

Road Trauma Awareness Seminar

Delivered in collaboration with magistrates, prosecutors, defence lawyers and community corrections as a sentencing option for people with traffic-related offences. The seminars empower participants to address risky driving behaviour and prevent being involved in road trauma.



**amber
community**
ROAD INCIDENT
SUPPORT & EDUCATION

1300 367 797

www.ambercommunity.org.au



Education

The program is based on a sound theoretical model of restorative justice principles and three psychological models:

1. **Narrative Discourse**
2. **Experiential Learning**
3. **Cognitive Behavioural Therapy**

It inspires behavioural change through a process of education, reflection and prevention. The program is regularly reviewed and evaluated.

The program

Our program aligns with the Victorian Government's Safe System approach to improve driver attitudes and behaviours to support safer road user behaviour.

The program includes:

- 2 1/2 hour seminar
- Locations across the state
- Small groups of 10 participants per seminar
- Interactive, exploring risks and alternatives to current driving practices
- Participant follow up and ongoing contracted behaviour modification
- Participant behaviour/attitude self-assessments
- Working in collaboration – education complements existing enforcement
- Conversations with people impacted by trauma on our roads
- Helps to reduce illegal driving behaviour and rates of recidivism



Outcomes

Participants commonly start the program displaying disinterest, bravado and lack of remorse. However, due to the program's focus on behaviour change rather than blame, participants typically experience a noticeable shift in attitude. They are empowered to make choices toward being a safer road user.

"I will now respect fellow road users and consider how my decisions may affect others. I am going to also add a physical reminder to my car on how important it is to drive safely." Campbell

"Thanks to the Road Trauma Awareness Seminar program I have taken away that I need to be more aware of the people around me and to think about the consequences of my actions and how it could impact other lives in a major way." Lachlan

"This program has taught me never to drink and drive again but, more importantly, I will be educating my children about the importance of road safety and setting an example." Stephen

"I have made the conscious decision to drive slower, be more considerate to other drivers and be aware of the consequences of reckless driving." Anonymous

Our people

Amber Community is committed to educating the community and raising public awareness about road trauma and how it affects people's lives. A vital part of this educational work is the RTAS program, delivered by skilled facilitators who provide a safe, inclusive, and non-judgmental environment for participants and provide empowering tools to assist in making safer choices.

Our volunteer speakers share their unique lived experiences during the seminar, inspiring participants to understand the true and impactful reality of road trauma.

Counselling

Amber Community provides free of charge counselling, information and peer support programs to more than 3,000 Victorians impacted by road trauma every year.

Counselling is provided to anyone impacted by transport trauma irrespective of when the collision occurred. Clients include bereaved families, friends and colleagues; injured people and their carers; drivers and passengers; cyclists and pedestrians; witnesses and emergency service workers.

You do not need a referral to access our services. To make an appointment with one of our counsellors, call **1300 367 797**.

Our community

Here are some ways to help and connect with people affected by road trauma:

- Tell your family and friends about the free counselling services at Amber Community.
- Like us on Facebook, follow us on LinkedIn, Instagram and Twitter, or join our mailing list.
- Join us at our annual Shine a Light on Road Safety community walk or Time for Remembering ceremony.
- Get involved in shaping our future by becoming a member of Amber Community.
- Share your lived experience, volunteer with us, and influence change.

Support our work

The trauma that results from a fatal or serious collision can happen to anyone at any time. Each dollar donated helps us provide vital services to all Victorians who are impacted. Please consider making a donation today.

We reinvest all funds in our programs and work hard to make sure that the resources entrusted to us are used as efficiently and effectively as possible.

