



heretohelp

Mental health and substance use  
information you can trust

# SCHOOL RESOURCES FOR BC

Evidence Based Mental Health and Substance Use Classroom and Assembly Resources

Produced by BC Partners for Mental Health and Addictions Information



BRITISH COLUMBIA  
SCHIZOPHRENIA SOCIETY  
Hope and Help for Families



CANADIAN MENTAL  
HEALTH ASSOCIATION  
ASSOCIATION CANADIENNE  
POUR LA SANTÉ MENTALE  
BC Division

Centre for  
**ADDICTIONS  
RESEARCH** OF BC

**The F.O.R.C.E.**  
Families Organized for Recognition and Care Equality  
Society for Kids' Mental Health



*Jessie's Hope*  
SOCIETY

*Celebrating the inner strength and beauty of everybody*



MOOD DISORDERS ASSOCIATION  
OF BRITISH COLUMBIA



*Funding for this project was provided by BC Mental Health and Addiction Services, an agency of the Provincial Health Services Authority.*

## SCHOOL RESOURCES FOR BC

Child and youth mental health and substance use issues are gaining more attention in Canada both because the number of affected youth appears to be growing, and because a large proportion of adult mental health problems actually have their roots in childhood and adolescence. For these and other reasons, school professionals are beginning to take notice of and discuss youth mental health and substance use issues more and more. In this way, school-based activities are becoming an important part of efforts to prevent and address these important health problems in BC and in Canada.

This School Resource Catalogue, presented by the BC Partners for Mental Health and Addictions Information, provides information on BC Partners resources that school professionals can draw upon to both educate and assist students in matters related to mental health and substance use. In our interactions with schools we heard from staff that there is a need for a handy resource of this type to help identify and select high-quality educational resources. Although the resources listed in this Catalogue are directed mainly at youth themselves, they will also be helpful for parents, school staff and others working to respond to youth mental health and substance use issues.

The School Resource Catalogue contains information to help school professionals identify resources that might match your mental health and substance use education needs. While every effort was made to include credible, evidence-based resources in the Catalogue, please be aware that the information comes from resource providers themselves and has not been externally verified. School professionals are reminded to exercise due diligence when selecting resources and programs. If the resource or program is new to your school, best practice suggests that you contact your district office to confirm that it meets district requirements.

If you visit our database online at <http://www.heretohelp.bc.ca/schools/> you can search the listings online and learn more about BC Partners' educational resources for schools that are related to mental health promotion, mental illness and/or substance use. An advisory committee of school professionals has been helping us by reviewing our materials.

The BC Partners school catalogue includes programs, services and resources

- Designed or adapted by members of the BC Partners or their branches
- Currently being delivered (or are available to be used) in BC
- Used in or by schools (K-12 only)—or are somehow connected to schools
- Related to some aspect of mental health, mental illness, and/or substance use

Resources include: printed materials such as tip sheets, booklets, pamphlets; educational activities such as presentations/workshops/events by community agencies; audio-recordings, videos or films (including CDs and DVDs), training materials (for teachers, students, or parents), and internet sites. We will also include important information around cost, evaluation, subject matter, and community availability.

If you have questions about the guide, you can contact us at [schoolguide@heretohelp.bc.ca](mailto:schoolguide@heretohelp.bc.ca)



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WHO ARE THE BC PARTNERS AND HERETOHELP?

The BC Partners for Mental Health and Addictions Information are a group of seven leading provincial mental health and addictions nonprofit agencies. The seven partners are Anxiety BC, BC Schizophrenia Society, Centre for Addictions Research of BC, Canadian Mental Health Association’s BC Division, F.O.R.C.E. Society for Kids Mental Health, Jessie’s Hope Society, and Mood Disorders Association of BC. Since 2003, we’ve been working together to help individuals and families better prevent, recognize and manage mental health and substance use problems. BC Partners work is funded by BC Mental Health and Addiction Services, an agency of the Provincial Health Services Authority. We also receive some additional support from the Ministry of Children and Family Development. The BC Partners are behind the acclaimed HeretoHelp website. Visit us at [www.heretohelp.bc.ca](http://www.heretohelp.bc.ca).



HOW IS THIS INFORMATION ORGANIZED?

This printed version of the guide is sorted by health topic, and then by location. Most resources are presented or offered free of charge, with exceptions indicated. Prescribed learning opportunity (PLO) information, evaluation and review information is included where available. The online database at [www.heretohelp.bc.ca/schools/](http://www.heretohelp.bc.ca/schools/) is searchable by location and grade level.



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## ANXIETY

Locations in BC: [All](#)

**Target Audience:** Teachers, School Counsellors, Parents

### Anxiety web-based resources - Anxiety BC

**Cost:** Free

**Primary Format:** Presentation by professionals/community organizations

**Secondary format:** Information sheets, Activity sheets, Tip sheets, Video, Presentation by professionals/community organizations, Website

**Contact info:** 604-525-7566, [www.anxietybc.com](http://www.anxietybc.com)

**Description:** CBT-based self help for anxiety disorders sections for separated by a parenting section/adult

**Topics:** Anxiety (general), Specific anxiety disorders (general), Skills building workshop for parents of anxious children

**Training or presentation notes:** 2 hours **Delivered by:** Outside professionals/community organization

**Resource evaluated:** Evaluated internally **Evaluation method:** Evidence based

Developed/reviewed by Dr. Melisa Robichaud, Dr. Kristin Buhr, Dr. Adrienne Wong, Stephenie Gold, MA

