

Substance Misuse Prevention



Tawnya Boileau RN, BScN, School Health Coordinator

tawnya.boileau@healthunit.org

Rebecca Shams, BDSc, Health Promoter

rebecca.shams@healthunit.org



We All Have a Role to Play!



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We All Have a Role to Play!



“The idea is to collaboratively work to create an ‘ecology’ around children and youth that makes it increasingly difficult for certain high risk problems to survive”.

Dr. Wayne Hammond



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Understanding Adolescence

- **Time of major changes:**
 - Puberty
 - More mature reasoning & thinking
 - More intense emotions
 - Expanding peer groups
 - Dating & sexual feelings
 - Coping with multiple changes/stress
 - Becoming more independent



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Understanding Adolescence

- Brain still developing and maturing until about age 30
- More susceptible to risk-taking
- At greater risk from harmful effects of alcohol & other drugs



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Understanding Adolescence

- Dr. Jean Clinton
 - <https://www.youtube.com/watch?v=dOgfvu-wF9A>
- Brain Body Connection Activity



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What Doesn't Work!

- Exaggeration, scare tactics or moralizing
- Lecture-only format
- Short one-off interventions
- “Just say no” approach



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Activity

Look around the room for
things that are black



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What works!

- Parental monitoring
- Restricted access to drugs & alcohol
- Positive peer relationships
- Sense of belonging
- Positive relationships with caring adults
- Decision-making & assertion skills
- Recreation & extracurricular activities (supervised)
- Youth engagement



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Positive Relationships with Caring Adults

- The number and intensity of high quality relationships is linked to positive outcomes:
 - student engagement
 - academic motivation
 - better grades
 - higher aspirations for the future
 - civic engagement
 - participation in college-preparatory classes and activities



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Positive Relationships with Caring Adults

- Express Care:
 - “Show me that I matter to you”
- Share Power:
 - “Treat me with respect and give me a say”
- Challenge Growth:
 - “Push me to keep getting better”
- Expand Possibilities:
 - Connect me with people and places that broaden my world”
- Provide Support:
 - “Help me complete tasks and achieve goals”



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Together we can make a difference...



2015 Asset Builders



2017 Asset Builders



2016 Asset Builders



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Decision Making & Assertion Skills

- Provide knowledge and skills prior to behaviour and at transition periods
- Teach in the context of developmentally appropriate information
- Provide booster sessions over a number of years that reinforce the knowledge and skills
- Practice skills that are relevant to their experience, in a low risk situation, and use realistic scenarios

<https://ndri.curtin.edu.au/research/shahrp/about/evidence.cfm>



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Decision Making & Assertion Skills

Delay Techniques

- Don't make a decision until you have time to think it over
 - “Sorry, my friend's waiting. We'll decide later”

Negotiation Skills

- Try to find a decision acceptable to both parties
 - “How about we do this instead?”

Refusal Skills

- Ways to say “no”
 - Give an excuse, Walk away, change the subject



Decision Making

- **Do research** (e.g., What is the substance? How dangerous and addictive is it? What are the short and long term effects?)
- **Plan ahead** (e.g., Is your phone charged? What are your limits? How will you get home safely? Does a parent or trusted adult know where you are?)
- **Stay in control** (e.g., Will you be embarrassed tomorrow by what you do today? Do you have a system to keep track of your drinks?)
- **Stay safe** (e.g., Do you know the signs and symptoms of alcohol poisoning or overdose? Do you know what to do if something goes wrong?)



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Decision Making Resources:

- **Decision-Making Clip:**
<https://mindyourmind.ca/interactives/getting-high>
- **The Be Safe app:** <https://mindyourmind.ca/interactives/be-safe>
- **Websites with harm reduction/safe partying messages:**
 - <http://www.heretohelp.bc.ca/workbook/you-and-substance-use-harm-reduction-strategies>
 - <https://www.betterhealth.vic.gov.au/health/healthyliving/partying-safely-tips-for-teenagers>
 - <https://kidshelpline.com.au/teens/tips/party-safely-and-have-fun/>



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Recreation/Extracurricular

- Recreation/extracurricular activities that are structured, with an adult supervisor, can reduce substance misuse.
- These activities can:
 - Foster life skills for success
 - Reduce emotional problems and risky behaviour
 - Improve self-esteem
 - Create positive peer and adult relationships



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Recreation/Extracurricular

Ideas for action:

- Invite local recreational opportunities (e.g., yoga, martial arts, dance, painting, gardening) to places where youth gather
- Invite conversations re: the types of recreational and extracurricular activities that others are involved with. Peer-to peer promotion!
- Take it outside!



