

SUBSTANCES: THINKING IT THROUGH



Algoma

PUBLIC HEALTH

Santé publique Algoma



SAFER SPACE GUIDELINES

Respect yourself and others

One person talking at a time

Ask questions

No using people's names if sharing stories. Say "someone that I know"

Explain what you mean by using words that you know

Anything else?

QUESTIONS OF THE DAY

- What are substances?
- What are some myths and misconceptions about substances?
- How can substances affect my life?
- Where can I go for support?





SUBSTANCES

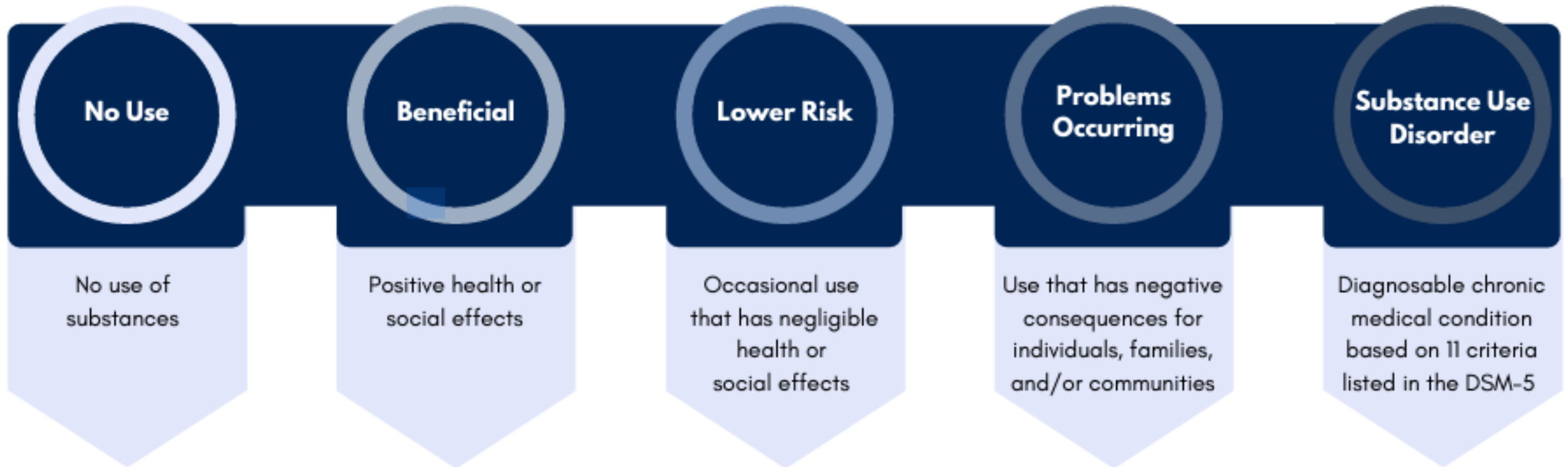
What do we mean when we use the term substances?

WHAT ARE SUBSTANCES

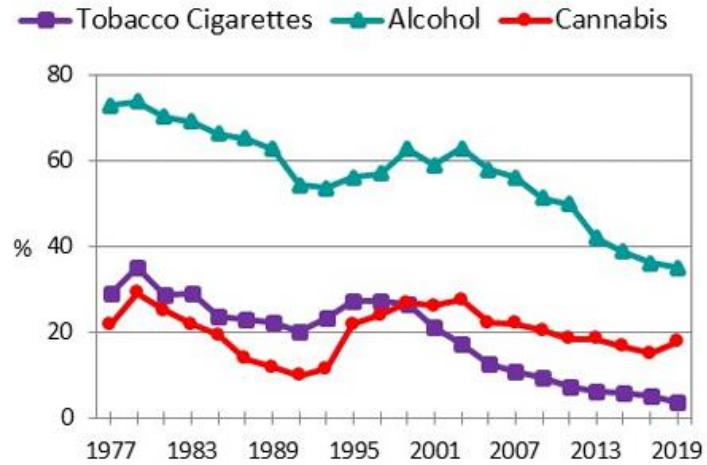
- Chemicals that change the way the body functions
- Change the way we think, feel and behave
- Psychoactive substances affect the central nervous system (e.g., brain)
- Most widely used drugs are caffeine, ethanol (alcohol), and THC (tetrahydrocannabinol).

