

Keeping you up to date on events and resources essential for healthier schools and communities

About Us

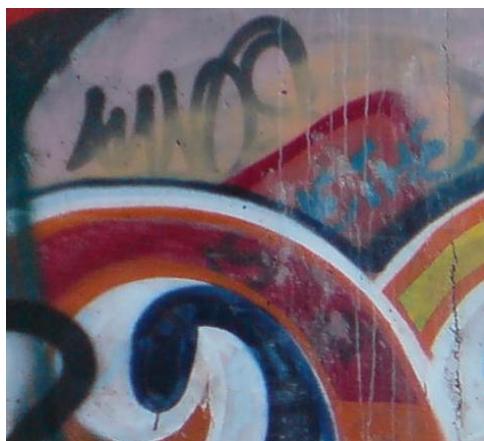
Monthly Theme

Library Corner

Upcoming Events

Hot Topics & Releases

About Us



Our Vision: Children and youth in British Columbia are nurtured in safe, caring, and inclusive schools and communities to ensure their well-being and maximize their potential.

Our Mission: To facilitate the use of evidence-informed approaches to promoting safe, healthy, and inclusive schools and communities.

Our Mandate: To provide research and resources which support the creation of safe and socially just schools and communities throughout the province.

To learn more about us and what is available through our centre...

Visit us online: www.bccssc.ca

safeschoolscommunities@ufv.ca

Office Hours: Monday to Friday 8:30 – 4:30 pm

Closed Saturdays, Sundays & Holidays

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Theme: Substance Abuse and Health

The harms associated with drug, alcohol, and tobacco use among youth can result in damage to self, others, and property. Though certain consequences are immediate, others have long-term effects on the physical, psychological, and social development of young people that may not be evident initially. This stems from research that has identified the link between early and frequent substance abuse and mental health problems. For example, not only is marijuana use associated with a greater likelihood of future psychosis, but the risk increases as drug use persists in adolescence.

Compared to adults, the risks associated to substance use are much higher for youth. Substance abuse disrupts and impairs healthy development at a time when the adolescent brain is still maturing. Substance use may damage memory, emotional processing, complex thinking, and the ability to self-regulate. Not only does substance abuse among youth contribute to increased costs in healthcare from hospitalizations and shortened lifespans, but it also contributes to more than 21% of all deaths when considering the general Canadian population over the age of 15 years old. What can be done about this?

According to the Centre for Addictions Research of BC, “traditional drug education programs have generally failed to influence student behaviours. This is because they tend to be one-way conversations (from speaker to students) that focus on the dangers of drug use. The fact is, however, that humans have been using drugs—caffeine, alcohol, cannabis and so on—for thousands of years for various everyday reasons: to wake up, slow down, relieve pain, and so on. Traditional zero-tolerance policies have also failed to help students solve their drug issues. If anything, they have isolated the youth who most require connections with positive peers and caring adults.”

So what works?

1. Developing health literacy (the knowledge and skills young people need to survive and thrive in a world where substance use is common)
2. Creating healthy physical and social environments (i.e. after school programs, recreational opportunities, fostering healthy peer and adult relationships and school belonging)

Information in this newsletter features projects, research, activities, and resources intended to promote health literacy and positive physical and social environments to nurture the well-being of children and youth in British Columbia. *(This article is co-created with the Centre for Addictions Research of BC (CAR BC)).*

News Release! Extra Judicial Measures Database – New Referral Tool for Police

Field testing of a newly launched police tool, the Extrajudicial Measures Database, is occurring in 4 BC communities (Fort St. James, Williams Lake, Maple Ridge, and Abbotsford). The goal is to encourage greater use of diversionary strategies, in keeping with the spirit of the Youth Criminal Justice Act, for youth who commit non serious and non violent offences related to substance use and mental health problems. Lessons learned from the field testing phase will help to refine this tool for wider use among Municipal Police and RCMP across BC. To view a news release and training DVD, [click here](#). (This project is funded by the Department of Justice Canada, and completed in partnership with E Division RCMP, the Abbotsford Police Department, and the BC Centre for Safe Schools and Communities.

