

Banyule Community Health Lived Experience Programs

Rachel Paterson & Lachlan McKenzie

Overview

- ▶ Learnings from the Peer Connection Program
- ▶ Learnings from the Podcast Project
- ▶ Young men and gambling - why this group?
- ▶ Review of other resources from across the globe
- ▶ Mini workshop

Unique perspectives – learnings from Peer Connection

- ▶ Hope
- ▶ Real life stories and experiences
- ▶ No judgement
- ▶ Collective wisdom
- ▶ A different conversation
- ▶ Informal / formal nature of peer support
- ▶ Benefits for volunteers
- ▶ Multi layered help

Learnings (so far) from our podcast series

- ▶ A patchwork of help
- ▶ Non judgement help and understanding
- ▶ Important not to feel alone
- ▶ Don't give up - especially when one type of help doesn't work

The research

- ▶ People most likely to experience harm from gambling are males aged 18-29 (Armstrong & Carol, 2017)
- ▶ Young men are least likely to seek professional help (Vasiliadis & Thomas, 2016)
- ▶ Sports betting has become normalized amongst young men (Jenkinson et al, 2018)
- ▶ Single young men in their 20s and 30s most likely to sports bet (Jenkinson et al, 2018)
- ▶ AOD use can affect betting (Jenkinson et al, 2018)
- ▶ 24/7 punting device in the pocket
- ▶ Sports betting has increased alongside sports advertising (Jenkinson et al, 2018)

The recommendations

- ▶ 'Information resources (for sports bettors, peers and families) regarding the identification and de-stigmatisation of gambling-related harm, and how to support and refer young men (and others) who may be experiencing harm related to their sports betting'
- ▶ 'Appropriate support and treatment services for young men (and others) who may be experiencing harm related to their sports betting'

(Jenkinson et al, 2018)

Overview of other programs

- ▶ 100 day challenge
- ▶ Love the game program
- ▶ Apprentice prevention education
- ▶ Gambler's Help services
- ▶ Internationally:
 - ▶ School and college based programs - education on harms
- ▶ Leisure substitute programs
- ▶ Online - forums etc

To summarise

- ▶ Young men are a risk group to experience gambling harm
- ▶ The 24/7 punting device is not going anywhere
- ▶ Interest from our Peer Connection team
- ▶ Harness the knowledge and enthusiasm we have for utilising the skills, knowledge and wisdom of lived experience

What can we do next?

- ▶ What types of resources might be useful to help young men who want to change their gambling
- ▶ What type of information / topics should be covered?

Thank you for participating 😊

- ▶ Contact Peer Connection:
- ▶ Rachel - Rachel.paterson@bchs.org.au
- ▶ Lachlan - Lachlan.mckenzie@bchs.org.au
- ▶ (03) 9450 2007

References

- ▶ Jenkinson, R, de Lacey-Vawdon, C, Carroll, M, 2018, *Weighing up the odds: young men, sports and betting*, Victorian Responsible Gambling Foundation, Melbourne
- ▶ Armstrong, A., & Carroll, M, 2017, *Gambling activity in Australia*. Melbourne: Australian Gambling Research Centre, Australian Institute of Family Studies.
- ▶ Vasiliadis, S & Thomas, A 2016, *Journeys through gambling: pathways to informal recovery*, Victorian Responsible Gambling Foundation, Melbourne