

School Drug and Alcohol Programs in BC

Provincially Recommended Learning Resources

- **HealthSmart** (grades K-3, 4-7)
- **Making Decisions** (grade 4)
- **Health for Life 2** (grade 8)
- **Exploring the Issues: Teens – Alcohol and Other Drugs** (grades 8, 9, 10)
- **Targeted! How Tobacco and Alcohol Companies Try to Get You Hooked** (grade 8)
- **Health Issues 9** (grade 9)
- **Road Safety Package** (grades 9, 10)

Programs Provided in School Districts

- **Cigarette Smoking Project** (Vernon) - The Substance Abuse Prevention Program in SD#22 has developed this program for students who have been suspended for the use of tobacco products while under school jurisdiction. Includes fact-based information on the dangers of cigarette smoking, a smoking habit screening quiz to help to determine if the student has need for further consultation or help, a choice of one student assignment to complete, and a directory of places to get more information or help with quitting smoking. <http://www.sd22.bc.ca/smoking/>
- **Alternative Intervention for Marijuana Suspension (AIMS)** (Kelowna) - UBC Okanagan research project aligning the RCMP, Kelowna School District and Addiction Services to provide an alternative program for students. Consists of students completing a self-report questionnaire and attending a one-hour counseling session. <http://www.kelowna.ca/CM/page1161.aspx>
- **Safe Schools Personnel and Support Programs (Substance Use Liaison)** (Surrey)
<http://www.sd36.bc.ca/safeschools/SafeSchools%20Pers-Support-Programs-Manual.pdf>
- **Project Resiliency** (Langley)
<http://www.sd35.bc.ca/programs/counselling/default.aspx?ID=33>

Other BC Initiatives

- **iMinds** – Developed by the *Centre for Addiction Research BC* to support a whole school approach to prevent substance use related harms and promote mental health. Includes development of classroom lesson plans (grades 6-10), a resource guide for teachers, teacher training and ongoing web support. <http://www.carbc.ca/HelpingSchools/iMinds.aspx>.
- **Provincial Outreach Program for Fetal Alcohol Spectrum Disorder (POPFASD)** - Developed by the Ministry of Education to support teachers of students with FASD. Shares current FASD research, resources and successful practices and provides a network for teachers and others. The POPFASD website provides information, e-learning modules and resources for teachers. www.fasdoutreach.ca/
- **RoadSense** - Insurance Corporation of BC (ICBC) provides curriculum-based materials to BC schools, Grades K-10. The materials support road safety learning outcomes and emphasize the importance of

good decision-making skills. In the Grade 8, 9, and 10 materials there are lesson plans dealing with impaired driving (due to alcohol and drugs). Between March and May each year, ICBC speakers tour BC high schools. http://www.icbc.com/youth/youth_new_educators.asp

- **Making Decisions** - Developed by Alcohol and Drug Education Service (ADES), this learning resource (grades 4-9) is offered to BC schools. ADES plans to conduct a revision process for this resource along with a web friendly component. http://ades.bc.ca/resources/making_decisions.html
- **Safe Schools, Safe Communities** - A resource from the BC Youth Police Network in collaboration with the BC Centre for Safe Schools and Communities, Victim Services and Programs (PSSG), RCMP and municipal police officers consisting of a comprehensive series of lesson plans designed to guide police officers conducting classroom presentations. <http://www.bccssc.ca>
- **Healthy Choices** - Vancouver Island Health Authority, Prevention Services developed this health program for grades K-10, including lesson plans; partnerships between schools, health and community organizations; and promotion of a comprehensive, coordinated school health approach. http://www.viha.ca/prevention_services/initiatives/healthy_choices.htm

Educational Videos

- **'Through a Blue Lens'** - This video for youth on drug abuse is extensively used in BC schools, and was developed by a department of the Vancouver Police called the Odd Squad. <http://www.oddsquad.com/>

Provincial and International Programs

- **Leaps and Bounds** (AB, Canada) - AADAC program for Grades 4-6 (<http://www.albertahealthservices.ca/2682.asp>). AADAC provides other curriculum-aligned lesson plans and educational resources to provide students with knowledge and life skills that will empower them to make healthy choices about substance use and gambling, such as *Own Your Own Zone* and *Be Your Own Hero*. <http://www.albertahealthservices.ca/2682.asp>
- **Creating Opportunities for Resilience and Engagement (CORE)** (AB, Canada) - This program consists of a trial in 60 schools with a roll out and test in 8 schools per year. Funded through AADAC and the Alberta Heritage Foundation for Medical Research.
- **Educating Students about Drug Use and Mental Health: Curriculum Support for the Ontario Curriculum** (ON, Canada) - http://www.camh.net/education/resources_teachers_schools/drug_Curriculum/index.html

CAMH offers an integrated set of web based resources for teachers, schools and allied partners to utilize in their prevention/health promotion work with youth:

- **Educating Students About Substance Use & Mental Health** - Ready-to-Use Lesson Plans for Your Classroom. Ontario's Health and Physical Education Curriculum now has expectations related to substance use (grade 1-10) and mental health (grade 11-12). <http://www.camh.net/curriculum>.
- **Talking about Mental Illness (TAMI)** - An anti-stigma/education program for secondary school students, developed in collaboration with CMHA Ontario Division and Mood Disorders Association. Currently being implemented in 44 school boards across Ontario. http://www.camh.net/education/Resources_teachers_schools/TAMI/index.html

- **Virtual Party** - An interactive web-based resource, developed by youth, for youth. An educational tool aimed at offering information in an interactive story, promoting healthy choices and reducing risky behaviour related to alcohol use. Targeted to youth 13-19 years of age. www.virtual-party.org
- **Take Action Project** – Developed by CAMH and Ontario Physical and Health Education Association (OPHEA), Take Action is a comprehensive, classroom-based program designed to support educators and engage school communities in teaching safety awareness regarding medicines and harmful substances and provides information about tobacco, alcohol and substance use through the integration of health and physical education expectations. www.ophea.net.
- **Youth Scoop** - A free series of tip sheets for child and youth serving professionals that summarize the latest research related to addiction and mental health issues. http://www.camh.net/education/Resources_teachers_schools/Youth%20Scoop/index.html
- **School Health and Alcohol Harm Reduction Project** (Australia) - Teacher's Manual, Student Workbooks I and II. <http://www.ndri.curtin.edu.au/shahrp/download.html>
- **MindMatters: Mental Health Promotion Resource for Secondary Schools** (Australia) http://www.mindmatters.edu.au/resources_and_downloads/resources_landing.html
- **The Gatehouse Project** (Australia) - A well-evaluated initiative focused on Grade 8 students in 26 schools in Melbourne, Australia that aimed to improve the emotional well-being of secondary students through individual- and environment-focused approaches.
- **NIDA Goes Back to School** (USA) - Specialized curricula and other teaching aids <http://backtoschool.drugabuse.gov/>
- **The Seattle Social Development Project** (USA) - A universal intervention for students in Grades 1-6 that combines parent training with modified teaching practices. <http://depts.washington.edu/ssdp/>
- **The Child Development Project** (USA) - This program is intended to transform schools into “caring communities of learners”. <http://www.cdp.auburn.edu/>