**Last updated:** continually **Year developed:** 2008 **Adapted for BC:** Developed for BC

**Target Audience:** Parents

### FRIENDS Parent Session - The FORCE Society for Kids' Mental Health

**Cost:** Free

**Primary Format:** Presentation by professionals/community organizations

**Secondary format:** DVD, Workshop presentation handouts, Presentation by professionals/community organizations

**Contact info:** 604 878 3400, [friends.parent.education@gmail.com](mailto:friends.parent.education@gmail.com), [www.bckidsmentalhealth.org](http://www.bckidsmentalhealth.org)

**Description:** Information session for parents about the FRIENDS for Life Program

**Topics:** Mental Health promotion, Anxiety (general)Mental health

Locations in BC: All



*Funding for this project was provided by BC Mental Health and Addiction Services, an agency of the Provincial Health Services Authority.*

**Training or presentation notes:** 3 hour evening presentation **Tailored for a particular group?:** Aboriginal people **Delivered by:** Parents & clinicians **Resource evaluated:** Evaluated internally, Evaluation results are available from The FORCE Society for Kids' Mental Health **Evaluation method:** Feedback form

Reviewed by The FORCE Society for Kids' Mental Health **Last updated:** 2008 **Adapted for BC:** Local resources for parents included Original developer: Pathways Health and Research Centre

## MENTAL HEALTH PROMOTION

Locations in BC: [All](#)

**Target Audience:** Students (Grade 6), Students (Grade 7), Students (Grade 8), Students (Grade 9), Students (Grade 10), Students (Grade 11), Students (Grade 12)

**Beyond the Blues: Depression Anxiety Education and Screening Day - Canadian Mental Health Association, BC Division & Centre for Addictions Research of BC**

**Cost:** Free

**Primary Format:** Presentation by professionals/community organizations

**Secondary format:** Information sheets, Activity sheets, Cards, Posters, Tip sheets, Workshop, Presentation by professionals/community organization, Screening self-tests and debrief interviews with clinicians

**Contact info:** Sarah Hamid-Balma, 604-688-3234 [beyondtheblues@heretohelp.bc.ca](mailto:beyondtheblues@heretohelp.bc.ca), [www.heretohelp.bc.ca/events](http://www.heretohelp.bc.ca/events)

**Description:** Every October, this BC Partners project supports interested community partners across BC to host local events to improve knowledge, skills and attitudes around depression, anxiety, and related issues such as suicide and risky drinking. High school students are one common target audience. Events are free, anonymous, drop-in and locally adapted. Students might be engaged by presentations, displays, fairs, DVDs, board games, along with the option for screening self-tests followed by one-on-one debriefs with a clinician to talk about next steps. They learn more about the signs and symptoms of mood and anxiety disorders, and the range of community supports and treatments that can help. There are a number of population-specific screens including ones for child/youth depression, anxiety and youth risky drinking. Beyond the Blues is not about diagnosis; screenings are conversation-starters and are used as an engagement tool and for early detection. The Ministry of Children and Family Development is one or more than a dozen endorsing agencies

**Topics:** Mental Health promotion, Anxiety (general), Mood disorders (general), depression, bipolar disorder, suicide, alcoholMental health promotion



*Funding for this project was provided by BC Mental Health and Addiction Services, an agency of the Provincial Health Services Authority.*

**Training or presentation notes:** Whole school, classroom, half day **Tailored for a particular group?:** Some translated materials for multilingual audiences and Aboriginal material **Delivered by:** Teachers/school staff, outside professional/community organization, students (with school/org oversight), parents (with school/org oversight) **Resource evaluated:** external evaluator, evaluation results available from Canadian Mental Health Association, BC Division **Evaluation method:** feedback form, formal evaluation reviewed by CMHA BC staff **Last updated:** annually **Year developed:** 1994 **Adapted for BC:** Additional screening tools added, scope widened beyond mood disorders, demographic questions adapted to BC, name of program changed (originally called National Depression Screening Day), all materials are local or Canadian, other infrastructure expansions Original developer: Screening for Mental Health Inc, USA, Douglas Jacobs, MD  
Material can be adapted to differing curriculum models and school timetables.

**Target Audience:** Students (Grade 9), Students (Grade 10), Students (Grade 11), Students (Grade 12), Teachers

### CMHA National Mental Health and High School Curriculum Guide - Canadian Mental Health Association

**Cost:** Free

**Primary Format:** Ready-to-use lesson plans for classrooms

**Secondary format:** Book, Activity sheets, Training instructions, Video, Ready-to-Use Lesson Plans for Classrooms, Teacher training, Website

**Contact info:** info@cmha.ca

**Description:** A series of six classroom lessons about mental health. Includes a series of videos with youth living with mental illness and PowerPoint presentations.

**Topics:** Mental health promotion, Mental illness (general), Anxiety (general), Mood disorders (general), Depression, ADHD, Bipolar disorder, Psychosis, Schizophrenia, Eating disorders, Suicide, Self harm / self injury, Conduct disorders

**Training or presentation notes:** Classroom, Six 50 minute lessons **Delivered by:** Teacher/school staff

**Resource evaluated:** External evaluator, Evaluation results are available from CMHA National Office

**Evaluation method:** Formal evaluation

Reviewed by Dr. Stan Kutcher, Sun Life Financial Chair for Adolescent Mental Health **Year developed:** 2008. Content has been assessed as being age or developmentally appropriate to the needs of students in terms of language, images, attitude, maturity, understanding and knowledge required, The material can be adapted to differing curriculum models and school timetables.



