

ADDICTIONS

All stakeholders create a culture of learning so that students come first.

Did you know that Addictions is actually part of KPDSB's Mental Health and 'Addictions' strategic plan? If I asked you "what does KPDSB do to support students with addictions", what would come to mind....?

While it might be easy for many of you to speak about mental health supports in schools, some of you may struggle to recall supports for students struggling with addictions concerns. In fact many of the services that are in place to support students mental health are also able to support addictions concerns as well.

Some of our high schools have access to student counsellors, Mental Health and Addictions Nurses (MHANs), as well as Mental Health and Addictions Counsellors. Certain high schools also have Addictions Counsellors completing assessments with students and offering group based programming.

The intent of this newsletter is to provide information with regard to supports within and external to the board, as well as provide access to resources and materials related to addictions.

We would also like to hear from you!! If you have resources/program you are currently accessing please let us know by informing your administrator or emailing me directly at candice.kerkermeier@kpdsb.on.ca

In partnership with the NWHU we now have Naloxone Kits in all KPDSB schools, as well as the Kenora and Dryden Board offices. Training for staff is well underway and complete in the majority of our schools, with the EA and Custodian groups next to the receive training.



These kits should ONLY be administered, if required, by staff NOT students.

Don't forget that the NWHU Nurses are also available to provide harm reduction training for students directly in the classroom.

Preventative factors and risk factors for Mental Health are very similar to the preventative and risk factors for substance use. Focusing on Mental Health Promotion in your school? If so Mental Health Promotion is a preventative factors for supporting students struggling with addictions.

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Click on the link to access the [Good Samaritan Wallet Card](#) which provides information to and encourages students and community members to call 911 even if they are in possession of drugs at the time. These cards will be available in all schools.

See an overdose? Call 911 immediately.

Under Canada's *Good Samaritan Drug Overdose Act*, if you seek medical help for yourself or for someone else who has overdosed, neither of you will be charged for possessing or using drugs, nor will anyone else at the scene.

See the other side of this card to know exactly when the Good Samaritan law will and won't protect you against charges.

Police may not always know about the law's protections.

If you need legal help, call

1 (800) 668-8258 (toll-free) for Legal Aid Ontario or
1 (855) 947-5255 (toll-free) for Law Society Referral Service,
also online at <https://lsrs.lsuc.on.ca/lsrs>.



ASK ADMINISTRATOR FOR RESOURCE OR DOWNLOAD

TED TALKS

[POWER OF ADDICTIONS w Dr. GABOR MATE](#)



[Dr. GABOR MATE WEBSITE](#)

PERSONAL FAVOURITE

[TECHNOLOGY ADDICTION](#)



[RESOURCE FOR PARENTS](#)

Supporting Minds - Section 6, page 99

<http://www.edu.gov.on.ca/eng/document/reports/SupportingMinds.pdf>

School Mental Health Assist - Opioid Face Sheets

<https://smh-assist.ca/blog/new-info-sheet-on-opioid-misuse/>

Know the Effects of Cannabis Use Poster

<https://impactprogram.ca/clearing-the-smoke-on-cannabis-and-its-legalization/>

Common Sense Media

<https://www.common sense media.org/>

SEE UNDERSTANDING ADDICTIONS & SCHOOL SUPPORTS RESOURCE LIST