

# Drug and Alcohol Awareness Wellness Network Drug Strategy



*“To assist communities in building capacity to identify the harms associated with drug and alcohol use and assisting communities in their efforts to affect positive change.”*

December 2008

## Table of Contents

Acknowledgements.....	2
Introduction.....	3
Drug and Alcohol Awareness Wellness Network.....	3
Mission Statement.....	4
Purpose and Goals.....	4
Community Consultations.....	5
Environmental Scan.....	7
Strategic Priorities.....	8
Prevention and Education.....	8
Harm Reduction.....	8
Healing and Recovery.....	8
Diversion and Enforcement.....	9
Sustainability thru Cultural Norms and Root Causes.....	9
Recommendations.....	10
Further Considerations.....	16
Evaluation.....	16
Community Acceptance.....	16
Resource List.....	17
Conclusion.....	19
Appendices.....	20
A.) List of Agencies Consulted.....	20
B.) Bibliography.....	21

## **Acknowledgements**

---

When the Drug and Alcohol Awareness Wellness Network (DAWN) formed to take action against the drug and alcohol concerns of our communities, it was understood from the start that the task taken on would be a daunting one. However a necessary one that has the potential to positively affect thousands of people. The development of a drug strategy was decided upon as a first step in order to mobilize and provide support to the various communities in west central Saskatchewan that share DAWN's concerns. It has been a journey full of hard lessons, enlightenment and essential community connections. It is these connections which DAWN wishes to acknowledge at this time.

First of all, DAWN would not have come to be if it was not for the attendees of the community consultations. Their openness in the sharing of their knowledge of the communities and experiences was invaluable. Drugs are often viewed as a taboo subject, but these individuals were very candid in the discussions giving a more realistic picture of the extent of alcohol and drug use/abuse as well as the impact it has on communities as a whole.

Thanks are also extended to the Heartland Health Region for conducting the community consultations and instigating the drive for a regional drug strategy. Furthermore, the assistance provided by the Saskatchewan Ministry of Health was greatly appreciated. The development of a drug strategy was new to the members of the Network and the guidance through the process was indispensable.

Lastly, acknowledgement and heartfelt thanks go to the members of DAWN and the supporting agencies/groups they represent. The willingness to give of their time and commitment to the project was given quickly and freely. In the beginning it was thought that the finding of partners to undertake an initiative of this magnitude would be a timely process, but fortunately this fear was quickly laid to rest. The individuals involved are devoted to assisting not only their communities, but their neighbouring communities as well, in providing safe, healthy environments in which to live.

Crystal Storey  
Chairperson, Drug and Alcohol Awareness Wellness Network

## **Introduction**

---

Substance abuse touches most everyone in some way, whether it is through your own actions or those of a family member, friend, acquaintance or complete stranger. This not only refers to illegal drugs, but also the misuse of legal substances such as alcohol and prescription drugs. The social, health, and judicial impacts are present in communities across west central Saskatchewan.

Subsequently, the degree of the practice, repercussions, community awareness of, and readiness to address the issue also varies from community to community. There is no easy, fix-all solution that will address all concerns. Even knowing this, communities across the region have stated their desire to do something to decrease the use of alcohol and other drugs. A frequently acknowledged stumbling block to this goal is the overwhelming sense of where to begin. The Drug and Alcohol Awareness Wellness Network was formed to assist communities in figuring out how to take those initial steps, as well as ensuring that initiatives undertaken by communities follow best practice and are sustainable.

DAWN has developed a regional drug strategy as a means to support communities in their efforts to decrease substance use. This document's purpose is twofold; as a strategic framework for the regional committee and as a working document for individual community groups. The strategy contains recommendations for how to make positive changes in your communities, which are based upon discussions and ideas brought forth at regionally held community consultations. Communities can utilize these recommendations as idea generators, to start conversations with possible partners or to evaluate the current state of their community in regards to substance use. The direction taken will depend upon the current situation in each community.

This document was developed as a device to initiate positive change, but it will be the successes within communities that will lead the efforts to minimize the harms related to drug and alcohol use and/or abuse.

