

Drugs and Addictions: Meeting the Challenge

A Community Symposium on Drugs
and
Related Youth Issues

Selkirk College, Castlegar Campus
March 11 – 12, 2005



Interior Health



Royal Canadian Mounted Police
Gendamerie royale du Canada

ANKORS

SD 8 Kootenay Lake

**West Kootenay Boundary
Addictions Services
Freedom Quest Youth Services**



**District Parent Advisory Council
School District #8
Kootenay Lake**

Drugs and Addictions: Meeting the Challenge

Marilyn James

(Marilyn James is currently the Aboriginal Student Services Advisor for Selkirk College in Castlegar B.C. In 1991, she was appointed as the Spokesperson for the Sinixt Nation by her Council of Elders. Marilyn's involvement in the educational systems in Canada, USA, Australia, and New Zealand spans three decades. Having been declared extinct in Canada when she was six years old, Marilyn now works diligently towards educating the resident population of her traditional territory about both the Sinixt people and the true history of the landscape on which they live, work and play.)

ANKORS, High Risk

Through fun interactive games, participants will explore issues surrounding drugs and sexual health using a harm reduction philosophy. Facilitators provide a safe space to explore these controversial issues.

(Chloe Sage is the Prevention and Education Coordinator for ANKORS (West Kootenay/Boundary AIDS Network, Outreach & Support Society). Meghan Fullerton is a 3rd year Nursing Student at Selkirk College and a facilitator of Harm Reduction workshops.)

Dey Stewart, Youth and their Families—An Essential Collaboration for Youth with an “At-risk Mental State”

Families do not cause mental illness and addiction. Families do provide protective resources to their youth. Youth with an "at risk mental state" can present with complex assessment and treatment needs, and yet the 'low-tech' involvement of family is often overlooked and under-supported. Discussion will include; risk factors for mental illness and addictions; treatment resources; family environments and communications. Co-presented with a member of the Nelson Family Support Group.

(Dey Stewart, MSW, provides Early Intervention in Psychosis and Youth in Transition services, through Mental Health and Addiction Services. This program provides education, assessment, and support to youth with an 'at risk mental state'.)

Dr. Nelson Ames, More than Drugs and Alcohol

Understanding the forces that shape the health of young people involves a look at the economic, physical, family, school, community and workplace influences. Dr Ames will discuss how the “social determinants of health” create the context for health and how we can use this understanding to address them.

(Nelson Ames is currently a Medical Health Officer for Interior Health responsible for the geographic areas of East Kootenay and Kootenay Boundary and is primarily responsible for Population Health and Aboriginal Health. He is adjunct professor in the Department of Health Care and Epidemiology at UBC.)

Dr. Ron Perrier, Harm Reduction through Methadone

Methadone Programs are among the oldest and best-known Harm Reduction strategies. In this presentation, Dr. Perrier will outline the methadone program, how it works, its advantages and disadvantages and its benefits.

(Dr. Perrier is currently the only methadone-prescribing doctor in the Kootenay Boundary area. His Castlegar-based practice has spanned many years and has provided care to hundreds of patients.)

Eugene Oscapella, Drug Policy Reform

(Eugene Oscapella is a lawyer and former chair of the Drug Policy Group and the Law Reform Commission of Canada and is a founding member of The Canadian Foundation for Drug Policy (CFDP). The CFDP is a non-profit organization founded in 1993 by several of Canada's leading specialists in drug policy. The aims of the Foundation include: (1) acting as a forum for the exchange of views among those interested in reform of drug policies; (2) serving as a vehicle for sharing those views and for discussing significant drug policy issues with government, the public, other organizations and the media, and (3) recommending alternatives that will make Canada's drug laws and policies effective and humane.

Mary Gail, From Grief to Action

(Mary Gail is a single parent from Vancouver whose 32 year old son has been struggling with a crack cocaine addiction since his teens. She has been involved for several years with an association called From Grief To Action, a non-profit society formed in 1999 by a group of concerned parents to improve the lives of drug users, their families and friends. She is currently Board Secretary and Volunteer Coordinator of that organization.)

