



AMA (WA) Foundation

Dr YES

Teachers' Guidebook

2016



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Preface

The Australian Medical Association (WA) Foundation was established in 1996 with the key aim of improving the health of young people. Since then, much of our work has focused on the health needs of adolescents as they negotiate the often difficult and hazardous transition to adulthood.

One of the striking features of adolescents is that as a group, they are extremely reluctant to seek help when faced with health related issues. This, combined with a propensity for risk taking, makes them highly vulnerable in certain situations, especially if they are under the influence of alcohol or other drugs. Adolescents must somehow learn to stay safe, as well as to understand and take responsibility for their changing bodies, interests, behaviour and sexuality.

The AMA (WA) Foundation has identified three principal areas of need. These are:

- Better engagement with young people on health issues
- Provision of accessible and accurate information to empower young people to reduce risks to themselves and others
- A reduction in barriers to primary health services

Our Dr YES (Youth Education Sessions) preventative health education program is designed to meet these principle areas of need. The program is led by medical students, who are trained to act as peer-group facilitators. Their primary role is to empower young people to make informed and healthy choices and to reduce barriers to health care by advising on issues such as Medicare entitlement, confidentiality and consent.

During the health education sessions, the Dr Yes Coordinators incorporate drama, role-play and small group discussions to engage the students and to promote the Dr YES messages. Dr YES is not a stand-alone program, it is designed to complement and enhance school health curriculum for students aged 14-17 years, not to replace them.

We hope your students enjoy the sessions with our Dr YES medical student volunteers and that they acquire new knowledge and skills. Like all youth health programs, we seek to constantly improve our connection with young people and the quality of our sessions. Your ongoing support and feedback is warmly appreciated.

Dr Rosanna Capolingua
Medical Director
Australian Medical Association (WA) Foundation

All about Dr YES

Dr YES is a school based health initiative run under the auspices of the AMA (WA) Foundation. The program sends specially trained volunteer medical students into metropolitan and rural high schools to have frank, open discussions on topics concerning youth health such as Drugs and Alcohol, Sexual Health and Mental Health.

The underlying purpose of all the sessions is to help high school students make healthy choices in risky situations. The medical students discuss the issues high school students face with the aim of equipping them with the confidence and knowledge necessary to make that healthy choice.

The sessions at the schools are fun, entertaining and informative, helping to provide accurate information about topics that may not normally be discussed with a teacher. Dr YES is incredibly successful due to the fact that the messages are provided by medical students who are not much older than the high school students themselves. This helps students to develop an atmosphere of mutual respect and confidence.

Dr YES is well supported by the medical faculties of the University of Western Australia and Notre Dame University. The program is also well received by high schools across Western Australia, with requests from schools well in excess of what the team can manage.

In 2010, Dr YES expanded to reach students in the Pilbara, Eastern Goldfields and the South West regions. 2011 saw the program visit the Peel region earlier in the year before returning to the Pilbara, as well as the East Kimberley, Geraldton and surrounding towns in 2012. These regional trips, supported by the Royal Flying Doctor Service (RFDS), the AMA (WA) and the Department of Health, allowed Dr YES to visit over 8000 students in 2012 in both the metropolitan and rural areas. In 2013 the program visited the Pilbara and South West regions, and saw students in over 90 schools across Western Australia. In 2014, the rural program expanded to visit schools in the Kimberly and Pilbara, Geraldton, Mandurah, Bunbury and York. Volunteers revisited several of these locations in 2015, including Mandurah, Albany, Bunbury and other parts of the South West.

Over 70 medical students are currently involved with Dr YES, participating in sessions that run up to three times a week. Each session involves up to 12 medical students, with school class sizes preferably between 60 and 100 students. Dr YES can cater for up to 120 students in one session.

In conjunction with the Dr YES program, a youth specific GP education program, Youth Friendly Doctor (YFD), is organised through the AMA (WA) Foundation. Dr YES encourages students to see a GP about any health issues they may have, and the YFD program facilitates this by training GPs to be as approachable to young people as possible.

Introduction

Dear Teacher,

Welcome to Dr YES!