### **Drug and Alcohol Awareness Wellness Network (DAWN)**

DAWN is a multi-disciplinary team committed to helping communities in west central Saskatchewan affect the positive changes regarding the use of alcohol and other drugs. The inception of the Network was a result of a directive from the Saskatchewan Ministry of Health to health regions to develop regional drug strategies. In response, the Heartland Health Region decided it was necessary to first go straight to the communities to find out what the drug and alcohol issues are that are impacting residents. The health region also realized an effective regional drug strategy would only be possible if the development was in collaboration with other sectors and community members. With this in mind, at each consultation participants were asked if they would be interested in working on drug

and alcohol issues at a regional level. Most of the current DAWN members stepped forward at this time. The remaining members were either recruited through word of mouth or by other members. The membership continues to grow.

The members themselves come from diverse backgrounds and viewpoints. These include, but are not limited to, justice, clergy, health, education, sports and recreation, concerned citizens and youth. The common thread between all of these individuals is their belief that positive impacts can be made within our communities.

## **Mission Statement**

*“To assist communities in building capacity to identify the harms associated with drug and alcohol use and assisting communities in their efforts to affect positive change.”*

The Network felt it was important to develop a mission statement that encompassed the concepts felt to be vital to the development and sustainability of initiatives at both grassroots and regional levels. Being a region that is fully comprised of rural communities, too frequently communities are overwhelmed by the thought of having to accomplish so much with few resources and in isolation. The success of the drug strategy will be largely dependent on the communities helping one another as well as themselves. The sharing of resources and formation of partnerships is crucial. Furthermore, initiatives undertaken at local levels will only be viable if there is community ownership and involvement. Communities that have the capacity to do for themselves are better able to create safe, healthy environments based on their unique strengths and needs.

DAWN is guided by the following values: respect, integrity, safety, supportiveness, community and sustainability. Each community has unique needs, but these principles are intrinsic to all.

## **Purpose and Goals**

DAWN will undertake, but is not limited to, the following roles in decreasing substance use amongst west central Saskatchewan residents:

- Create/promote a framework document for communities.
- Provide leadership, direction and support to groups working towards decreased substance use within their communities.
- Act as a liaison between governmental, legislative, etc. entities and local committees as needed.
- Advocate for policy and action to decrease substance use.
- Empower residents to take responsible action against substance use.
- Encourage residents to be pro-active.

- Provide a venue to evaluate and monitor the progress of communities in their efforts.
- Compilation and sharing of resources to benefit local committees' work/initiatives.

## **Community Consultations**

---

From June 2007 to January 2008, consultations were held in eight communities throughout the Heartland Health Region to ascertain the extent of substance use and the impact this has on the population. These communities included Rosetown, Biggar, Eston, Kindersley, Kerrobert, Davidson, Outlook and Unity. Surrounding communities were also welcomed to attend at these locations. Invitations were sent to key stakeholders, who were encouraged to share the invitation with others. A list of the organizations and concerned population groups who attended the consultations is listed in Appendix A of this document. The communities were chosen based upon population base and/or expressed interest. It is important to note that these communities are not the sole focus/target of DAWN's work, merely a sampling for consultation purposes.

The participants of the consultations were asked set questions, as well as encouraged to direct the sessions in whatever path they felt necessary to capture their unique situations/needs. The questions asked and an overview of the responses are shown below. Please note that each community has strengths and needs specific to them. The following attempts to summarize the overarching themes brought forth throughout without generalizing the communities themselves.