Judith Renaud, Educators for Sensible Drug Policy

EFSDP wants to encourage open debate between educators, parents, law makers, enforcers and students. Our organization provides an important foundation for reform in drug education. We seek to educate the public, the media and policymakers about the failures of current drug policy.

(Judith Renaud, M.A. is the Executive Director of Educators for Sensible Drug Policy, a non-profit International organization devoted to the task of bringing about enlightened drug policies especially as they relate to schools and students.)

Keith Pattinson, You Can Make A Difference: A Asset-Building Approach

In this presentation, Keith will introduce the asset-building message, inspiring future commitment and action toward creating healthy communities for youth. Attendees will:

- Understand the concept of developmental assets;
- Understand and apply the categories of developmental assets to your own experiences and perception;
- Become engaged with stories and concrete examples of community-based asset building;
- Accept the challenge of carrying the asset-building approach into the community; and
- Understand the answers to these questions: What are the developmental assets? Why are they important? What are people doing with them?.

(Keith has pioneered the introduction of Searches' asset approach in Canada since 1968. He has delivered over 150 Keynote addresses focusing on positive youth development and facilitated a similar number of asset building workshops. Keith has been acknowledged by hundreds of Canadian audiences as a master storyteller whose asset development message offers hope, encouragement and practical ideas for those of us young and old, who wish to become increasingly significant influences in the lives of young people.)

Ken Thompson, Alex Sherstobitoff: A Harm Reduction Perspective.

Ken and Alex will present an Introduction to Harm Reduction principles and the basics of Hep C
Ken Thomson is presently working with Hep C Collaborative Circle. He is a current ANKORS Board member, and former ANKORS Hep C Support & Education Project Coordinator. Alex Sherstobitoff is the Needle Exchange Coordinator for ANKORS.

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Louise Poole, *Sucked in by the Tobacco Companies, You're their Target!*

Get the latest on tobacco industry fraud, advertising and media influence. This session will provide motivation for youth to resist taking up smoking or to help others quit, by exposing tobacco industry marketing strategies aimed at them. Learn how to enhance your ability to challenge and question, to be conscious about what's going on around you and not be passive and therefore vulnerable to tobacco company tactics.

(Louise Poole is a Regional Tobacco Reduction Coordinator for the West Kootenay Boundary area of Interior Health. She works on programs to reduce tobacco use and exposure to second-hand smoke among the school-aged population and other initiatives related to reducing tobacco use by children and youth.)

Marlowe Martell, *FASD - Who gets it?*

Focus on causes and consequences of what Fetal Alcohol Spectrum Disorder is and how it affects babies, children, parents and community.

(Marlowe is an Adult Addictions and FASD Counsellor and she facilitates an FASD support group.)

Liz Amaral, Leslie Comrie, Lorna Whitcutt and Holly Jack, *Parenting Panel*

Topics include: the role that attachment plays in providing protective factors against drug and alcohol abuse; the essential messages a child needs to hear and how parents can deliver them; the challenges that caregivers face in meeting the needs of at-risk youth in care and the important preventative role they can play in providing a safe and supportive environment. Following a brief presentation from each panellist, participants will have an opportunity to address specific questions and concerns.

(Liz Amaral is a Parent Educator and Parent/Teen Mediator at Nelson Community Services Centre. Leslie Comrie is a former Youth Addictions Counsellor, and is currently working as a mental health and addictions counsellor in Salmo. Lorna Whitcutt is a counsellor and consultant with the Foster Parent Support Program. Holly Jacks is the Prevention and Development Specialist and Family Program Coordinator with Freedom Quest Youth Services.)

Randy Janzen, *Insight on INSITE*

Randy will share his experiences working as a front-line worker at North America's first supervised injection site (INSITE in Vancouver), and how the program and his role relate to issues of harm reduction and social issues such as health and poverty. While reflecting on INSITE within a larger social and political context, Randy will also offer a personal reflection of his experiences there.

