

COMMUNITY DRUG STRATEGY COMMITTEE



COMOX VALLEY RESOURCE LIST

INDEX

Alano Club	5
Alanon/Alateen	7
Alcoholics Anonymous	9
19 Wing Comox - Strengthening The Forces Health Promotion Program	11
Comox Valley Alcohol and Drug Services	13
Outpatient Clinic Comox Valley Transition Society Comox Valley Recovery Centre	
C.O.D.E.S. (Community Organization for Drug Education Society)	19
Comox Valley Drug Awareness Committee	21
Drug Abuse Resistance Education D.A.R.E.	23
FAS in Action	25
John Howard Society of North Island	27
A&D Services for youth and families A&D School Suspension Program A&D School Based Prevention Program (Lake Trail Middle School) Youth A&D Outreach Support	
Narcotics Anonymous (Strathcona Area)	32
North Island Aids Coalition (NIAC)	34
Out of the Shadows Legacy Project (re: FAS/FAE)	37
Ready Or Not	39
School District 71 (Comox Valley)	41
Substance Abuse Intervention Program	47
TREADS (Drug Awareness Prevention & Rehabilitation Society) ..	50
Upper Island Women's Day Treatment Program	53

THE ALANO CLUB (of Courtenay)

FORWARD

This resource manual is a project of the Community Drug Strategy Committee and the Soroptomist Club here in the Comox Valley.

In 2002, the City of Courtenay passed the following resolution:

“Whereas the City of Courtenay cares about its residents and recognizes that intoxicant abuse affect the whole of our community;

Therefore be it resolved that the City of Courtenay supports programs which raise awareness and encourages partnerships that will promote solutions to create a safer community, healthier families, and an informed youth.”

It is our hope that this manual will provide easy access to information, matching members of our community to the resources and supports they need to move towards healthier, happier lives.

June 2003

CONTACT Lorrie Cox, Manager
543-6TH Street, Courtenay, V9N 1M5
338-0041

HOURS Open 7 days a week, 365 days of the year:
Weekdays:8:00 AM to 8:00 PM
Saturdays:8:00 AM to 7:00 PM
Sundays: 8:00AM to 6:00 PM

MANDATE To offer a supportive place for anyone in the community who wishes to socialize in an alcohol/drug free community.
To make it possible for people in the community to socialize in a safe, non-judgmental place and to support each other in making positive lifestyle choices.

MAIN PRIORITIES

- Provide a place that is open all the time.
- Do not turn anyone away, as long as they are not under the influence of drugs or alcohol.
- Provide a place for people to come, where they can just “hang out”.
- Provide information, pamphlets.

SERVICES PROVIDED

- A fully operational kitchen (open from 8:00 AM to 2:00 PM)
- Social events, such as dances, dinners and baseball.
- 12 step recovery meetings held daily in the Club’s meeting hall.
- Up to date information regarding 12 step meetings (when, where).
- A friendly, warm and caring atmosphere where people can have fun, play table games, talk and enjoy support as they discover new ways to live.
- Evening holiday dinners.

HOW PEOPLE KNOW ABOUT THE ALANO CLUB

- People who are looking for AA meetings.
- Attending the meetings that are held in the Club’s meeting hall.

THE ALANO CLUB (of Courtenay)

HOW PEOPLE KNOW ABOUT THE ALANO CLUB (continued)

- Word of mouth.
- Crossroads Crisis Centre Directory.
- Alano Clubs exist in many different communities (they may have different names), so members know to look for one in Courtenay.

TARGET GROUPS

While The Alano Club is geared towards people in recovery, all members of the community at large are welcome.

At this time there are 100 regular members, but many other people come in on a drop-in basis and on a daily basis.

FUNDING

- Bingo (BC Gaming Commission)
- United Way
- Private donations
- Memberships
- Hall rentals
- Kitchen proceeds
- Social events

STAFFING

- Three (3) paid employees
- Six (6) regular volunteers, but others do volunteer as they come in or on an as needed basis.

AL-ANON / ALATEEN

CONTACT

338-2947

1-888-4AL-ANON (1-888-425-2666)

Toll Free, Monday through Friday, 5:00 AM to 3:00 PM, PST.

Website: www.bcyukon-al-anon.org

MEETINGS

Information on when and where Al-Anon and/or Alateen meetings are held in the Comox Valley can be obtained from the local phone number or Toll Free number listed above.

MANDATE

Al-Anon Family Groups

Each is a fellowship of relatives and friends of alcoholics who share their experiences, strength and hope, in order to solve their common problems. Al-Anon believes that alcoholism is a *family* illness and that changed attitudes can aid recovery. Al-Anon is both anonymous and confidential. Al-Anon is separate from Alcoholics Anonymous and is not affiliated with any sect, denomination, political entity, organization or institution and do not endorse or oppose any causes.

Al-Anon's One Purpose: To help families of alcoholics, by practicing the Twelve Steps, welcoming and giving comfort to the families of alcoholics and giving understanding and encouragement to the alcoholic.

Alateen

Is a fellowship of young Al-Anon members, usually teenagers, whose lives have been affected by someone else's drinking.

Members come together to:

- Share their experiences, strength and hope with each other.
- Discuss their difficulties.
- Learn effective ways to cope with their problems.
- Encourage one another.
- Help each other understand the principles of the Al-Anon program.
- Learn how to use the Twelve Steps and the Alateen Twelve Traditions.

AL-ANON / ALATEEN

Every Alateen group must have an active, adult member of Al-Anon to serve as their sponsor. Alateen members conduct their own meetings, with the Al-Anon sponsor providing guidance.

SERVICES

- Group meetings.
- Mutual support.
- Telephone information lines.
- Distribution of Al-Anon/Alateen literature and material.
- Website with a variety of information.

HOW PEOPLE KNOW ABOUT ALANON/ALATEEN

- Telephone
- Word of Mouth.
- Newspapers
- Brochures
- Website

PLANS FOR THE YEAR/SPECIAL EVENTS

Al-Anon and Alateen hold a number of activities throughout the province each year. Many of the Alateen activities are held in conjunction with Al-Anon activities. Some of the many activities include:

- Rallies
 - Guest speakers
 - Entertainment
- Dances
- Campouts
- Conventions

Specific information on when and where any activities are being held can be obtained by calling the above listed telephone numbers.

TARGET GROUP

Al-Anon: Any relative or friend of an alcoholic.

Alateen: Any younger relative or friend of an alcoholic, up to the age of nineteen (19).

STAFFING

Al-Anon and Alateen are run entirely by volunteers.

ALCOHOLICS ANONYMOUS (District 4, Comox Valley)

CONTACT

Public Information: 338-8042
P.O. Box 1337
Comox, BC, V9N 7Z8
or through the **Alano Club**
543 – 6TH Street
Courtenay, BC, V9N 1M5
338-0041

MEETINGS

Several meetings are held in the Comox Valley, throughout each day, at various venues. To find out where and when the meetings are held, contact a volunteer at the Public Information line, call the Alano Club or access the website and that information will be provided.

MANDATE

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for membership. Alcoholics Anonymous is self-supporting through members' own contributions.

Alcoholics Anonymous is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any causes.

The primary purpose is to stay sober and help other alcoholics to achieve sobriety.

(from A.A Grapevine, Inc.)

SERVICES PROVIDED

- 24 hour answering service.
- Meeting lists (times and places).
- 12 Step meetings for members to attend.
- Immediate contact with a volunteer (phone numbers are given) for those who need it.
- Relevant literature.
- Website that includes a list of events, lists of when & where meetings are taking place & a questionnaire to determine if alcohol might be a problem in a person's life.

