

# Community solutions to address impacts of alcohol





# Vietnamese community





A woman with short dark hair and glasses, wearing a red and black striped shirt, is looking upwards and to the right. She is in a community setting with other people, including an older man with white hair and glasses in a purple shirt on the left and a person in a pink shirt on the right. A sign on a blue door in the background reads "NO SMOKING".

## What could be done in your community to change the drinking culture?

- Raise awareness of harm associated with alcohol to the whole of community through education in school, at work place, at home and in the community.
- Offer recreational activities to all community members especially middle-aged men for example: sport clubs, fishing clubs, sing karaoke groups.
- Self-manage such as: don't stock alcohol at home, set the limitation of alcohol intake and self-reduce alcohol consumption.



- Deliver social inclusion activities such as family fun days, picnic on the park, community gathering for a good cause.
- Government needs to impose high tax on alcohol products, increase the price and limit a certain number of bottles that people can purchase per day, per week, etc.... to make it harder for people to access alcohol.
- Actively advocate for opportunities for people to volunteer in meaningful tasks including supporting children, elderly, at temples, pagodas















# Samoaan community







## What could be done in your community to change the drinking culture?

- Encourage and convene the various church denominations to work together towards helping alcohol affected families and individuals.
- Need youth activities that youth would prefer to do rather than going to nightclubs and drinking alcohol, such as outdoor/camping or sports.
- Encourage more church and family activities that support youth personal development in hand with Samoan cultural values



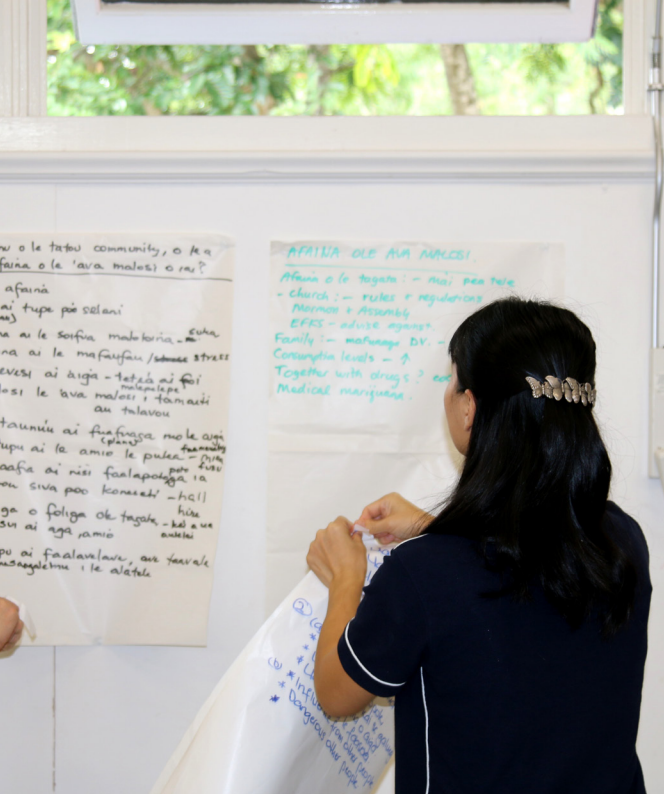
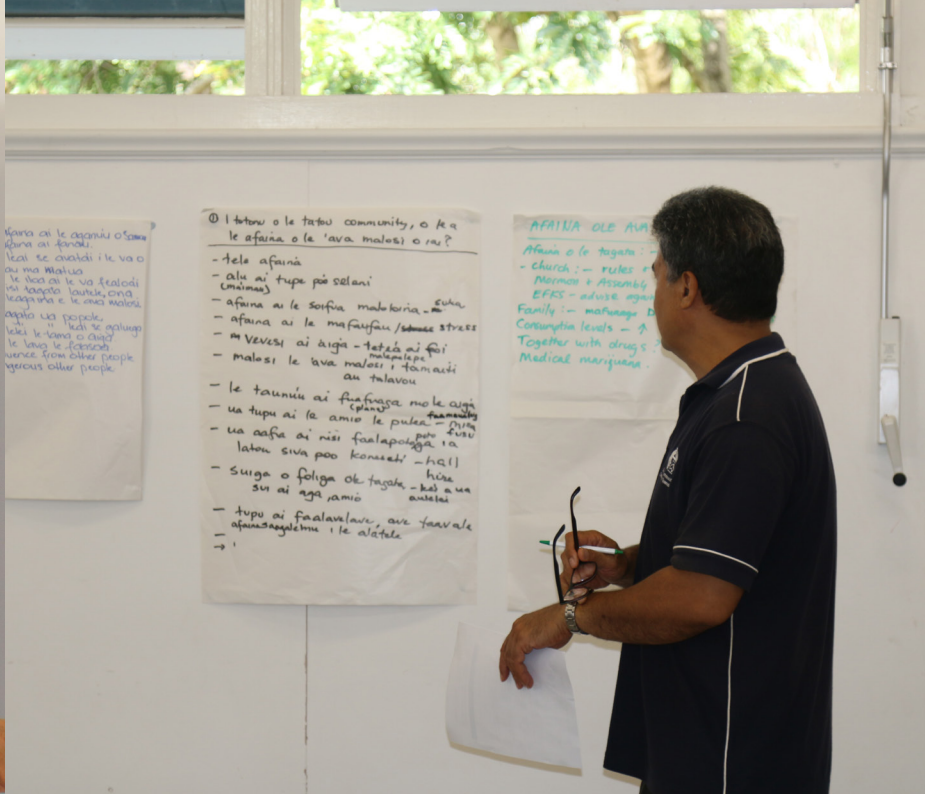