(Randy Janzen worked for many years with First Nations and Inuit Health Branch of Health Canada, in remote fly-in communities in northern Manitoba and has worked in an inner city needle exchange and street outreach program in Winnipeg. Recently, he worked as a nurse at the supervised injection site in the downtown east side of Vancouver. Currently, Randy is the Chair for the School of Health and Human Services at Selkirk College.)

Dr. Donald Hedges *Addictions Physician*

(Dr. Hedges has treated 6,000 people in 15 years in his addiction medicine practice in New Westminster. He is accepted as an expert witness in the B.C. Supreme Court. He founded and supervises an accountability group of 60 health professionals. He is a member of the American Society of Addiction Medicine and the Canadian Society of Addiction Medicine.)

Cpl. Scott Rintoul, *Chemical Drugs, Street Drugs: A Police Perspective*

This presentation will focus on the awareness and recognition of the drugs of choice on our streets today. Included will be an in-depth look at the 'Chemical Drug' scene: The rise of Crystal Methamphetamine and other chemical drugs including Ecstasy, MDA and Ketamine. The presentation will increase your knowledge of drug use trends, drug facts, drug identification, drug paraphernalia and drug facilitated sexual assault.

(Cpl Scott Rintoul joined the RCMP in 1980. He is an expert witness for the Provincial and Supreme Courts of B.C. on cocaine, heroin, ecstasy (MDMA), MDA, GHB, Methamphetamine, PCP, Psilocybin, Mushrooms, LSD, Marijuana and Rave Parties. Cpl. Rintoul has been involved in all aspects of Drug Enforcement, from Under Cover Operations to long-term Conspiracy Investigations. He is the co-author of the book "Designer Drugs and Raves" He has attended over 100 Raves.)

Freedom Quest Regional Youth Services, *'Ropes'—a Team Building Approach*

Work as a team to untie a human knot, and various other verbal and non-verbal activities. Definitely a feel-good, fun filled time.

(Freedom Quest provides youth prevention, outpatient and Day Treatment services throughout the Kootenay Boundary region.)

YouthCO: *Theatre for the Living: Building Sexual Self Esteem through Forum Theatre*

The performers begin by presenting the participants with a short scene or skit based that includes moments of unresolved conflict or tension between the characters around drug use issues. After the scene has been performed once, the "performers" start the scene over again, this time giving the "audience" the opportunity to intervene and change the direction of the scene. Throughout, the participants are reminded that this is only an exercise and that there is no right or wrong answer, only valid attempts that we can all learn from.

(YouthCO is a non-profit organization working to involve youth ages 15-29 from all communities in addressing HIV/AIDS and related issues. YouthCO's volunteer Forum Theatre Troupe creates performance workshops about issues relating to HIV/AIDS and Hepatitis C. Informed and inspired by Augusto Boal's Theatre of the Oppressed, in which the performers actively engage with the audience, the YouthCO Theatre Troupe aims to empower participants, giving them the opportunity to enhance their communication, negotiation, problem solving, and conflict resolution skills.)

Duncan Grady, *Pipe Ceremony*

On March 12th at 1pm at the Arbor of the Mir Centre located on the Selkirk College grounds there will be a Pipe Ceremony by Dr. Duncan Grady.

(Dr. Grady is of Siksika/Sauk heritage and has traveled in Canada, the US and South America sharing insight into a warrior tradition that focuses on presence and peace. All youth and adults participating in the Drug Prevention Symposium are welcome to come. The ceremony is sponsored by Lucie Poisson.)