ALCOHOLICS ANONYMOUS

HOW PEOPLE KNOW ABOUT ALCOHOLICS ANONYMOUS

- The Public Information telephone line
- The Alano Club
- Word of mouth
- Website (www.aacomoxvalley.org)
- Brochures available throughout the community

PLANS FOR THE YEAR / SPECIAL EVENTS

Rallies and camping trips are held throughout the island each year. Information on these events is available from the Public Information Line and from the Website.

TARGET GROUP

Anyone who is trying to recover from alcoholism and achieve sobriety.

STAFFING

Alcoholics Anonymous is run entirely by volunteers.

19 WING COMOX

Strengthening the Forces Health Promotion Program

CONTACT

Lynne Blair, Health Promotions Director
339 – 8211, Local 8328
c/o 19 Wing Comox
P.O. Box 1000 Stn. Main, Lazo, BC, V0R 2K0

MANDATE

The Health Promotions Director, under the CF's rejuvenated Health Promotions Program, coordinates the Canadian Forces (CF) health promotions initiatives including Addictions Free Living (alcohol, drugs, smoking, gambling). This change reinforces the CF's holistic approach to creating a climate that encourages healthy behaviours and environments and enhanced quality of life for CF members and their families. The Health Promotions Program consists of four major areas of wellness and prevention: Social Wellness, Nutritional Wellness, Addictions Free Living and Active Living & Injury Prevention. The goal of these programs is to create a climate that encourages health practices and behaviours. Addiction-free living continues to be a high priority.

The CF and the Department of National Defence have a number of Policies and Orders that deal with the issues of drugs and alcohol. The specifics of these references are classified and available only to those directly responsible for the drug and alcohol programs.

SERVICES PROVIDED

A team delivers the CF Drug & Alcohol services. The team includes the Wing Surgeon, Wing Addictions Counsellor, Wing Social Worker, Wing Drug Education Coordinator, Unit Drug Education Coordinators and Health Promotions Director. Services include:

Awareness to produce awareness of responsible drinking, the signs and symptoms of drug and alcohol misuse and the health and social consequences of alcohol and drug misuse/abuse.

Education and Training to familiarize members Unit Drug Education Coordinators (UDECs) and supervisors of signs and symptoms of drug and alcohol misuse, CF and DND policies and orders and supervisor's responsibilities related to

19 WING COMOX

SERVICES PROVIDED (continued)

alcohol and drug misuse, and resources available to members and their families to deal with addiction problems.

Assessment and Treatment is available for members and their families through the Wing Surgeon and Wing Addictions Counsellor.

Follow-up of at least one year with a Base Addictions Counsellor, consisting of weekly counseling sessions.

The Military supports an ABSTINENCE model when dealing with drugs and alcohol misuse. This model is critical to CF operations given the acute safety issues around aircraft, combat, artillery etc. and the safety of all members.

HOW PEOPLE KNOW ABOUT THE PROGRAMS

- Wing and Unit Drug Education Coordinators
- Workshops, seminars and presentations
- Health workers, social workers and counsellors
- Member and Employee assistance programs
- Resource directories, bulletin boards and websites
- Brochures
- Word of Mouth

PLANS FOR THE YEAR

- Raising awareness of substance misuse and services available
- Continued support and involvement with Raising Drug Free Kids Program.

TARGET GROUP

All regular, reserve members and their families, civilian employees and cadets.

FUNDING

Provided by 19 Wing Comox.

STAFFING

Addictions Counselor, Health Promotion Director, Social Worker, Wing Surgeon, Social Worker, Drug Education Coordinator

COMOX VALLEY ALCOHOL & DRUG SERVICES (Outpatient Clinic)

CONTACT

Sam Somers

941C England Avenue, Courtenay, BC, V9N 2N7

898-2211

HOURS

Core hours are 8:30 AM to 4:30 PM.

There are meetings and groups that are held outside of the core hours.

The Client Advisory Group meetings occur every other month, on a Thursday evening.

MANDATE

To promote the well being of people affected by, or at risk of developing alcohol and/or other drug related difficulties.

The Courtenay Outpatient Clinic believes that substance abuse affects not only the substance user, but also their families and the community.

MAIN PRIORITIES

- Clinical work
- Assessment
- Referral
- Treatment
- Some Prevention
- To provide services to the substance abuser, or to people presently living with a substance abusing person, or to those with a history of relationships with substance abusers (co-dependents), or to those who grew up in families where a parent or caretaker abused alcohol and/or drugs.

SERVICES PROVIDED

Intake/Orientation

- Weekly sessions to explain Clinic services
- Participants encouraged to become involved in appropriate self-help groups, such as AA, NA, Alanon and the Clinic's Recovery Maintenance Group.
- Preparation for the first session with a counselor.

COMOX VALLEY ALCOHOL & DRUG SERVICES

SERVICES PROVIDED (continued)

Assessment

- Individual Assessment
- Determines a treatment plan, which helps to identify and address client issues.
- Initial assessment takes approximately one and a half (1.5) hours.
- Includes codependency and substance misuse packages.
- Developed with the Client Advisory Committee.

Individual and/or Family Counselling

- Clients are expected to attend three (3) to fifteen (15) counseling sessions.
- As of 2001, clients averaged five (5) to seven (7) sessions.

Co-Dependency Group Sessions for Men

Co-Dependency Group Sessions for Women

Hot Topics

- Educational series that covers four relevant topics to help individuals maintain abstinence.
- Establishes healthy self-care practices, a strong support system and a new positive, drug and alcohol free lifestyle.

Sessional Physician

- The Clinic has access to a physician who is knowledgeable about substance abuse issues.
- The physician may liaise with the client's family doctor if requested.
- Education and support to the medical community, as required.
- Attends alcohol & drug oriented committees on behalf of the clinic.
- General support to the Clinic.

REFERRALS

- Detox Units
- Residential support facilities
- Residential treatment centers
- Self-help groups
- Other Community Agencies and resources

REFERRALS (continued)

COMOX VALLEY TRANSITION SOCIETY (Lilli House)

338-1227 (24 Hours)

897-0511 (Business Line)

- One (1) social (i.e. non-medical) detox bed
- One (1) support recovery bed

Social Detox Bed:

This bed is for women only, who live in the Comox Valley.

- Clients may be referred only through the Substance Abuse Intervention Program – S.A.I.P. (St. Joseph's General Hospital).
- Clients stay from seven (7) to fourteen (14) days.
- On average, clients stay for ten (10) days.
- The bed is usually always full.

Support Recovery Bed:

This bed is also for women only.

- Referred directly through Addictions Services (Courtenay Outpatient Clinic).
- Provides a safe drug and alcohol free environment.
- Opportunity for the client to learn lifeskills, stabilize their life.
- This bed is not meant to provide housing for those who already have a home and family.
- This bed is available for those whose living situation is uncertain, such as having roommates who are using drugs and/or alcohol.

COMOX VALLEY ALCOHOL & DRUG SERVICES

REFERRALS (continued)

COMOX VALLEY RECOVERY CENTRE

641 Menzies Avenue, Courtenay, BC, V9N 3C3
338-7144

- Two (2) social detox beds
- Sixteen (16) support recovery beds

Social Detox Beds:

- One of the social detox beds is strictly available for men in the Comox Valley.
- The second social detox bed is available for men in the entire Upper Island region (which includes the Comox Valley).

The Comox Valley Recovery Centre provides a twenty-eight (28) day residential (live-in) support and recovery program for men (only) who have an alcohol and/or drug addiction.

