

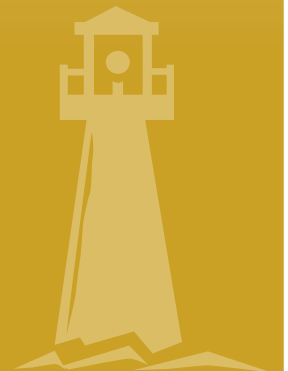
SUBSTANCE ABUSE EDUCATION RESOURCES



MENTAL HEALTH & ADDICTIONS SERVICES PROGRAM

The following information is being provided as a resource guide to assist your drug education activities. Please contact your local Addictions Services office/representative for additional information and support.

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|------------------|--------------------------------------------------|
| 1. St. John's | Telephone: (709) 752-4030
Fax: (709) 777-5170 |
| 2. Whitbourne | Telephone: (709) 759-3360
Fax: (709) 759-3362 |
| 3. Harbour Grace | Telephone: (709) 945-6512
Fax: (709) 945-6588 |
| 4. Clarenville | Telephone: (709) 466-5700
Fax: (709) 466-5718 |
| 5. Burin | Telephone: (709) 891-5025
Fax: (709) 891-5096 |
| 6. Bonavista | Telephone: (709) 466-5700
Fax: (709) 466-5718 |



Substance Abuse Curriculum Resource Directory

Local Addictions Services contacts:

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Addictions Services Provincial Library Resources

The Addictions Services Provincial library acquires books, reports, periodicals and audiovisuals with an addiction focus. The library materials are primarily available to Addictions Services / Mental Health staff and their clients but is also available to teachers, schools and community groups. Library users are asked to make requests by contacting the Addictions Services librarian, Ms. Heather Cooke, by telephone, 709-752-4120, or e-mail: ads.library@easternhealth.ca. You are also advised to consult with your local Addictions Services office to inquire about current -resources as local Addictions Services offices also receive resources and may be able to suggest specific items. Booking of requests should be made at least two weeks in advance of the scheduled date. Audiovisuals need to be returned by the designated due date stated on the transmittal slip with the borrowed items. If they are needed for a longer period, please call for an extension. In the event that the audiovisual is reserved for another library user, then an extension will not be granted. During peak periods, September – November and April – June, there will be a limit of (3) videos/audiotapes per library user. Audiovisual materials are sent by courier service. It the responsibility of the borrower to return these materials in the same manner, within the allotted loan period. The loan duration for St. John's borrowers is five (5) working days. Out-of-town borrowers obtain loan duration for ten (10) working days. It is understood that users of the Addictions Services Provincial Library assume full responsibility for the material on loan and agree to use it with care. Clients are asked to report any damage to library materials that they are aware of. Lost materials are the responsibility of the borrower to reimburse the cost.

Web-Site List

1. <http://www.aadac.com/21.asp>
 - a. The Alberta Alcohol and Drug Abuse Commission of Alberta Health Services offers a comprehensive drug & gambling information website. The site has links for specific target populations and includes a section for teachers as well as a youth specific website. Teacher education resources are included on the website and prevention strategies for teachers.
2. <http://www.abovetheinfluence.com/>
 - a. This U.S. based website is produced by the National Youth Anti-Drug Media Campaign. The site is designed for youth and contains various interactive

activities and web-based features that focus specifically on illicit drug use. The site seeks to engage youth in thinking about the various influences in their lives and how this might affect their own decision-making.

3. <http://www.potanddriving.cpha.ca/>
 - a. This Canadian website is produced by the Canadian Public Health Association and is geared for youth between the ages of 14 – 18. It is intended to increase awareness around cannabis impaired driving. The site provides a poster, questions and a discussion guide to engage youth in a discussion about driving while impaired.
4. <http://www.getuponit.ca/>
 - a. This is a youth and parent targeted website produced by Addictions Services, Department of Health & Community Services, Government of Newfoundland & Labrador. The site provides drug information and where to go for addictions related help. The site also has specific parent information.
5. <http://www.no2meth.ca/>
 - a. This B.C. Ministry of Health website was created for youth, parents and teachers from grades 6 – 12. It specifically focuses on the topic of methamphetamine abuse but also provides basic information to teachers about teaching sensitive health information topics. It contains specific learning activities for grades 6 – 12.
6. www.virtual-party.org
 - a. This is an interactive website, for and by youth. The virtual party web site is an educational tool that offers information specific to youth. The site uses an interactive storyline that promotes healthy choices and reducing risky behaviour related to alcohol and other drug use and mental health. The site targets youth from ages 13-19 years of age.
7. <http://www.xperiment.ca/>
 - a. This Canadian website is designed for youth, by youth through the Canadian Centre on Substance Abuse. The flash-based webpage provides user interaction through the use of various ‘experiments’ to illustrate the effects of illicit drugs.
8. <http://teens.drugabuse.gov/havefun/index.php>
 - a. This American website was developed for youth, teachers and parents. It includes interactive web activities, fact sheets and videos. The teacher section includes links to activities and quizzes.
9. <http://www.drugabuse.gov/scholastic.html> (Resources for Teachers / Students)
 - a. This American website provides teachers with information and activities created to educate students about the effects of drugs. The web-site provides a collection of resources that have been published by the Scholastic Magazine.

