School District 22 (Vernon)

Substance Abuse Prevention Program

This program operates through a grant from the Interior Health Authority. It is intended to provide both prevention and intervention services.

The Substance Abuse Prevention Counsellor works mainly in all secondary schools. The program is located at Kal School and can be accessed by calling 309-4968.

Goals of Program

Reduction of drug and alcohol use in School District #22 (Vernon)
Educate young people so that they make more positive life choices in the future.

Program Concepts - Based on Best Practices research

- Harm Reduction Model - To decrease negative consequences of drug/alcohol abuse (keep yourself safe)
- One-to-one counselling to explore personal health issues.
- Group therapy.
- Stages of change model 1. Pre-contemplation 2. Contemplation 3. Preparation
  4. Action 5. Maintenance 6. Relapse
- Motivational Interviewing - Motivation to change from client, no direct persuasion, partnership not traditional client/counsellor roles.
- Skills based program - Focus on social skill deficits, foster competence, self-esteem and assertiveness. Role-play, model assertion training, self-control, problem-solving skills.
- Triggers to relapse.
- Relapse prevention.
- Help youth redefine self in new and positive ways.
- Consider spiritual, mental, emotional and physical needs.
- Consider First Nation Issues.
- Family program – crucial for females.
- Education:
  - What is a healthy lifestyle?
  - Nutritional information
  - Smoking prevention/cessation
  - Goal setting
  - Stress/anger management skills
  - Substance impact
  - Parent/Pac presentations