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## PSYCHOSIS / SCHIZOPHRENIA

Locations in BC: [All](#)

**Target Audience:** Students (Grade 10), Students (Grade 11), Students (Grade 12)

### ReachOut Psychosis Concert Tour - BC Schizophrenia Society

**Cost:** Free

**Primary Format:** Presentation by professionals/community organizations

**Secondary format:** Information sheets, Posters, Video, Live show or performance, Resource CD and package for classrooms, Website

**Contact info:** Tracy Dudley, Tour Coordinator, 604-682-7020 reachout@bcss.org  
www.reachoutpsychosis.com

**Description:** ReachOut is a free assembly presentation incorporating a rock and spoken word performance with early psychosis identification education delivered by a high-quality performer team that includes a professional teacher. The program tours high-schools through out BC.

**Topics:** Mental Illness (general), Psychosis, Schizophrenia, Substance Use (general)

**Training or presentation notes:** Entire school, 1 hour **Tailored for a particular group?:** The program delivers content in partnership with aboriginal organizations, with input from those organizations

**Delivered by:** Outside Professional/Community Organization **Resource evaluated:** Evaluated internally, Results are available from BC Schizophrenia Society **Evaluation method:** Feedback form, Formal form

Reviewed by: Medical Advisory Committee including practitioners from 3 different early psychosis intervention programs **Last updated:** continually **Year developed:** 2005 **Adapted for BC:** resource created for BC schools

Content has been assessed as being age or developmentally appropriate to the needs of students in terms of language, images, attitude, maturity, understanding and knowledge required, The material can be adapted to differing curriculum models and school timetables.

**Target Audience:** Students (All Grades)

### Reaching Out–The Importance of Early Treatment–Video and Teachers Lesson Guide - British Columbia Schizophrenia Society

**Cost:** free

**Primary Format:** Video and lesson plan

**Secondary format:** Book, Discussion questions, Video, Ready-to-Use lesson plans for classroom

Locations in BC: All



*Funding for this project was provided by BC Mental Health and Addiction Services, an agency of the Provincial Health Services Authority.*

**Contact info:** British Columbia Schizophrenia Society, 604.270.7841 Toll Free: 1.888.888.0029 #201 - 6011 Westminster Hwy. Richmond, B.C. V7C 4V4 bcss.prov@telus.net, www.reachingout.bcscs.org

**Description:** 20-minute video featuring a short drama and five people with schizophrenia talking about their experience with the illness. Drama is the story of a high school student concerned about a friend and how she learns about schizophrenia and helps connect him with help. Includes information for the teacher and students about schizophrenia, plus lesson plans for two periods, resources and suggestions to extend the learning.

**Topics:** Psychosis, Schizophrenia

**Tailored for a particular group?:** Versions are available with either French or Chinese subtitles

**Resource evaluated:** External evaluator, Evaluation results available from the Schizophrenia Society of Canada website **Evaluation method:** Formal evaluation

Reviewed by: Dr. Peter Liddle, Chair, UBC Schizophrenia Research, Dr. Bill MacEwan, Director, UBC Schizophrenia Program, South Fraser Early Psychosis Intervention Program, and Dr. Phillip Long, psychiatrist. **Year developed:** 2003

Content has been assessed as being age or developmentally appropriate to the needs of students in terms of language, images, attitude, maturity, understanding and knowledge required. The material can be adapted to differing curriculum models and school timetables.

## SUBSTANCE USE (GENERAL)

Locations in BC: [All](#)

**Target Audience:** Teachers

**Addressing Substance Use in Canadian Schools: Effective Substance Use Education; A Knowledge Kit for Teachers - Centre for Addictions Research of BC**

**Cost:** Free

**Primary Format:** Booklet

**Secondary format:** Booklet, worksheet to assess current practices and manage change

**Contact info:** Dan Reist, 604-408-7753 dreist@uvic.ca, www.carbc.ca <http://www.jcsh-cces.ca/>

**Description:** This knowledge kit is part of a series of resources based on evidence drawn from published research and practical literature as well as from the experience of educators across Canada. It seeks to set out the strategies most effective in addressing substance use in schools. All of the kits are linked by a commitment to a population health perspective that underpins the comprehensive school health approach and a common conceptual frame for understanding substance use and the related risks and harms. This



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kit is designed to engage teachers in issues related to substance use education and provide easy access to relevant information.

**Topics:** Mental Health promotion, Healthy thinking, Substance use (general), Guidance for teachers on how to identify and deliver effective classroom education to reduce the harmful substance use in youth.

Reviewed by JCHS; based on thorough literature review done by Gary Roberts for CASH

**Year developed:** 2009

The resource was developed in consultation with students and teachers

**Target Audience:** Other

### Addressing Substance Use in Canadian Schools: Effective Substance Use Policy; A Knowledge Kit for School Administrators - Centre for Addictions Research of BC

**Cost:** Free

**Primary Format:** Booklet

**Secondary format:** Booklet, worksheet to assess current practices and manage change

**Contact info:** Dan Reist, 604-408-7753, dreist@uvic.ca, www.carbc.ca, www.jcsh-cces.ca

**Description:** This knowledge kit is part of a series of resources based on evidence drawn from published research and practical literature as well as from the experience of educators across Canada. It seeks to set out the strategies most effective in addressing substance use in schools. All of the kits are linked by a commitment to a population health perspective that underpins the comprehensive school health approach and a common conceptual frame for understanding substance use and the related risks and harms. This kit is designed to assist school administrators in their role in helping to shape school policy and the school environment.