Services provided include:

- Lectures
- One on one counseling
- Video presentations
- Co-dependency group
- AA
- Guest speakers

Outreach

Liaison Through the Community

(Community Development)

- Adult Mental Health
- C.V. Transition Society
- C.V. Recovery Centre
- Upper Island Drug & Alcohol Services
- Hornby Island
- Committee membership
- Women's Day Treatment Program
- Drug Strategy Committee

HOW PEOPLE KNOW ABOUT COMOX VALLEY ALCOHOL AND DRUG SERVICES

- Word of mouth.
 - AA
 - NA
 - Referrals from other clients
- Phone Book
- Referrals from other agencies:
 - Adult Mental Health
 - Probations
 - Substance Abuse Intervention Program (St. Joseph's Hospital)
 - Employee Assistance Programs
 - Other counsellors

PLANS FOR THE YEAR:

- Drug Awareness Week
 - Clinic Open House
- Team Days
 - Clinic counselors meet to determine attendance at groups and to make any changes based on client needs.
- Improved data collection system

TARGET GROUPS

- People, over the age of nineteen (19), who are substance affected (i.e. substance users themselves or live with someone who is a substance user).

At this time, two (2) full-time counselors are carrying caseloads of approximately ninety (90) clients each.

There is a temporary part-time counselor who is doing Assessment and is carrying a caseload of six (6) clients.

Due to the transitory nature of many of the clients, long-term follow-up can be difficult. However, the Clinic does attempt to make follow-ups, through phone calls and/or letters with each of its clients on a three (3) month, six (6) month and one year basis. With prior permission from the clients, the Client Advisory Committee will make the follow-up phone calls.

It can be difficult to determine why and/or where change occurred. The Courtenay Outpatient Clinic uses the Stages

COMOX VALLEY ALCOHOL & DRUG SERVICES

TARGET GROUPS (continued) of Change Theory (Continuum). Comparisons can be made between the initial Assessment and where the client is at the end of Treatment to determine changes that have occurred.

- INITIATIVES**
- New groups
 - New client database
 - Meeting criteria determined from earlier accreditation
 - Training for Central and North Island staff
 - Upper Island Area Action Plan
 - Determining community needs (i.e. who needs what, the most)
 - Wellness for staff (i.e. avoiding burnout)

- SPECIAL EVENTS**
- Drug Awareness Week - Clinic Open House
 - Conferences (e.g. C.O.D.E.S.)

FUNDING Until October 2002, Courtenay Addictions will continue to be a direct service agency of the Province of British Columbia, Ministry of Health Services. After that date, funding will be received through the Vancouver Island Health Authority (who receives its funding through the Province of BC).

STAFFING One (1) full-time Administrator/Manager
Two (2) full-time Addictions Counsellors
One (1) temporary, part-time Addictions Counsellor
Each year, Addictions Services also has a different practicum student join its team.

COMOX VALLEY C.O.D.E.S. (Community Organization for Drug Education Services)

CONTACT Sam Somers or Cheryl Newton
P.O. Box 3695, Courtenay, BC, V9N 7P1 c/o 898-2211

MEETINGS Monthly, except near the annual conference, at which time the meetings occur on a weekly basis. Meetings are held at the Comox Valley Alcohol & Drug Services Clinic, at the Mental Health Centre (Vancouver Island Regional Health Authority) at 941C England Avenue, Courtenay (898-2211).

MANDATE (PURPOSE)

- To increase awareness of alcohol and other drug misuse in our community.
- To promote healthy choices and lifestyles.

- MAIN PRIORITIES**
- Education
 - Awareness
 - Promoting a healthy lifestyle.

- WHAT C.O.D.E.S. DOES**
- Holds an annual Youth Conference for students in grades seven (7) to nine (9). The Conference focuses on education and prevention of alcohol, tobacco and other drug use.
 - Participates in the annual Drug Awareness Week campaign.
 - Sponsors poster, video and t-shirt contests.
 - Sponsors theatre presentations.
 - Sponsors local youth C.O.D.E.S. clubs in the secondary schools
 - Youth C.O.D.E.S. groups have activities during Non-Smoking Week.
 - Community presentations.
 - Supports the production of videos on smoking, alcohol and other drug awareness presentations to elementary students.
 - Supports parent education programs.
 - Sponsors guest speakers whose messages carry a drug awareness theme.
 - Sponsors drug free activities for youth.

COMOX VALLEY C.O.D.E.S.

WHAT C.O.D.E.S. DOES (continued)

- Public forums.
- Workshops.
- Co-sponsors other activities.
 - TREADS
 - CounterAttack Road Sense (CARS) Conference (ICBC)

HOW PEOPLE KNOW ABOUT C.O.D.E.S.

Local youth learn about C.O.D.E.S. primarily through the schools.

- Youth & family counselors.
- Schools give permission for students to attend the Annual Conference.

PLANS FOR THE YEAR

C.O.D.E.S. held this year's (2002) Annual Conference on Wednesday, February 2ND, 2002. It was the 13th annual Youth Drug & Alcohol Prevention Conference. More than 100 grade seven to nine students attended. Topics covered included information about STDs, rape, safe sex decisions and drug and alcohol use.

C.O.D.E.S. will participate in any activities that are held during Drug Awareness Week (usually in November).

TARGET GROUP

All youth, in grades seven (7) to nine (9), aged twelve (12) to fifteen (15). The focus is on those youth who are at an age where they are often in transition.

As C.O.D.E.S. focuses on prevention, they are unable to determine success. Any measure of success could only be discovered in a longitudinal survey of youth, in the future, to learn if they did or did not use alcohol, tobacco, or other drugs.

FUNDING

C.O.D.E.S. is a non-profit society. While they do not receive regular funding, they do receive some money from:

- United Way (a percentage of their annual campaign).
- Royal Purple
- Comox Valley Credit Union
- Fundraisers

STAFFING

C.O.D.E.S. is made up entirely of volunteers. Currently there are five (5) to seven (7) active members. During the time of the Annual Conference approximately twenty (20) volunteers become involved.

COMOX VALLEY DRUG AWARENESS COMMITTEE

CONTACT

Sgt. Brian Buttner,
19 Wing Comox
P.O. Box 1000 Stn. Main
Lazo, BC, V0R 2K0
339-8211 ext. 8789

MANDATE

- To increase awareness about drugs and alcohol.
- To educate parents on how to encourage their children to remain drug and alcohol free.
- To educate children about remaining drug free, including refusal skills.
- To improve communication between parents and their children.

SEMINAR PRESENTATIONS (Parenting for Prevention)

1. Opening Address School Principal
2. Drugs in the Valley ... R.C.M.P.
3. Panel Members Parents Together
Youth Probation Officer
Comox Valley Family Services Assoc.
John Howard Society
19 Wing Comox Addictions Counsellor
4. Kids Program
5. Small Groups
6. Large Group
7. Parents and Kids (Questions & Answers)

INFORMATION PROVIDED

For the Parents:

- Keynote presentation on the escalating drug problem in the Comox Valley.
- Panel of professionals in the addictions and family counseling fields discuss ways that parents may help prevent their children from becoming involved with drugs and alcohol.
- Small groups to discuss the presentations and problems and/or solutions from everyone's own experiences, focusing on communication between the parents and their children.

COMOX VALLEY DRUG AWARENESS COMMITTEE

INFORMATION PROVIDED (continued)

- Opportunity to ask questions of the speakers and panelists.
- Resource materials.

For the Children:

- Educational and fun activities designed to provide some basic information on decision making around the use of drugs.
- Resource materials.
- Opportunity to ask questions of the speakers and panelists.

PLANS FOR THE YEAR

To continue to offer the “Raising Drug Free Kids” Seminar/Workshop for Parents and Children in the Comox Valley, throughout each school year.

Approximately one seminar is held each month, during the school year, each time at a different school.

TARGET GROUPS

- Parents of school aged children, from grade three (3) to grade nine (9), aged eight (8) to fifteen (15).
- Children in grades three (3) to grade nine (9), aged eight (8) to fifteen (15).

FUNDING

Any necessary funding is made available by Courtenay Chrysler.