This “Teachers Guidebook” is intended to provide a brief overview of the way each Dr YES session is run, and to provide you with a summary of the content that our presenters will be focusing on in each session. You will find this information under “Session Plans”, “Objectives” and “General Information” sections contained within. We hope that this will answer most of your questions about what we have planned for each Dr YES visit. Feel free to contact us if you would like to discuss the program further.

To assist us with planning for the year ahead, it would be helpful if you could fill in the online Survey Monkey form as soon as possible. This will allow the 2016 coordinators to devise a provisional timetable. Any queries will be attended to in February, after which we will confirm with you the sessions for the year. We provide the maximum number of sessions possible with our current volunteer base. Although we do our best to see as many students and visit as many schools as possible, we may not be able to fill all requests and appreciate your understanding of our limited capacity.

During the year, any queries or changes would be best communicated to the coordinators by email at dryes@amawa.com.au (preferred), or via phone on 9273 3000. Although we are in and out of the office for sessions on an almost daily basis, the coordinators are full-time medical students and are often not contactable during business hours. We will confirm your session early in 2016 and we will contact you a week before the booked date to reconfirm the details.

What do you need to provide for the sessions?

All the sessions start with a skit and/or slideshow, so providing a large enough area for all the students to congregate would be helpful. The Sexual Health and Mental Health sessions feature a slide show, and although we have our own laptop, projector and power cords, we do require something to project on to.

During the sessions, it would be helpful if teachers could walk around the groups, simply making sure that everything is under control. We would prefer that you did not sit with any groups (unless there is some particular concern), as this can make it difficult for students to talk about the issues we are addressing. Each of our volunteers undergoes a training course on peer group education in alcohol and drug use, sexual health and mental health with experts in the relevant fields. The volunteers are experienced in the facilitation of small groups with students in metropolitan, rural, and remote areas.

At each session, we provide teachers with feedback forms to assist us in making any improvements to the program that you might have identified. It would be greatly appreciated if you could complete the forms and return them to the AMA (WA) Foundation. We review all of our feedback on a weekly basis, so you can be sure that your comments will be considered in the planning of future sessions.

Changes and improvements in 2016 include further development of the curriculum, ongoing pursuit of a national Dr YES program and expansion of our rural and outreach activities. We look forward to working with you in another successful Dr YES year.

Warm Regards,

Jennifer Alderson
Marissa Loh
Elyse Phillips
Broderick Rampono
Ayeesha Thevar

Dr YES Coordinators 2016

Mission Statement and Aims

Dr YES is a peer led program that educates young people about the consequences of risky behaviour, empowers them to make informed and healthy decisions, and improves their access to the health care system. More specifically, Dr YES aims to:

- Educate youth in mental health, sexual health and alcohol and other drug use, enabling them to make informed and healthy choices; and
- Promote the use of primary health care services and improve access by providing information on the role of the GP, Medicare cards, confidentiality and consent.

Alcohol and Other Drugs – Session Plan

Introduction

- Introduce Dr YES Volunteers
- Who we are, why we are here, what we are going to talk about, how we are going to do it

The Skit (Brady Bunch Song)

- Introduces drug-taking behaviours in an entertaining manner
- 'Dan and Peter': This role-play describes two young males who become victims of a motor vehicle accident after consuming alcohol and marijuana
- 'Kath': This role-play describes the tragic effects of polypharmacy (multiple drug) use; a pattern of behaviour that often results in adverse outcomes for young people who take drugs

Small Group Work

- Introductions
- Define group manners
- Talk about confidentiality within the group
- Ask whether they liked the skit – what issues came out of this?
- Discussion of the objectives listed below, using various forms of role play and activities
- If the group is interested in a particular drug or discussion topic, the facilitator will address those issues more directly

Evaluation, Referral and Close

- Thanks, opportunity for further questions
- Visit www.dryes.com.au and/or visit your YFD
- Distribution of evaluation sheets

Alcohol and Other Drugs – Objectives

- Specific knowledge about the long and short term effects of AOD
 - Why people take it
 - Why people do not take it
 - Binge drinking
 - Smoking
 - Social issues