**Topics:** Mental Health promotion, Healthy thinking, Substance use (general), Guidance on creating and implementing school policies to help reduce the harmful use of substances in youth.

Reviewed by JCHS; based on thorough literature review done by Gary Roberts for CASH **Year**

**developed:** 2009

The resource was developed in consultation with students and teachers



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**Target Audience:** School Counsellors, Other

**Addressing Substance Use in Canadian Schools: Responding to the Needs of Higher Risk Youth; A Knowledge Kit for Councillors and Health Workers - Centre for Addictions Research of BC**

**Cost:** Free

**Primary Format:** Booklet

**Secondary format:** Booklet, worksheet to assess current practices and manage change

**Contact info:** Dan Reist, 604-408-7753, dreist@uvic.ca, www.carbc.ca, www.jcsh-cces.ca

**Description:** This knowledge kit is part of a series of resources based on evidence drawn from published research and practical literature as well as from the experience of educators across Canada. It seeks to set out the strategies most effective in addressing substance use in schools. All of the kits are linked by a commitment to a population health perspective that underpins the comprehensive school health approach and a common conceptual frame for understanding substance use and the related risks and harms. This kit is designed to help school counsellors and other professionals within the school to address the needs of students experiencing, or at risk of experiencing, harm from substance use.

**Topics:** Mental Health promotion, Healthy thinking, Substance use (general), Guidance for school councillors and health staff on how to address the needs of higher risk youth in regards to harmful substance use.

Reviewed by JCHS; based on thorough literature review done by Gary Roberts for CASH Year

**developed:** 2009

The resource was developed in consultation with students and teachers

**Target Audience:** Other

**Addressing Substance Use in Canadian Schools: School-Family-Community Partnerships; A Knowledge Kit for School and Community Leaders - Centre for Addictions Research of BC**

**Cost:** Free

**Primary Format:** Booklet

**Secondary format:** Booklet, worksheet to assess current practices and manage change

**Contact info:** Dan Reist, 604-408-7753, dreist@uvic.ca, www.carbc.ca <http://www.jcsh-cces.ca/>

**Description:** This knowledge kit is part of a series of resources based on evidence drawn from published research and practical literature as well as from the experience of educators across Canada. It seeks to set out the strategies most effective in addressing substance use in schools. All of the kits are linked by a commitment to a population health perspective that underpins the comprehensive school health approach



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and a common conceptual frame for understanding substance use and the related risks and harms. This kit, as part of a series that focuses on schools, emphasises the role of education leaders. It should, however, be useful to parent and community leaders as well.

**Topics:** Mental Health promotion, Healthy thinking, Substance use (general), Guidance for school and community leaders on how to create effective partnerships and use them to address harmful substance use by youth.

Reviewed by JCHS; based on thorough literature review done by Gary Roberts for CASH **Year developed:** 2009

The resource was developed in consultation with students and teachers

**Target Audience:** Students (Grade 8), Students (Grade 9), Students (Grade 10), Students (Grade 11), Students (Grade 12), School Counsellors, Other

### Alcohol Reality Check: Youth Risky Drinking Checkup - Centre for Addictions Research of BC

**Cost:** Free

**Primary Format:** Booklet

**Secondary format:** Booklet, Information sheets, Cards, Discussion questions, Training instructions, Website (alcoholreality.ca)

**Contact info:** CARB, 604-408-7753, info@carbc.ca, <http://carbc.ca/HelpingSchools/tabid/638/agentType/View/PropertyID/377/Default.aspx>

**Description:** A screening package: in paper incl. a brief 7 item questionnaire, take-home results card, youth alcohol resource card, quick scoring aid and clinician guide booklet; on-line incl. the questionnaire, programmed personalized feedback, general advice and links to other resources

**Topics:** Alcohol

**Training or presentation notes:** small group, individual screening session with a clinician

**Delivered by:** teachers/school staff, outside professionals/community organizations

Reviewed by JCHS; based on thorough literature review done by Gary Roberts for CASH **Last updated:** 2008 **Year developed:** 2007 The resource was developed in consultation with students and teachers

**Target Audience:** Students (Grade 6)

### IMinds Substance Misuse Prevention Module: Grade 6 - Centre for Addictions Research of BC

**Cost:** free, no extra travel related costs (over and above any fees for resource)



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**Primary Format:** Ready-to-use lesson plans for classrooms

**Secondary format:** Information sheets, Activity sheets, Training Instructions, Ready-to-use lesson plans for classrooms, Teacher training (optional)

**Contact info:** CARBC, 604-408-7753, helpingschools@carbc.ca, www.carbc.ca

**Description:** This is a self contained curriculum resource consisting of six lessons, a teacher's guide, various lesson plan resources and an evaluation form. IMinds employs participatory learning methods which allow students to play a meaningful and active role in the learning process. Grade 6 is an ideal time for students to explore healthy behaviours. It is at the beginning of a period of significant change in students' lives. Transitions of any kind can be tough on kids. During the transition to adolescence, more children will begin to experience stress, anxiety and depression. More children will also begin experimenting with alcohol and other drugs. In the Grade 6 IMinds module, students go to "detective-training school" where they learn how to examine the range of factors that influence behaviour and the role of personal choice. They also learn how to think critically about the information they are given and use an investigative approach to learning.