STAFFING

Those individuals involved with the Drug Awareness Committee are all volunteers. Some are employed by local drug and alcohol related service providers/agencies.

At this time Committee Members include representatives from:

1. R.C.M.P.
2. 19 Wing Comox
3. John Howard Society
4. Comox Valley Family Services Association
5. TREADS
6. Comox Valley Recovery Centre
7. Comox Military Family Resource Centre

DRUG ABUSE RESISTANCE EDUCATION (D.A.R.E.)

CONTACT

Cst. C. (Gus) Papagiannis, Drug Awareness Coordinator
Central/North Vancouver Island
130B – 19TH Street, Courtenay, BC, V9N 8S1
334-5945

MANDATE

- To provide a prevention and education program with a proactive approach to a global substance abuse problem.
- To provide youth with practical skills and strategies that they can use to deal with alcohol, drugs and tobacco.

MAIN PRIORITIES

The D.A.R.E. curriculum focuses on the following topics:

- Accurate information about effects of drug use and drug abuse.
- Skills for recognizing and resisting pressures to experiment with alcohol, tobacco and drugs.
- Enhanced self-esteem.
- Positive alternatives to substance use and violent behavior.
- Decision-making skills that help youth to deal with anger and disappointment.
- Ability to use non-violent ways to deal with anger and disappointment.
- Improved interpersonal and communication skills.
- Positive and healthy lifestyles for youth.
- Refusal techniques.

SERVICES PROVIDED

- The D.A.R.E. program is made up of seventeen (17), forty-five minute lessons.
- Each lesson covers one topic.
- Lessons include:
 - Role playing
 - Group work
 - Questions and ideas from the students
 - Workbook
 - Homework
 - A final written essay, to be read to the class

DRUG ABUSE RESISTANCE EDUCATION (D.A.R.E.)

SERVICES PROVIDED (continued)

- The same uniformed R.C.M.P. officer stays with the same class throughout the seventeen (17) lessons.
- A parent night is held to encourage parental involvement.
 - Provides parenting skills and tips.
 - Complements the information the students have received.

HOW PEOPLE KNOW ABOUT D.A.R.E.

- Through the schools
- Through the R.C.M.P.
- Through the School District/School Board

PLANS FOR THE YEAR

- To offer the D.A.R.E. program in as many schools in the Comox Valley as possible.
- To offer approximately 14 classes the seventeen (17) week D.A.R.E. program.

TARGET GROUP

At this time, D.A.R.E. educates children in grades five (5) and six (6) and their parents.

INITIATIVES

Next year, D.A.R.E. is hoping to adjust the program by offering ten (10) lessons to students in grade five (5) to provide them with information and skills before they enter middle school and then to offer ten (10) more lessons in grade seven (7) to reinforce what they learned in grade five (5).

FUNDING

The D.A.R.E. officers/instructors are funded through the RCMP. The program itself is non-profit. In order to obtain funding for classroom materials, D.A.R.E. relies on private donations from such groups as service clubs, businesses, unions and individuals.

Some funding may be provided by school parent advisory committees (PACs) or parents of the children in the D.A.R.E. program, but only if absolutely necessary.

STAFFING

A total of eight (8) R.C.M.P. officers are D.A.R.E. instructors in the Comox Valley at this time.

Two (2) of the R.C.M.P. officers/instructors are the school liaison officers from Vanier & Highland secondary schools.

The other six (6) officers/instructors are regular duty officers who volunteer their time when not on duty.

FAS IN ACTION

CONTACT

Vicki Miller - 338-7341 or Pat Gould - 338-1711

MEETINGS

Once per month.

Last Wednesday of every month, at 1:00 pm at the Comox Valley Nursing Centre (Dogwood Meeting Room).

MANDATE (Mission Statement)

To support public education and community action initiatives to help reduce the incidence of Fetal Alcohol Syndrome (FAS) and to improve the quality of life for those affected by FAS. FAS in Action is made up of service providers from throughout the community including:

- TREADS
- Public Health
- The John Howard Society
- Comox Valley Family Services Association
- Foster Parents

MAIN PRIORITIES

- Education
- Community awareness

SERVICES PROVIDED

- Resource library, available at the Health Unit, that provides information through books, videos, etc., regarding FAS including:
 - FAS prevention (pre-natal)
 - Diagnosis
 - FAS characteristics
 - Affects of FAS on family and community
- Stickers distributed throughout the community warning about the possible affects of drinking alcohol while pregnant.
- Presentations to service clubs.
- Mall displays.
- Supported the creation of an Adult Support Group for individuals with FAS.

HOW PEOPLE KNOW ABOUT FAS IN ACTION

- Pamphlets distributed throughout the community.
- Invitations to community organizations to join FAS in Action.

FAS IN ACTION

HOW PEOPLE KNOW ABOUT FAS IN ACTION (continued)

- Presentations to service clubs.
- Mall Displays
- Volunteer Fair
- Community television (Channel 4), Shaw Cable
- Stickers distributed throughout the community.
- Word of mouth.

TARGET GROUP

- All ages
- Focus towards people of peri-natal (child bearing) age.

INITIATIVES

Through the recommendations of FAS in Action, the Health Unit has purchased two life-sized dolls, one which portrays an FAS baby and the other that portrays a Drug-Affected baby. Each comes with its own accessories.

FAS in Action plans to start holding FAS Baby Showers. The first one should be held at the Teddies & Toddlers Daycare at Vanier Senior Secondary. At these “Showers” baby gifts (such as receiving blankets, bottles, etc) are given to those who attend. Attached to each “gift” is a label which describes a possible “gift” that will come with the baby, if it has FAS or is Drug-Affected. Some of these “gifts” might include low birth weight, learning disabilities or AD/HD. Meanwhile, the dolls are utilized at the “Baby Shower” to emphasize the affects on a baby if the mother is using drugs and/or alcohol while pregnant.

FUTURE INITIATIVES

Next year, FAS in Action would like to begin taking their preventative information into the schools.

FUNDING

Lion’s Club of Royston

STAFFING

FAS in Action is made up of volunteers. At this time, there are four (4) to six (6) active members.

JOHN HOWARD SOCIETY OF NORTH ISLAND

CONTACT

Diane Collins, Program Manager, Courtenay
1455 Cliffe Avenue, Courtenay, BC V9N 2K6
Phone: **338-7341** Fax: 338-6568

MANDATE (Mission Statement)

The mission of the John Howard Society is to help develop and foster healthier communities.

Their vision is to provide and coordinate appropriate programs of rehabilitation, education, prevention and healing for those who need an opportunity to maintain or regain a healthy balance within their communities.

Each individual program that the John Howard Society offers also has a specific mandate or objective. There are four (4) programs that are mandated to deal specifically with alcohol and drugs, however all programs offered deal with aspects of alcohol and drugs. The John Howard Society operates within a *value-added mandate* in that many of their clients have issues with alcohol and drugs, even if they are not in a program that is designed specifically with a focus on alcohol and drugs.

MAIN PRIORITY

Reduction of use (harm reduction)

SERVICES PROVIDED (those specifically mandated towards drugs & alcohol)

Alcohol & Drug Services for Youth & Families

Program Objective: To facilitate youth in reaching and maintaining alcohol and drug free lifestyles by providing focused counseling for motivated individuals and families. The focus of this program is treatment. It includes:

- Assessment
- Treatment
- Education
- Empowerment of Youth
- Long term goal of abstinence

Target Group: Youth, 19 and under

Awareness of this program through:

- Referral from other agencies, schools
- Word of mouth from peers
- Parents, family members
- Presentations at schools

JOHN HOWARD SOCIETY OF NORTH ISLAND

SERVICES PROVIDED (continued)

Alcohol & Drug Suspension Program

Program Objective: To provide assessment, education and treatment to youth and their families referred by their school for using alcohol or drugs on school property. The focus of this program is prevention and intervention.