- If you do make the informed choice to take drugs, understand ways in which you can take them more safely
 - Do not mix drugs
 - Tell your friends exactly what you are taking
 - Plan your night

- Standard drinks and the law
 - Drinking alcohol and driving
 - Taking drugs and driving

- Ambulances and anonymity – if something goes wrong, call an ambulance

- YFD, Medicare and Patient Confidentiality
 - Accessibility and training of YFDs
 - How you can access doctors and Medicare
 - Explain confidentiality guidelines
 - Encourage access for adolescents to the health care system

Alcohol and Other Drugs – General Information

For each drug we will discuss:

- Legality
- Street Names
- Classification
- Drug Specifics
- Appearance
- How the drug is used
- Effects of the drug
- Tolerance and dependence
- Overdose
- Ways to minimise harm when taking this drug

In every session, we will discuss:

- Alcohol
- Marijuana
- Ecstasy

We may also discuss, depending on the group:

- Amphetamines
- Heroin
- Cocaine
- Hallucinogens
- Volatile substances
- Tobacco

Sexual Health – Session Plan

Introduction

- Introduce Dr Yes Volunteers
- Who we are, why we are here, what we are going to talk about, how we are going to do it

The Skit (Syphilis Song)

The skit involves two Dr YES volunteers (usually two males) who dress up to take on the roles of Kerryn and Dan. They are two young people who engage in risky sexual behaviour while on Leavers at Rottneest and the scenario results in Dan contracting an STI. The skit is designed to be entertaining, and acts to break down some of the barriers in order to allow for a more open discussion within the small groups. It involves a role-play of the two actors engaging in various sexual behaviours. Some (rarely) schools/teachers have found the Sexual Health skit to be too graphic for younger students (Yr 7/8) – in these cases we have the option for a more ‘PG’ skit behind a large black sheet (i.e. throwing clothes around etc.), if the school requests it in advance.

Slide Show

The slide show provides photographic images of the various STIs, showing their appearance and the extent to which they can spread without treatment. It provides a useful visual background for further discussion in the small groups.

Small Group Work

- Introductions
- Define group manners
- Talk about confidentiality within the group
- Ask whether they liked the skit – what issues came out of this?
- Condom demonstration (with discussion of available contraceptives)
- Discussion of the objectives listed below

Evaluation, Referral and Close

- Thanks, opportunity for further questions
- Visit www.dryes.com.au and/or visit your YFD
- Distribution of evaluation sheets

Sexual Health - Objectives

- Specific knowledge about common STIs:
 - Symptoms
 - Causes: bacterial, viral, fungal and parasitic
 - Treatment
- The consequences of unprotected sex and what to do if it happens
 - STIs and pregnancy
- Safe sexual practices:
 - Limiting partners and choosing sexual partners carefully
 - How to use a condom correctly
 - Pap smears
- Awareness of contraceptive options:
 - How they are used
 - Advantages and disadvantages
 - STI prevention
 - Availability / How to access contraceptives
- Ways to seek help if you suspect an STI:
 - Youth Friendly Doctors
 - Confidentiality
 - Legalities
- YFD, Medicare and Patient Confidentiality:
 - Accessibility and training of YFDs
 - How you can access doctors and Medicare
 - Explain confidentiality guidelines
 - Encourage access for adolescents to the health care system

Sexual Health – General Information

STIs that we will discuss:

- Bacterial
 - Gonorrhoea
 - Chlamydia
 - Syphilis
- Viral
 - Herpes Simplex Virus
 - Genital Warts (Human Papilloma Virus)
 - HIV/AIDS
- Fungal
 - Thrush (Candida)
- Parasitic
 - Scabies
 - Crabs (pubic lice)

Methods of Contraception that we will discuss:

- Abstinence
- Barrier methods
 - Condoms
 - Female condoms
 - Dental dams
- Hormonal
 - Combined oral contraceptive pill
 - Mini-pill
 - Implanon
 - Mirena
 - Depo-Provera
- Others
 - Intra-Uterine Device (IUD)
 - Diaphragm
- Emergency Contraception

