



PARENTSPREPARED

PARENTS PREPARED EVALUATION REPORT 2005

EXECUTIVE SUMMARY

The Parents Prepared Program is part of Manly Drug Education and Counselling Centre's (MDECC) community drug action strategy to address drug and alcohol use. The program utilises peer education as a strategy to educate parents about the harms of both illicit and licit drug use whilst also acting as an intervention addressing familial issues.

This report evaluates the delivery of the Parents Prepared Program that was conducted at Manly in November 2005 through funding provided by the Alcohol Education and Rehabilitation (AER) Foundation. This program (AEFR 1) is the first program to be delivered with AERF funding. Fourteen parents completed the program, receiving 16 hours of training over two Saturday sessions. Once trained, these parents act as information and referral links between their local drug and alcohol services and their own social and parenting networks (e.g. schools, children's sporting events, social gatherings, workplaces, gyms, churches, Parents and Community Associations, sporting organisations, etc).

The primary aim of Parents Prepared is to provide parents with up to date knowledge about drugs and drug use and for them to spread this information throughout their community. This objective was clearly achieved – knowledge of participants was measured through the use of a quiz and results showed an increase of 36% after participation in the program. In the six months following the program, ten of the fourteen participants had spoken to 139 other people about what they had learnt.

In summary, the Parents Prepared Program can be considered a public health success. It met all of its stated aims and objectives and succeeded in facilitating the spread of accurate and factual drug information. Participants reported feeling more empowered and knowledgeable as a result of completing the program. Many stated that communication within their families had improved and discussion about drugs and alcohol had increased as a result of their attendance at Parents Prepared. Most importantly, parents reported that their confidence had improved and their children perceived that they had greater credibility.

Hence, the Parents Prepared Program has once again evaluated well. The funding support provided by the Alcohol Education and Rehabilitation Foundation was appreciated. It has been wonderful also to see the participants go through a process of becoming more informed and active in their community.