Includes:

- Usually two or three meetings (first one includes parent)
- Assessment
- Education

Awareness of this program through: Referral from school

Alcohol & Drug School Based Prevention Program

(Lake Trail Middle School)

Program Objective: To provide a junior school and the surrounding community with activity based prevention and early intervention strategies related to alcohol and other drugs. Also, to develop the capacity of the school and community to be effective partners in the prevention of substance misuse. The focus of this program is prevention. The purpose is to try and ensure that activities are student driven.

Includes:

- Youth C.O.D.E.S. group
- One-on-one counseling
- Group facilitation (drug & alcohol groups, lifeskills groups, etc.)
- CAPP (Career & Personal Planning)
- Education
- Awareness

Community Involvement:

- C.O.D.E.S.
- Drug Awareness Committee
- Community Forum for Denman & Hornby Islands
- Visits to other local middle schools

Target Group: Primarily 12 - 14 year olds at Lake Trail Middle School

Awareness of the program through:

- Going into all classrooms at the beginning of each school year.

SERVICES PROVIDED (continued)

- School based team meetings
- Referrals from teachers
- Word of mouth between students
- Regular involvement with various committees
- Newspaper/radio

Youth Alcohol & Drug Outreach Support

(1/2 time position)

Program Objective: After-hours outreach for youth at risk for substance misuse, prostitution and other high-risk behaviors. The focus of this program is to provide a safe first point of contact.

TARGET GROUP

The alcohol and drug programs at the John Howard Society are all focused on youth between the ages of twelve and nineteen. They will take adults, who are just over the age of nineteen, particularly if they fit more appropriately with a youth clinic.

MEASURE OF SUCCESS

Currently the measure of success varies, depending on the program.

Alcohol & Drug Services for Youth & Families/Alcohol & Drug School Suspension Program:

- Decreased harm to the youth
- Decreased risk to the community
- Remain in/or return to school
- Reduced usage
- Improvement demonstrated through assessment.

Alcohol & Drug School Based Prevention Program:

- Continued involvement with school youth and surrounding community

Youth Alcohol/Drug Outreach Support:

- How well the Outreach Worker is getting known among the youth
- If youth know why Outreach Worker is in the community
- Outreach Worker continues to attend functions (e.g. Raves)
- Number of referrals for assistance for various services.

JOHN HOWARD SOCIETY OF NORTH ISLAND

STATISTICS FOR THE YEAR 2002

Alcohol & Drug Services for Youth & Families/Alcohol & Drug School Suspension (combined):

- 138 youth

Alcohol & Drug School Based Prevention Program:

- 64 youth (one-on-one, or group)

Youth Alcohol/Drug Outreach Support:

- 129 contacts (youth, parents, and community members)

HOW PEOPLE KNOW ABOUT THE JOHN HOWARD SOCIETY

- Word of mouth (especially between the youth)
- Referral from other agencies and schools
- Some court-ordered referrals
- Crossroads Crisis Centre Directory
- Pamphlets distributed through the community

OTHER ACTIVITIES

- Presentations
- Committee Work:
 - Violence Against Women in Relationships
 - Family Court & Youth Justice
 - Community Justice Centre
 - FAS in Action
 - Alcohol & Drug Service Provider Committee
 - Comox Valley Drug Awareness Committee
 - Upper Island A&D Managers Committee
- Community Service Groups
 - Royal Purple
 - Kinsmen
 - ICBC – CounterAttack Road Sense (CARS) Conference
 - Youth attend and then bring information to their own schools
 - Focus on prevention of drinking and driving

PLANS FOR THE YEAR

The John Howard Society is currently going through the process of Accreditation. The Society will be focusing on measuring outcomes of service, developing continuous quality of improvement practices and participate in addressing gaps in service in the community.

PLANS FOR THE YEAR (continued)

The Society is awaiting any changes that may occur as a result of their contract being transferred to the Ministry of Health Services from the Ministry of Children and Family Development (as of April 2003).

FUNDING

- Ministry of Children & Family Development
- Ministry of Health
- Vancouver Island Health Authority
- Attorney General (Corrections Branch)
- Ministry of Health (Forensic Services)
- United Way
- Society generated funds
- Private donations

STAFFING

Total: 23

Those who work specifically with Alcohol & Drug Programs: 3 people; 2.5 positions

NARCOTICS ANONYMOUS (Strathcona Area)

CONTACT 800-379-6652 (Toll Free)
Website: www.bcrsna.bc.ca
or through the Alano Club of Courtenay
543-6TH Street, Courtenay, BC, V9N 1M5
338-0041

MEETINGS (in the Comox Valley, as of June 15, 2002)

Black Creek
Tuesdays @ 7:00 PM, Island Highway (Halbe Hall)
Courtenay
Mondays @ 8:00 PM, 889 Cumberland (Train Station)
Wednesdays @ 8:00 PM, 543-6TH Street (Next to Alano Club)
Thursdays @ 8:00 PM, 889 Cumberland (Train Station)
Saturdays @ 8:00 PM, 543-6TH Street (Next to Alano Club)
Sundays @ 12:00 Noon, 543-6TH Street (Next to Alano Club)

MANDATE Narcotics Anonymous is a nonprofit fellowship or society of men and women for whom drugs has become a major problem. They are recovering addicts who meet regularly to help each other to stay clean.

Narcotics Anonymous recovery program follows Twelve Steps, adapted from Alcoholics Anonymous. Key to its success, Narcotics Anonymous provides the therapeutic value of addicts working with other addicts.

Narcotics Anonymous *encourages* its members to observe complete abstinence from all drugs, including alcohol.

SERVICES PROVIDED

- Group meetings.
- Toll-free telephone line.
- Distribution of Narcotics Anonymous literature.
- Public Information Presentations.
- Panel Presentations.
- Meeting Directories.
- Website (BC Region) that includes meeting schedules, phonelines, events calendar and other links.

HOW PEOPLE KNOW ABOUT NARCOTICS ANONYMOUS

- Toll free telephone line
 - Phone Book
 - Crossroads Resource Directory
- Word of Mouth.
- The Alano Club of Courtenay
- Relevant literature
- Website

PLANS FOR THE YEAR / SPECIAL EVENTS

Many events are held throughout BC and Vancouver Island throughout each year. Some of these activities include:

- Barbeques
- Campouts
- Baseball Tournaments
- Retreats
- Dances
- Conventions
- Workshops

Information on specific events can be obtained from the Toll Free Phone Number and the Website.

TARGET GROUP

The only stated membership requirement for anyone who wants to join Narcotics Anonymous is the desire on the part of the individual in question to stop using drugs.

Membership is open to any drug addict, regardless of the particular drug or combination of drugs used. Membership is completely voluntary and open to anyone, regardless of their social, religious, economic, racial, ethnic, national, gender or class status. There are no membership dues or fees.

STAFFING

Narcotics Anonymous is run entirely by volunteers.

NORTH ISLAND AIDS COALITION SOCIETY (NIAC)

CONTACT Phillip Haines, Executive Director
Kari Hackett, Director of Client Services, Harm Reduction Program & Hepatitis C Project
355-6TH Street, Courtenay, BC, V9N 1M2
338-7400

HOURS **Office Hours:** 9:00 AM to 4:00 PM, Monday to Thursday
Needle Exchange Program:
Wednesdays, 7:00 PM to 10:00 PM at the Office
Wednesdays, 10:00 PM to 11:00 PM, Mobile Deliveries

MANDATE

- Prevention
- Education

To educate the community about HIV and Hepatitis C and actively provide support and other services to persons infected with, or affected by HIV/AIDS and/or Hepatitis C.

