



PARTNER *Lanark County*



Presentation to Prescott Council

Sept 6, 2022

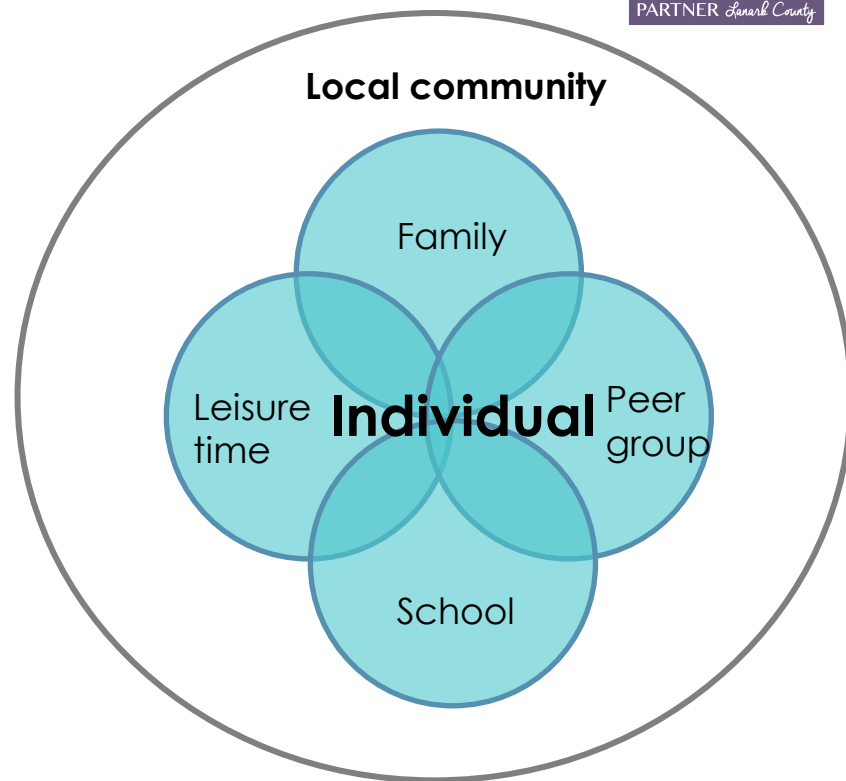
David Somppi, Chair Planet Youth Lanark County

Domains of intervention

Preventing child and adolescent substance use are critical to promote healthy development.

A successful approach to such prevention is to work towards strengthening key protective factors and reducing risk factors that operate in the local community environment of young people.

Evidence in child and adolescent health research suggests that four major risk and protective factors play a key role.

