

Caregiver Training Substance Use Awareness

Participant Material

Alberta Children and Family Services
2024



Alberta

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Key Takeaways

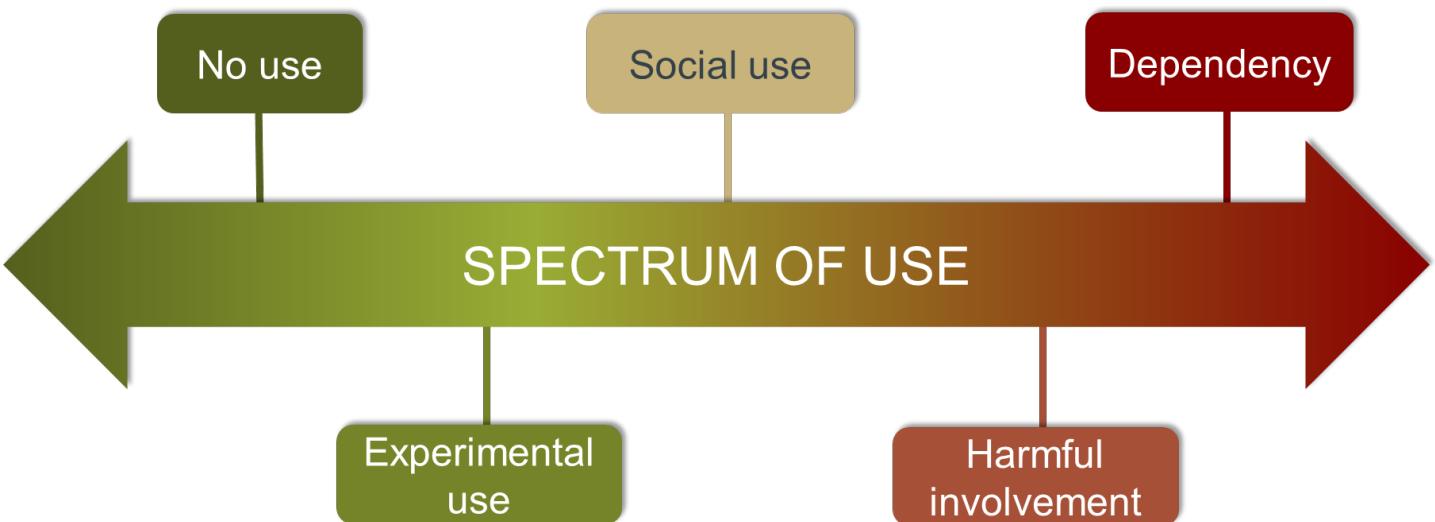


Self-Care Strategies



Resources

Spectrum of Substance Use



- **Experimental Use:** When someone tries a substance once or twice and decides they do not want to use it again.
- **Social Use:** Use that has negligible health or social effects.
- **Harmful Involvement:** Use becomes the focus of what the person does. Use that begins to have negative consequences for the person, their friends, family or others.
- **Dependency:** Use that becomes habitual and compulsive despite negative effects. The body becomes used to getting the substance and may experience cravings when not using. The person might even need it to feel normal. When someone is dependent, they almost always need help to stop using. Keep in mind that the person using the substance may not see their use to same way we do.



Foundation of Effective Discussions

Supportive

Empathetic

Respectful

Genuine

Transparent

Trustworthy

Empowering

Practical

Click or tap the videos below to watch Lana talk about effective discussions:

- [Part 1 - Prepare](#)
- [Part 2 - Engage](#)
- [Part 3 - Follow-Up](#)

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What does it mean to reduce harm?

FOCUS: Reducing the harmful effects of substance use, rather than ignoring, forbidding, or condemning it.

GOAL: To educate people to become more aware of the risks associated with their behaviour and provide them with the tools and resources to help them reduce their risk. (Smyth, 2018)

- Help the child/youth identify strategies to minimize potential harms.
- It involves talking about substance use in a non-judgmental way.
- Works better at preserving relationships with child/youth.
- More effective when working with children/youth impacted by trauma.



Your Role and Responsibilities

- **Educate, protect, and support** the children/youth in your care.
- **Work closely** with the case team, other professionals, friends, family and community members to ensure the children/youth in your care are **safe**.
- **Engage** in regular, ongoing and clear **discussions** with the CI Practitioner to keep them informed.



Supporting Youth in Recovery



- Check in on them and actively listen without judgement.
- Reduce friction and unnecessary arguments.
- Encourage healthy habits and set healthy boundaries.
- Encourage and support them.
- Practice patience.
- Educate yourself on addiction and recovery.
- Reduce environmental triggers.
- Engage in self-care and find your own support.

