

TRIMMING THE GRASS EVALUATION REPORT 2003

EXECUTIVE SUMMARY

The Manly Drug Education and Counselling Centre (MDECC) has completed a pilot Cannabis Intervention Program for Youth, named *Trimming the Grass*. The program was held at the St Vincent De Paul Youth Reach Care and Support Centre in Dee Why over four sessions and utilised a workbook created especially for the program.

The process evaluation of this program was entirely positive. Participants expressed appreciation of learning more about their cannabis use and having a forum in which to discuss and plan ways of cutting down their use.

Treatment outcomes showed that the participants had improved health, improved motivation to deal with outstanding legal issues and a decrease in cannabis use. All became more ready and motivated to address their cannabis use. Their contact with Youth Reach staff increased as a result of attending the program.

Overall, the program was highly successful. The added benefit was that a closer partnership has been formed between MDECC and Youth Reach.