10. <http://teacher.scholastic.com/scholasticnews/indepth/headsup/> (Heads up – Drugs & the body)
 - a. This American website provides teachers with student and teacher resources specific to drug abuse. Site includes teacher printouts and student interactive activities.

11. http://www.camh.net/education/resources_teachers_schools/drug_Curriculum/
 - a. A Canadian site maintained by the Centre for Addiction and Mental Health in Ontario. This resource provides a teacher’s curriculum guide for grades 1 – 10 and is built around the specifics of the Grade 1-10 Ontario Health and Physical Education Curriculum.

12. <http://www.deal.org>
 - a. This Canadian website is affiliated with the Royal Canadian Mounted Police and provides a tool to connect with youth and encourage healthy informed choices while supporting youth to take a stand and get involved in their schools and communities. The site is not specific to drug use and also includes general information related to health, relationships, life skills, diversity, and violence. The site uses interactive electronic tools including a ‘Knowzone’, ‘Toolbox’ and ‘Webzine’.

Presentation List

Please contact your local Addictions Services office for information about obtaining pre-designed presentations on topics including:

1. Binge Drinking
2. Drug Classifications
3. General Addictions Awareness Information
4. Impaired Driving

Interactive Activities List

1. Clever Catch.
 - a. Clever catch balls are a fun and interactive way to engage students in learning about substance use. Clever catch balls are available from regional Addictions Services offices.

2. Power-point based Electronic Drug/Alcohol Awareness Games
 - a. Description: There are numerous versions of power point presentations that have been designed to be an interactive learning experience that can be used as a game with specific point values for each question. There are various categories including multiple choice, true/false, Did you know, and Fast Facts. The questions and statement have been designed to coincide with specific curriculum objectives

within Healthy Living for grades 7 and 8. Other versions are available for other grade levels. Please contact your local Addictions Services offices for additional information.

- Grade 7
- Grade 8

3. The Amazing Race

- a. The Amazing Race engages youth in an impaired driving activity. It was designed in recognition that young teens, though not able to drive, may be passengers at risk with traveling with older teens. Using an established popular culture label, The Amazing Race, has led to excellent pre-session interest and provides an indication that the event is interactive. Trials of this activity indicate it is best suited for grade 8 students. The following resources are available to provide all the details necessary to plan this activity for your classroom/school. To obtain this resource, please contact your local Addictions Services office for additional information.
 - Amazing Race Backgrounder
 - Fact Sheet
 - Questions

Special Events

National Addictions Awareness Week – Annual Event

- Every year across Canada, the 3rd week in November marks National Addictions Awareness Week. In this Province, the Provincial Department of Health & Community Services organizes a provincial theme and provides resources to help mark this event and highlight addictions issues. Throughout Eastern Region, specific areas sponsor special events and activities to mark the week and highlight the importance of education and prevention. The St. John's region offers the annual Addictions Awareness Week Maze. This event features an array of educational and interactive stations designed within an actual maze that helps illustrate the impacts of substance abuse on different aspects of a person's life. This event is offered to grade 8 students in schools in the St. John's, Mount Pearl, CBS and surrounding areas.

- Other areas within Eastern Region host addictions displays, sponsor community events, community skates, recreational activities and special school activities to mark the event. If you are interested in discussing specific options for your school, speak with your local Addictions Services contact or school health team representative.