SUBSTANCE USE SPECTRUM

Substance Use Spectrum

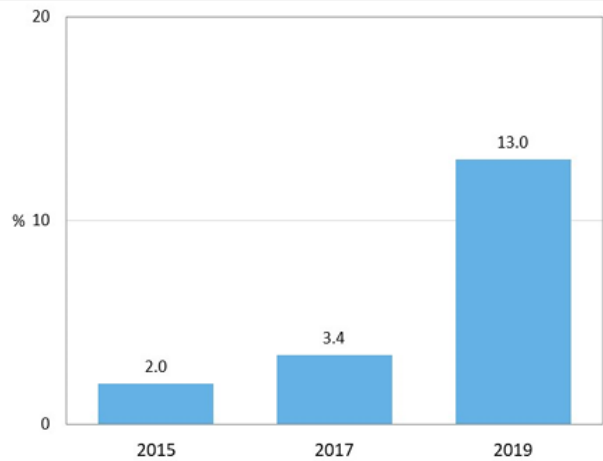


Percentage of students reporting past year drug use, 1977-2019 OSDUHS



Boak et. al. (2020) OSDUHS

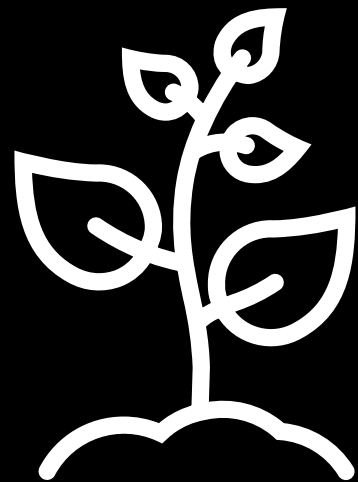
Percentage of students reporting weekly or daily use of electronic cigarettes, 2015-2019 OSDUHS



TRENDS

Agree or Disagree

ICEBREAKER ❄️



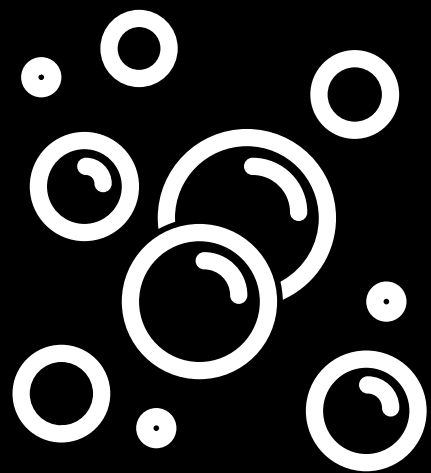
AGREE OR DISAGREE

Using cannabis can put youth at an increased risk for mental health challenges

Young people
who drink have
more fun.

AGREE OR
DISAGREE



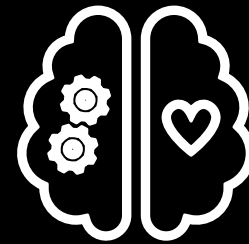


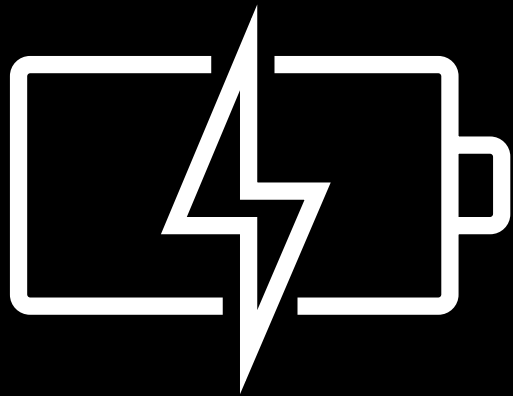
AGREE OR DISAGREE

Vaping is safer for youth to use than
cigarettes

People can use
substances
without becoming
addicted

AGREE OR
DISAGREE



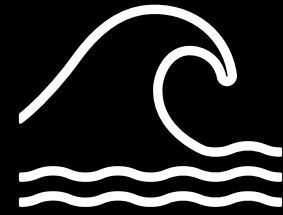


AGREE OR DISAGREE

Drinking energy drinks such as red bull, monster energy are a great way to get a burst of energy

People use
substances to
help them feel
better or deal with
stress

AGREE OR
DISAGREE



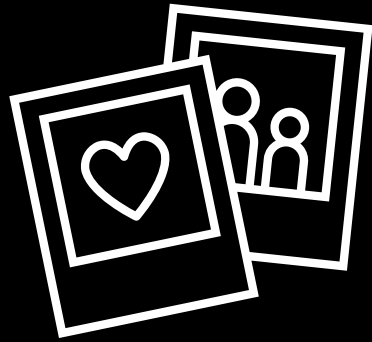
ACTIVITY: STICKY NOTE BRAINSTORM



REASONS YOUTH
CHOOSE **TO USE**
SUBSTANCES



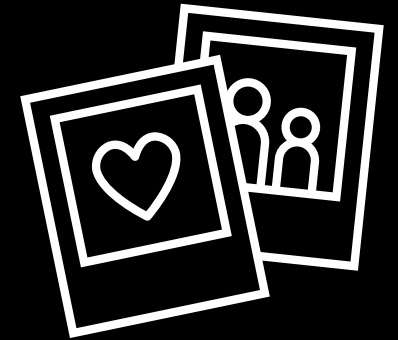
REASONS YOUTH
CHOOSE **NOT TO USE**
SUBSTANCES