MAIN PRIORITIES

- Harm Reduction Program
- Education (including the community at large)
- Support
- Advocacy

SERVICES PROVIDED

Harm Reduction Program

- Needle Exchange – new syringes and disposal of used ones.
- Alcohol swabs.
- Bleach kits for cleaning syringes.
- Sharps containers for safe disposal of used syringes.
- Condoms and lubricants.
- Testing for HIV, Hepatitis A, B & C.
- Hepatitis A & B vaccinations.
- Support and counseling.
- Referrals to other agencies.

Education

- Information sessions and workshops for schools, community groups and workplace issues.

SERVICES PROVIDED (continued)

Support

- Available for persons living with HIV/AIDS and/or Hepatitis C, their partners, families and their friends.
- Peer counsellors

Advocacy

Assist persons living with HIV disease and Hepatitis C with:

- Income Assistance & Disability applications & appeals
- Government bureaucracy
- Human rights violations
- Wills
- Representation agreements (i.e. living wills)
- Health care directives
- Powers of attorney

Library

- An extensive resource lending library with books, videos and internet access.

HOW PEOPLE KNOW ABOUT NIAC

- Word of mouth
- Radio
- Newspapers
- Posters
- Financial Assistance Workers (Ministry of Human Resources, Prov. of BC)
- Pharmacists
- Physicians
- RCMP
- Pamphlet distributions

PLANS FOR THE YEAR

- Drug Awareness Week
- Hepatitis C Awareness Day (National) – May 1ST
- AIDS Day

TARGET GROUPS

- Community at large (of all ages)
- IV drug users
- Families of users

NORTH ISLAND AIDS COALITION SOCIETY (NIAC)

TARGET GROUPS (continued)

- Youth
 - People with HIV, Hepatitis C
- Currently, the Comox Valley of NIAC has approximately 350 registered clients.
- In regards to the Harm Reduction Program, specifically the Needle Exchange:
- 10 000 to 20 000 needles are distributed per month (on average).
 - The number of needles distributed in a month, has sometimes reached 50 000.
 - 20 000 needles were once distributed in one (1) night (due to high cocaine use).
 - At this time, the majority of clients utilizing the Needle Exchange are using heroin.

FUNDING

- Vancouver Island Health Authority
- United Way
- Public donations

STAFFING

- Seven (7) paid employees
- Approximately 40 volunteers (including the Board of Directors), but this number increases with special events.

OUT OF THE SHADOWS/LEGACY PROJECT (Re: FAS/FAE)

CONTACT

Kent Fiddy, Program Coordinator
Daryle Mills, Mike Jacobsen-Weston
Wachiay Friendship Centre
536A – 5TH Street
Courtenay, BC, V9N 1K3
338-7793
e-mail: youthlegacy@hotmail.com

MANDATE

- Prevention
- Education about FAS (fetal alcohol syndrome) and FAE (fetal alcohol effect).
- To build relationships with youth.
- To get youth involved.

MAIN PRIORITIES

- Enhancement of already existing services.
- To provide an understanding of the effects of alcohol on an unborn baby.
- Increased self-esteem and confidence.
- Assertiveness and communication skills.
- Development of alternative interests (cultural, recreational and sports activities).
- Awareness of cultural heritage.
- Positive mentorship.
- To attend the national FAS conference.
- Youth to draft a brochure about FAS for their peers.
- To host a contest (in 2002) for art, music and video production.
- To advertise the program.
- To set up a library to provide information on FAS/FAE prevention.

SERVICES PROVIDED

- Youth facilitators
- Weekly outings
- Workshops
- Youth Council (meets weekly or bi-weekly to plan activities)

OUT OF THE SHADOWS/LEGACY PROJECT (Re: FAS/FAE)

SERVICES PROVIDED (continued)

- Cultural, recreational and sports activities
- Transportation to and from workshops
- Attendance to FAS/FAE conferences
- Nutritional component
- Elder-facilitated workshops
- Guest facilitators
- Production of videos, brochures, posters

HOW PEOPLE KNOW ABOUT OUT OF THE SHADOWS/LEGACY PROJECT

- Through Wachiay Friendship Centre
- Through Wachiay School (School District No. 71)
- Advertising
- Letters to youth through the local schools (approximately 250)

TARGET GROUP

The Target Group is urban aboriginal youth, between the ages of fourteen (14) and twenty-four (24). However, the project will take youth as young as age twelve (12). At this time, approximately seventeen (17) to twenty (20) youth are regularly involved in the program.

INITIATIVES

- Joined FAS in Action
- Work in conjunction with other community groups with similar initiatives and focus.

SPECIAL EVENTS

- Plan to attend National and Provincial FAS/FAE Conferences.

FUNDING

The Legacy Project is funded by the Ministry of Children and Families through the Upper Island Women of Native Ancestry Society. At this time, funding is assured until March 31, 2003.

STAFFING

The Legacy Project has one (1) full-time Project Coordinator and two (2) part-time facilitators.

READY OR NOT PROGRAM (Comox Valley Family Services Association)

CONTACT

Cindy Giomo
Comox Valley Family Services Association
1415 Cliffe Avenue, Courtenay, BC, V9N 2K6
338-7575

WHEN THE COURSE IS OFFERED

- This program is offered up to three (3) times each year.
 - Each session lasts for six (6) weeks.
 - There is one (1) class each week.
 - Each class lasts for approximately two (2) hours.
- The course is for parents only.
- There must usually be a minimum of twelve (12) parents attending, up to a maximum of fifteen (15).

MANDATE

- This is a *prevention* program.
- The program provides education and information.
- Helps provide coping skills for parents and their children.

MAIN PRIORITY

Education

SERVICES PROVIDED

There are six (6) components to the Ready or Not Program:

- 1) Pre-teen Development
 - a. Physical Changes
 - b. Emotional Changes
- 2) Communication
 - a. Effective listening & speaking
 - b. Encouraging self-esteem
- 3) Good Decision-making and Problem Solving Skills
- 4) Facts on Alcohol, Tobacco, Marijuana & Inhalants
 - a. Guest speaker often brought in
 - b. Discuss what youth are using, why particular substances are being used, etc.
- 5) Discipline
- 6) Supports
 - a. Parents supporting each other.
 - b. Parents supporting their children.
 - c. Other community resources available for further support.

READY OR NOT PROGRAM (Comox Valley Family Services Association)

HOW PEOPLE KNOW ABOUT THE READY OR NOT PROGRAM

- Articles in the local newspapers.
 - This method gains the most response.
- Word of mouth between parents.
- Referral from other agencies, such as the John Howard Society and the Ministry of Children and Family Development.

PLANS FOR THE YEAR

- A spring session of Ready or Not (April/May)
- Continued involvement with the Comox Valley Drug Awareness Committee
 - Attending the “Raising Drug Free Kids” sessions at local schools.

TARGET GROUP

Parents of children aged eight (8) to twelve (12)
In the last year, twenty-three (23) parents have attended the sessions of Ready or Not.
Final evaluations are completed by the parents who attend the course. However it is difficult to provide a precise definition of success, as it varies from person to person. For example, one parent may say that they now communicate better with their child(ren) while another parent might say that they learned more about certain drugs that might be available in the community.

SPECIAL EVENTS

Displays at Prevention forums that occur in the community throughout the year.

FUNDING

- BC Council for Families
 - United Way
- Brochures and booklets, used either for distribution or as part of the course are provided by Health and Welfare Canada.

STAFFING

Two (2) part time facilitators.