Youth Educating Youth Project (Time limited: October 2009 – January 2009)

- The Youth Educating Youth Project is a youth video submission contest that is being coordinated by the Addictions Awareness Sub-Committee

of the Addictions Treatment Services Association. This project seeks to engage youth aged 12 – 18 from across Newfoundland & Labrador to design a 25 second drug prevention video message. This can come in the form of a theatrical performance, skit, animation or other creative means that is captured on video. The winning submission will receive \$1000.00 in cash and the opportunity to work with a film production company to produce a 15-minute youth led drug prevention film. The final product will be distributed to youth serving organizations and schools. This project can be used as an interactive learning activity for students in grades 7 to 12 as part of health or language arts curriculum. For full details visit: www.speakoutnl.com following the project launch in late October 2009. In the winter 2010, students can vote on the best overall submission by visiting the project website – www.speakoutnl.com.

School Based Substance Abuse Awareness & Prevention Activities

- In schools served by Eastern Health offices in St. Mary's Bay, Conception Bay Centre, Conception Bay North, Whitbourne & Placentia, Clarenville, Bonavista and the Burin Peninsula, please discuss any substance abuse awareness and prevention activities directly with your school health teams. These multi-disciplinary teams are designed to work with your school to assist you in developing resources, programming and events to address your school health needs. The following ideas are suggestions that you may wish to consider in your school health planning and discussions around substance abuse. Keep in mind that one-time events are much less effective than longer-term projects, programs, or policies. An isolated chapter on substance abuse may be effective in addressing the basic curriculum needs but research suggests the longer-term impact on student attitudes and behavior may be limited. In order to have the greatest potential for impact on student's knowledge, attitudes and behavior, a combination of continuous awareness and education, school policy, and environmental changes are needed. For more comprehensive prevention programming, please see the section 'Teacher Professional Development'.
- Some of the following suggestions have been adapted from AADAC, 'Community Action on Drug Abuse Prevention'. Available: http://www.aadac.com/documents/community_action_manual.pdf
- Drama Club:
Have your school drama club design a play that centers on the topic of substance abuse with an associated prevention message.
- School Newspapers/ websites / parent newsletters:

Use your school newsletter, school website or parent information letters to discuss substance abuse topics. Highlight the number of students from the latest NL Student Drug Use Survey who chose not to use alcohol or other drugs and highlight the numbers of students who make healthy choices about alcohol and other drugs. Provide links on your school website for youth and parents to find out more information about alcohol and other drugs and where to go to get help.

- Develop a creative (David Letterman type) ‘Top 10 list’ of reasons not to use drugs. Post these around your school or provide as a handout.
- Design a ‘Ribbon Campaign’ by tying ribbons on doors, lockers, cards, light poles as a reminder to stay safe and promoting healthy choices about alcohol and other drugs.
- Offer workshops or special presentations for parents, teachers and peers dealing with drug use, pressures to use, refusal skills and prevention strategies.
- Design a school or community mural with messages about making healthy choices. Hold a public dedication with city or schools officials.
- Organize alcohol and other drug-free events
 1. Host an all night youth event with music, games, dancing, and sports events.
- Plan a charity event or organize a youth team to work on a community or school civic project.
- Encourage students to become involved in music, dance, sports and other extracurricular activities that can reduce the likelihood of their involvement in problematic substance use
- Host a School Health Fair with information about making healthy choices. Include information about substance use and advertise support services that are available for youth who are concerned about their own use or someone they know.
- Organize a small group of teachers and youth to develop a survey for your school asking students their thoughts and ideas about substance abuse. Brainstorm with youth about what can be done to help prevent youth from experiencing problems or harms from substance use or gambling.

Information/Educational Brochures & Fact Sheets

- Drug Identification Posters (RCMP)
 - These large size color posters provide a quick overview of the major illicit drugs with a visual depiction of each drug; its description, street names, methods of use, category, common effects, detection methods, and associated laws and offences. Limited copies are available from your local Addictions Services office or your local RCMP detachment.

