

Orientation to Ontario's Substance Abuse Prevention Field

- Alcohol Policy Network (APN)
- Association to Reduce Alcohol Promotion in Ontario (ARAPO)
 - Council on Drug Abuse (CODA)
 - FOCUS Resource Centre (FRC)
- Ontario Drug Awareness Partnership (ODAP)
 - Parent Action on Drugs (PAD)

Agenda

- 10:00 - Welcome
- 10:05 - Overview of Substance Abuse
Prevention Field; Survival Tips
- 10:30 - Q & A
- 10:40 - Web Tours
- 11:25 - Q & A; Evaluation
- 11:30 - Closing

A Note on Terminology in an increasingly complex field

- Substance....
- Abuse....
- Prevention

What is Prevention?

A range of practices, strategies and interventions which aim to

- **Avoid** the use of substance(s) – *e.g. abstinence*
- **Delay** the use of substance(s)
- **Decrease** the use of substance(s) – *e.g. moderation*
- **Avoid or reduce the problems** associated with the use of substance(s) – *e.g. harm reduction*
- **Stop** the use of substance(s) - *e.g. cessation*

(Parent Action on Drugs, 2007)

The Substance Abuse Prevention Field integrates:

- Injury prevention
 - www.mhp.gov.on.ca
 - www.oninjuryresources.ca
 - www.publichealthontario.ca

- Addictions and Mental Health
 - www.ccsa.ca
 - www.camh.net

- Chronic disease prevention
 - www.mhp.gov.on.ca
 - www.ocdpa.on.ca

Drug Strategies: National/Provincial/Municipal

- Frameworks and approaches to balance public order and public health
- Comprehensive approaches incorporating prevention, harm reduction, treatment and enforcement/supply reduction (e.g. Four Pillars)
- Examples:
 - Canadian Centre on Substance Abuse – National Framework
 - National Anti-Drug Strategy (Health Canada)
 - Health, Education and Enforcement in Partnership (HEP)
 - Toronto Drug Strategy
- See: www.ccsa.ca/CCSA/EN/Partnerships/HEP/Strategies.htm

Survival Tip #1

Getting oriented to a new job takes time.

Effective substance abuse prevention requires a sound understanding of health promotion, policy development, program planning, government and media advocacy, community development and much more.

The Substance Abuse Prevention Field

- Under the umbrella of Health Promotion:
“the process of enabling people to increase control over, and to improve, their health”
Ottawa Charter www.phac-aspc.gc.ca
- Underlying determinants:
economic and social conditions

The Substance Abuse Prevention Field

The *WHAT*:

Issues and Risk Factors	Action Areas
<ul style="list-style-type: none">■ Social determinants of health■ Lifestyle risk factors■ Chronic diseases, such as cancers, heart and stroke, diabetes■ Injury prevention■ Mental health■ Other e.g. violence prevention, sexuality/ reproductive health, healthy active living	<ul style="list-style-type: none">■ Community Action■ Supportive Environments■ Healthy Public Policy■ Personal Skills

The Substance Abuse Prevention Field

The *WHO*:

- Children/Youth/Adults/Seniors
- Aboriginals
- Urban, Rural and Remote populations
- Women
- Francophones
- Newcomers to Canada/diverse minority populations

The Substance Abuse Prevention Field

The *WHERE*:

- Communities
- Schools
- Workplaces
- Professional training institutions
- Online

The Substance Abuse Prevention Field

The *HOW*:

Key Strategies

- Knowledge Exchange
- Training and Capacity Building
- Sustainability
- Consultation and outreach
- Advocacy

via

Communication – Education – Social Marketing
Policy development – Community Development

We strive to:

- Provide culturally appropriate responses
- Be relevant to ages and stages of development
- Address those at increased risk
- Provide supportive environments
- Remove barriers to health and safety
- Empower people, organizations and communities

Survival Tip #2

Nobody's born an expert!

- There are many good resources and supports out there.
- Create a Tool Kit that fits your needs.

Tool Kit -- Sample Contents

- List of Commonly Used Acronyms
- Guide to Online Statistics
- Suggested Readings on Alcohol Policy
- Key Newsletters & E-bulletins
- CAMH Best Advice & Materials
- Low-Risk Drinking Guidelines (LRDGs)
- MADD Canada Publications
- Government Publications
- Cultural Inclusion Resources
- www.apolnet.ca/resources/education/NewbieToolkit.html

Survival Tip #3

Get to know the OHPRS.

- 21 resource centres and 7 affiliates comprise the Ontario Health Promotion Resource System (OHPRS)
- They support health promotion professionals across Ontario with free or low-cost:
 - Information & resources
 - Education & training
 - Consulting & mentoring
 - Networking & referral
- See: <http://www.ohprs.ca>

HP 101

- Essential health promotion concepts
- Stand-alone online format
- Overview, tips to on-line learning, course content
- Available in English & French

<http://www.ohprs.ca/hp101/main.htm>

http://www.ohprs.ca/hp101_f/mainfr.htm

Survival Tip #3

Connect with colleagues.

- ODAP/FOCUS Annual Symposium
- Health Promotion Summer School
- THCU Workshops
- Alcohol No Ordinary Commodity (ANOC) Forum
- Events AOD Calendar
- Directory of SA/IP Contacts
- APOLNET Listserv
- Key Contacts Database

www.apolnet.ca/resources/education/NewbieToolkit.html

- And committees and networks at the local and regional levels

Survival Tip #4

Build on what others have done ...

- Research & evidence-based practices
- Guides
- Manuals
- Products and Services
- Listservs and E-Bulletins
- ... and let others learn from you.

Q & A

- Time for Questions and Answers

Survival Tip #5

Get online!

- Association to Reduce Alcohol Promotion in Ontario (ARAPO) *and* Alcohol Policy Network (APN)
www.apolnet.ca and www.apolnet.ca/arapo
- Council on Drug Abuse (CODA)
www.drugabuse.ca
- Parent Action on Drugs (PAD)
www.parentactionondrugs.org
- Ontario Drug Awareness Partnership (ODAP)
www.odap.org
- FOCUS Resource Centre (FRC)
www.frcentre.net

Q & A

- Time for Questions and Answers

Thanks for joining the Newbie Network!

Your input is important to the development of future health promoters!
Please participate in our on-line evaluation process so that we may continue to improve our program.

[http://www.surveymonkey.com/s.aspx?sm=jj9YqJoTBoI_2bxNJhGywyJQ_3d_3d](http://www.surveymonkey.com/s.aspx?sm=<u>jj9YqJoTBoI_2bxNJhGywyJQ_3d_3d</u>)