Youth Substance Use Webinar Series: From Developmental Pathways to Policy Development

Part Two: March 5, 2015
HC Link and PAD

- This webinar is brought to you by PAD and hosted by HC Link.

- Parent Action on Drugs (PAD) is provincial organization that addresses issues related to youth substance use, and has programs for parents, youth, educators, and communities. More information at [www.parentactionondrugs.org](http://www.parentactionondrugs.org)

- PAD is a member of HC Link. HC Link provides consulting services, learning and networking events, and resources for health promotion in both English and French. More information at [www.hclinkontario.ca](http://www.hclinkontario.ca)
Canadian Centre on Substance Abuse (CCSA)

CCSA was created in 1988 as Canada’s only national agency with a legislated mandate to reduce alcohol and other drug-related harm.

- www.ccsa.ca
Hospital for Sick Children

The Division of Adolescent Medicine and the Teen Clinic are core components of SickKids provision of advanced health care to teens, research about adolescents and their health and the training and education of doctors, nurses, social workers, psychologists, dieticians and others about adolescent development and health. The Division is the founding academic program in Adolescent Medicine in Canada.

- www.sickkids.ca
Part Two - Pathways to Youth Substance Use: Applying Evidence to Health Promotion Practice and Policies

March 5, 2015 • 10:00 – 11:30 a.m.

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Objectives

By the end of this presentation the participant will:

• Review why children and youth are a priority
• Understand the continuum of services
• Understand the role of policy concerning youth substance use
• Understand current policy challenges
• Consider appropriate responses and practices in a policy climate that is ambiguous, particularly with regards to cannabis
Children And Youth Are a Priority:

1. Most children report first using substances during adolescence
2. Youth are more likely to use substances, engage in risky use, and experience harms from use compared to adults
3. Adolescence is a time of rapid development and change
4. Youth are more impulsive and reward-seeking and less future oriented than adults
5. Many of the factors that influence substance use disorders have roots in childhood and adolescence
6. Addressing problems (and promoting resiliency) early in development can prevent later substance abuse and other health problems
Responding to the Priority: Challenges

• Availability and accessibility
  – Wait times, travel requirements, etc.

• Quality
  – Not all services are evidence-based
  – Lack of performance monitoring and regulation

• Collaboration
  – Lack of collaboration creates gaps in the system
Solution: Collaborative Continuum

• Substance use is a complex issue
• No one sector or organization can address it alone
• A collaborative continuum of services and supports provides the breadth required
  – But it isn’t easy!

Note that following slide is based on Canadian Centre on Substance Abuse. 2014. *Systems Approach Workbook: System Mapping Tools*, Ottawa (Ontario), Canadian Centre on Substance Abuse. (available through [www.ccsa.ca](http://www.ccsa.ca))
## Components of the Continuum

<table>
<thead>
<tr>
<th>Levels of Risk/Harm</th>
<th>Functions</th>
<th>Services &amp; Supports</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minimal risk for harms from their own or someone else’s substance use (population health)</td>
<td>Prevention and Health Promotion, Harm Reduction</td>
<td>Education &amp; Awareness, Prevention</td>
</tr>
<tr>
<td>Moderate risk for harms from their own or someone else’s substance use</td>
<td>Early identification and intervention, Information, Outreach, Engagement, and Linkage</td>
<td>Screening, Brief Intervention, and Referral, Disease &amp; Injury Prevention</td>
</tr>
<tr>
<td>High risk for harms from their own or someone else’s substance use</td>
<td>Problem identification, assessment, and planning</td>
<td>Overdose Prevention</td>
</tr>
<tr>
<td>Experiencing moderate harms from their own or someone else’s substance use</td>
<td>Specialized interventions, Complexity-enhanced interventions</td>
<td>Withdrawal Management, Community Services</td>
</tr>
<tr>
<td>Experiencing severe harms from their own or someone else’s substance use</td>
<td>Continuing Care/Recovery Monitoring, Monitoring</td>
<td>Residential Services, Internet and Mobile-based Services, Mutual Aid</td>
</tr>
</tbody>
</table>
Continuum: Functions

- Health Promotion and Prevention
- Early Identification and Intervention
- Information, Engagement, Outreach
- Identification, Assessment, Planning
- Specialized Community & Residential
- Complexity - Enhanced
- Recovery & Continuing Care
Continuum: Functions
The Role of Policy

• Policy is:
  – A course of action
  – Promoted or enacted at the government, organizational, or individual level
Policy: Scope of Impact