**Topics:** Mental health promotion, Healthy thinking, Substance use (general)

**Training or presentation notes:** classroom **Delivered by:** teacher/school staff **Resource evaluated:** Evaluated internally **Evaluation method:** Feedback form

The resource was developed as part of a larger evidence-based analysis of effective substance use prevention education conducted by CARBC. **Year developed:** 2007

Content has been assessed as being age or developmentally appropriate to the needs of students in terms of language, images, attitude, maturity, understanding and knowledge required, The material can be adapted to differing curriculum models and school timetables.

**Target Audience:** Students (Grade 7)

### IMinds Substance Misuse Prevention Module: Grade 7 - Centre for Addictions Research of BC

**Cost:** Free, no extra travel related costs (over and above any fees for resource)

**Primary Format:** Ready-to-use lesson plans for classrooms

**Secondary format:** Information sheets, Activity sheets, Training instructions, Ready-to-use lesson plans for classrooms, Teacher training (optional)

**Contact info:** CARBC, 604-408-7753, helpingschools@carbc.ca, www.carbc.ca

**Description:** This is a self contained curriculum resource consisting of six lessons, a teacher's guide, various lesson plan resources and an evaluation form. IMinds employs participatory learning methods which allow students to play a meaningful and active role in the learning process. In the Grade 7 IMinds module, students become archaeologists and "dig" for clues about the ways of ancient societies used



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tobacco, alcohol and cannabis. The students then use this information to create exhibits in an “ancient substance use museum.” Grade 7 is a transition year for many students. Change can be confusing and stressful, and the anxiety that results can cloud a person’s ability to think things through carefully and make healthy choices. Examining both the past and present can provide a bigger picture, helping young people see through that cloud and gain a broader perspective with which to navigate their day to day lives.

**Topics:** Mental health promotion, Healthy thinking, Substance use (general), Tobacco, Alcohol, Cannabis

**Training or presentation notes:** classroom **Delivered by:** teacher/school staff **Resource evaluated:** Evaluated internally **Evaluation method:** Feedback form The resource was developed as part of a larger evidence-based analysis of effective substance use prevention education conducted by CARBC. **Year developed:** 2008 Content has been assessed as being age or developmentally appropriate to the needs of students in terms of language, images, attitude, maturity, understanding and knowledge required, The material can be adapted to differing curriculum models and school timetables

**Target Audience:** Students (Grade 8)

### IMinds Substance Misuse Prevention Module: Grade 8 - Centre for Addictions Research of BC

**Cost:** Free

**Primary Format:** Ready-to-use lesson plans for classrooms

**Secondary format:** Information sheets, Activity sheets, Training instructions, Ready-to-use lesson plans for classrooms, Teacher training (optional)

**Contact info:** CARBC, 604-408-7753, helpingschools@carbc.ca, www.carbc.ca

**Description:** This is a self contained curriculum resource consisting of six lessons, a teacher’s guide, various lesson plan resources and an evaluation form. IMinds employs participatory learning methods which allow students to play a meaningful and active role in the learning process. The Grade 8 IMinds module allows students to explore issues related to the media’s influence on behaviour. Young people need to be able to examine and think critically about who and what influences their behaviour—whether its related to what they buy, how they dress, how they talk or what they do in their free time. Exploring the role of media is ideal in Grade 8 because it is a time when young people are gaining more independence from parents and are making more individual choices about where they spend their time and money.

**Topics:** Mental health promotion, Healthy thinking, Substance use (general) Substance use (general)

**Training or presentation notes:** classroom **Delivered by:** teacher/school staff **Resource evaluated:** Evaluated internally, Results available from CARBC **Evaluation method:** feedback form

The resource was developed as part of a larger evidence-based analysis of effective substance use prevention education conducted by CARBC. **Year developed:** 2008 Content has been assessed as being age or developmentally appropriate to the needs of students in



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terms of language, images, attitude, maturity, understanding and knowledge required, The material can be adapted to differing curriculum models and school timetables.

**Target Audience:** Students (Grade 9)

### IMinds Substance Misuse Prevention Module: Grade 9 - Centre for Addictions Research of BC

**Cost:** Free

**Primary Format:** Ready-to-use lesson plans for classrooms

**Secondary format:** Information sheets, Activity sheets, Training instructions, Ready-to-use lesson plans for classrooms, Teacher training (optional)

**Contact info:** CARBC, 604-408-7753, helpingschools@carbc.ca, www.carbc.ca

**Description:** This is a self contained curriculum resource consisting of six lessons, a teacher's guide, various lesson plan resources and an evaluation form. IMinds employs participatory learning methods which allow students to play a meaningful and active role in the learning process. The Grade 9 IMinds is designed to support the Grade 9 English and Health and Career Education curricula. Students strengthen their understanding of the literary forms of short story and parallel poem while exploring contemporary issues surrounding the use of alcohol and other drugs. The Grade 9 module encourages ongoing assessment and culminates in a presentation that allows students to demonstrate what they have learned.