1. What are the strengths of the community?
2. What services or projects are being provided in the community that participants are aware of, whose purpose is to reduce substance use?
  - *schools*
  - *current alcohol and drug services programming*
  - *media outlets*
  - *churches (spiritual leaders and programs offered, particularly for youth)*
  - *community college*
  - *Alcoholics Anonymous groups*
  - *sport and recreation opportunities and facilities*
  - *RCMP*
  - *large and strong volunteer base*
  - *service groups*
  - *levels of government*

*Questions 1 and 2 are grouped together as many of the answers overlap.*

3. What do people see as the issues facing the community in regards to substance use?
  - *alcohol/binge drinking*
  - *increasingly transient communities*
  - *need for more education*
  - *enforcement concerns*
  - *increase of drug usage and accessibility*
  - *substance use linked to boredom*
  - *disposable income*
  - *impaired driving*
  
4. Are the services discussed previously meeting the needs of the community? If not, where do the participants perceive the gaps?
  - *education*
  - *lack of affordable activities*
  - *community denial*
  - *desensitization and normalization towards drug and alcohol use*
  - *lack of consistent enforcement*
  - *lack of strong relationships*
  
5. In regards to prevention, harm reduction, healing and treatment, capacity building and justice, what do people view are the priority areas to focus on, particularly in respect to their communities needs?
  - *Prevention and capacity building were the most consistent response although all areas were recognized as important.*
  
6. Are there any suggestions for initiatives/direction in any of the aforementioned areas?
  - *consistent messaging*
  - *providing healthy alternatives*
  - *increased communication (amongst stakeholders, what is available, etc.)*
  - *assistance with enforcement (referring not only to policing, but also parenting, neighbours watching out for another, etc.)*
  - *expansion of diversion programs or actual consequences*
  - *multi-tiered approaches, including public/municipal policies to de-normalize alcohol use*