Drugs and Addictions: Registration

Friday, March 11, 2005

- 9:00 AM** Welcome: Martin Oets, Director of Mental Health and Addictions Services, IHA-Kootenay Boundary
- 9:05 AM** Blessing: Marilyn James
- 9:15 AM** Keynote Address: Dr. Donald Hedges
- 10:15 AM** Refreshments/Poster Sessions
Live entertainment with Project Interactivation
- 10:30 AM** YouthCO: *Theatre for the Living*
 ANKORS, *High Risk*
Louise Poole, *Sucked in by the Tobacco Companies*
Keith Pattinson, *You Can Make A Difference*
Freedom Quest, *A local perspective*
Cpl. Scott Rintoul, *A Police Perspective*
Eugene Oscapella, *Drug Policy Reform*
- 11:45 AM** Lunch/Poster Sessions
Live entertainment with Project Interactivation
- 12:30 PM** Keynote Address: Cpl. Scott Rintoul
- 1:00 PM** Keynote Address: Eugene Oscapello
- 1:30 PM** Refreshments/Poster Sessions
Live entertainment with Project Interactivation
- 1:45 PM** YouthCO: *Theatre for the Living*
 ANKORS, *High Risk*
Marlowe Martell, *Fetal Alcohol Spectrum Disorders*
Keith Pattinson, *You Can Make A Difference*
Freedom Quest, *A local perspective*
Dr. Donald Hedges (Addictions Physician)
 Elizabeth Ferguson, *I Am Alcohol*
- 3:00 PM** Dialogue on the Day
- 4:00 PM** Concluding Remarks: Martin Oets

Saturday, March 12, 2005

- 9:00 AM** Welcome: Martin Oets, Director of Mental Health and Addictions Services, IHA-Kootenay Boundary
- 9:15 AM** Keynote Address: Dr. Donald Hedges
- 10:15 AM** Refreshments/Poster Sessions
- 10:30 AM** Dr. Donald Hedges (Addictions Physician)
 Cpl. Scott Rintoul, *A Police Perspective*
 Dey Stewart, *Youth and their Families—An Essential Collaboration*
Parent/family Panel (Liz Amaral, Lorna Whitcutt, Holly Jacks, Leslie Comrie)
 Dr. Nelson Ames *More than Drugs and Alcohol!*
 Judith Renaud *Educators for Sensible Drug Policy*
 YouthCO: *Theatre for the Living*
 Mary Gall, *From Grief to Action*
- 12:00 PM** Lunch/Poster Sessions
Keynote Address: **1:00 P.M.** Dr. Duncan Grady, *Pipe Ceremony (MIR Centre Arbour)*
Judith Renaud
- 12:45 PM** Randy Jansen *Insight on INSITE*
 ANKORS, *High Risk*
 Eugene Oscapella, *Drug Policy Reform*
 Freedom Quest, *A local perspective*
 Keith Pattinson, *You Can Make A Difference*
 Mary Gall, *From Grief to Action*
 Dr. Perrier *Harm Reduction Through Methadone*
 Ken Thompson & Alex Sherstobitoff *A Harm Reduction Perspective*
- 3:00 PM** Refreshments/Poster Sessions
- 3:15 PM** Dialogue on the Day
- 4:15 PM** Concluding Remarks: Martin Oets

Please register me for Friday, March 11/05.

Please register me for Saturday, March 12/05.

FRIDAY IS STUDENT DAY. LIMITED SEATS FOR ADULTS. REGISTER EARLY!!

(IMPORTANT: Please ensure that you have indicated your workshop preferences above)

Name

Phone

Street Address OR SCHOOL NAME (Students only)

Date of Birth

City

Postal Code

(Your birthdate is required for the computer record in order to distinguish between people with similar names and to establish a permanent record of your CE studies)

VEGETARIAN

FOOD ALLERGIES (please specify) _____

There is no registration fee for this event. However, donations are gratefully accepted. Any donations received will be dedicated to the Youth Legacy Fund, to provide ongoing prevention activities in local schools.

Donation Enclosed

Amount: \$10

\$25

\$50

Other: \$ _____

Cheque Enclosed

VISA

MASTERCARD

Card Number

Expiry Date

Name (as it appears on card)

FAX or MAIL REGISTRATION FORM BY MARCH 4, 2005 TO:
SELKIRK COLLEGE Community Education, Castlegar Campus
FAX 365-3929 – NO PHONE REGISTRATIONS
301 Frank Beinder Way, Castlegar, BC V1N 3J1

**REGISTRATION
DEADLINE:
MARCH 4, 2005**