At the Centre for Addictions Research of BC (CAR BC), [Helping Schools](#), is an online resource for educators. A key feature of Helping Schools is [iMinds](#), an inquiry-based learning resource designed to help students in Grades 6 to 10 explore the relationship between drug use and mental wellness. The modules include lesson plans, masters, rubrics and background information, and are free of charge. They also meet multiple PLOs of the BC curriculum. Teachers do not need to be 'experts' in this area to be effective on substance abuse or mental health. Visit www.carbc.ca or contact the Helping Schools program consultant at helpingschools@carbc.ca or (250)391-8452.

Resources to prevent substance misuse and promote health:



BC Centre for Social Responsibility facilitates research, and evaluates programs with a focus on anti-social behaviours. Visit their website for research on alcohol, drugs, gaming, public safety and more. [Fact sheets](#) are available in English and Punjabi. Click on logo for website.

Reachout Psychosis educates young people, parents, and teachers about psychosis to reduce the stigma of mental illness. Teachers can learn how to spot and stop psychosis from an early stage. Early medical treatment of psychosis has been shown to be important in ensuring that young people make a full and speedy recovery. Click here for resources for [parents](#), [friends](#), [siblings](#) and [teachers](#).

Here to Help BC offers a wide variety of resources from fact sheets, journals, toolkits, tools, and brochures on mental health and drugs. Click on the title, or view a [Depression, Anxiety, and Risky Drinking - Screening Self Test](#).

New Website Aims to Stop Gang Violence ([article](#)) This website was created to prevent youth involvement in gang activity by distributing information and resources to parents, teachers, and youth. These resources seek to de-glamourize the gang lifestyle and show youth the reality of gangs. [Get the Real Facts About Gangs and Crime Prevention in BC](#)

Canadian public Health Association is a national, independent, not-for-profit, voluntary association representing public health in Canada with links to the international public health community. For information on substance use and other additions, [click here](#).

Cocktails: Facts for Youth about Mixing Medicines, Booze, and Street Drugs is a newly created booklet by youth for youth and their health care providers held by the BC Children's Hospital in their [Family Resource Library](#). Learn about 105 medications in terms of how they may interact with alcohol, tobacco, caffeine, street drugs and oral/injectable contraceptives.

Mental Health Special CBC's Radio Program, *The Current*, recently hosted a 3 part mental health program featuring: Youth Mental Health, Depression, and Creativity and Mental Illness. To listen to the 3 podcasts, click [here](#).

Literacy and Health Literacy BC offers a fact sheet outlining how general literacy is a key determinant of health. [Read more](#)

FRIENDS For Life is an evidence-based resiliency and anxiety prevention classroom program available to students in BC. FRIENDS teaches life skills and coping strategies to help children manage difficult situations. One-day training for teachers, including all program materials (e.g. leader manual, student workbooks and supplemental activities) is free of charge to teachers who are committed to delivering the program.

- There is a child program for grades 4 & 5 (also available in French), and a youth program for grade 7 students. **New this year is Fun FRIENDS, the early years version of FRIENDS, which is now available to Kindergarten and grade 1 students.**
- FRIENDS fulfills provincial educational learning outcomes in the Health & Career Education K-7 curriculum and is included in the Ministry of Education's Grade Collection. The goal is to reach as many students as possible to improve mental health outcomes. To date, all BC school districts have participated, including many independent schools.

For more information about BC FRIENDS, and to view the FRIENDS training schedules, view http://www.mcf.gov.bc.ca/mental_health/friends.htm

There is a parent component in FRIENDS. Parents and caregivers are encouraged to reinforce the FRIENDS skills at home. For more information about FRIENDS parent resources, view <http://www.forcesociety.com>

Important Dates:

February 8-14, World Orphan Week 2010 It is estimated that there are more than 100 million children worldwide who have been orphaned by disaster, disease, or poverty, or abandoned on the streets by their parents. [World Orphan Week](#) was established to highlight this plight and provide an opportunity for children to experience family life.