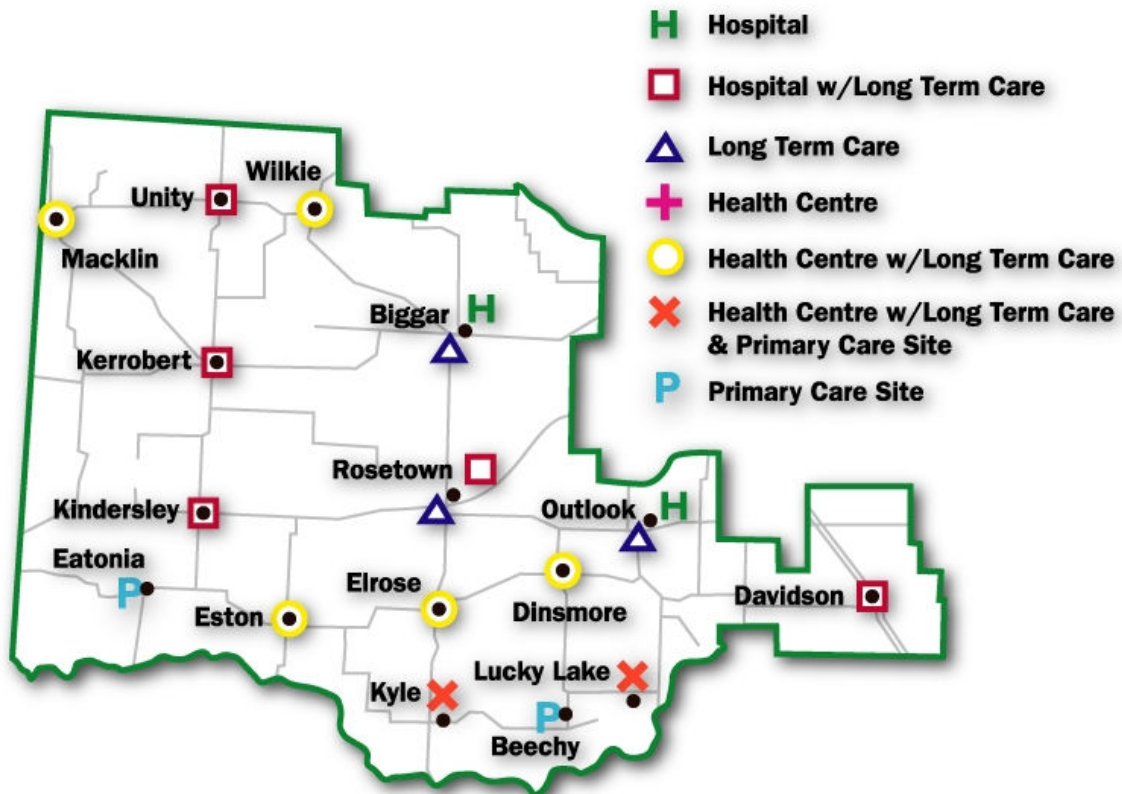
## Environmental Scan

---

DAWN operates within the boundaries of the Heartland Health Region, located in west central Saskatchewan. Therefore, the environmental information gathered for this document is indicative of the region's composition. The region has a population of approximately 42,657 and covers an area of 41,770 square kilometers. Heartland is fairly unique in that there are no cities within its boundaries. Kindersley is the largest urban centre with a population of 4,730, followed by Rosetown (2,625), Unity (2,378), Biggar (2,335) and Outlook (2,295).

The greatest proportion of population in both males and females are in the age groups of 10-14 and 15-19 years of age. The main industries are agriculture and oil. There is a fairly low population density of 1.1 persons per square kilometer, which can impact health due to social isolation and challenges in accessing service.

### Map of Heartland Health Region





## **Strategic Priorities**

---

The four pillars which have been identified as drivers for future work are as follows:

1. Prevention and Education
2. Harm Reduction
3. Healing and Recovery
4. Diversion and Enforcement

The recommendations in this document have **not** been grouped into the four pillar categories. Each recommendation may fit under more than one pillar, making it difficult to categorize. Leaving the categorization open allows more room for individual interpretation with the hope being that local committees will work the recommendations under the pillars they feel are most appropriate for their community.

### **Prevention and Education**

Education is a useful tool in the prevention of substance use/misuse. Informing people of the consequences of substance use, what they should watch for if they fear a loved one is using, how to get assistance and so on is beneficial in helping people make informed decisions about alcohol and drug use. But education alone does not ensure prevention of substance use. Multiple approaches will ensure better outcomes including creating environments that are more conducive to making healthy choices, strengthened community action and capacity and development of healthy public policy.

The goal of preventative measures is to make healthy choices more attractive than unhealthy ones. It is imperative to look at the root causes of why people use/misuse substances and find ways to meet those needs without drugs or alcohol.

### **Harm Reduction**

Harm reduction strategies are used to help people reduce harm to themselves and to others around them when involved in high risk behaviours. Harm reduction can target both users and non-users. Examples of harm reduction strategies are: condom distribution in schools, needle exchange programs, safe rides home, evening and weekend activities to keep youth involved in healthy activities, process to hand in unused drink tickets at community cabarets for a refund of your money, wearing a helmet, etc.

### **Healing and Recovery**

Healing and recovery is about supporting those with addictions, and encouraging them to make healthier and more positive decisions. It is about forming a supportive environment

for these individuals. This can be accomplished through various addiction services including detoxification, inpatient services, outreach and/or long term residential services. An individual may need intense treatment or help transitioning from treatment back into the community. Healing and recovery is providing all of the above to help the individual live a healthier life.

### **Diversion and Enforcement**

The traditional definition of enforcement refers to the policing of unlawful actions by members of the justice system. However for the purpose of this document it will also be in reference to the support given to police officers, parents and teachers when consequences are meted out. Enforcement also addresses efforts to make it more difficult to use/misuse substances.

### **Sustainability thru Cultural Norms and Root Causes**

---

In order to ensure the long term success of any community initiative it is essential to not only consider elements of the aforementioned pillars, but also the societal culture and root causes affecting the actions/choices made by residents. If the foundation is not strong, subsequent actions may not result in desired changes.

The following indicators may be a protective factor for some and a cause agent for others regarding the use of alcohol and other drugs: income and social status, availability and access to social support networks, education, employment and working conditions, physical environments, biology and genetics, personal health practices and coping skills, healthy child development, health services, spiritual or religious upbringing, culture and gender. By evaluating these areas, improvements can be made to assist community members to make healthier choices.