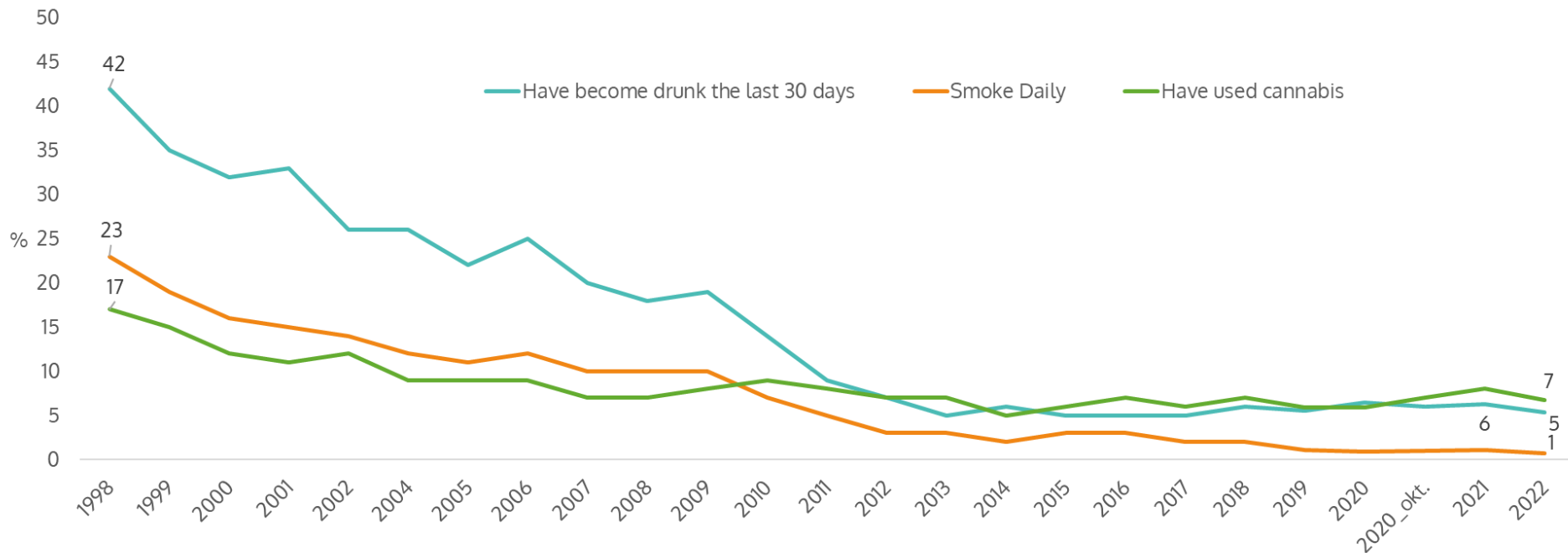


The Icelandic Prevention Model impact in Iceland

From highest to lowest in substance use in Iceland – 15/16 year old students



PARTNER *Sauðár County*



Substance Use

Lanark Grade 10 Students March 2022

33%

Tried alcohol at the
age 13 or younger

12%

Have been drunk
in the last 30 days

21%

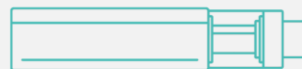
Drink alcohol at
their own home

20%

Get alcohol from
a family member

PLANET
Youth

EVIDENCE BASED DRUG PREVENTION



E-cigarettes

28%

Have smoked an
e-cigarette in their
lifetime

19%

Smoked an e-cigarette
in the last 30 days

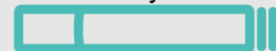
Cigarette Smoking

8%

Tried cigarette
smoking at the age 13
or younger

3%

Smoke cigarettes
daily



Cannabis Use

21%

Have used
cannabis in their
lifetime

12%

Used cannabis in
the last 30 days



A Grass Roots Movement



- March 9, 2017 Opioid Information Night trained attendees and provided naloxone kits
- During Q+A local doc/resident present Icelandic Prevention Model
- March 16, 2017 first grass roots meeting – could the IPM work in Carleton Place?
- Monthly meetings led to the conclusion that a Lanark County wide endeavor was required
- Formed a coalition with partners including an existing network of municipal drug strategy committees

Planet Youth Lanark County

Steering committee



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Planet Youth Lanark County
Steering Committee Terms of Reference: Version 1.4



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Version	Comment	Date
0.9	Initial Version	Adopted in June 2018
1.1	Proposed updates	To be reviewed at Sept 3, 2019 steering committee meeting
1.2	Adds Performance Management Oversight Committee	Nov 2, 2019
1.3	Changes made after initial review	Nov 5, 2019
1.4	Changes after additional review	Nov 6, 2019

- Community-led committee formed June 2018
- No recurring funding/staff
 - Everyone is a volunteer.....this is a constraint
 - Fundraising/one time grants cover existing costs
- Support from Leeds, Grenville & Lanark District Health Unit
- Open Doors for Lanark Children & Youth (provincially funded Community child/youth mental health centre) provides back office support, strategic leadership and governance oversight
- MOUs with Catholic District School Board of Eastern Ontario and Upper Canada District School Board



January 20, 2020

The first County to implement Planet Youth in Canada



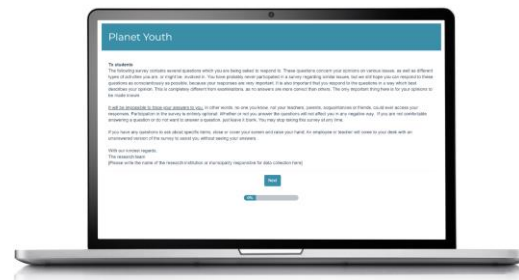
Lanark County in Ontario became the first county to launch the Planet Youth model for substance-use prevention in youth in Canada . The launch took place on January 20 in Carleton Place.

The Planet Youth Lanark County (PYLC) is collaborating with the Catholic District School Board of Eastern Ontario and the Upper Canada District School Board to conduct student surveys in the English language high schools . Survey reports, for each municipality, will allow communities to understand their own risk and protective factors. The surveys will be conducted among grade 10 students and it's anticipated that those surveys will start to roll out in schools this March .

March 2020



1st Survey February 2022



Growing Network of Canadian/American IPM communities



- **Icelandic Prevention Model - North American Cohort Call**
 - Quarterly meeting chaired by Vermont Afterschool
 - Representation from West Virginia, Kentucky, Alaska and others
- **Icelandic Community of Practice**
 - Quarterly meeting chaired by Southwestern Health Unit, Ontario
 - Multiple Ontario communities are investigating the IPM
- **Canadian communities who have adopted the IPM**
 - New Brunswick → 1st survey later in 2022 (Provincial initiative)
 - Calgary → Announced April 2022 (United Way initiative)

Planet Youth Collaboration Opportunities across Leeds Grenville Lanark



- We share a very supportive health unit and school boards
- Opportunity to participate in survey of CDSBEO and UCDSB Grade 10 students
 - Next survey planned for winter 2024
- Planet Youth Lanark County is presenting to LLG OHT at end of September
 - Brockville Municipal Drug Strategy is forming and interested in Planet Youth
 - Endorsement from Prescott Council would be impactful
- Planet Youth Lanark County steering committee available to share lessons learned
- Opportunities to develop and share resources (potentially including staff)

Proposed Motion for Prescott Council



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All communities are dealing with problematic substance use and mental illness. The prevention/delay of youth substance use is recognized as an important component in the comprehensive strategy required to face this challenge.

The Icelandic Prevention Model is an effective, evidence based, community driven approach. Lanark County, through the work of Planet Youth Lanark County is the first community in Canada to adopt the model.

Prescott Council endorses investigation of how this model could be embraced across Leeds and Grenville. This could include collaboration with the efforts underway in Lanark County.