



## **Key Themes from Tuesdays with Nexus** **2 February 2021 - 9.30am**

31 people attended this session – Thank you for your participation.

### **Presenter:**

Geoff Bayldon YSAS Research and Practice.

You are welcome to contact Geoff at [Geoff.bayldon@ysas.org.au](mailto:Geoff.bayldon@ysas.org.au)

### **Reflections from 2020.**

Young people who were greater risk takers/experience in the justice system tended to take more risks in the lockdown period and may have continued buying and using substances and doing activities outside of lockdown. Young people who were less risk takers tended to buy and use less substances and take less risks. Substance use prices rose and young people may have bought larger quantities. There was an increase in sexual exploitation of young people, this may have to do with people offering places to stay/substances with less movement or social activities available.

Most of YSAS day programs, groups, events closed due to the pandemic. This meant YSAS needed to become more creative making virtual zoom activities to engage with young people who surprisingly attended in greater than expected numbers. Digital and tele support became the norm, however YSAS reflected this tool lacking the emotional and physical regulatory advantages of face to face support. Zoom did however prove to be a good tool to engage young people to begin with and YSAS will keep this blend of modalities moving forward for face to face and online services.

Geoff and the group discussed ideas around virtual support in the future- the use of online gaming to create a space for conversation.

### **Resources Shared:**

**Principles of care established for young adults with co-occurring substance use issues.**

[https://www.eurekalert.org/pub\\_releases/2021-01/bmc-poc011521.php](https://www.eurekalert.org/pub_releases/2021-01/bmc-poc011521.php)

See attached document- SWITCHBOARD LGBTQIA+ Postvention Final. Bernasochi, A. (2020) LGBTQIA+ Suicide Postvention Response Plan: Preliminary Finding. Melbourne: Switchboard Victoria.



**Useful Drug forums for young people/people interested in drug use, safety and harm reduction.**

Discord:

<https://discord.gg/72zgryv>

Reddit:

<https://www.reddit.com/r/Drugs/>

### **'Tuesdays with Nexus' –**

**Date: Tuesday's – 16/2/2021**

**Start time: 9.30 am – VIC**

**Focus of the 2021 sessions will focus on the MH Royal Commission recommendations as well as Inter-service/agency reports and reflections.**