

Substance Misuse Prevention

Substance misuse prevention education for young people must combine age-appropriate, non-judgemental, factual information with the development of social competence, relationship and communication skills. Aim to integrate substance misuse prevention messaging into all aspects of school life and connect with your community for support. Engage youth and provide opportunities to emphasize their ability to make choices, accept responsibility, role model and influence peers.

Guides and Curriculum Resources

Elementary Schools

OPHEA (Ontario Physical and Health Education Association) Take Action NEW Curriculum Support Resources (Grades 1-8) are in development for all educators (generalist teachers and H&PE specialists) for the 2010/11 school year.
www.ophea.net/takeaction

CAMH (Centre for Addiction and Mental Health) Educating Students about Drug Use and Mental Health (Grade 1-8). Intended to be used by Educators and Community Partners. www.camh.net/education/resources_teachers_schools/drug_Curriculum/

RiskWatch® Poison prevention and medication safety information within injury prevention resources.(K-8). “Look first. Think twice. Choose smart” decision making process. Helpful link to primary grade substance misuse prevention education.
<http://www.ofm.gov.on.ca/english/fire%20safety%20&%20public%20education/risk%20watch/What's%20Risk%20Watch/default.asp>

The Fourth R: A Relationship-Based Program Engages students in healthy relationship and decision making through various topics including substance use & abuse prevention (Gr. 8&9) www.youthrelationships.org

Secondary Schools

OPHEA Take Action An Educator’s Guide to Substance Use Prevention assists school communities in understanding and addressing substance use among secondary school students. This reference guide provides need-to-know information, tools, best practices and key messages. www.opheaprograms.net/tasecondary/

CAMH Educating Students about Drug Use and Mental Health. Ready-To-Use Lesson Plans are available for Grade 9&10. Mental Health guides are available for Grade 11 & 12. www.camh.net/education/Resources_teachers_schools/index.html

Empowerment and Influence

Positive Peer Influence & Role Models

- Youth Assisting Youth: Mentoring service for at risk and newcomer children. www.yay.org/
- Parent Action on Drugs: Parent, teacher and youth information. Information for high school students to peer lead programs for younger students (i.e. For the Record, PASS it on, Challenges, Beliefs, Changes). www.parentactionondrugs.org
- Big Brothers and Big Sisters of York: Adult role models who model positive & responsible behavior through mentoring programs. www.bbbsy.ca

Media Awareness and Education

- ARAPO (Association to Reduce Alcohol Promotion in Ontario): Grade 7–10 Educator's Toolkit on Alcohol Advertising. To discuss issues of alcohol advertising and media literacy in an interactive way. www.apolnet.ca/arapo/arapo_kit.html
- Media Awareness Network: Media and internet education resources. K-12 Classroom activities to help students understand how media messages about alcohol can influence their attitudes towards drinking. www.media-awareness.ca/english/teachers/index.cfm

Presentations/speakers

- Council on Drug Abuse: 416-763-1491
- Ontario Public Health Association – ARAPO: 416-367-3313 x264
- MADD:Sue Lawton, 905-829-8805 x 225
- Narcotics Anonymous: Brian Foot, 416-570-6207
- Ontario Pharmacists' Association: 416) 441-0788
- SmartRisk No Regrets Program: 416-596-2700
- P.A.R.T.Y. Program, Sarah Thorne and Jennifer Appleton (905) 895-4521 ext 2306
- The Student Life Education Company: 416-243-1338
- Youth Speak: Una Wright, 905-967-0604
- York Regional Police: VIP program, 1-866-876-5423

Treatment and/or Counselling

- Addiction Services for York Region: 905-841-7007
- Blue Hills Child and Family Services: 1 866-536-7608
- Centre for Addiction and Mental Health, Newmarket Office (Serving York): 905-868-8046
- Kinark Child and Family Services: 1-888-454-6275
- Vitanova Foundation, Drug and Alcohol Rehabilitation Centre: 905-850-3690 (16 & older)

Youth Crisis Support

- Crisis Line (24 hours): 310-COPE (Calls within York Region do not use area code 905)
- Drug and Alcohol Registry of Treatment (DART): 1-800-565-8603
- Kids Help Phone (24 hours): 1-800-668-6868

Youth Friendly Websites

- Canadian Public Health Association
www.drinkingfacts.ca
- Centre for Addiction and Mental Health www.virtual-party.org
- Government of Canada
<http://www.nationalantidrugstrategy.gc.ca/parents/youth-jeunes/youth-jeunes.html>
- Keep Control
www.keepcontrol.ca
- MADD
www.maddyouth.ca
- Ontario Students Against Drunk Driving
www.osaid.org
- Royal Canadian Mounted Police
www.deal.org
- What's With Weed
www.whatswithweed.ca/weed

This is a reference list of community resources (not a comprehensive list).

For more information, contact York Region *Health Connection*
at 1-800-361-5653, TTY 1-866-252-9933
or visit www.york.ca/healthyschools