SCHOOL DISTRICT NO. 71 (Comox Valley)

CONTACT

Liz McKenzie
District Vice-Principal of Student Services Department
School District No. 71
607 Cumberland Rd.
Courtenay, BC
V9N 7G5

- Responsible for Youth & Family Counsellors and School Counsellors

Bryan Morgan
Director of Instruction, Grade Kindergarten to Grade 12
School District No. 71
607 Cumberland Rd.
Courtenay, BC
V9N 7G5

- Responsible for school curriculum
- 334-5500** (School Board Office)

MANDATE

The Ministry of Education has mandated curriculum which all School Districts must follow. Within that curriculum is the CAPP (Career and Personal Planning) program which is implemented within every grade level. Issues related to drug and alcohol use and abuse are a part of CAPP with varying focus depending on the specific grade level.

There is specific policy in place for School Principals and other staff to deal with drug use in their schools. There is a formal process that must be followed when children/youth are discovered using drugs or alcohol on school grounds. School Principals have some flexibility as to what the consequences are to be for each student, depending on the circumstances involved.

School District No.71 School Policy

STUDENT BEHAVIOR

3. HEALTH, SECURITY, SAFETY

3.1 Entitlements

3.1.2. All students are entitled to learn, and all employees entitled to work in an atmosphere free from tobacco, alcohol and narcotics and related substances.

SCHOOL DISTRICT NO. 71 (Comox Valley)

MANDATE (continued)

3.2 Responsibilities

3.2.1 Student Responsibilities

3.2.1.3. Refuse to engage in or be knowingly involved in the possession, consumption, promotion, sale or provision of tobacco products, alcohol, narcotics or related substances or paraphernalia.

4. SUSPENSIONS

Suspensions for drug and/or alcohol-related activities will normally require student participation in, and completion of, a counseling program, usually conducted by community-based services.

STUDENT BEHAVIOR – SUSPENSIONS

1. DEFINITE SUSPENSIONS

Administrative officers or their designates may suspend a student from school for a maximum of five school days commencing the first school day after the date of action.

1.1 Definite suspensions are issued when:

1.1.1. in the opinion of an administrative officer of designate, there has been a serious breach of the school's code of conduct and/or board policy, including any drug and/or alcohol related activity.

2. INDEFINITE SUSPENSIONS

Administrative officers may suspend a student from school for an indefinite period of time and refer the student to the superintendent of school or designate.

2.1 Indefinite suspensions are issued when:

2.1.1. in the opinion of the administrative officer or designate, there has been an extremely serious breach of the school's code of conduct and/or board policy.

2.1.2. in the opinion of the administrative officer or designate, there has been continual breach of the school's code of conduct and previous definite suspensions have been issued.

MAIN PRIORITIES

- Emphasis on awareness
- Personal decision making
 - Focus on how to make good choices.
- Prevention

At the higher grade levels, education regarding drugs & alcohol becomes more specific, including what drugs exist, the ramifications of using drugs & alcohol, resisting peer pressure, etc.

At the elementary grade levels, issues about drugs and alcohol are only alluded to as part of learning about good decision making within your overall life. Drugs and alcohol are not discussed specifically within the curriculum.

SERVICES PROVIDED

At the Elementary level:

CAPP (Personal Planning)

- Woven throughout the regular, daily curriculum.
- Includes other programs, such as D.A.R.E.

Lions Quest

- Sponsored and paid for by the Lions Club.
- Has a drug and alcohol component (Living Healthy & Drug Free).
- Is an approach that the teacher takes, within the CAPP program.
- Is a means or method of meeting the CAPP curriculum.
- There are two trainers of Lions Quest in School District No. 71

D.A.R.E. (Drug Abuse Resistance Education)

Program is offered to Grade Six students in School District No. 71.

- Implemented by the R.C.M.P.
- Approximately eight schools have organized the program to date.

SCHOOL DISTRICT NO. 71 (Comox Valley)

At the Secondary level:

Lions Quest

- All teachers have been trained in it at Lake Trail Middle School and other groups of teachers in other schools throughout the School District.

CAPP (Career and Personal Planning)

- Is offered as a separate course, rather than just within the general curriculum.
- Teacher advisory groups.

Alcohol & Drug School Based Prevention Program (Wendy Morin)

- Through the John Howard Society
- At Lake Trail Middle School
- Activity based prevention
- Early intervention strategies for alcohol and other drugs.

Youth and Family Counselors

- Mostly in the Middle Schools.
- Do not deal just with the issues surrounding drugs and alcohol, but are responsible for dealing with them, as needed.
- Run groups.
- Participate in C.O.D.E.S. (Community Organization for Drug Education Services).

Alcohol & Drug School Suspension Program (Karen Gauthier)

- Through the John Howard Society.
- Provides assessment, education and treatment for youth and their families.
- Referred by the schools as a result of drug and/or alcohol use on school property.

School Liaison Officer (Vanier and Highland Secondary Schools)

- Each of the two high schools has an RCMP Officer.
- Work collaboratively with the school staff.

HOW PEOPLE KNOW ABOUT SCHOOL DISTRICT #71 PROGRAMS

- Run groups in the schools.
- Word of mouth (peers).
- Visiting groups/programs brought into schools, such as “Street proofing Our Kids”.
 - Role models, others to look up to, such as athletes.
 - Present advantages of a positive lifestyle.
- C.O.D.E.S. conference held annually.
 - 2002 Conference held Wednesday, February 06, 2002.

PLANS FOR THE YEAR/NEW INITIATIVES

Currently there are no new initiatives planned for the coming year. However, the continuation of programs include:

- D.A.R.E.
- Lions Quest
- Teacher-training
 - To keep teachers constantly aware of all the possible issues that children might have.

TARGET GROUP(S)

School District No. 71 serves all children, from Grade Kindergarten to Grade Twelve that are a part of the public education system.

Students who are in Grade Four to Grade Twelve are the specific Target Group for receiving services and education regarding drugs and alcohol.

Students from Grade Six to Grade Nine are considered to be most vulnerable to and at the highest risk of being involved with drugs and alcohol.

SPECIAL EVENTS

- Annual C.O.D.E.S Conference
 - Selected students attend, from Grade Seven to Grade Nine.

FUNDING Ministry of Education (for):

- CAPP
- Teachers (who implement CAPP throughout their daily curriculum)
- School Counsellors

Ministry of Child and Family Development, through the John Howard Society (for):

- Youth and Family Counselors.

STAFFING

- All elementary school teachers (CAPP).
- One (1) Drug & Alcohol Prevention Worker (Wendy Morin) who is contracted through John Howard Society.
- Seven (7) Youth and Family Counselors, who are contracted through the John Howard Society.

SUBSTANCE ABUSE INTERVENTION PROGRAM (St. Joseph's General Hospital)

CONTACT Denise Ingram, 339-1573
2137 Comox Avenue, Comox, BC, V9M 1P2

MANDATE

- Detoxification services
- Intervention in the hospital for those individuals who have identified problems with substance abuse.
- Education for the hospital and the community at large.
- Provide three residential detoxification beds in the community (one for women, two for men).

WHAT THE SUBSTANCE ABUSE INTERVENTION PROGRAM DOES

- Identify substance misuse through assessment.
- Determine individual needs.
- Develop a plan of intervention.
- Work with the client in early recovery.
 - Residential or outpatient services.
- Provide a safe detoxification process.
 - Initial (acute) withdrawal takes an average of one week, and can be extended to two weeks in the residential beds available.
 - Follow-up during the secondary withdrawal, which takes place after the acute withdrawal.
- Assist clients in accessing community support and resources.
- Provide information about safe detoxification.

HOW PEOPLE KNOW ABOUT THE SUBSTANCE ABUSE INTERVENTION PROGRAM

- Word of mouth
- Physicians
- Emergency Department at the Hospital
- Brochures, distributed throughout the community.

There is no specific budget set aside for promotion. Any promotion-related costs, such as the brochures, come out of general operating funds.

