

## **Initiatives and Programs for Youth at the Centre for Addiction and Mental Health**

The Centre for Addiction and Mental Health (CAMH) provides treatment services and has implemented a number of clinical, educational, research, prevention and program development initiatives for adolescents with addiction and/or mental health issues. The following is a list of some of those initiatives or programs available at the Centre.

All media enquiries should be made to (416) 595-6015 or [public\\_affairs@camh.net](mailto:public_affairs@camh.net).

**Alcohol and Drug Prevention Programs for Youth: What Works?** is a position paper that outlines research-based strategies for effective youth substance abuse prevention programs.

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[Angela\\_Paglia@camh.net](mailto:Angela_Paglia@camh.net).

**Youth Scoop** is a free series of tip sheets for child and youth serving professionals that summarize the latest research related to addiction and mental health issues. Topics include: Ontario Student Drug Use Survey findings; characteristics of effective prevention programs; violence prevention in youth and concurrent disorders.

Contact: Nina Acco Weston, 416-535-8501, ext. 4530,  
[Nina\\_Accoweston@camh.net](mailto:Nina_Accoweston@camh.net).

**Educating Students about Drug Use and Mental Health: Ready-to-Use Lesson Plans for Drug Education in Your Classroom** is a curriculum resource for teachers of Grades 1 to 11 that contains a comprehensive selection of materials and activities, including assessment strategies and tools. Developed by CAMH in collaboration with school boards and public health units as well as other interested organizations, it is available online at [sano.camh.net/curriculum.htm](http://sano.camh.net/curriculum.htm). Materials for promoting this resource are also available.

Contact Sharon LaBonté-Jaques, 519-583-1089, [slabonte@nornet.on.ca](mailto:slabonte@nornet.on.ca).

**Talking About Mental Illness** is an anti-stigma program for secondary school students, developed in collaboration with CMHA Ontario Division and Mood Disorders Association. Piloted successfully in 3 communities, this community implementation guide and teacher's resource is now being disseminated across Ontario.

Available online at [www.camh.net/mental\\_health/talking\\_about\\_mental\\_illness](http://www.camh.net/mental_health/talking_about_mental_illness)  
Contact: Elizabeth Hendren-Roberges, 705-472-3850, [ehedren@vianet.on.ca](mailto:ehedren@vianet.on.ca).

**Opening Doors** is a 17 session school-based program, aimed at Grade 9 students at risk and their parents. It has been implemented in over 100 schools across the province. The program is aimed at preventing problems associated with school truancy, alcohol and/or other drug use, violence and other anti-social behaviours among youth, by increasing students' personal and social skills. The evaluation of the program has demonstrated short-term effects on substance use variables, as well as other social behaviours and mental health outcomes, such as bonding to school, theft and violent behaviour. A new computerized screen tool is now in development.

Contact: Jane Fjeld, 705-569-6024, ext. 8208; jane\_fjeld@camh.net.

**Virtual Party** is an interactive web-based resource, developed by youth, for youth. The web site ([www.virtual-party.org](http://www.virtual-party.org)) is an educational tool aimed at offering youth information in an interactive story, promoting healthy choices and reducing risky behaviour related to alcohol use. It is targeted to youth 13-19 years of age. Story lines are related to alcohol and other drug use as well as concurrent disorders. Youth-friendly promotional post cards are available and have been distributed widely.

Contact: Jennifer Barr, 705-745-2511, jbarr@peterboro.net.

**Let 'Em Go** is a handbook for professionals who work with youth. Based on the experiences of working with street involved youth, this handbook provides specific guidelines on how to implement participatory methods with youth to develop a harm reduction product. . The harm reduction video Safer With CYPHR developed by the street youth is also available from CAMH Sales and Marketing.

Contact: Elsbeth Tupker, 416-535-8501 ext 4547, Elsbeth\_Tupker@camh.net.

**Harm Reduction for Rural Youth** is a sequel to Let 'em Go, outlining the interactive process of working with rural youth to develop a harm reduction magazine for secondary school students. The magazine "Wild Times, Deadly Times" was developed as part of a joint project with a secondary school's co-op program students, staff, as well as local addictions partners. The magazine includes messages about safe use of alcohol and other drugs as well as sources of help and information. Freedom to Act is a handbook outlining the process and is now available from CAMH Sales and Marketing.

Contact Sharon LaBonté-Jaques, 519-583-1089, slabonte@nornet.on.ca.

**First Contact** is a brief treatment for youth using alcohol and other drugs. It was developed at CAMH in conjunction with youth and service providers and evaluated at six months post treatment. Both drug use and negative consequences of drug use were reduced. The manual includes clinical materials such as session goals, therapist checklists and client handouts, to be used in four individual or group sessions that can serve as a stand-alone treatment or a first step to more extensive treatment.