Cultural norms are present throughout society. Taking a closer look at the culturally acceptable actions is warranted to ascertain which are practiced for their positive effects and which are just habitual. Rather than settling for 'the way things have always been done', become more aware of why specific practices are followed and the impacts these actions have. For example, drinking and driving is no longer culturally acceptable, but it was prior to intense campaigning against it.

Granted, tackling cultural norms and root causes is a lengthy process. Communities are encouraged to set long term goals to ensure that actions taken will not merely result in band-aid solutions.

## Recommendations

---

The following are recommendations for use with community initiatives as derived from a series of community consultations within the west central Saskatchewan region. As stated previously, these recommendations are open to interpretation. This was done on purpose in an attempt to prevent limiting the creative action of groups utilizing this framework. Communities are encouraged to utilize community development principals and consider community capacity when assessing which recommendations they choose to address at one time.

To further assist community groups, rationales and examples of possible actions are given for the listed recommendations. Communities are welcome to adopt these suggestions, but are also encouraged to use these as springboards for their own ideas. There is no limit to the possibilities...

**1.) Establish relationships and partnerships to ensure consistent messages are sent about substance use/misuse with school and community.**

*Rationale: Messages are less confusing to the target population if they work in a cohesive manner with other messages being relayed to them at the same time. Groups are encouraged to form partnerships in order to alleviate contradictory messaging and to increase effectiveness of campaigns.*

*Action Suggestions: - pool resources and share media opportunities  
- use intersectoral groups to strategize the year's plan and encourage each sector to use this collaborative effort to guide future work*

**2.) Create opportunities for the establishment of healthy alternatives to substance use.**

*Rationale: Healthy choices are easier to make when healthy alternatives are accessible. Addressing affordability, transportation and facility needs are examples of things to consider. Help to create an environment that fosters new cultural norms that do not include the consumption of alcohol or other drugs and is inclusive.*

*Action Suggestions: - affordable, alcohol free activities offered on a regular basis  
- youth centres*

**3.) Foster opportunities to promote communication amongst stakeholders.**

*Rationale: Communities are better able to holistically meet the needs of its residents if there is strong communication between the multiple factors that make it up. Higher impact is achieved through working together and pooling knowledge and resources.*

*Action Suggestions: - networking system (intersectoral committee, email system, local newsletter, etc.)*

**4.) Using a multi-tiered approach, establish healthy community policies that work towards the de-normalization of alcohol and other drugs use and abuse.**

*Rationale: Written policies are beneficial in various ways. The first being that the desired practice is not dependent upon a person(s) for its continuation. Secondly, it relays a message that the community and/or group are serious about making positive changes. Policies need to clearly draw a line between what is deemed acceptable use of legal substances and misuse of them.*

*Action Suggestions: - policies regarding the use of municipal property for community events  
- incorporate into workplace policy and culture*

**5.) Encourage the establishment of a local committee if none already exists to address substance use issues. Committees would be comprised of membership from various sectors which may include health, education, justice, Corrections, Public Safety and Policing, RCMP, levels of government, clergy, business, social services, service clubs, youth and community members.**

*Rationale: Representatives from local committees are encouraged to sit on DAWN and vice versa to facilitate two-way communication, strengthen collaboration between the two levels and ensure sustainability of both local and regional work. It is suggested that agency/sector participation be based on the position and not the person to ensure continuation of partnerships and to lessen impact upon committee structures from staffing changes.*

**6.) Work toward the expansion of alternate consequences programs.**

*Rationale: Standard measures such as fines do not work as a deterrent in all cases. Alternate, actual consequences are proposed as a means to make a greater impact on the individual and future choices.*

*Action Suggestions: - alternate justice programs, sentencing circle  
- expansion of educational courses to include drugging and driving offences*

**7.) Establish collaborative relationship between community and legal system to explore enforcement/policing alternatives.**

*Rationale: It is the responsibility of the community to ensure a safe environment, not just the RCMP's alone. Detachments do have some leeway in policing actions deemed as priorities in individual communities (eg: increased enforcement of speeding in school zones if recognized as an issue). But peace officers are unable to be everywhere at all times. Community members need to take responsibility for the safety of their neighbourhoods as well.*

