



# HEALTHY SCHOOLS - SUBSTANCE ABUSE PREVENTION Sample Action Plan Activities

Quality Instruction & Programs	Healthy Physical Environment	Supportive Social Environment	Community Partnerships
<p><b>Curriculum support:</b></p> <ul style="list-style-type: none"> <li>• OPHEA (Ontario Physical and Health Education Association) (JK-Gr.10) <a href="http://www.ophea.net">www.ophea.net</a></li> <li>• CAMH (Centre for Addiction and Mental Health) (Gr.1-8) <a href="http://www.camh.net">www.camh.net</a></li> <li>• Take Action – an initiative from OPHEA (K-Gr.8) <a href="http://www.ophea.net">www.ophea.net</a></li> <li>• ARAPQ (Association to Reduce Alcohol Promotion in Ontario) Educator’s Kit (Gr.7-10) <a href="http://www.apolnet.ca">www.apolnet.ca</a></li> <li>• Ontario Pharmacists’ Association, The Dino Game (Gr.1-3) <a href="http://www.opatoday.com/SMMUP.asp#kids">www.opatoday.com/SMMUP.asp#kids</a></li> </ul> <p><b>Resources &amp; videos</b> Available from York Region Health Services, Substance Abuse Prevention Program, Centre for Addiction and Mental Health, Parent Action on Drugs and Association to Reduce Alcohol Promotion in Ontario.</p>	<p><b>Substance abuse prevention guidelines and policies:</b></p> <ul style="list-style-type: none"> <li>• Safe and healthy school policies and guidelines relating to substance use</li> <li>• Tobacco by-law enforcement on school property (York Region Health Services tobacco enforcement officers)</li> <li>• Police enforcement (community liaison officers)</li> </ul>	<p><b>School-wide and teacher supports:</b> <i>Presentations/speakers/assemblies</i></p> <ul style="list-style-type: none"> <li>• Association to Reduce Alcohol Promotion in Ontario</li> <li>• Council on Drug Abuse</li> <li>• Youth Speak</li> <li>• MADD</li> <li>• Narcotics Anonymous</li> <li>• York Regional Police (VIP program)</li> </ul> <p><b>Staff education</b> York Region Health Services, Substance Abuse Prevention Program</p> <p><b>Student supports:</b></p> <p><i>Youth Crisis Support</i></p> <ul style="list-style-type: none"> <li>• Crisis Line (24 hours): 905-310-COPE</li> <li>• Kids Help Phone (24 hours): 1-800-668-6868</li> </ul> <p><i>Youth-friendly websites (Gr. 7-8): teachers should preview sites</i></p> <ul style="list-style-type: none"> <li>• <a href="http://www.deal.org">www.deal.org</a>; <a href="http://www.cyberisle.org">www.cyberisle.org</a>; <a href="http://www.virtual-party.org">www.virtual-party.org</a>; <a href="http://www.madd.ca/english/youth">www.madd.ca/english/youth</a>; <a href="http://www.drinkingfacts.ca">www.drinkingfacts.ca</a>; <a href="http://www.kidshelpline.ca/en/">www.kidshelpline.ca/en/</a>; <a href="http://www.hc-sc.gc.ca/hl-vs/drug-drogues/index_e.html">www.hc-sc.gc.ca/hl-vs/drug-drogues/index_e.html</a></li> </ul> <p><b>Treatment and/or Counselling</b></p> <ul style="list-style-type: none"> <li>• Addiction Services for York Region: 905-841-7007</li> <li>• Kinark Child and Family Services: 1-888-454-6275</li> <li>• Blue Hills Child and Family Services: 1 866-536-7608</li> </ul> <p><b>One-on-one mentoring and peer mentoring programs</b></p> <ul style="list-style-type: none"> <li>• Parent Action on Drugs (e.g., CBC program): 416-395-4970</li> <li>• Big Brothers and Big Sisters of York: 905-895-0289</li> <li>• Youth Assisting Youth: 416-932-1919</li> </ul> <p><b>Parent supports:</b></p> <ul style="list-style-type: none"> <li>• Association of Parent Support Groups in Ontario 1-800-488-5666</li> <li>• York Region Health Services, Substance Abuse Prevention Program, Parent Workshops 1-800-361-5653</li> <li>• Parent Action on Drugs 416-395-4970 <a href="http://www.parentactionondrugs.org">www.parentactionondrugs.org</a></li> </ul>	<p><b>The following is a list of community services (not a comprehensive list):</b></p> <ul style="list-style-type: none"> <li>• Addiction Services for York Region (ASYN): 905-841-7007</li> <li>• Association to Reduce Alcohol Promotion in Ontario: 416-367-3313 x264</li> <li>• Centre for Addiction and Mental Health (CAMH): 416-535-8501</li> <li>• Council on Drug Abuse: 416-763-1491</li> <li>• Mothers Against Drunk Driving: Shelley Carley, 905-829-8805</li> <li>• Narcotics Anonymous: Brian Foot, 416-570-6207</li> <li>• Parent Action on Drugs: 416-395-4970</li> <li>• York Region Health Services, Substance Abuse Prevention Program: 1-800-361-5653</li> <li>• York Regional Police: 1-866-876-5423</li> <li>• Youth Speak, Una Wright: 905-967-0604</li> </ul>