

UPDATE



Strengthening Our Families

A Relationship and Life Skills Program for Parents and Their Teens

Strengthening Families for Parents and Youth (SFPY) is a nine week program that helps parents/guardians and teens work together to improve communication to better understand and appreciate one another. Through fun group activities, families build the tools they need to grow and thrive together. As a result of SFPY, families experience less conflict, enjoy improved communication and function more smoothly.



This FREE program is for youth ages **11-16** and their families and offers weekly childcare and transportation subsidies, as well as grocery and gift card incentives. Currently PDS is in the process of recruiting families for six sessions of SFPY throughout Peterborough, Lakefield, and Selwyn township. Our session in Norwood is already underway with 7 families and looks to be having a very positive impact among both the parents and the teens! **For more information about this program, contact**

info@peterboroughdrugstrategy.com

Funding for the SFPY program has been provided by the Ministry of Community Safety and Correctional Services.

Addictions Awareness Week

Nov 18 - 24, 2013

Since the launch of Peterborough's first Naloxone distribution program earlier this year, the PDS chose to celebrate addictions awareness week by focusing on **Overdose Prevention**.

Along this theme, we have been running an extensive social media campaign with the goal of debunking myths about substance use, sharing both online and offline resources, and shining the spotlight on local organizations who are helping to pave the way in addiction and harm reduction services in our community.

SOCIAL MEDIA AT THE DRUG STRATEGY

We recently hired on a Social Media Coordinator for the PDS. Aaron Williams has been with us since September, so be sure to check our website, Facebook page and Twitter feed now that they are active and updated regularly!

www.peterboroughdrugstrategy.com

www.facebook.com/peterborough.drugstrategy

www.twitter.com/DrugStrategy

Life UnLeashed

Training Youth Speakers to Tell Their Stories

Life UnLeashed (LUL) is a program designed to help youth who have been involved in substance use tell their story to audiences in the Peterborough City and County.

LUL is into it's second year now, and has just completed recruitment! On October 23rd, we had 16 youth at our first meeting who are all excited to tell their story. LUL members will meet twice a month to develop their presentation skills. Past participants of the program continue to be requested for a variety of events, in the Peterborough area. If you are interested in having an LUL speaker at your event, please email: youth@peterboroughdrugstrategy.com.



Youth Engagement

PDS has received funding from the Ontario Trillium Foundation to do Youth Engagement work for the next two years. The funding allows for CBC, Pot Talks and Life UnLeashed to continue indefinitely until 2015. The funding has also allowed us to hire Meagan La Plante, who has been working as the PDS's Youth Engagement Coordinator since June of this year.

PEER PREVENTION MESSAGING IN OUR SCHOOLS



For three consecutive years the Drug Strategy has run the “Challenges, Beliefs and Changes” program that equips senior high school students with the skills and knowledge to

facilitate education sessions with grade 8 students.

The program is continuing this year at St. Peters and Adam Scott C.V.I., and 24 leaders have now been trained. PDS is now in the process of training students at Norwood High School as well!

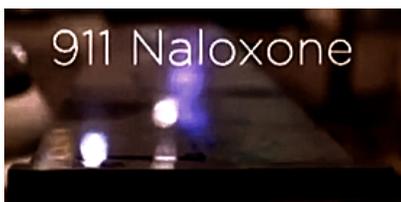
We are currently looking to expand and bring CBC to one more Peterborough High School this year. If you know anyone who may be interested in having

the program at their school, please email:

youth@peterboroughdrugstrategy.com

The program is made possible through partnerships between the Peterborough-Lakefield Community Police, Parent Action on Drugs (Toronto), the Ontario Trillium Foundation and the excellent support of teachers and administrators at Adam Scott, St. Peter's, and Norwood High Schools.

NALOXONE VIDEO



The PDS got a lot of media attention in mid-November with the release of the video, **911 Naloxone**. This video was a collaboration with Waterloo Region Crime Prevention Council, Peterborough Lakefield Police, and Peterborough EMS. The video focuses on the benefits of Naloxone and the importance of calling 911 in an overdose situation. Check it out on our website: www.peterboroughdrugstrategy.com

OVERDOSE PREVENTION

An average of 17 people die each year in Peterborough City/County because of accidental overdose. More than 50% of these deaths are caused by a class of drugs called opioids (includes oxycontin, morphine, fentanyl, heroin, etc.) An opioid overdose means that a person’s respiratory system shuts down and the brain ‘forgets’ to breathe and a quick intervention is vital to survive.

A group including Peterborough EMS, PARN, Peterborough Lakefield Police, health care providers, and people who use drugs have worked together to roll out overdose prevention training this past fall. Training includes tips to avoid an overdose, recognizing an overdose, the importance of calling 911, and what to do while waiting for emergency help to arrive. This training includes the distribution of a fast acting prescription medication Naloxone which can temporarily reverse an opioid overdose and allows the individual to seek medical help.

Interested in more information about Naloxone and how it works? Check out naloxoneinfo.org

A summary of what we know about overdoses is available at <http://peterboroughdrugstrategy.com/resources/overdose-prevention>

Peterborough Overdose Prevention **5 steps to save a life**

- 1** **Shake at shoulders** **Shout their name**
- 2** **Call 911** if unresponsive
- 3** **Naloxone** Inject
1 ampule (1mL) of Naloxone into **arm** or **leg** muscle
- 4** **Chest Compressions**
Push **hard** and **fast** on the centre of the chest
- 5** **Is it working?**
If **no** improvement after 3-15 minutes:
 - inject a **2nd** dose
 - continue with chest compressions until EMS arrives

Together we can save lives. For more information visit: www.drugstrategy.ca

PETERBOROUGH DRUG STRATEGY

Peterborough County-City HEALTH UNIT
Because Health Matters!

CONTINUED SUPPORT FOR THE PETERBOROUGH DRUG STRATEGY

Much of the work accomplished in the past few years has been financially supported by a two year grant from the Trillium Foundation that ended in December 2012. The Peterborough Drug Strategy is pleased to have received financial support for our 2013-2014 budget from a number of community partners including the City and County of Peterborough.



For more information about the Peterborough Drug Strategy: visit www.peterboroughdrugstrategy.com follow us on Twitter [@DrugStrategy](https://twitter.com/DrugStrategy), like us on [Facebook](https://www.facebook.com/DrugStrategy)