*Action Suggestions: - liaison activities with police  
- Citizens on Patrol Program, neighbourhood watch*

**8.) Promote the importance of increased personal accountability within a community setting.**

*Rationale: Actions taken by residents have an impact not only on the person, but also on others in a community. These impacts can be positive or negative dependent upon the action. Awareness of how consequences can have a ripple effect on others and a sense of responsibility for said effects is encouraged.*

*Action Suggestions: - promotion of a philosophy that actively promotes the healthy development of children and youth (ex: 40 Developmental Assets)  
- social marketing campaign  
- community justice system where restitution is made directly to the person*

**9.) Lobby for changes, legislative and program specific, that better meet identified needs within communities.**

*Rationale: Nobody knows what a community needs to make it healthy better than the residents themselves. They have an insider's perspective of what may work in their community, and what is currently in place but not meeting the needs. Efforts to press for positive change have a stronger voice when coming from a unified group.*

*Action Suggestions: - smoking bans at workplaces and school property  
- needle disposal system*

**10.) Advocate to publicize the statistics linked to drug and alcohol use to help raise awareness.**

*Rationale: The use of drugs and alcohol is not typically discussed in an open forum. Unless an individual has been directly involved or affected they may not be aware of the extent of the usage or the actual effects it has on a community and its residents. It is proposed that this information be brought into the open, making residents aware of what is actually happening. Knowledge and acknowledgement of a problem is a powerful tool.*

*Action Suggestions: - newspaper column with a focus on effects of substance use in justice, health, social services, etc. systems  
- local agencies provide forum to inform and discuss local issues*

**11.) Provide increased opportunities for community education, utilizing area professionals and resources.**

*Rationale: Making community members aware of what resources are currently available to them, as well as arming them with knowledge is essential. Utilizing or sharing resources helps to build stronger networks between sectors and ultimately, stronger communities. For example, a person who is trying to break from the cycle of substance use is better able to seek the assistance they require if they have already built a trusting relationship with local addictions professionals.*

*Action Suggestions: - informational sessions at workplace coffee breaks  
- an ongoing open forum for youth and addictions counselors and/or RCMP members to interact*

**12.) Development of community based initiatives, and/or support of existing ones, that strengthen the capacity within individual communities or a network of communities.**

*Rationale: Concerted efforts to share resources and knowledge allows for broader opportunities than when working in isolation. Communities may have a successful initiative in place which could be adapted to meet another community's specific needs. Or, communities with limited resources may want to form partnerships with one another as their neighbours are most likely experiencing similar issues and barriers.*

*Action Suggestions: - form partnership with neighbouring community(s) to be able to provide substance free activities*

**13.) Establish and/or support youth engagement initiatives that aim to develop youth leaders in rural Saskatchewan.**

*Rationale: Rural youth have issues/needs that differ from those residing in cities. These may include limited access to alternative, healthy activities or the need for additional skill building in preparation for moves to larger communities for education or work. By working with youth in developing leadership skills they are given a sense of empowerment and accountability benefiting their well-being and the community.*

*Action Suggestions: - communities and/or community groups actively engage youth in meaningful ways and promote youth leadership skills (ex: Adult Allies)  
- have youth consultants on town councils for their population's viewpoint*

**14.) Evaluate and challenge societal norms regarding alcohol and other drug use.**

*Rationale: Changing the culture of alcohol and drug use begins by raising awareness of the risks and consequences associated with its use. This involves promoting dialogue about the role these substances play in our lives, and changing our social norms by challenging our values and attitudes. Community reflection moves communities toward exploring the range of possible actions that we can take in our schools, workplaces and communities as a whole. Goals include creating a different culture around alcohol and drug use, while ensuring the provision of safe environments for our citizens.*

*Action Suggestions:*

- work with school community councils to promote alcohol and drug free grads
- campaign targeting middle aged plus population for drinking and driving, bingeing, prescription drug abuse, etc.
- in the sports community, develop guidelines and training opportunities for athletes, parents and coaches that are community directed as opposed to solely by RCMP, Addictions Services, etc.

