

SUBSTANCE USE RESOURCES



QUICK FACTS

MARIJUANA

- Marijuana/Cannabis remains illegal for anyone under the age of 19 in Ontario
- Youth are especially vulnerable to the effects of as brain development continues until about 25 years old ²
- About 1 in 5 Ontario students in grades 7-12 have used cannabis once in the past year ²

ALCOHOL

- Alcohol is the most used substance by Ontario students ¹
- 58% of Ontario students in grade 7-12 report consuming alcohol ¹

TOBACCO

- Of students who use tobacco products, more than half report getting the products from friends or family members ¹

¹ Boak, A., Hamilton, H., Adlaf, E. M., & Mann, R. R. (2017) Drug use among Ontario students, 1977-2017: Detailed findings from the Ontario Student Drug Use and Health Survey (OSDUHS) (CAMH Research Document Series No. 46). Toronto, ON: Centre for Addiction and Mental Health.

² Paglia-Boak, A., Mann, R.E., Adlaf, E.M. & Rehm, J. (2009). Drug Use Among Ontario Students: 1977-2009. camh Research Document Series No. 27. Toronto: Centre for Addiction and Mental Health

Books

- Adolescent drug & alcohol use: how to spot it, stop it, and get help for your family – *Babbitt, Nikki*
- The drug conversation: how to talk to your child about drugs – *Bowden-Jones, Owen*
- A survival guide to parenting teens: talking to your kids about sexting, drinking, drugs, and other things that freak you out – *Geltman, Joani*
- Get out of my life, but first could you drive me and Cheryl to the mall? A parent's guide to the new teenager – *Farrar, Straus & Giroux*
- What parents need to know about teen risk taking: strategies for reducing problems related to alcohol, drugs, gambling, and internet use – *Centre for Addiction and Mental Health* (<https://www.camh.ca/-/media/files/guides-and-publications/what-parents-teen-risk-taking-en.pdf>)
- What parents need to know about teens: facts, myths and strategies – *Centre for Addiction and Mental Health* (<https://www.camh.ca/-/media/files/guides-and-publications/what-parents-need-to-know.pdf>)

Local Community Supports

Quit Smoking Program

- Ottawa Heart Clinic, open to self-referrals, covered by OHIP
- <https://www.ottawaheart.ca/clinic/quit-smoking-program>

STOP Program

- Provides nicotine replacement and counselling support at no cost
- Eligible to patients enrolled in family health teams or through public health
- <https://healthunit.org/clinics-classes/quit-smoking-clinic/>

Sandy Hill Community Health Centre

- Provides supportive counselling services for individuals, families and adolescents seeking help for addictions (including problem gambling), mental health issues, or concurrent disorders
- <https://www.shchc.ca/programs/amhs>

Websites

- <https://www.ottawapublichealth.ca/en/public-health-topics/quitting-smoking.aspx#Community-Resources>
- <https://www.parentinginottawa.ca/en/youth/cannabis-and-marijuana.aspx>
- <https://www.canada.ca/en/health-canada/services/substance-use/talking-about-drugs/talking-with-teenagers-about-drugs.html>
- <https://www.cdc.gov/marijuana/factsheets/teens.htm>