

UPDATE



PotTalks: Better Than Tobacco?

A Youth Engagement Series Exploring Marijuana



Dr. John Vlasschaert, Respiriologist will compares the impact of tobacco & marijuana use on lung health and cancer risk.

Dr. Vlasschaert will be joined by a community panel:

- an addictions counsellor
- two youth speaking about the influences on and outcomes of using pot and tobacco

Tuesday, March 26th, 7 - 9pm
Peterborough Public Library Auditorium,
345 Alymer Street North
Free – All welcome.

This event is part of PotTalks series that aims to engage youth in conversations about marijuana use. Follow the conversation on twitter @drugstrategy #pottalks.

Drug Awareness Week

The Peterborough Lakefield Police annually host Drug Awareness Week to raise awareness about issues about alcohol and drug use. This year the theme is ‘Know Alcohol’ and challenges Peterborough and Lakefield students to learn the facts about alcohol. The main event each year is an interactive educational event at the Memorial Centre where students are invited to participate in activities exploring the risks associated with alcohol use. Following the educational activities students will cheer on the High School All-Star Hockey Team as they take on the Peterborough Lakefield Police Team.



STRENGTHENING FAMILIES FOR PARENTS AND YOUTH

Strengthening Families (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 12-16 and their families and offers childcare and transportation subsidies. Currently the Peterborough Drug Strategy in partnership with the John Howard Society is hosting one SFPY session in Peterborough with 12 families registered and one session started in March in Lakefield. For more information contact info@peterboroughdrugstrategy.com

Life UnLeashed

Training Youth Speakers to Tell Their Stories

Since October, nine youth have been participating in a monthly supportive group with the objective of telling their story of substance use to public audiences. They have named their group “Life Unleashed”. They hope to host three public talks before the summer. These trained youth speakers will be an ongoing resource in our community to engage youth in conversation about drug use. PDS is grateful for the City of Peterborough Community Investment Grant for their partial funding of this initiative. We have sought other funding to hopefully continue this training with the many additional youth who have expressed interest.



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. During this school year, 40 trained senior students at Adam Scott, St Peter’s and Norwood high schools will deliver drug prevention messaging to over 550 grade 8 students in their feeder schools. It’s been exciting to watch the senior students develop their leadership abilities and recommend the program to their friends. Evaluations show that the Grade 8s respond well to the program and that the senior students benefit from the

opportunity to learn and develop their leadership skills. Both older and younger students report that they enjoy that the mentor relationship can continue when the Grade 8 students come to high school in the following year.

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

PRHC SEEKS PUBLIC INPUT

stigma?

The Peterborough Drug Strategy’s community consultation identified clearly that stigma prevents people with problematic substance use from accessing services – particularly health care. The Peterborough Regional Health Care Centre welcomes your feedback on their Strategic Plan to guide the organization into 2017. It takes about 5 minutes to complete and closes March 25. www.prhc.on.ca/cms/strategic-planning-2014-2017

OVERDOSE PREVENTION

Overdoses are likely the 2nd leading cause of accidental death – with fatalities comparable to motor vehicle collisions. On average, Peterborough loses 16 residents every year due to overdoses on alcohol and other drugs. A summary of what we know about overdoses is available at peterboroughdrugstrategy.com. [\(Click here for link\)](#)

A group including Peterborough EMS, PARN, Peterborough lakefield Police, health care providers, and people who use drugs are working together to roll out overdose prevention training this spring. Training will include tips to avoid an overdose, recognizing an overdose, the importance of calling 911, and what to do while waiting for emergency help to arrive.

All front line officers with the Peterborough Lakefield Community Police Service have been briefed to drive home Chief Murray Rodd’s commitment that “We are clear that as a police service that our primary concern in an overdose emergency is the safety and security of individuals involved. To encourage the calling of 911, our officers are being advised that our focus is on saving lives – not on laying drug charges.”

WONDERING IF YOU ARE SEEING ‘BAD’ DRUGS OR AN OUTBREAK?

Peterborough Drug Strategy partners want to increase safety for people who use drugs by communicating about tainted drugs, new drugs, drugs of particularly high strength that cause overdoses, outbreaks of illnesses possibly related to drug use, etc.

A Network (including police, EMS, PRHC, public health, etc.) has been established to receive any concerns. Anyone with this kind of information or concern is encouraged to tell a service provider or to call Crime Stoppers 1-800-222-TIPS or on-line at <http://www.stopcrimehere.ca/> (24/7 calls are completely anonymous & confidential).

This information will be passed along to the Network. If a concern seems widespread or significant, the Network will investigate and take action as appropriate.

CONTINUED SUPPORT FOR THE PETERBOROUGH DRUG STRATEGY

Much of the work accomplished in the past two 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 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
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