**Topics:** Mental health promotion, Healthy thinking, Substance use (general) Substance use (general)

**Training or presentation notes:** classroom **Delivered by:** teacher/school staff **Resource evaluated:** Evaluated internally, Results available from CARBC **Evaluation method:** feedback form

The resource was developed as part of a larger evidence-based analysis of effective substance use prevention education conducted by CARBC. **Year developed:** 2010

Content has been assessed as being age or developmentally appropriate to the needs of students in terms of language, images, attitude, maturity, understanding and knowledge required, The material can be adapted to differing curriculum models and school timetables.

**Target Audience:** Students (Grade 10)

### IMinds Substance Misuse Prevention Module: Grade 10 - Centre for Addictions Research of BC

**Cost:** Free



*Funding for this project was provided by BC Mental Health and Addiction Services, an agency of the Provincial Health Services Authority.*

**Primary Format:** Ready-to-use lesson plans for classrooms

**Secondary format:** Information sheets, Activity sheets, Training instructions, Ready-to-use lesson plans for classrooms, Teacher training (optional)

**Contact info:** CARBC, 604-408-7753, helpingschools@carbc.ca, www.carbc.ca

**Description:** This is a self contained curriculum resource consisting of six lessons, a teacher's guide, various lesson plan resources and an evaluation form. IMinds employs participatory learning methods which allow students to play a meaningful and active role in the learning process. The Grade 10 IMinds is designed to support the Grade 10 English, Social Studies or Planning curricula. The module helps students develop their critical thinking skills while learning about and performing formal debates related to the use of alcohol and other drugs. By the end of the module, students will have acquired and integrated new knowledge and skills, and demonstrating their abilities through writing and performing debate speeches.

**Topics:** Mental health promotion, Healthy thinking, Substance use (general) Substance use (general)

**Training or presentation notes:** classroom **Delivered by:** teacher/school staff **Resource evaluated:** Evaluated internally, Results available from CARBC **Evaluation method:** feedback form

The resource was developed as part of a larger evidence-based analysis of effective substance use prevention education conducted by CARBC. **Year developed:** 2010

Content has been assessed as being age or developmentally appropriate to the needs of students in terms of language, images, attitude, maturity, understanding and knowledge required, The material can be adapted to differing curriculum models and school timetables.

**Target Audience:** Teachers, Other

### Rethinking Drug Education - Centre for Addictions Research of BC

**Cost:** Varies; extra travel costs apply over and above any fees for the resource (contact for more information)

**Primary Format:** Workshop

**Secondary format:** Workshop, Presentation by professionals/Community organizations, Teacher training

**Contact info:** 604-408-7753, dreist@uvic.ca, www.carbc.ca

**Description:** This is an adaptable presentation that provides teachers and school administrators with an evidence-based look at both substantive topics and pedagogical processes associated with effective drug education and health promotion in schools., This presentation discusses: (1) a theoretical understanding of substance use behaviours; (2) a comprehensive health promotion framework; and (3) pedagogical strategies that have been shown to improve the effectiveness of drug prevention education including constructivist education methods and techniques for actively involving students in the knowledge generation process.



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**Topics:** Mental health promotion, Healthy thinking, Substance use (general) Healthy Thinking, Mental health promotion

**Training or presentation notes:** 1 hour **Delivered by:** Outside professional/Community organization

**Evaluation method:** Resource has not been evaluated

Resource developed as part of evidence review done by the Centre for Addictions Research of BC

**Year developed:** 2007

**Target Audience:** Parents

### The Road Ahead: A Guidebook for Parent of Young Teens about Alcohol and Other Drugs - BC Council for Families & Centre for Addictions Research of BC

**Cost:** Free (can be downloaded from:

<http://carbc.ca/Portals/0/PropertyAgent/2111/Files/12/ParentGuide.pdf>; Hardcopies can be ordered from the BC Council for Families for a nominal charge from this website:

[http://www.bccf.bc.ca/catalogue/product\\_info.php?products\\_id=249](http://www.bccf.bc.ca/catalogue/product_info.php?products_id=249)

**Primary Format:** Booklet

**Secondary format:** Booklet

**Contact info:** CARBC, 604-408-7753, [info@carbc.ca](mailto:info@carbc.ca), [www.carbc.ca](http://www.carbc.ca)

**Description:** This handbook is designed to help parents get prepared for parenting pre-teens and young teens. While the focus is on alcohol and other drug use, there are different types of behavioural "problems" that parents need to be aware of, such as gambling, internet use and video gaming. Contents include: Getting Familiar with Teen Territory, Understanding Why Teens Use Drugs, Tips for Staying Close to Your Growing Child, Communicating Effectively with Your Child About Drugs, How to Act if You Think Your Teen is Using Drugs, The ABCs of Drugs Used by Young People.

**Topics:** Substance use, Tobacco, Alcohol, Cannabis, Although focused on alcohol and other drugs, the information in this guidebook is useful for other types of behavioural issues that parents need to be aware of, such as gambling, internet use and video gaming.

**Training or presentation notes:** 1 hour **Delivered by:** Parents as Booklet **Resource evaluated:**

Resource has NOT been evaluated. Produced in conjunction with an evidence review done by CARBC.

**Year developed:** 2007



Funding for this project was provided by BC Mental Health and Addiction Services, an agency of the Provincial Health Services Authority.

