



Substance Misuse Prevention Curriculum Support Health Resources Schools

Successful substance misuse prevention education for young people provides age-appropriate, factual and non-judgmental information and helps students develop social competence, relationship and communication skills. Aim is to integrate substance misuse prevention messaging into all aspects of school life and connect with your community for support. Our goals is to engage youth and provide opportunities to emphasize their ability to make informed choices; be aware of harm reduction strategies; be a positive role model and influence their peers.

Manuals and Curriculum Resources

- **OPHEA (Ontario Physical and Health Education Association) Level Up:** is a free online resource that supports educators and program leaders in promoting positive mental health and overall well-being with children and **youth ages 6-18**. Level up addresses healthy living through a variety of sensitive topics related to substance use, mental health and healthy eating <http://teachingtools.ophea.net/activities/level-up>
- **CAMH (Centre for Addiction and Mental Health): Educating students about drug use and mental health**
<https://www.porticonetwork.ca/web/knowledgex-archive/educators/secondary-grades/curriculum-secondary-grades>
- **Centre for Addictions Research of BC:** Helping schools resources
<http://www.uvic.ca/research/centres/carbc/publications/helping-schools/index.php>
- **Media Smarts:** How media messages on alcohol influence attitudes about drinking
<http://mediasmarts.ca/lessonplan/alcohol-myths-lesson>
- **The Fourth R: A Relationship-Based Program (Gr. 8&9):** Engages students in healthy relationship and decision making through various topics including substance use & abuse prevention <https://youthrelationships.org/>
- **Canadian Centre on Substance Abuse** provides additional information and resources on:
 - Alcohol and Caffeine
 - Alcohol and Energy Drinks
 - Adolescent Marijuana use and the developing brain
 - Impaired Driving (Alcohol and Drugs)
 - Prescription Drugs



- Sport and Youth Substance Abuse
www.ccsa.ca
- **School Mental Health Assist Opioid Misuse (SMH ASSIST)** is a provincial implementation support team designed to help Ontario school boards to promote student mental health and well-being using evidence-based approaches.
<https://smh-assist.ca/blog/new-info-sheet-on-opioid-misuse/>

Websites/relevant organizations

Family Support

- Parent Action on Drugs <http://parentactionondrugs.org>

Assessment, Treatment and/or Counselling

- Centre for Addiction and Mental Health www.camh.ca
- Connex Ontario, Drug and Alcohol Help Line (24 hours) 1-866-531-2600
<http://www.drugandalcoholhelpline.ca>
- Keystone Child, Youth & Family Services <http://www.keystonebrucegrey.org/>
- Canadian Mental Health Association Grey Bruce Mental Health and Addictions
www.cmhagb.org

Youth Crisis Support

- Kids Help Phone (24 hours) www.kidshelpphone.ca
- The Mental Health Crisis Line of Grey Bruce 24/7 1-877-470-5200

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

For more information or to request resources, please contact Grey Bruce Health Unit at 1-800-263-3456 or visit <https://www.publichealthgreybruce.on.ca>