Preventative Medicine

- Pap smears
- Cervical cancer vaccine

Mental Health – Session Plan

Introduction

- Introduce Dr Yes Volunteers
- Who we are, why we are here, what we are going to talk about, how we are going to do it

Activity

Our introductory activity involves the entire student cohort and incorporates a slide show, providing some basic facts and figures about mental health and getting the students to start thinking about mental health issues. To begin with, a volunteer asks the group what they think of when they hear the terms “mental health” or “mental illness”. We then highlight the fact that many different factors contribute to mental health problems, making them very complex.

The students are then asked to stand and the activity begins, facilitated by the Dr YES volunteers. Several statements are read out to the group and they are asked to evaluate them, deciding if they agree or disagree. We start off with light-hearted statements, such as “chocolate is better than vanilla”, then progress to more weighted topics, including eating disorders, depression and suicide. Students stand along a line in the classroom with “agree” at one end and “disagree” at the other. There is in fact a spectrum of opinions, which allows the students to stand at any point along the line, indicating the level to which they agree. The Dr YES leader will then ask volunteers from the group to share their view on the topic, explaining why they have stood in that position.

The objective of this activity is not to provide any definitive answers about mental health, nor to convince students of any viewpoint in particular. Instead it aims to stimulate reflection on these issues and demonstrate that there is no “right” or “wrong” answer.

Small Group Work

- Introductions
- Define group manners
- Talk about confidentiality within the group
- Ask whether they liked the activity – what issues came out of this?
- Discussion of the objectives listed below using various scenarios as triggers
- “Mental First Aid”
- If the group is interested in a particular discussion topic, the facilitator will address those issues more directly.

Mental Health - Objectives

Mental health problems are extremely complex and many individual and environmental factors contribute to them. Additionally, despite being very common in Australians and young people in particular, there is a stigma that surrounds mental health problems, making it difficult for adolescents to seek help for them. The aim of this Dr YES session is to address some of the more common mental health issues and identify ways to help yourself and others.

The objectives of this session are to:

- Identify what “mental health” is
- Understand how common mental health problems are
- Identify what stress, anxiety, depression, self harm, suicide and eating disorders are
 - What causes them
 - What is a normal level of stress or anxiety
 - What influences how we react to problems
 - When it becomes a problem
- Identify ways to stay mentally healthy
 - Constructive coping strategies
 - Seeking help
 - Talking – role of friends
 - Dispelling myths and stigma
- Identify what “bullying” is
 - What types of bullying are there
 - Why do people bully
 - How to cope with bullying
- Recognise a potential mental health problem
 - In themselves—feelings, behaviours, thoughts
 - In others—warning signs
- What you can do for yourself and friends
 - Ways of approaching the subject
 - Who to contact
- YFD, GP, Patient Confidentiality & Medicare
 - Ways to seek help
 - Accessibility and training of YFDs
 - How you can access doctors and Medicare
 - Explain confidentiality guidelines
 - Encourage access for adolescents to the health care system

Mental Health – General Information

Topics that we will discuss:

- Mental Health:
 - What does it mean to be mentally healthy?
 - Obtaining balance.
 - Mental ill health as extremes or inappropriate thought processes.
 - Resilience.

- Stress:
 - What it is, and how you feel when stressed.
 - Various stressors in everyday life.
 - Why different people cope differently with stress.

- Coping
 - Different strategies – “positive” and “negative” coping techniques.

- Bullying
 - An intentional behaviour
 - Reasons behind bullying, popularity, intimidation etc.
 - Coping strategies for bullying

- Mental ill-health
 - Warning signs – picking up on problems
 - How to raise the subject of mental health problems
 - Caring for yourself

- Getting help
 - YFDs
 - Confidentiality
 - Barriers to seeking help and how to overcome them
 - How to pay
 - Other services (e.g. Mind Matters, Headspace, Beyond Blue)

- Specific mental illnesses (if time permits, or if the group is interested)
 - Depression
 - Anxiety
 - Eating Disorders
 - Schizophrenia