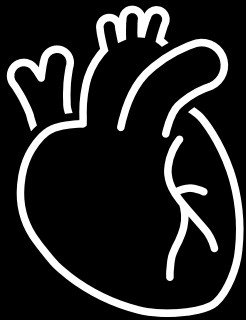
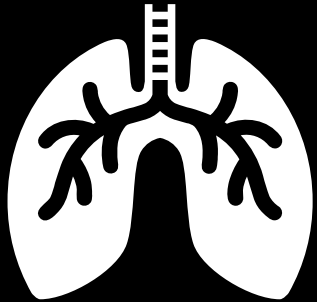
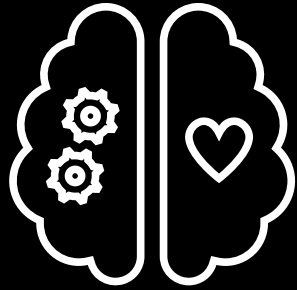


THE IMPACTS OF SUBSTANCE USE

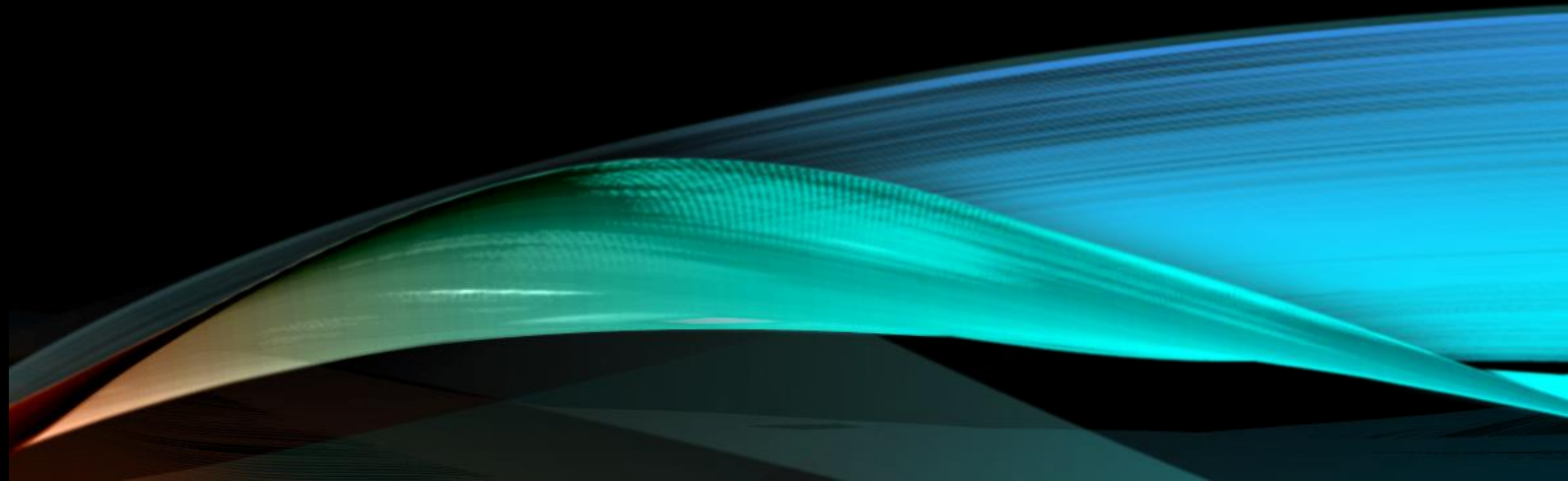
Activity

PHYSICAL HEALTH
FRIENDS/FAMILY
MENTAL HEALTH
SCHOOL
SAFETY
FINANCIAL
LEGAL





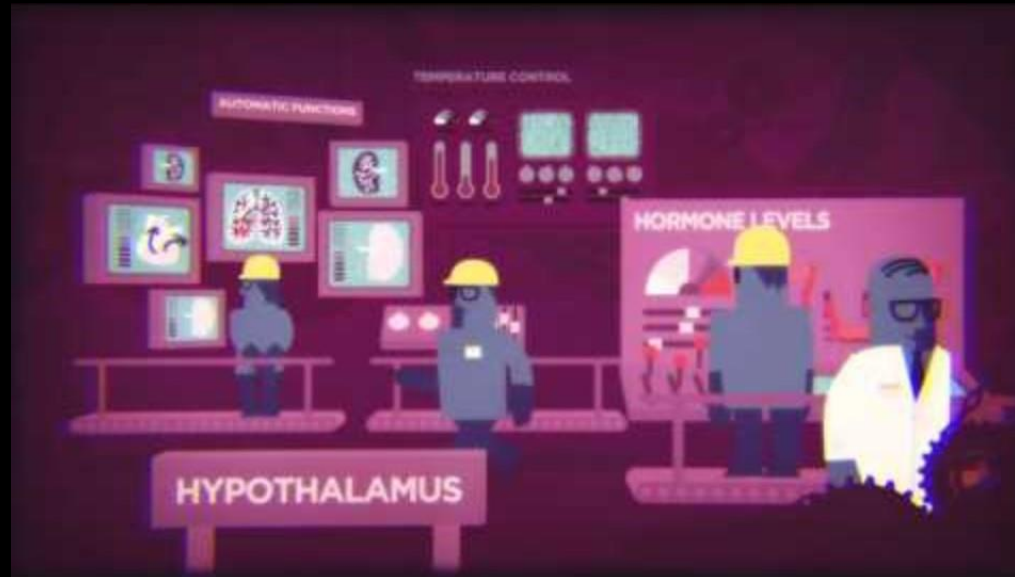
PHYSICAL HEALTH



WATCH VIDEO:

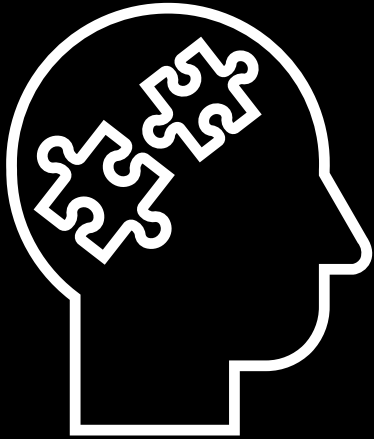
https://www.youtube.com/watch?v=g2gVzVIBc_g

(Under Construction: Alcohol and the Teenage Brain 4:29)




A group of five people and a dog are sitting in a field of tall grass, looking out at a mountain range at sunset. The sky is a mix of orange, red, and yellow, with a blue and green wavy graphic overlay at the top. The people are silhouetted against the bright light. A dog is sitting on the right. The text "FRIENDS AND FAMILY" is overlaid in white.

FRIENDS AND FAMILY



MENTAL HEALTH

A collage of school supplies including pens, pencils, paper clips, and a ruler, with the text "SCHOOL-RELATED" overlaid. The background features a red folder, a blue ruler, and various stationery items. The text is in a bold, white, sans-serif font, centered horizontally and slightly below the vertical center. The overall image has a dark, semi-transparent overlay, giving it a moody and artistic feel. The supplies are arranged in a somewhat chaotic but organized