

KIDS AND DRUGS P.A.R.T.Y. 2010 PROJECT SUMMARY

Project Name: Kids and Drugs P.A.R.T.Y. **Issue:** Alcohol and Other Drug Use in Youth
Keywords: Drug use; alcohol; illicit drugs; prevention; community health; youth; injury prevention; Lakeland P.A.R.T.Y. Program; risk; parenting
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Organization: Lakeland P.A.R.T.Y. Program Association **Website:** www.lakelandparty.ca
Region: Bonnyville/Cold Lake and Surrounding Areas in Alberta, Canada
Project Description: **Target Groups:**



- 11-24 year old aboriginal and non-aboriginal youth in schools in our community
- adults in a position to influence youth

Timeline: January to December 2010

Communities Involved: Bonnyville, Cold Lake, Kehewin

Key Features: This project integrated youth and parent targets. It included 14 in-class learning sessions (331 youth participants) for *Nonstop P.A.R.T.Y.* and 4 *Kids and Drugs* sessions (24 adult participants). The history and essentials of *Nonstop P.A.R.T.Y.* are explained online www.lakelandparty.ca/nonstop.htm. *Kids and Drugs* is a workshop supporting the overall goals of the in-class sessions, put together by AADAC and the RCMP and delivered by Lakeland P.A.R.T.Y. with the support of the community

Partners/Supporters:

- AADAC (now AHS-Addictions Services)
- Arkane Angel Your Game and Hobby Store
- Assumption Jr/Sr High School
- Bonnyville and Cold Lake Health Centres & Staff
- Bonnyville Municipal Ambulance
- Burger Baron
- Cold Lake High School
- Cold Lake Ambulance Society
- Cold Lake Energy Centre
- Cold Lake Sun
- Cold Lake Public Library
- École des Beaux Lacs
- Grand Centre Native Friendship Centre – Youth Learning Resource Centre
- Kehewin Community Education Centre
- Lakeland Catholic School Division
- Lakeland Centre for FASD
- Lakeside Grill Restaurant
- Northern Lights School Division
- R.A. Reynolds School
- RCMP
- Cold Lake Victim's Services
- Subway (Cold Lake)
- Zeller's

Funding: Alberta Health Services Community Prevention Fund

Project Results:

Significant outcomes for youth:

- Increased awareness of factors affecting drug use
- Gain in skills to build healthy relationships and make healthy choices to avoid drug use

Significant outcomes for community:

- Increased knowledge and skills to address alcohol and other drug use in youth
- High levels of engagement and involvement to address youth drug use
- Improved community practices, networking, and access to resources to address youth drug use
- Increased opportunities and resources to help youth engage in healthy activities and offer them positive role modelling

Products: Updated Project Manual, Resources (e.g., posters), and website

Instruments: Youth input forms; discussion forms; parent, teacher, and supervisor input forms; facilitator reports; workshop evaluation forms

Findings: **Teaching youth ice breakers and welcome wagon skills and providing them with opportunities to engage with community in positive, healthy social and leisure activities will increase their ability to make healthy lifestyle choices.** Parents want support with this issue. Offering parents resources and strategies to communicate with youth and actively displace alcohol and other drug use supports a culture of moderation and healthy lifestyle choices.

The project contributed to the “Nonstop” cycle of change toward resiliency and away from drug use through repetition and integration over time and space. Individual youth explored their own vulnerabilities and strengths and those of their peers and learned information and skills to address the problem. Students predicted that their future behaviours would be affected by what they learned. The effects also reverberated in other ways that would renew the cycle. We were very happy to be a part of a growing network of people encouraging young people to plan ahead and spend their time playing board games and other interactive games with teachers, peers, and family, including at multi-family gatherings.

Capacity, relationships, and engagement grew as the fabric of the community was knitted more thoroughly together. Teachers who had experience with the project proved to be a very valuable asset and were essential to the project exceeding its goals. Parents and business owners said they valued their own involvement, and expressed enthusiasm and a strong desire to continue the project. The project included many opportunities to strengthen relationships amongst peers as well as between students and school staff. Furthermore, the project involved family in various ways.

Kids and Drugs sessions benefited adults in a position to influence youth. These were very informative sessions and participants developed action plans to implement what they learned about communicating openly with youth to prevent drug abuse.

Food, active living, and interaction were central themes. Delicious food is a great thing to spend the time and money on that dealers work so hard to steal from our precious young people. Learning ice breakers involved bringing in food, sometimes donated by local businesses, for youth to enjoy and use to practice relationship building and healthy partying skills. This often turned into an opportunity to invite and share with/practise on peers and teachers.