you through Drummond Street Relationships Centre if neither of these programs are suitable for your situation.

Should you have any concerns about this research please contact Dr Melanie Bertino, Research Fellow, School of Psychology, Deakin University. Phone 5227 8415.