SUBSTANCE ABUSE INTERVENTION PROGRAM (St. Joseph's General Hospital)

PLANS FOR THE YEAR

Drug Awareness Week

- Hospital In-service
 - Education on each Unit of the hospital.
 - Workshops given by other drug and alcohol services in the community.
 - Booths set up in the Hospital lobby and cafeteria.
 - Educational videos sent to out to Hospital units for staff to view.
 - Mall displays.

Other Education Throughout the Year

- Workshops
- In-service to Hospital staff.
- Alcohol and drug training for other service providers in the community, such as Alcohol & Drug Services (Ministry of Children & Family Development).
- Information presentations given to service groups, such as the Head Injury Society.

TARGET GROUP

- Any patient admitted to St. Joseph's Hospital, who has been identified as having chemical dependency-related problems.
- Individuals in the community who need information and/or assistance regarding detoxification.
- Hospital staff (for Education)

Most of the clients are adults. There are some seniors. Some children access the services initially, but are then usually referred to various youth services in the community. Approximately fifty-five (55) new clients are seen each month.

On average, twelve (12) clients actually go through detoxification in a month.

It is difficult to follow-up with many of the clients, due to the transient nature of the population. Therefore, it has been difficult to define or measure a level of long-term success.

INITIATIVES

Currently, there are no new or upcoming initiatives. The most recent initiative was the acquisition of the one (1) Female Detoxification Bed (residential), in the community.

SPECIAL EVENTS

Drug Awareness Week (November)

FUNDING

All funding for this program is received directly from St. Joseph's Hospital.

STAFFING

Two (2) Substance Abuse Intervention nurses.

- Available seven (7) days a week

Volunteers:

- Members of Alcoholics Anonymous provide transportation for men in detoxification.
- Members of Citizens on Patrol provide transportation for women in detoxification.
- Members of Narcotics Anonymous, Alcoholics Anonymous, Al-Anon and other support groups visit clients while they are in the Hospital.

TREADS

(Drug Awareness Prevention & Rehabilitation Society)

Concerned citizens taking action **TOGETHER** will make a difference.

We have a **RESPONSIBILITY** to take back our community.

EDUCATION is an effective tool.

AWARENESS is the first step in solving any problem.

DRUG (including alcohol) abuse is the number one problem in society.

We must make our community a **SAFER** place to live.

CONTACT Judy Jackson, **339 – 4688** (Home)
c/o 1806B Cumberland Road, Courtenay, BC, V9N 2E9

MEETINGS 4TH Wednesday of each month.
7:00 PM at St. Joseph's Hospital.

MANDATE TREADS supports education and community action initiatives to help reduce demand for drugs and alcohol. Substance abuse in its various forms affects us all directly or indirectly. TREADS promotes the development of positive life choices.

MAIN PRIORITIES At the inception of TREADS, the focus was awareness and prevention. In addition, the plan was to target women and children. *Currently*, TREADS has decided to concentrate on increasing drug and alcohol services specifically for women. Work is going forward to establish a TREATMENT CENTRE FOR WOMEN. To support and promote drug education programs in the Community, workplace and schools. To increase public awareness of substance abuse issues.

WHAT TREADS DOES TREADS is involved with the program *Raising Drug Free Kids*, which provides information sessions for elementary and middle school-aged children and their parents.

WHAT TREADS DOES (continued)

TREADS organizes the *Party Program*, in cooperation with St. Joseph's Hospital. Local grade ten students are taken on tours of different units of the hospital, such as the morgue and the emergency department. The purpose is for the students to understand the possible results of alcohol and other drug use and to emphasize the benefits of making wise choices.

TREADS participates in the *Drug Awareness Committees*, which makes presentations, as part of the Raising Drug Free Kids program, in local elementary and middle schools.

TREADS is a member of *EAS in Action*.

HOW PEOPLE KNOW ABOUT TREADS

- Postings on the community television station (Shaw Cable Channel 4).
- Notices in the local newspapers regarding upcoming meetings.
- Media support, such as newspaper articles describing the activities of TREADS.
- Announcements on the local radio station, CFCP, 98.9 Magic FM.
- Brochures distributed throughout the community.
- Word of mouth.
- Internet (www.treads.bc.ca)

PLANS FOR THE YEAR

TREADS is in the process of preparing a proposal and business plan for the creation of a WOMEN'S TREATMENT CENTRE.

Fundraising necessary for the development of the Women's Treatment Centre will include proposals for direct funding and publishing and selling a Comox Valley Cookbook that should include advertising features for local tourist businesses, such as Bed & Breakfasts, in addition to recipes.

TARGET GROUP

No specific group is targeted by TREADS. Rather TREADS chooses to apply their goals to the entire community with a broad based approach.

TREADS (Drug Awareness Prevention & Rehabilitation Society)

- INITIATIVES**
- Fundraising and publicity for the development of the Women's Treatment Centre.
 - Continued involvement with the parent groups, such as Raising Drug Free Kids.
 - Involvement with the Drug Strategy Committee.

- FUNDING**
- Some initial start-up funding was received from C.O.D.E.S.
 - A few hundred dollars were raised as a result of the Great Walk.
 - A raffle was held in 2001.
 - Donations are accepted.

This is a volunteer organization. There is no regular funding obtained from any level of government or from other funding bodies, such as other charitable organizations.

- STAFFING**
- There are currently eight (8) members of TREADS. They are all un-paid volunteers.

UPPER ISLAND WOMEN'S DAY TREATMENT PROGRAM

CONTACT Marie Helgason, Therapist, Proprietor
2194 MacKenzie Avenue
Comox, BC, V9M 1M7
339-3585

TREATMENT SESSIONS Sessions are held in the Comox Valley two (2) to three (3) times each year.
Each session lasts for four (4) weeks and takes place daily, Monday through Friday, from 9:00 AM to 2:00 PM.
Each session has eight (8) to ten (10) women attend.

MANDATE To provide women who have substance and/or gambling problems (i.e. addictions) with intensive day treatment.

- MAIN PRIORITIES/
ISSUES DEALT WITH**
- Grief and loss
 - Relapse prevention
 - Communication
 - Life changes
 - Each woman's story (Narrative therapy)
 - Spirituality
 - Anger, coping with anger
 - Sexuality
 - Sexual abuse
 - Healthy relationships
 - Assertiveness
 - Boundaries

SERVICES PROVIDED

- Daily therapy sessions
- Entire treatment is held in group sessions

**HOW PEOPLE KNOW
ABOUT THE
WOMEN'S DAY
TREATMENT
PROGRAM**

- Direct referral from Courtenay Addictions Services. This is the only way that a woman can enter this program.
- Pamphlets
- Interviews on television
- Information on local Shaw Cable (currently channel 4)

UPPER ISLAND WOMEN'S DAY TREATMENT PROGRAM

PLANS FOR THE YEAR

- Drug Awareness Week
 - Join any displays at local mall
 - Provide information through pamphlets, answering questions
- Presentations throughout the Community
 - North Island College (Women's Studies)
 - Other groups
- Yearly reunion for women who have graduated from the Day Treatment Program.

TARGET GROUP

- Any woman with a substance abuse or gambling problem.
- Any age

Long term measurement of the success rate for this program is difficult. Relapse is often a part of the recovery process, but this does not mean that the program was not helpful in some way. Relapse also does not suggest that recovery will not ultimately occur.

To date, according to Marie Helgason, the success of Day Treatment Programs are the same as Residential Treatment Programs. There are some who suggest that Day Treatment Programs are more effective, since the client is able to remain in their community and with their family and friends for support. Day Treatment Programs are more cost-effective.

FUNDING

Funding is received through Courtenay Addictions Services, from the Vancouver Island Health Authority (Provincial Ministry of Health Services).

STAFFING

- One (1) full-time therapist
- One (1) part-time office administrator (2 days per week)
- Practicum student