## MENTAL HEALTH PROMOTION

Locations in BC: **East Kootenay, Kootenay-Boundary**

**Target Audience:** Students (All Grades)

**Youth Outreach and Family Support, Children Who Witness Abuse and VIP programs/Mental Health First Aid (teachers) - Canadian Mental Health Association Kootenays branch**

**Cost:** Free, but also varies (contact for more information)

**Primary Format:** Workshop

**Secondary format:** Information sheets, Workshop, Workshop presentation handouts, Youth Facilitated Discussion Groups, Teacher training, Parent training

**Contact info:** Jackie Rankel-Director of Womens, Youth, Childcare, and Volunteer services, 250-426-5222 or 250 426-7477, jrankel@cmhakootenays.org, www.kootenays.cmha.bc.ca

**Description:** Individual and group services which can include education and support directed at youth in areas of mental wellness, self esteem, bullying, conflict resolution, emotional regulation and skills management. Workshops can be tailored as needed. / MHFA two day information session on recognising indicators of mental health.

**Topics:** Mental Health Promotion, Body Image, Healthy Thinking, Mental Illness (general), Anxiety (general), Mood Disorders (general), Depression, Bipolar Disorder, Psychosis, Schizophrenia, Eating Disorders, Suicide, Self-harm/Self-injury, Substance Use (general)

**Training or presentation notes:** Small group, Full day, 1 hour **Delivered by:** Outside Professional/Community Organization **Resource evaluated:** Evaluated externally and internally, Evaluated by Canadian Mental Health Association for the Kootenays **Evaluation method:** Feedback form

Reviewed internally **Last updated:** 2008 **Year developed:** 2006

Content has been assessed as being age or developmentally appropriate to the needs of students in terms of language, images, attitude, maturity, understanding and knowledge required. The material can be adapted to differing curriculum models and school timetables.

## PSYCHOSIS / SCHIZOPHRENIA

Locations in BC: **Fraser Valley, North Shore/Coast Garibaldi, Okanagan**

**Target Audience:** Students (Grade 2), Students (Grade 3), Students (Grade 4)



*Funding for this project was provided by BC Mental Health and Addiction Services, an agency of the Provincial Health Services Authority.*

### Partnership Puppeteer Program - British Columbia Schizophrenia Society

**Cost:** free

**Primary Format:** Presentation by professionals/community organizations

**Secondary format:** Live show or performance, Presentation by professionals/community organizations, Info for children with family members with a mental illness

**Contact info:** British Columbia Schizophrenia Society, 604.270.7841 Toll Free: 1.888.888.0029, #201 - 6011 Westminster Hwy. Richmond, B.C. V7C 4V4, bcss.prov@telus.net, www.puppeteer.bcss.org

**Description:** The B.C. Schizophrenia Society, through the Partnership Education Program, presents the “Brother Where Are You” puppet show to Grade 4/5 students in order to give them accurate information and to dispel the myths and misunderstandings about mental illness. The puppet show is designed to be presented by consumers and family members who use large brightly coloured puppets. “Brother Where Are You” is a story about a young girl who shares her concerns with her friends about her brother who has schizophrenia.

**Topics:** Mental Illness (general), Psychosis, Schizophrenia, Mental illness of a family member

**Training or presentation notes:** Classroom, Small group, 1 hour **Delivered by:** Outside Professional/Community Organization, Parents **Resource evaluated:** Evaluated Internally **Evaluation method:** Feedback form

Reviewed by: BC Schizophrenia Society staff **Adapted for BC:** Developed in and for BC Content has been assessed as being age or developmentally appropriate to the needs of students in terms of language, images, attitude, maturity, understanding and knowledge required. The material can be adapted to differing curriculum models and school timetables.

## MENTAL ILLNESS (GENERAL)

Locations in BC: **Fraser Valley, Northeast BC, Northern Interior, North Shore/Coast Garibaldi, Northwest BC, Okanagan, Richmond, Simon Fraser, Vancouver**

**Target Audience:** Students (Grade 6), Students (Grade 7), Students (Grade 8), Students (Grade 9), Students (Grade 10), Students (Grade 11), Students (Grade 12)

### Partnership Education Program - British Columbia Schizophrenia Society

**Cost:** Free

**Primary Format:** Presentation by professionals/community organizations

**Secondary format:** Presentation by professionals/community organizations

Locations in BC: Fraser Valley, Northeast BC, Northern Interior, North Shore/Coast Garibaldi, Northwest BC, Okanagan, Richmond, Simon Fraser, Vancouver



*Funding for this project was provided by BC Mental Health and Addiction Services, an agency of the Provincial Health Services Authority.*

**Contact info:** 604.270.7841 Toll Free: 1.888.888.0029, #201 - 6011 Westminster Hwy. Richmond, BC V7C 4V4, bcss.prov@telus.net www.puppeteer.bcsc.org & www.branches.bcsc.org

**Description:** A Partnership presentation is a panel of three guest speakers - a person with a psychiatric diagnosis, a family member, and a mental health professional. The three guests are presented as a team and each describes their own personal experience with mental illness.

**Topics:** Mental Illness (general), Psychosis, Schizophrenia, Mental illness of a family member

**Training or presentation notes:** Whole school, Classroom, Small group, 1 hour **Tailored for a particular group?:** Can be tailored through speaker selection **Delivered by:** Outside Professional/Community Organization, Parents **Resource evaluated:** Evaluated internally, Results are available from provincial office **Evaluation method:** Feedback form

Presentation is mostly personal experience, but mental health professional presents information during presentation **Last updated:** continually **Year developed:** 1994

The material can be adapted to differing curriculum models and school timetables.