- Empowering family and church members to help their church members.
- Assistance for Homeless Kids in the Brisbane. This is a breeding place for bad alcohol (and drugs) consumption habits, and spreads to other kids.
- The need for information and statistics. We need figures and proportions of how many Samoan people/families (and other ethnic groups) that are affected with alcohol and need help with alcohol rehabilitation etc











- Convene a multicultural forum in Brisbane that addresses these same questions.
- Participation in healthy lifestyle programs such as Living Well Multicultural Program from ECCQ.
- Financial grants/assistance from the government for youth and community programs that focuses on self-control, family counselling, employment, etc.
- More awareness of services that the state could provide, such as Rehabilitation Centres, and further strengthen their services.
- Community leaders and parents to do their duty and guide children, lead by example.
- Empower and encourage abstinence processes and agencies that provide this service such as Alcoholics Anonymous.
- Lift the legal drinking age from 18 to 21.
- Choose your friends well, and refrain from friends who tend to drink too much.
- Identify vulnerable groups and provide free counselling services.
- Stop drinking.
- Pray to God to help those with drinking problems.
- Have more self-control.



# Sudanese community

Sudanese & South Sudanese how  
alcohol influence your community

- \* Conflict with health (Marriages)
- \* Use as a solution to  
the problem/ issues of stress
- \* Cultural Conflicts - "18+"
  - \* Peer Pressure
- \* Criminal Confessions
- \* Loss of Employment
- \* Tribal ~~Stigma~~ Stereotype
- \* Increase in health  
problems "Liver problems"
- \* Tribal myths that alcohol  
is medicine for certain  
diseases





## What could be done in your community to change the drinking culture?

- Education – responsible drinkers, on health effects of alcohol on community and pregnant women – more education on harm and preventions.
- More programs for people who are having drinking problems.
- Program for people living with alcoholics.
- Women programs to address isolation.







- Acknowledge.
- Easy access at home can be avoided by not keeping it at home.
- Parents and elders need to find solutions together.
- Men need to be involved in their family's life.
- Adapting to the change.
- Change of assumptions.
- Strong foundation.
- Relation with programs i.e. alcohol, business and youth programs e.g CYALA.
- Engagement in activities e.g. workshops – targeted approach – link positive role models.
- Counselling.
- Increase/create employment and programs.
- Cultural awareness visa western culture.











Ethnic Communities  
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Lives Lived Well

Act on Alcohol

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