February 23, 2011 Pink Shirt Day

Initiated by two grade 12 students in Nova Scotia, Pink Shirt day began as an innovative response to homophobic teasing of a grade 9 student for wearing a pink polo shirt on his first day of school. The campaign has now moved well beyond its local borders to become a national inspiration for students and adults in raising awareness about the damaging effects of homophobia. This day can be utilized to reinforce the importance of healthy relationships. Drawing attention to conduct expectations for students, encouraging adults to be attentive to such behaviour, and engaging parents in the process encourages pro-social behaviour and demonstrates how communities can work together to foster safe and more caring school climates. Click on symbol for more information.

February 8, Safer Internet Day 2011

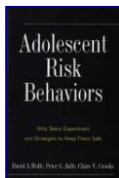
Are you overwhelmed trying to keep your kids safe in today's world of technology? The Canadian Centre for Child Protection is 'raising the curtain' on what you need to know to make today's world a safer place for kids. Get the tools you need on February 8, 2011 by visiting [the website](#).

March 21, International Day for the Elimination of Racial Discrimination

This day is observed internationally to commemorate an incident of racial discrimination in 1960 when police opened fire and killed 69 people who were peacefully demonstrating in Sharpeville, South Africa regarding the apartheid "pass laws". To learn more, [visit the website](#).

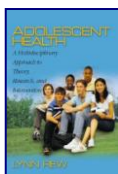
Library Corner

The BC Centre's Library collection has many resources to promote a better understanding of substance misuse and health literacy. Below is a sample of titles that can be borrowed from our library:



Adolescent risk behaviors: why teens experiment and strategies to keep them safe (2006) This book examines the importance of relationships for teenagers, highlighting how healthy relationships can help teens avoid harmful behaviors such as substance abuse, dating violence, sexual assault, and unsafe sexual practices. New strategies for encouraging healthy choices are introduced and discussed.

Preventing harmful substance use: the evidence base for policy and practice (2005) A comprehensive summary of the latest scientific evidence for the prevention of harm from substance use. The editors provide a broad view of what constitutes prevention, including multiple approaches across various settings and levels of society. Each chapter provides important recommendations for supply and demand, as well as harm reduction strategies.



Adolescent health: a multidisciplinary approach to theory, research and Intervention (2005) An overview of existing theories and current research on interventions that address social morbidities and mortalities of adolescents. The author examines theories from a variety of professional disciplines that provide frameworks for understanding adolescent health behavior and health outcomes.

Blackwell handbook of early childhood development (2006) A comprehensive summary of research into child development from ages 2 to 7. With contributions from both established scholars and emerging leaders in the field, it addresses some of the most compelling questions about early experience, such as how important early brain development is, and whether parents matter. A valuable resource for students and scholars across a range of disciplines, as well as for practitioners working with young children.



Teaching children to eat smart, move more, and be media wise - CD (2002) Provides parents, caregivers and community youth workers with bilingual, current information and tips, tools, and strategies related to health eating, active living, and media literacy. By becoming informed about the issues, and incorporating small everyday changes, parents can model and set positive examples for their children in an effort to help them grow to be healthy and active citizens.

Situational analysis: Fetal alcohol syndrome/fetal alcohol effects and the effects of other substance use during pregnancy (2001) This book draws attention to the adverse effect of alcohol and other substance use during pregnancy.

The Centre's library has resources for a wide variety of safety and social responsibility-related themes. We welcome you to search our [on-line catalogue](http://www.ufv.ca/bccssc) at <http://www.ufv.ca/bccssc> or call us for more information at 1-888-224-7233.

