

WHO YOU GONNA CALL?

Communication

Purpose

To help students identify local community resources involved in addiction, treatment, prevention and support when it comes to drugs, alcohol and other life issues.

Teacher to Provide:

- Tables and chairs and/or desks
- Computers with web access*
- Phone books (optional)
- Timer or watch with second hand
- One piece of Juicy Fruit gum per student (stick not chicklet).

* It is helpful if the students have access to computers to research appropriate services in the match-up activity.

Staffing: Teacher/Community partner familiar with youth services.

Student Homework: None.

Brief Description:

This centre begins with an activity illustrating the addiction cycle using “The Juicy Fruit Challenge” (5 minutes). This activity is designed to help students understand the physiological and psychological aspects of addiction (what it feels like for someone who has an addiction and anticipating their next ‘fix’); even if it is “just gum.” This is followed by a discussion on the Process of Addiction (see teacher backgrounder) and a Q&A about why young people choose to use drugs. Finally, the students work with the facilitator to learn about local community services and complete the worksheet.



Who You Gonna Call?

Activity 1 - The Juicy Fruit Challenge

You have 5 minutes to complete this activity. Each segment should be timed carefully for the best effect. Explain to students that participating in this activity will help them understand the physiological and psychological aspects of addiction. Place one stick of gum in front of each student. Explain that they are not to touch the gum, but to follow your instructions.

Instructions to Students:

1. Remove the outside wrapper from the gum (wait 30 seconds)
2. Open the silver wrapper of the gum (wait 30 seconds)
3. Pick up the gum and hold it in your hand (wait 45 seconds)
4. Close your eyes and smell the gum (wait 45 seconds)
5. Put the gum in your mouth but DO NOT chew it (wait 45 seconds)
6. Take one bite of the gum (wait 1 minute)
7. Take five chews of the gum (wait 1 minute)
8. Chew as desired.

Ask students to (very!) briefly describe what they experienced: salivating, strong smell, maybe a memory linked to the gum itself, difficult to control chewing, etc. Highlight that this illustrates what it might be like to be addicted and 'can't wait for the next fix'?

Have students dispose of gum NOW. This reinforces concept of giving up something you enjoy!

Activity 2

Review the Process of Addiction with the students, asking them to give examples of each of the stages. (see teacher backgrounder)

Facilitate further discussion with the following questions:

- **What are some common reasons that young people choose to use alcohol or other drugs?**
(curiosity, fitting in with the crowd, boredom, just for fun, to be cool, help to forget problems, to relax, seeking excitement, like taking risks, for attention, lack of self-confidence, trying to relieve physical pain)
- **Why don't they? (use drugs and alcohol)**
(confidence, aware of possible harms, know that parents would disapprove, have specific goals, friends don't use, interfere with school/sport achievements, concern for someone else who uses, the cost, fear of getting caught, religious beliefs)
- **What are some ways to have fun without using alcohol or other drugs?**
(being active to get the natural 'high', competitive sports, safe risk-taking, hanging with good friends, volunteer)

Most students are not likely to be addicted. They are, however, more likely to experience the many harms associated with drugs and alcohol.



Who You Gonna Call?

Activity 3 - Match-Up Worksheet Activity

Facilitator initiates discussion: *"People can struggle with many issues. There are places in the community where you can go for help – either for yourself or others. It is important that you know who or where to call, and what to expect when you do. How are you going to find this information?"* (phone book, computer, pamphlets, teacher, guidance, adult ally, etc.)

Facilitate discussion about each of the situations on the worksheet. Have students take turns reading out each of the situations and then identify, from the list, which services might be appropriate to deal with that issue. The facilitator clarifies the correct responses and briefly describes the service(s) and its location.

Students complete their worksheet by 'matching' the situations with the appropriate agencies/services (list includes websites and phone numbers).

Activity 4

"Now that you know where you can call or drop-in, have you got any ideas of what to expect when you do?"

Facilitate discussion about what to expect when looking for help:

- What would keep someone from making the call? How could that be overcome?
- What would you do if you get the answering machine?
- What kind of information will they ask for?
- Do you have to leave a number?
- What about confidentiality?
- Do you need a health card?
- Do your parents need to know?



THE PROCESS OF ADDICTION

www.albertahealthservices.ca/2684.asp

The progression of an addiction reflects a continuum, ranging from no use to dependency. People may move back and forth within this continuum, but generally they advance from no use, to use, misuse, abuse, and finally to dependency. Once a person is dependent, they may have to stay abstinent from all substances, or gambling, to get their health back.

No use

In this stage there is no use of alcohol, other drugs, or gambling. People have their own reasons not to be involved, including religious beliefs, their age, etc.

Use

People begin to experiment with alcohol, other drugs, or gambling to see what it is like, or to fit in with friends and peers. They may use a substance or gamble to enhance an already pleasurable experience. Some people argue that social use is not merely using in social situations. Rather, it is using in a responsible way. There are few, if any, negative consequences to social use. Social use does not include youth under age 19 who drink alcohol, or anyone who uses illegal drugs. Using under those circumstances can result in negative legal or parental consequences.

Misuse

A person begins to experience problems associated with their use of alcohol, other drugs, or gambling. They may get hangovers, get in trouble at home or school because they were drunk or high, spend more money than they intended to on gambling, or do something they regret while under the influence of alcohol or another drug. All these problems, although they may seem small at the time, can escalate into a much larger problem.

Abuse

Problems become much more regular. The person uses or gambles more frequently and it begins to interfere with major areas of their life such as family, parents, school, legal issues, money, friends, and leisure. The person may become obsessive about when and where they are going to get drugs or money to gamble.