**15.) Implement and/or enhance parental/family support programs and activities.**

*Rationale:* Family dynamics are changing. Support systems need to reflect these changes to meet the current needs. Moreover, due to societal changes, more and more parents/caregivers are raising their children in isolation. The concept of it taking a community to raise a child is becoming less evident.

*Action Suggestions:*

- parent and child interaction groups to accommodate evolving family dynamics (eg. working parents, welcoming to dads, grandparents as caregiver, primary focus not on ‘teaching’)
- adoption of a community wide philosophy that every resident has a part to play in the well-being of its children

**16.) Establish and/or enhance early prevention programming for overall health and wellness.**

*Rationale:* Taking a pro-active approach will decrease the frequency of unhealthy choices and behaviours. Communities do not need to wait for a crisis to happen before mobilizing and creating a plan. When developing a prevention plan it is important to consider adopting a multi-tiered approach. For example, access to affordable sports and/or arts activities may connect to decreased substance use/misuse which connects to decreased incidents of unsafe sexual practices. To address one aspect of a healthy lifestyle, other areas may also need to be considered. Establish partnerships with others who are already working on these issues or who are looking to partake.

*Action Suggestions:*

- start substance use prevention programs at a younger age
- various sectors/groups work together to provide programs



## **17.) Improve the profile and accessibility of resources and community supports.**

*Rationale: There is often stigma attached to substance use/misuse, both for the individual and their family. Avenues of providing the support services required in a less intrusive manner makes it easier for some to take that step. That said it is also important to take safety precautions for the individual and professional into consideration. Residents are not always aware of what resources are available. Therefore, finding ways to get this information out to the general public is suggested.*

*Action Suggestions: - allow for counseling services, etc to be conducted outside of institutional settings  
- all sectors/groups are knowledgeable about available services in community (increased communication, up to date community resource sheets)*

### **Further Considerations**

---

#### **Evaluation**

In order to know where you are going it is important to first know where you have been and are currently at. Including an evaluation component to your initiatives will provide a baseline to gauge your progress, allow you to monitor the effect your work has on the community and have tangible results to showcase when seeking support.

Evaluations will reflect the goals chosen by your community committee. The process can be as simple as the number of substance-free events held and the number of attendees. Or they can be more complex, such as crime or health related statistics. Once again, the formation of strong partnerships plays a large role. Consult with your community partners about what information they may already collect data on that could be of assistance to your evaluation.

#### **Community Acceptance**

Even though your committee's goal is to affect positive change, it may be met with some level of resistance. Change can be difficult, especially when long standing cultural norms are being challenged. Having a plan from the start to deal with resistance is encouraged. It is suggested your committee provide a unified front as a team and involve your community at large as much as possible in the change. By involving your community members, people are given a voice and an opportunity to have a part in the positive changes your committee is working towards. Evaluations of your initiatives may also be useful in this matter over time.

## **Resource List**

---

The following is a list of regional resources. Your committee is encouraged to supplement the list with local resources specific to your community.

### **Drug and Alcohol Awareness Wellness Network (DAWN):**

For more information on DAWN, requests for assistance at the regional level, or additional copies of the Drug Strategy, please contact a local member or Crystal Storey at:

Phone: (306) 882-6413 ext 237  
Email: [crystal.storey@hrha.sk.ca](mailto:crystal.storey@hrha.sk.ca)

### **Heartland Health Region:**

Phone your local Community Services office for information on Addictions Prevention and Recovery Services.

Biggar: (306) 948-3323 ext 234  
Kindersley: (306) 463-1000 ext 403, 404 or 302  
Outlook: (306) 867-8676 ext 407  
Rosetown: (306) 882-6413 ext 294  
Unity: (306) 228-2666 ext 350

The Centralized Intake is 1-866-268-9139. They are able to provide the following:

- Process referrals to Addiction Services programs (SGI referrals, counseling, enrollment in the 180 Program)
- Contact information for detoxification programs
- Local information on self help groups (Alcoholics Anonymous, Narcotics Anonymous, Cocaine Anonymous, Gamblers Anonymous, etc)

Website: [www.hrha.sk.ca](http://www.hrha.sk.ca)

### **Living Sky School Division:**

For information on school curriculum and programs offered please contact the following.