manner, suggesting a desk or a collection of materials. The colors are vibrant, with the red of the folder and the blue of the ruler providing a strong contrast to the more muted tones of the pens and pencils. The lighting is soft, highlighting the textures of the different materials.

SCHOOL-RELATED



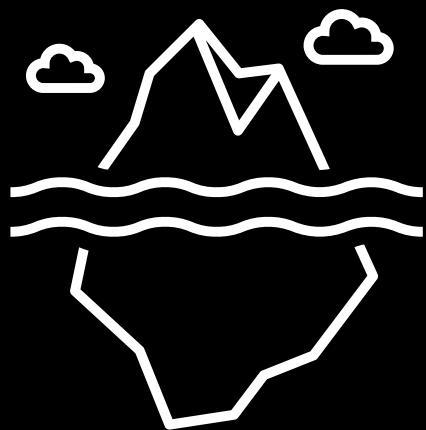
SAFETY

The background features a dark grey gradient. At the top, a flowing ribbon transitions from yellow to orange to red. At the bottom, a red ribbon flows from the left, and a translucent blue-green ribbon flows from the right. In the center-right, there are several stacks of dark, metallic-looking coins of varying heights.

FINANCIAL



LEGAL



PROBLEMATIC SUBSTANCE USE

PROBLEMATIC SUBSTANCE USE

WATCH VIDEO:

<https://www.youtube.com/watch?v=eVLpnMHHEPU>

(How Addiction Affects the Brain, 2:30 min)





TIPS AND SUPPORT TO QUIT

SOURCES OF SUPPORT

Kids Help Phone

1-800-668-6868 or text CONNECT to 686868

<http://www.kidshelpphone.ca>

Connex Ontario (Mental Health And Addiction Treatment)

Text CONNEX to 247247

Alcoholics Anonymous

705-254-1312 (24-hour answering service)

Algoma Family Services

705-945-5050

Addictions Treatment Clinic – Sault Area Hospital

705-759-6684



THANK YOU!



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REFERENCES

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