Self-Care Strategies



When I feel stressed, anxious, or tired I will:

[A large, light-gray rectangular area for writing responses.]

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Self- Care Resources

Name	Contact #	Description
AFKA – Caregiver Support Team	https://afkaonline.ca/programs/caregiver-support-program/	Link to reach out to the AFKA Caregiver Support Team if you have questions or need support.
Alberta Health Services – Mental Health Services	https://www.albertahealthservices.ca/amh/Page14063.aspx	Mental health programs & services available in Alberta
Family Resource Networks – Supporting Alberta families	https://www.alberta.ca/family-resource-networks#jumplinks-2	Resources and tips for Alberta families.

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Name	Link	Description
AHS & RCMP Joint Project – Kids and drugs: A parent's guide to prevention	https://www.albertahealthservices.ca/assets/info/amh/if-amh-kids-and-drugs-parents-booklet.pdf	Parent's booklet
CAMH - Addiction	https://www.camh.ca/en/health-info/mental-illness-and-addiction-index/addiction	Overview on addiction, diagnosis and treatment
Dr. Gabor Maté, renowned addiction expert	https://drgabormate.com/	Dr. Maté's website
Drug Free Kids Canada – Drug Guide for Parents	https://www.drugfreekidscanada.org/wp-content/uploads/2019/10/DFK_DrugGuide_Final_rev.pdf	Learn the facts to keep kids safe
Family Addiction Specialist – 10 Tips for How to Support Someone in Recovery from Addiction	https://www.familyaddictionspecialist.com/blog/10-tips-for-how-to-support-someone-in-recovery-from-addiction	Blog from the Family Addiction Specialist
HelpStartsHere – Indigenous Perspectives of Trauma and Substance Use	https://helpstartshere.gov.bc.ca/blog/indigenous-perspectives-trauma-and-substance-use	Article

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Name	Link	Description
MyHealth.Alberta.ca – Alcohol and Drug Use	https://myhealth.alberta.ca/Health/pages/conditions.aspx?hwid=alcpb	Overview of alcohol and drug use
National Institute of Mental Health – Substance Use and Co-Occurring Mental Disorders	https://www.nimh.nih.gov/health/topics/substance-use-and-mental-health#:~:text=Mental%20disorders%20can%20contribute%20to,a%20form%20of%20self%2Dmedication.	Article
National Institute on Drug Abuse – Words Matter: Preferred Language for Talking About Addiction	https://nida.nih.gov/research-topics/addiction-science/words-matter-preferred-language-talking-about-addiction	Article about terms to use, terms to avoid, and why.
National Library of Medicine – Substance Use and Misuse among Sexual and Gender Minority Youth	https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6859198/	Research summary



Additional Resources

Name	Link	Description
AHS - Addiction and Mental Health	https://www.albertahealthservices.ca/amh/amh.aspx	Alberta service, resources and contact information
AHS - DrugSafe	https://www.albertahealthservices.ca/dsa/Page12491.aspx	Information and services related to alcohol, cannabis, meth and opioids
AHS – Overdose Prevention	https://www.albertahealthservices.ca/assets/info/hp/edu/if-hp-edu-amh-fentanyl-brochure.pdf	Overdose prevention brochure
AHS – Poison and Drug Information Service (PADIS)	https://www.albertahealthservices.ca/topics/Page11975.aspx	Alberta service and resources
Canadian Centre for Child Protection	https://www.protectchildren.ca/en/	Programs, resources and research
Canadian Centre on Substance Use and Addiction – Opioid Use Disorder Videos	https://www.ccsa.ca/opioid-use-disorder-videos	Helping Young People Who Use Opioids Video Series



Additional Resources

Name	Link	Description
Digital Overdose Response App (DORS)	https://www.dorsapp.ca/	Information about the digital overdose response system
Government of Canada – Get help with substance use	https://www.canada.ca/en/health-canada/services/substance-use/get-help-with-substance-use.html	Help services and contact information
Government of Canada – Opioids	https://www.canada.ca/en/health-canada/services/opioids.html	Information and services specific to opioids
YMCA - Youth Opioid Awareness Program (YOAP)	https://employmentcollaboration.ca/programs/ymca-youth-opioid-awareness-program-yoap/#:~:text=The%20YMCA%20Youth%20Opioid%20Awareness,Toxic%20Drugs	Free service offering educational awareness workshops for youth and young adults on opioid awareness

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My Local Resources