Locations in BC: **Northeast BC, Northern Interior, Northwest BC**

**Target Audience:** Students (Grade 11), Students (Grade 12), Teachers, School Counsellors, Parents

**Co-presentation by professional who works in mental health field and individual who lives with mental illness - Canadian Mental Health Association Prince George branch**

**Cost:** Free

**Primary Format:** Ready-to-use lesson plans for classrooms

**Secondary format:** Information sheets, Discussion questions, Live show or performance, Presentation by professionals/community organizations, Pamphlets

**Contact info:** 250-564-8644 lindadoran@cmhapg.ca

**Description:** Discussion on the personal journey of mental illness, working in the field, and how to cope/prevent impact of disorders. Includes pamphlets, use of humour and engagement with students

**Topics:** Mental health promotion, Healthy thinking, Mental illness (general), Mood disorders (general), Bipolar disorder, Psychosis, Substance use (general)

**Training or presentation notes:** classroom, small groups, 1 hour, can be tailored to suit needs

**Delivered by:** Outside professionals/community organization **Resource evaluated:** Informal feedback from students and teachers **Evaluation method:** Anecdotal



*Funding for this project was provided by BC Mental Health and Addiction Services, an agency of the Provincial Health Services Authority.*

Reviewed by Canadian Mental Health Association **Last updated:** continually **Year developed:** 2004  
Content has been assessed as being age or developmentally appropriate to the needs of students in terms of language, images, attitude, maturity, understanding and knowledge required by teacher, The material can be adapted to differing curriculum models and school timetables.

## MENTAL HEALTH PROMOTION

### Locations in BC: **Okanagan**

**Target Audience:** Students (Grade 10), Students (Grade 11), Students (Grade 12), Teachers, Parents

#### **Stress Management for Teens - Canadian Mental Health Association Kelowna branch**

**Cost:** Varies (contact for more information)

**Primary Format:** Live presentation

**Secondary format:** Workshop presentation handouts, Presentation by professionals/community organizations, PowerPoint presentation, Interactive group work

**Contact info:** 250-861-3644 #105 [deborah.linthout@cmha.bc.ca](mailto:deborah.linthout@cmha.bc.ca), [www.kelowna.cmha.bc.ca](http://www.kelowna.cmha.bc.ca)

**Description:** What is stress, stress factors, stress and teen age life, stress sources, coping skills.

**Topics:** Mental health promotion, Healthy thinking, Mental illness (general), Anxiety (general), Depression, Tobacco, Alcohol, Other drugs

**Training or presentation notes:** Classroom, Small group, Maximum 2 hours **Delivered by:** Outside professional familiar with mental health and mental illness background **Resource evaluated:** Internal evaluation **Evaluation method:** Other requests from teachers to come again

Main resource: [HeretoHelp.bc.ca](http://HeretoHelp.bc.ca) information **Last updated:** 2008 **Year developed:** 2007

**Adapted for BC:** Made in BC for BC using knowledge of and experience in working with teenagers and teachers

Content has been assessed as being age or developmentally appropriate to the needs of students in terms of language, images, attitude, maturity, understanding and knowledge required, The material can be adapted to differing curriculum models and school timetables.



*Funding for this project was provided by BC Mental Health and Addiction Services, an agency of the Provincial Health Services Authority.*

## Locations in BC: **South Fraser**

**Target Audience:** Students (Grade 10), Other

### **Youth Net Delta - Canadian Mental Health Association Delta branch**

**Cost:** Varies (contact for more information)

**Primary Format:** Workshop

**Secondary format:** Information sheets, Tip sheets, Discussion questions, Workshop, Workshop presentation handouts, Presentation by professionals/community organizations, Ready-to-use Lesson plans for classrooms, Youth facilitated discussion groups

**Contact info:** Judy Gray, Co-ordinator, Youth Net Delta, Canadian Mental Health Association, Delta Branch, 604-943-1878, youthnetdelta@dccnet.com, www.delta.cmha.bc.ca/youthnet

**Description:** Youth facilitated workshops focusing on mental health and healthy stress

**Topics:** Mental health promotion, Body image, Healthy thinking (general), Anxiety (general), Mood disorders (general), Eating disorders, Suicide, Substance use (general) Stigma, Screening survey that may result in a follow-up

**Training or presentation notes:** Classroom, Small group (class divided in two), 1 hour (80 minute class)

**Delivered by:** Outside professionals/community organization **Resource evaluated:** Evaluated internally, Evaluation results are available from CMHA Delta- Youth Net Program Coordinator **Evaluation method:** Feedback form, Formal evaluation

Reviewed by community organizations specializing in mental illness **Last updated:** 2008

**Year developed:** 2002

Covers a portion of Unit 3: HEALTH in the Planning 10 curriculum. Healthy Living ...It is expected students will analyse factors that influence health (physical, nutrition, stress management) (Youth Net Delta provides stress coping exercise and mental health continuum) Health Information... It is expected that students will analyse health information for validity and personal relevance.(Youth Net Delta provides personal screening survey, mental illness signs/symptoms, stigma exercise, resource exercise) Health Decisions (1) It is expected that students will evaluate the potential effects of an individual's health-related decisions on self, family and community.(Youth Net Delta provides mental health continuum, mental illness signs/symptoms, stress coping exercise, resource exercise) Health Decisions (4) It is expected that students will analyse strategies for preventing substance misuse. (Youth Net Delta provides mental health continuum, mental illness signs/symptoms, coping strategies, resources)