Phone: (306) 937-7702  
Website: [www.lskysd.ca](http://www.lskysd.ca)

Ministerial:

Many churches provide spiritual guidance and alternative activities, particularly for youth. Contact your local church for information on what is offered in your community.

Saskatchewan Ministry of Health:

Community Care Branch:

Phone: (306) 787-8888

Alcohol and Drug Education and Prevention Directorate:

Phone: (306) 787-9282

Website: [www.healthysask.ca](http://www.healthysask.ca)

Sun West School Division:

For information on school curriculum and programs offered please contact the following.

Phone: 1-866-375-2677

Website: [www.sunwestsd.ca](http://www.sunwestsd.ca)

## **Conclusion**

---

DAWN has attempted to capture some of the issues resulting from alcohol and other drugs usage that communities struggle with daily. It is DAWN's hope that the recommendations made within this drug strategy are beneficial to communities and their work in decreasing substance use amongst residents.

As stated throughout this document, DAWN encourages communities to build strong partnerships. Communities were originally formed when people from varying backgrounds came together for support, safety and companionship. Today's society sometimes makes it difficult to maintain these relationships, which makes it that much more important for residents to make a concerted effort to sustain them.

Regardless of whether your community chooses to work on a large or small scale project, DAWN believes each community can do something to effect positive change and as a result, have a positive impact on someone's life. DAWN encourages you to evaluate the current make up of your community and make your vision of a healthy community a reality.

It is a goal of DAWN's to assist west central Saskatchewan in fostering safe, drug-free communities. By working together as a community and as a network of communities with common goals, we can.

## Appendices

---

### Appendix A

#### List of Agencies/Community Members Consulted

The following groups/individuals graciously shared their knowledge for the purpose of bettering their communities and the lives of the residents:

Cando Wellness Centre	Town of Outlook
Biggar Associated Gospel Church	Lutheran Collegiate Bible Institute
'How to Drug Proof Your Kids' Facilitators	Outlook Alliance Church
Village of Landis	Justice of the Peace
Biggar United Church	Parents
Prairie West Regional College	Senior Citizens
Living Sky School Division	Youth
Rosetown Minor Athletics Association	
Rosetown RCMP Detachment	
Town of Rosetown	
Rosetown Citizens on Patrol Program	
Jamac Publishing	
Kerrobert RCMP Detachment	
Sun West School Division	
Eston Full Gospel Church	
Heartland Health Region	
Eston Health Facility	
Alcoholics Anonymous	
Hillside Christian Fellowship Church	
Town of Kindersley	
Kindersley Minor Sports	
Kindersley Community Justice Committee	
Clearview Brethren in Christ	
Staying in Tune	
Kindersley Alliance Church	
Kindersley RCMP Detachment	
Craik RCMP Detachment	
New Life Pentecostal	
Ministry of Health	
Carlton Trail Regional College	
Unity RCMP Detachment	
Unity Baptist Church	
Outlook United Church	
Outlook RCMP Detachment	

## Appendix B

### Bibliography

The following have been used for reference purposes in the development of the Drug and Alcohol Awareness Wellness Network Drug Strategy:

A Population Health Promotion Framework for Saskatchewan Regional Health Authorities, Saskatchewan Health, 2002

Canada's Drug Strategy, Health Canada, 2003

Drug Strategy Report for the Sunrise Health Region, 2007

Healthier Places to Live, Work and Play: A Population Health Promotion Strategy for Saskatchewan, Saskatchewan Health 2004

Heartland Health Region Annual Report 2006

Supporting Mental Well-Being and Decreased Substance Use and Abuse, Saskatchewan Health, 2005

The Moose Jaw - South Central Region Drug Strategy, 2006

The Regina and Area Drug Strategy Report, June 2003