Upcoming Training, Conferences, and Events

Mental Health First Aid Courses One in three Canadians will experience a mental health problem at some point in their life. The earlier a problem is detected and treated, the better the outcome. Mental Health First Aid Canada gives people the skills to provide that early help that is so important in recovery. [For Information.](#)

Constructing Digital Reputations – Cyber Aware – Cyber Safe Lecture

January 31, Abbotsford, BC

Presented at the University of the Fraser Valley, this presentation will explore the changing dynamics of online culture. It will explore online safety and opportunities for those working in Child and Youth Care and other Human Services. [Guest Speaker website](#)

Abbotsford Youth Short Film Screening

January 31, Abbotsford, BC

Hosted by the Children and Youth of BC, an event to celebrate the multi-year “Realizing Rights - Responding to Needs: Youth with Disabilities in Conflict with the law in British Columbia” project will screen three short films: 1) The need for more youth space; 2) Eliminating prejudice; and 3) Alternate dispute resolution when youth come into conflict with the law. This will be an opportunity for the audience to meet with youth filmmakers and engage in discussion on these topics. [For more information](#)

2011 Youth Gangs & Guns Training Symposium

February 3rd and 4th, Vancouver, BC

The 2011 Gangs and Guns Training Symposium is a special two-day event where leading experts come together to discuss promising practices related to gang violence. The symposium will explore the roots of gang violence, unique factors that contribute to BC's gang activity, and how individuals and communities can promote successful education, prevention, intervention, and enforcement initiatives. [For information.](#)

Safe Schools Conference 2011

February 17th, Toronto, ON

This conference attracts over 500 educators, police officers and community representatives from across Canada each year. Keynote speakers and workshops on bullying prevention, risk and threat assessment, and preventing gender based violence. [For information.](#)

Provincial Symposium on Cultural Competencies: Supporting Newcomer Children (Participate In-Person or Online)

February 18th, Vancouver, BC

Contact: Rishima Bahadoorsingh at newcomerchildren@amssa.org or 604-718-2783. Registration Deadline: Friday, February 11, 2011

It's a Teen's World: Wired for Sex, Lies and Power Trips is a documentary by Lynn Glazier that explores the “price teenagers pay to be cool, hip and popular in a sexually charged social world”. It will be aired on:

- CBC Radio One ~ **IDEAS Pt 1- Jan. 28; Pt 2 - Feb. 4; Pt 3 - Feb. 11.** Programs begin at **9:05 pm** and streaming will be made available from the [IDEAS](#) website for about 2 months after the broadcasts.
- The Knowledge Network - **Feb. 14th, 10 pm and Feb. 16, 11 pm**

Pinwheel Education Series: Cognitive Behavioural Therapy (CBT)

February 22, 12-1pm

Hosted by Kelty Mental Health Centre, this teleconference will focus on CBT, a psychological treatment, that has been widely researched and is effective for treating mental health problems, such as anxiety and depression. Dial in at 1.877.291.3022 Code: 4611577# For questions call 604.875.2084 or 1.800.665.1822 (TF).

THE 4TH International Conference on Fetal Alcohol Spectrum Disorder: The Power of Knowledge: Integrating Research, Policy, and Promising Practice Around the World

March 2nd - 5th, Vancouver, BC

Provides an advanced forum for emerging and cutting edge research, policy, and practice that assists governments, service systems, service providers, parents, and caregivers in addressing the complex issues of FASD. [For Information.](#)

CMHA BC Division's Bottom Line 2011

March 2nd - 3rd, Vancouver, BC

Conference will bring together workplace leaders from BC and beyond to share learning on how to strengthen their organizations and prevent harm or threats to workers' psychological safety. [Click here.](#)

Fraser Region Early Childhood and C&Y with Special Needs Conference

March 8th and 9th, Langley, BC

Fraser Valley Child Development Centre, in partnership with the Ministry of Children and Family Development, Fraser Health, Public Health Agency of Canada, and the United Way are organizing a free Early Childhood Conference: "Put it Into Practice" – Evidence, Quality and Leadership. Fraser Valley Child Development Centre will be the host of this event and will provide registration details in the near future.

Canadian School of Peacebuilding

June 6th - 24th, Winnipeg, MN

Each year [Canadian School of Peacebuilding](#) (CSOP), an institute of Canadian Mennonite University, invites the peacebuilders of the world to gather in Winnipeg, Canada, for a selection of [5-day courses](#) in June. [Register today](#) for courses on professional & personal development or for academic credit.