Dependency

The person at this stage has lost the ability to choose to use or not to use. Using substances or gambling has become a way of life. They continue despite the negative consequences and those consequences are occurring more and more frequently. The person may experience physical or psychological withdrawal, cravings, and decreased physical, mental, and emotional health.



WHO YOU GONNA CALL?

Read the situations describing a problem you or someone close to you might have. Find out which agency(s) provide the kind of information or service you might need.

Who You Gonna Call When...	Name of Service/Resource, Phone #, Websites
<p>1. You want information about pregnancy, sexually transmitted infections (STIs)...</p> <p><u>MATCH-UP</u> a, b, c, d</p>	<p>a) Simcoe Muskoka District Health Unit 1-877-721-7520 www.simcoemuskokahealth.org</p> <p>b) Local Pregnancy Resource Centre</p> <p>c) Walk-In Clinic</p>
<p>2. You or someone you know is thinking about suicide, hurting themselves or hurting others?</p> <p><u>MATCH-UP</u> e, f, g, h, n</p>	<p>d) Doctor's Office</p> <p>e) Kids Help Phone 1-800-668-6868 www.kidshelpphone.ca</p> <p>f) Mental Health Crisis Line 705-728-5044</p>
<p>3. You want to find help/information for yourself, friend or family member who has a problem with drinking or drugs?</p> <p><u>MATCH-UP</u> e, j, n</p>	<p>g) 911 (if the situation is dangerous)</p> <p>h) Emergency Department at local hospital – go there</p> <p>i) Canadian Mental Health Association 1-800-461-4319 www.cmha.ca</p>
<p>4. You need a safe place to go?</p> <p><u>MATCH-UP</u> e, f</p>	<p>j) ConnexOntario 1-866-531-2600 www.connexontario.ca Addiction, Mental Health and Problem Gambling Treatment Services</p>
<p>5. You're being bullied or abused?</p> <p><u>MATCH-UP</u> e, l, n</p>	<p>k) Ontario Works - Simcoe 705-722-3132 Ontario Works - Muskoka 705-645-2412, ext. 275 http://www.mcass.gov.on.ca/en/mcass/programs/social/ow/</p>
<p>6. You have a health problem or question and can't or don't want to go to your family doctor?</p> <p><u>MATCH-UP</u> a, c, e, n</p>	<p>l) Police</p> <p>m) Community Legal Clinic - Simcoe 1-800-461-8953 www.communitylegalclinic.ca</p>
<p>7. You or someone you know is feeling sad, stressed, and alone.</p> <p><u>MATCH-UP</u> e, i, n</p>	<p>North Simcoe Muskoka Healthline 705-645-6607 https://www.nsmhealthline.ca/listServices.aspx?id=10459&region=MuskokaDistrict</p>
<p>8. You're in trouble with the Police or courts and need advice.</p> <p><u>MATCH-UP</u> e, m, n</p>	<p>n) Someone you trust (parent, family, church, teacher, etc.)</p>



WHO YOU GONNA CALL?

Read the situations describing a problem you or someone close to you might have. Find out which agency(s) provide the kind of information or service you might need.

Who You Gonna Call When...	Name of Service/Resource, Phone #, Websites
<p>1. You want information about pregnancy, sexually transmitted infections (STIs)...?</p> <p><u>MATCH-UP</u></p>	<p>a) Simcoe Muskoka District Health Unit 1-877-721-7520 www.simcoemuskokahealth.org</p> <p>b) Local Pregnancy Resource Centre</p> <p>c) Walk-In Clinic</p>
<p>2. You or someone you know is thinking about suicide, hurting themselves or hurting others?</p> <p><u>MATCH-UP</u></p>	<p>d) Doctor's Office</p> <p>e) Kids Help Phone 1-800-668-6868 www.kidshelpphone.ca</p> <p>f) Mental Health Crisis Line 705-728-5044</p>
<p>3. You want to find help/information for yourself, friend or family member who has a problem with drinking or drugs?</p> <p><u>MATCH-UP</u></p>	<p>g) 911 (if the situation is dangerous)</p> <p>h) Emergency Department at local hospital – go there</p> <p>i) Canadian Mental Health Association 1-800-461-4319 www.cmha.ca</p>
<p>4. You need a safe place to go?</p> <p><u>MATCH-UP</u></p>	<p>j) ConnexOntario 1- 866-531-2600 www.connexontario.ca Addiction, Mental Health and Problem Gambling Treatment Services</p>
<p>5. You're being bullied or abused?</p> <p><u>MATCH-UP</u></p>	<p>k) Ontario Works - Simcoe 705-722-3132 Ontario Works - Muskoka 705-645-2412, ext. 275 http://www.mcass.gov.on.ca/en/mcass/programs/social/ow/</p>
<p>6. You have a health problem or question and can't or don't want to go to your family doctor?</p> <p><u>MATCH-UP</u></p>	<p>l) Police</p> <p>m) Community Legal Clinic - Simcoe 1-800-461-8953 www.communitylegalclinic.ca</p>
<p>7. You or someone you know is feeling sad, stressed, and alone.</p> <p><u>MATCH-UP</u></p>	<p>North Simcoe Muskoka Healthline 705-645-6607 https://www.nsmhealthline.ca/listServices.aspx?id=10459&region=MuskokaDistrict</p>
<p>8. You're in trouble with the Police or courts and need advice.</p> <p><u>MATCH-UP</u></p>	<p>n) Someone you trust (parent, family, church, teacher, etc.)</p>