Contact: Elsbeth Tupker, 416-535-8501 ext. 4547, Elsbeth\_Tupker@camh.net or Gloria Chaim, 416-535-8501, ext. 6756, Gloria\_Chaim@camh.net.

Best Practices Compendium is a collaborative effort between CAMH, the Canadian Centre for Substance Abuse and the Canadian Association for School Health Association. Funded by Health Canada, this compendium features effective substance abuse prevention programs for youth. The compendium is available on the Health Canada web site at <http://www.hc-sc.gc.ca/hppb/cds-sca/cds/pdf/substanceyoungpeople.pdf>.

Contact: Andrea Stevens Lavigne, 416-535-8501, ext. 6479, Andrea\_Stevenslavign@camh.net.

Teacher Training Resource Package is currently being developed to assist CAMH staff or other interested parties in delivering in-service workshops for teachers and other prevention and health promotion professionals.

Contact Andrea Stevens Lavigne, 416-535-8501, ext. 6479, Andrea\_Stevenslavign@camh.net.

#### Research and Development

Youth, Drugs and Mental Health materials are being enhanced to include addressing concurrent disorders issues among youth. Through collaboration with community-based mental health services, the First Contact manual will be adapted for use in these settings. The Youth and Drugs Education Package for Professionals will be updated and expanded over the next two years, resulting in a new education package for working with youth who present concurrent mental health and substance use concerns.

Contact: Elsbeth Tupker, 416-535-8501 ext. 4547, Elsbeth\_Tupker@camh.net or Ari Blatt, 416-535-8501, ext. 4548, Ari\_Blatt@camh.net.

**Strengthening Families** is a skills development program. It is designed to reduce risk factors and enhance protective factors of children ages 8-12 whose parent(s) has a history of alcohol and other drug use problems. This 13-session program has three components: for children, for parents and for parents and children together. It has been piloted in three communities in Ontario and is being further evaluated in Canada and the United States this year.

Contacts: Pat Allan, 519-883-2189, pallan@golden.net; Dr. David DeWit, 519-858-5010, ext. 22004, ddewit@julian.uwo.ca.

**TAPP-C (The Arson Prevention Program for Children)** is a program designed to prevent juvenile fire setting. Using feedback from agencies across the province, a brief intervention manual is being developed based on the empirically based TAPP-C program, from the Child Psychiatry program of the Centre. Training will be provided to mental health professionals who provide services to children and youth. Dissemination of the manual will be evaluated over the next three years.

Contacts: Dr. Sherri MacKay, 416-535-8501 ext.4653, sherri\_mackay@camh.net; Joanna Henderson, 416-535-8501 ext. 4959 Joanna\_Henderson@camh.net.

**The School Culture** research and development project is designed to increase our understanding of how the school environment influences substance use, deviant behaviour and mental health outcomes. A unique assessment tool has been developed and implemented at three separate time periods, in both French and English speaking communities. The next phase will be the development of an intervention aimed at improving school climate and culture, leading to the reduction of substance use and other mental health related problems among secondary school students.

Contacts: Kim Karioja, 807-626-8111; kkarioja@norlink.net; Dr. DeWit, 519-858-5010, ext. 22004, ddewit@julian.uwo.ca.

The qualitative research project, **VALIDITY (Vibrant Action Looking Into Depression in Today's Young Women)**, uses a participatory action research approach to explore factors that may contribute to depression in adolescent girls. A series of focus groups across the province and a Spring 2001 conference have resulted in recommendations for the development of programs aimed at preventing depression in young women.

Contact: Christine Lebert, 519-251-0500, ext. 8005, clebert@mnsi.net.

## Clinical Services

Youth Service, Addiction Programs -- offers a continuum of treatment services to young people under age 25 who have concerns related to substance use and/or concurrent disorders. The services are offered on a group or individual basis, as appropriate, and include outreach, assessment, brief treatment interventions, a long-term group for youth with concurrent disorders and a school/day treatment program and continuing care. In addition, a number of family services are available including parent support and psychoeducation and family therapy.

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The Problem Gambling Service has a youth counsellor, specializing in work with young people who have gambling problems or are affected by other people's gambling. One prevention project for youth has been completed, and another is at an early stage: a curriculum designed for Ontario high schools.

Contact: Nina Littman-Sharp, 416-535-8501, ext. 7422, Nina\_Littman@camh.net.

Child Psychiatry Programme has a variety of services for children and youth including an adolescent clinic for youth involved with the legal system, and consultation to practitioners and families who have youth with anger and behavioural problems. The programme also has an arson prevention team, a child gender identity clinic, mood and anxiety programs, parenting programs, psychotic disorders clinic and psychiatric consultation.

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