- Fact Sheets / Pamphlets
 - The Provincial Department of Health & Community Services prints public education resources specific to Addictions Services. The following is a list of drug specific colored ‘Get Up On It’ themed pamphlets that are available from your local Addictions Services office.
 - Alcohol
 - Analgesics
 - Benzodiazepines
 - Caffeine
 - Cannabis
 - Cocaine
 - Club Drugs
 - Ecstasy
 - Hallucinogens
 - Inhalants
 - Methadone
 - Methamphetamine
 - Oxycodone
 - Ritaline ®
 - Tobacco

Guest Speakers

- MADD Canada Multi-Media Assemblies
Website: <http://madd.ca/english/youth/maddatschool.html>
 - MADD Canada’s Youth Services Education and Awareness initiatives include the highly successful multi-media assemblies. Delivered across Canada to elementary, junior and senior high school students, multi-media assemblies are powerful and captivating and provide information about substance abuse and impaired driving in a manner that engages youth. Please refer to the above web-link or contact your local MADD or SADD chapter for additional information about a MADD multi-media assembly. There are costs associated with booking these events, however in some areas within the Eastern School District, local RCMP and RNC drug awareness divisions have hosted these events free of

charge. You may wish to contact your respective RCMP or RNC detachment for additional information.

- RCMP & RNC Drug Awareness Officers
 - The RCMP and RNC offer drug awareness services to schools and communities served by their respective geographic areas. Officers provide drug awareness services such as presentations, displays and resources to assist in drug education and prevention for youth, their parents and the general public. To discuss the needs for your school or class, please contact your local RCMP/RNC contact.
 - RNC Drug Awareness Services
 - Coordinator, St. John's, Mount Pearl, and Conception Bay South areas
 - Cst. Gary Crocker, Telephone (709) 729-8852
 - RCMP Drug & Organized Crime Awareness Services
 - Coordinator
 - Sgt. Bill Dwyer, Telephone (709) 772-4381
 - Holyrood District
 - Const. John Clarke, Telephone (709) 229-2002
 - Burin Peninsula District
 - Const. Carla Humes, Tel. (709) 279-3001
 - Clarenville & Bonavista Districts
 - Const. John Galway, Tel. (709) 466-3211
 - Trinity-Conception District
 - Const. Vicki Chalker, Tel. (709) 786-2118
 - Placentia/Whitbourne District
 - Const. Josh Tower, Tel. (709) 227-2000

Other Provincial Curriculum Supplements

- Centre for Addiction & Mental Health (CAMH – Ontario, Canada)
 - http://www.camh.net/education/resources_teachers_schools/drug_Curriculum/
 - This site provides specific teacher lesson plans to incorporate topics of substance abuse and mental health. These ready to use lesson plans are offered in both English and French and follow the Ontario Physical Education and Health curriculum for grades 1 - 10. This website also provides information to educators around increasing their own comfort level and confidence in their ability to address substance abuse and mental health issues.
- Alberta Alcohol & Drug Abuse Commission/ Alberta Health Services (AADAC – Alberta, Canada)
 - http://www.aadac.com/552_594.asp (Lesson Plans for Junior High)
 - Lesson plans are provided for junior high students. The lesson plans for grade 7 follow the Alberta grade school curriculum. The lesson plans for grade 8 cover specific thematic issues specific to substance abuse.

- Nova Scotia Health Promotion & Protection – ‘A Question of Influence’
 - http://www.gov.ns.ca/ohp/question_of_influence.html
 - Published by the Nova Scotia Department of Education and Health Promotion and Protection, this resource provides curriculum supplements to alcohol and other drug education. The resource utilizes best practice research to support school based education.

Teacher Professional Development in Drug Education

- Student Drug Use Survey Results
 - http://www.health.gov.nl.ca/health/publications/pdffiles/SDUS%20Summary%20Report%202007-11-15%20FINAL%20R_.pdf
 - Reports on the 2007 Newfoundland & Labrador Student Drug Use Survey results which surveyed students in grades 7, 9 and 12 from across the province.
- Effective Substance Use Education – A Knowledge Kit for Teachers
 - <http://www.jcsh-cces.ca/upload/JCSH%20Substance%20Use%20Toolkit%20Classroom%20Education%20v1.pdf>
 - This resource was developed by the Joint Consortium for School Health by the Centre for Addictions Research of BC. The information is based on evidence from research and practical literature as well as from the experience of educators across Canada. It discusses specific strategies to enhance the effectiveness of school based substance abuse education strategies.
- CCSA, Building On Our Strengths: Canadian Standards for School Based Youth Substance Abuse Prevention – A Guide for Education & Health Personnel
 - http://www.ccsa.ca/2009%20CCSA%20Documents/ccsa0117812009_e.pdf
 - Published by the Canadian Centre for Substance Abuse, this document details 18 specific research informed standards that have been associated with effectiveness in school based substance abuse prevention. The document is intended to help guide schools by providing a benchmark for optimal substance abuse prevention programming as well as support and direction in ongoing improvement planning.