- Policy therefore impacts all levels
  - Systems
  - Services
  - Individuals
Federal Policy Issues: Cannabis

• Prohibition, Decriminalization, and Legalization
• Policy context
  – Medical use
  – Election platforms
  – Rates of use
Colorado: Lessons Learned

- Invest the time and money needed for:
  - Baseline data collection
  - Regulatory infrastructure
- Develop effective messaging
  - Clarify the regulations
  - Address impacts of use
Cannabis Policy: Implications

- The role of research
- Implications for youth
  - Rates of use
  - Health (including mental and cognitive)
  - Criminal justice system
Effective Communication

- As we learn more, the message gets more complex
- How do we communicate effectively?
How do we communicate with youth?
Available resources

- There’s a long way to go
- There are tools and sources of expertise to help along the way
Applying What We Know

Effective prevention does not mean working more—it means refocusing resources to what has been shown to work.
Canadian Standards for Youth Substance Abuse Prevention

- Canada’s first national standards based on evidence of what works in prevention
- A framework for the development, implementation and evaluation of comprehensive prevention initiatives in community and school settings
- An essential guide for the prevention field that meets initiatives “where they’re at”

“With national standards, every Canadian school will be able to deliver a substance abuse prevention program that’s based on evidence of what works, reducing use by meeting the specific needs of local youth.”

BILL TUCKER
EASTERN VICE-PRESIDENT,
CANADIAN ASSOCIATION OF PRINCIPALS
Canadian Standards

- **Building on our Strengths:** Canadian Standards for School-based Youth Substance Abuse Prevention

- **Stronger Together:** Canadian Standards for Community-based Youth Substance Abuse Prevention

- **Strengthening our Skills:** Canadian Guidelines for Youth Substance Abuse Prevention Family Skills Programs
School-based Standards

Guiding Principles
1. A comprehensive school health approach
2. Shared responsibility and capacity
3. Consider developmental pathways
4. Promote positive youth development and resiliency
5. Account for sex and gender differences
6. Understand and engage diverse student populations

A. ASSESS
1. Account for current activities
2. Determine local substance use patterns and harms
3. Learn relevant protective and risk factors
4. Clarify perceptions and expectations
5. Assess resources and capacity to act

B. PREPARE
6. Ensure goals address priority harms and relevant factors
7. Engage students in the initiative
8. Strengthen links with parents and other partners
9. Conduct ongoing professional development and support
10. Address sustainability of the initiative

C. IMPLEMENT
11. Cultivate a positive health-promoting school climate for all
12. Deliver developmentally appropriate classroom instruction at all levels
13. Implement targeted activities within a comprehensive continuum
14. Prepare, implement and maintain relevant policies

D. EVALUATE
15. Conduct a process evaluation of the initiative
16. Conduct an outcome evaluation of the initiative
17. Account for costs associated with the initiative
Peer Education Programs
Support Parents and Caregivers

• Raise awareness among parents that they play a central role in their child’s life across infancy, childhood, and adolescence

• Provide resources to help parents understand youth substance abuse and communicate with their youth about substances

• Raise awareness of existing services to address youth substance abuse and their quality
Tools for Parents and Caregivers
Health Canada Parent Resources

- Resources designed to help parents, guardians and other caring adults talk with teens about drug use

- Provides information on different substances, tips on developing resiliency and communicating with their children

http://nationalantidrugstrategy.gc.ca/prevention/parents
Parent Action on Drugs: Parent Action Pack

- Stats, Facts & Talking Points about Alcohol and Other Drugs

- Booklet and online resources designed to help parents understand how teenagers think, get the facts about alcohol and other drugs, and prepare themselves to have meaningful conversations with their teens

http://parentactionpack.ca
Prevention Hub Canada

Visit Canada.PreventionHub.org

Connecting people and knowledge for effective youth drug prevention

- Research, resources, effective practices
- Network of Canadian contacts
- Events and learning opportunities
What more can be done?

Cross-sector  Keep-informed  Discussion

Non-judgmental  Communication

Collaboration  Harm-reduction

Age-appropriate  Facts
Youth Substance Use: 
*From Developmental Pathways to Policy Development*

THANK YOU!
HC Link Provides Consultations

If you would like to discuss a consultation on youth and substance use, contact Patricia Scott-Jeoffroy at HC Link: 416-847-1575 or 1-855-847-1575 (toll free)
Contact Us

Call us 416-847-1575
(toll-free) 1-855-847-1575

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