

Lives of Value

FUTURE ASPIRATIONS OF YOUNG PEOPLE FROM AOD SERVICES: A CODESIGN STUDY

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INTRO

It is rare for young people to present research by and about themselves. This poster presents research findings co-designed with young people from AOD services in NSW and Victoria. Drawing on Capabilities Approaches (Sen, 1997), we worked with participants to co-present their views about 'lives of value,' including what they consider to be 'living well' and their future aspirations.



METHOD

Data comes from modified life history interviews with 17 young people in NSW and Victoria who had completed residential AOD care and were in outreach. Participants were invited back to join in a co-design consultation to select the most important themes, describe themes in their own words, and consider how services could better support their aspirations. 9 of these young people worked with us to create this poster.

findings



COMMUNITY, SUPPORT AND SOCIAL CONNECTIONS

"I can't do addiction by myself."

"IF I SHOW UP, THEY SHOW UP"

I don't see anyone really coming out of rehab and not using again. It's more it gave me the tools and the, sort of the everything for when I did wanna finally get off it to do it. It set me up for that point in my life.



"IF YOU NEED [HELP], IF YOU WANT HELP, ASK FOR IT AND, YOU KNOW, I'LL BE THERE."

You can tell when they are speaking to you from things they've learnt from a textbook and they have no clue like what they're actually talking about

"No-one's perfect."



They offered ongoing case management for when you leave, regardless of if you finish or not.

HOUSING AND SECURITY

"YOU NEED TO ACTUALLY THINK WHAT'S BEST FOR YOU AND IN THE LONG RUN."

We'd apply to things. And afterwards she would like call me all the time and she would send me links for jobs. . . they paid for my RSA which I would have not been able to pay for on my own.

Allowed me to stop stressing. Like it's allowed me to actually move on, move forward to actually concentrate on, not having to stress about where I have to go next or where I go from here.

There should be people there to guide you to get what you wanna do with a career; not just put you in some shitty job that you're gonna fail in and you're gonna quit because you don't like it.

When my use would get really bad, it was due to not having a stable roof over my head and not being able to have a set routine

"AN ENVIRONMENT OF PEOPLE WITH THE SAME SORT OF BACKGROUND AND STUFF AS ME."

What's the best way? Helping someone sort out their life, like get a job, help them, motivate them to do something like that. Actually, give them support to set themselves up.

To apply to this job and stick it out, so I could afford to pay my rent, to take on this extra responsibility to feel more, to be more of an adult I think is my greatest achievement in comparison to everything I had done beforehand

PERSONHOOD AND AUTONOMY

"THE ME IS COMING OUT AGAIN"

I guess when you're a user like it's quite hard to see yourself as [a leader]. So, I would say with the responsibilities it promotes like independence, leadership and also autonomy

I don't wanna be anyone else. I love to be me. I'm happy being me. But I'd love to be able to change peoples' lives in some sort of way . . . like a youth worker or something . . . I should share my experience, and share my knowledge and my story, you know.

"Be a beacon of hope"

We make our own choices and we can come from one place but we can take ourselves [to] a completely different place. We don't have to be how statistics say that we're gonna be.

"IT'S ALMOST LIKE ALLOWING YOU TO WANNA BE OFF DRUGS"



They showed us there's better ways of living and you can get thrills out of life besides drugs. And they gave you tools as well.

"ONE THING I CAN'T WAIT TO DO IS PROVE PEOPLE WRONG"

RECOMMENDATIONS

AOD interventions that support young people's aspirations and values would:

- Build social support through staff that show unwavering commitment and have shared life experiences;
- Offer a choice of employment and housing opportunities that are appropriate and long term, not just materially adequate in the short term;
- Impart responsibility to young people which can promote autonomy and growth.