Recreation/Extracurricular

Ideas for action:

- Have youth explore recreational opportunities in their community. Make sure to highlight free and low cost activities.
- Get trained in HIGH FIVE
- Seek opportunities for youth to develop their physical literacy skills



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Recreation/Extracurricular Resources

- **Physical Literacy for Life:** <http://physicalliteracy.ca/education-training/play-tools/>
- **Physical Literacy fitness charts:** <http://thompsonbooks.com/kto12/fitness-charts/home/>
- **Financial Support for Recreation:** http://www.healthyllg.org/recreation_funding.html
- **Link for low and no cost activities:** http://www.healthunit.org/physact/tri-county_activities/lgl_activities_map.htm
- **Local Trails:** <http://www.healthunit.org/physact/home/trails.html>
- **Nature 4 Life!:** http://www.healthyllg.org/outdoor_recreation.html



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Youth Engagement

- Centre Of Excellence YouTube Video
 - <https://www.youtube.com/watch?v=EBWuF9y8hko>



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Youth Engagement

- “Recognizing and nurturing the strengths, interests and abilities of young people through the provision of real opportunities for youth to become involved in decisions that affect them”.
- YE can:
 - Decrease risky behaviours
 - Enhance connectedness, confidence, and well-being
 - Foster life skills

Youth Advocacy Training Institute



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Youth Engagement

- Mind Your Mind Your Mind YouTube Video
 - <https://www.youtube.com/watch?v=H2poVBPqBAU>

Youth Engagement- Key Components

- Meaningful, sustained and active participation
- Inclusive
- Youth-driven (power shift) leads to empowerment
- Process-oriented & flexible
- Transparent
- Adult support & guidance
- Youth-friendly environment



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Youth Engagement

Ideas to engage youth:

- Encourage youth action groups (e.g. Love My Life...Tobacco Free, GSAs, OSAID groups, Community Gardening)
- Promote civic engagement opportunities (e.g., MyView Film Festival, Power UP grants)
- Include opportunities for youth representation on advisory committees



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MyView



GRAND PRIZE!
\$1000

★ CJ Cochrane Presents: **5th ANNUAL** **MYVIEW YOUTH FILM FESTIVAL** **2017**

Submission deadline: May 1, 2017

AWARDS CEREMONY

Thursday, June 8th, 2017
7pm Red Carpet
Brockville Arts Centre
235 King St. W. Brockville, ON



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Youth Advocacy



Power Up Summit



- 52 youth & 16 adult allies
- 17 different organizations across LGL
- Focus on local civic engagement



- Participants attended 6 workshops over the 3 days (had a choice of 15)



- *Motivation*
- *skill development*
- topic specific *knowledge*
- *challenge* (funded \$500 per project)



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Some preliminary results

Please rate <u>your level of agreement</u> with the following statements about the Youth Summit.	Strongly Agree	Agree	Disagree	Strongly Disagree
Overall, I was <u>satisfied</u> with the Power Up Youth Summit...(n=48)	35(73%)	13(27%)	0	0
This event was <u>youth -friendly</u> . It was a space where I felt safe, valued, and respected... (n=48)	29(60%)	19(40%)	0	0
The <u>topics</u> presented at the Power Up Youth Summit were of <u>interest</u> to me...(n=48)	25(52%)	21(44%)	2(4%)	0
After this event I feel more <u>inspired</u> to take action in my community... (n=48)	26(54%)	20(42%)	2(4%)	0
After this event I feel more <u>connected</u> to other youth (i.e. I developed friendships/relationships and/or ties)... (n=48)	19(40%)	28(58%)	1(2%)	0
I learned more about <u>civic engagement</u> (i.e. working together to make a difference in my community)...(n=48)	26(54%)	22(46%)	0	0



Power What? Power UP!!



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What's Next?

- Power Up 2.0?
- Building Sustainability into the system...
- Create new opportunities or promote existing ones
- Partner with schools, community groups/youth centres
- Some examples of post-summit projects...
 - Mental Well-being (Real Talk with CMHLG)
 - Political Engagement (St. Mary's)
 - Environment (tree planting with Kemptville Youth Centre)
 - Volunteerism (FCSLLG)



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Youth Engagement Resources

- **Student Leadership Facilitator's Workbook:**
<http://peelregion.ca/health/shp/pdfs/student-leadership.pdf>
- **Youth Engagement E-book:**
<http://www.jcsh-cces.ca/ye-book/html5/>



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Questions?



Thank you for your time and attention!



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Health Unit Contact Information

Visit our website:

www.healthunit.org

Email us at:

contact@healthunit.org

Call the Health ACTION Line:

1-800-660-5853

FACEBOOK:
LGLHealthUnit



TWITTER:
@LGLHealthUnit



SCAN LINK:
www.healthunit.org



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