The 3rd National Conference on Restorative Justice

June 8th - 10th, Raleigh, North Carolina

The conference will bring together academics, community leaders, educators, faith leaders, judges, politicians, policymakers, practitioners, and concerned citizens to explore the use of restorative justice principles and practices to meet local needs.

[Click here.](#)

The 14th World Conference of the International Institute of Restorative Practices

June 15th - 17th, Halifax, Nova Scotia

Educators, social welfare, criminal justice professionals, and scholars from many countries will share their experiences with restorative practices during plenary sessions and small breakout sessions. [Click here.](#)

Girl Bullying and other forms of relational aggression conference

June 30th - July 2nd, Las Vegas, NV

This conference will provide attendees with research findings, insights, practical strategies, programs and resources related to bullying with a primary focus on relational aggression in girls. [Click here.](#)

Canadian Association for Suicide Prevention 2011 National Conference, *New Conversations on Suicidality*

October 3rd - 5th, Vancouver, BC

Advance Notice is now available. Please click [here](#) to view the advance notice. Click [here](#) to submit your abstract.

The next **Beyond the Blues: Depression Anxiety Education and Screening Day** community events will be held **October 6th, 2011**. Click on logo for information.



Hot Topics and New Releases

Private Liquor Stores Bad For Health A new report by CAR BC states that there has been a negative impact on public safety in BC due to the privatization of liquor stores. To read the report published in Addiction Journal, [click here.](#)

Hope and Belonging - Music Videos About Life Behind Bars Young women and men from the Burnaby Youth Custody Centre have teamed up with filmmakers from Vancouver's Reel Youth organization to create music videos about life behind bars. These artworks contain intimate insights into how the young offenders feel, what they've learned from their mistakes, and hopes for the future. The videos are called Hope and Belonging and can be viewed [here](#). To read a [news release](#) .

BC's Representative for Children and Youth on Bill C-4 Find more information about BC's Representative for Children and Youth, Mary Ellen Turpel-Lafond, who has submitted her comments on Bill C-4, which proposes to amend the Youth Criminal Justice Act, to the House of Commons Standing Committee on Justice and Human Rights. [More information](#)

Connecting Literacy and Social Responsibility with Aboriginal Legends

Many Aboriginal legends have components of the Social Responsibility curriculum that includes the prevention of bullying, the importance of sharing, problem solving, kindness, creation, and making the world a better place. Explore [Kim Soo Goodtrack's](#) art work that embeds these legends and includes cultural activities through beautifully crafted activity and colouring books, DVD's, and other resources that can be ordered for use in school.

Frog or Prince? A Smart Girls Guide to Boyfriends For information about how you can develop a healthier relationship with your daughter.... "What's really important is we can develop healthier relationships with our daughters by developing and practicing these skills that our daughters need to build healthy relationships." [News Article](#). For contact information on author Kaycee Jane - [BCCSSC Speaker's Bureau](#).

The Children's Rights Alliance for England (CRAE) has launched the "The Right Stuff" magazine that is written by and for children and young people. To get a 'taster' issue of this new magazine, [click here](#).

AMSSA's Newcomer Children Information Exchange (ANCIE) is a newly launched website that provides information and resources for BC service providers, educators, policy makers and the general public on newcomer children aged 0-12 from immigrant, refugee, and/or temporary resident families. To visit the website, [click here](#)

BC People is a unique storytelling project showcasing multiculturalism in British Columbia, is now online. Created to raise awareness and understanding about cultural diversity, [BC People](#) celebrates 50 diverse individuals who live in all reaches of the province.

For an electronic version of our newsletter that allows you to access direct weblinks, please visit our website at http://www.ufv.ca/bccssc/Resources/e_Newsletters.htm

We would love to hear from you!

If you have a request for information for future newsletters or an event to support the goal of promoting safer schools and communities, please call or forward your correspondence to safeschoolscommunities@ufv.ca for consideration in upcoming newsletters. We look forward to hearing from you!



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