

Key Prevention Approaches

- **Implement comprehensive educational programs that raise awareness about the risks and consequences of alcohol and substance abuse. This includes educating children, adolescents, and adults about the potential harms, addiction risks, and available support services.**
- **Promote responsible drinking guidelines and provide accurate information about the effects of alcohol and drugs on physical and mental health.**





Early Intervention and Treatment

- Establish accessible and affordable treatment services for individuals struggling with alcohol and substance abuse. This includes detoxification programs, counseling, rehabilitation centers, and support groups.
- Provide early intervention programs that identify and support individuals at risk of developing substance abuse issues, such as targeted interventions in schools and workplaces.

Community Support:

- Encourage community-based initiatives that promote healthy lifestyles, social support, and positive alternatives to substance use. This can include recreational activities, sports programs, art and music programs, and community events that bring people together in a supportive environment.



- Foster community partnerships involving schools, healthcare providers, law enforcement, religious organizations, and community groups to address substance abuse collectively.

Regulations and Policies:

- Implement evidence-based policies and regulations to control the availability, marketing, and sale of alcohol and substances. This includes measures like taxation, restrictions on alcohol advertising and sponsorship, and controlling the accessibility of drugs through prescription monitoring programs.
- Enforce laws and penalties related to driving under the influence, underage drinking, and illicit drug trade to deter substance abuse and ensure public safety.

Support for High-Risk Groups:

- Focus on providing targeted support and interventions for high-risk populations such as youth, Indigenous communities, individuals with mental health issues, and those in socioeconomically disadvantaged areas.
- Addressing underlying factors such as poverty, social isolation, and mental health can help prevent substance abuse.



Research and Evaluation:

- Invest in research and evaluation of prevention strategies to understand their effectiveness and make evidence-based improvements over time.

- Stay updated with emerging trends in substance abuse, including the use of new drugs and evolving patterns of alcohol consumption, to tailor prevention efforts accordingly.



It's important to note that prevention efforts require collaboration and commitment from individuals, families, communities, healthcare professionals, educators, policymakers, and various stakeholders to make a significant impact on reducing alcohol and substance abuse in Australia.

There are a wide range of support and resource options available at the ELPIS Foundation of Australia for those who are or may know someone affected by drug or alcohol addiction.



Reach out to ELPIS today.

Tel: (02) 9816 1859

E: info@elpisfoundation.org.au

Emergency Support Information

The ELPIS Foundation of Australia is not a crisis centre and cannot provide crisis support.

If you or someone you know needs immediate help, please call:

Emergency | 000

Alcohol and Drug Information Service (ADIS)

02 9361 8000 or free call 1800 422 599 (NSW regional and rural callers).

Lifeline Australia – 13 11 14

<https://www.lifeline.org.au>

1800 RESPECT

<https://www.1800respect.org.au>

Alcoholics Anonymous

<https://aa.org.au>

Narcotics Anonymous

<https://www.na.org.au>