

# The think tank on drugs

## 2<sup>nd</sup> edition (“GRD”):

### An indicated prevention and harm reduction program for troubled youths

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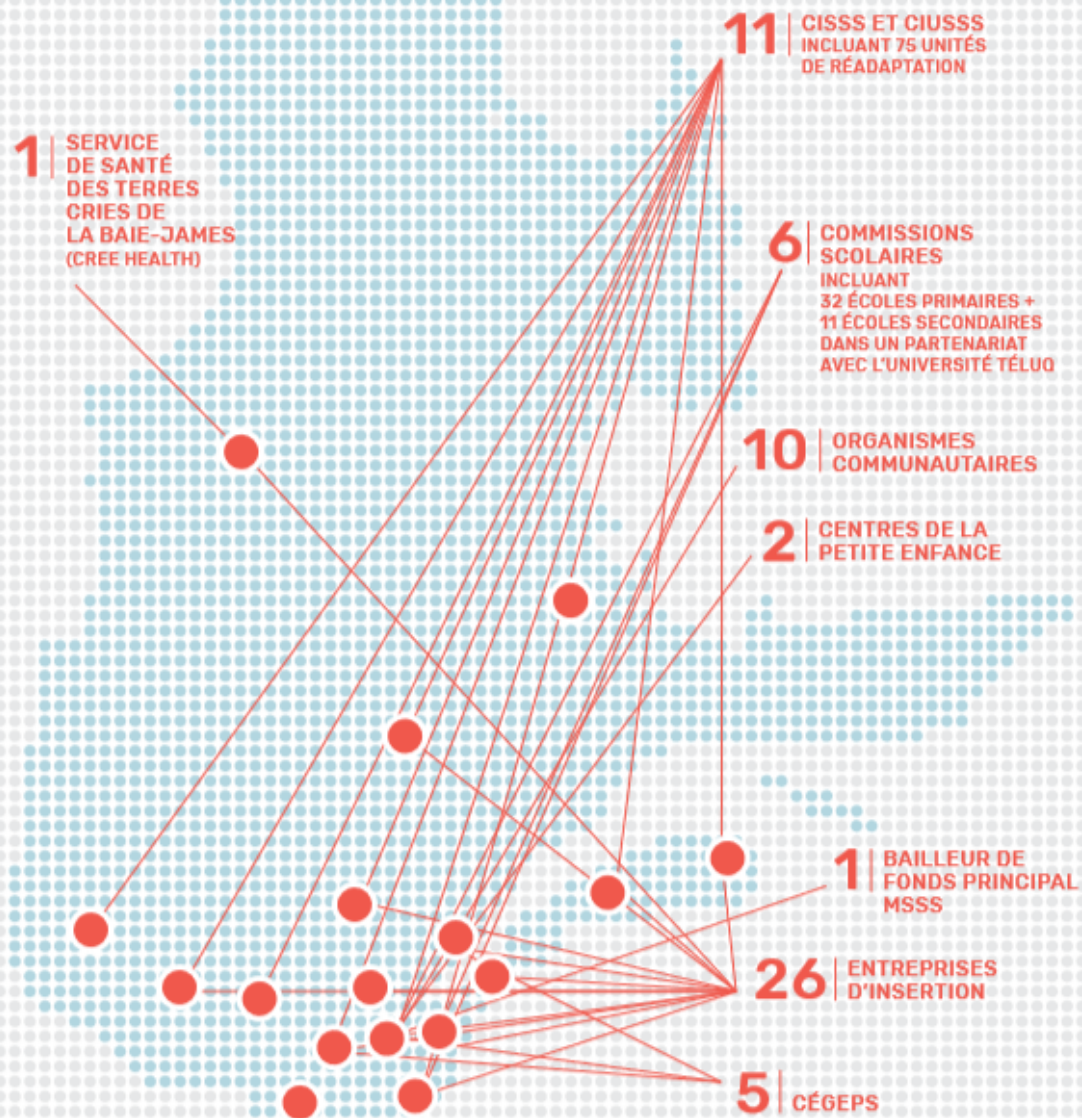
Arnaud Milord-Nadon, Development agent at Boscoville



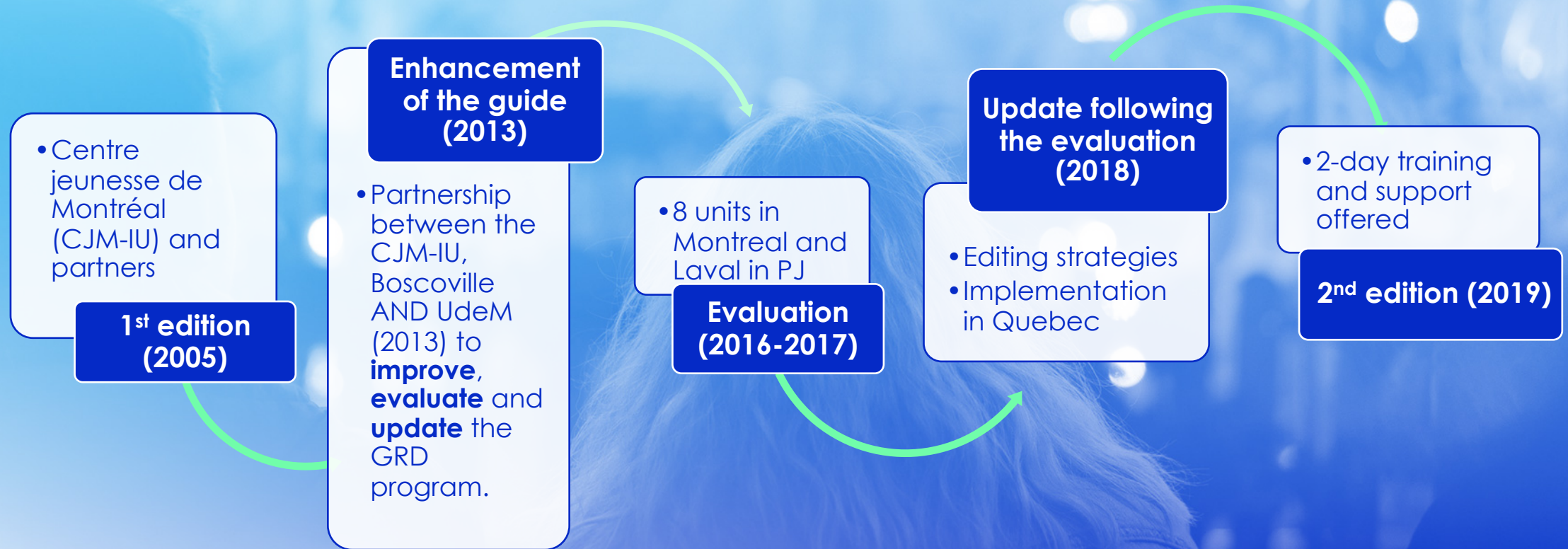


**boscoville**  
innover pour la jeunesse

## NOS PARTENAIRES PROVIENNENT DE TOUS LES HORIZONS



# History of the development of the GRD program





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# General objectives

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- ▶ Stimulate reflection among participants on their consumption habits in order for them to reduce the associated risks and consequences
- ▶ Empower participants to become more responsible by acquiring prosocial habits
- ▶ Foster motivation through the use of specialized services for substance use treatment



# Target clientele

This program is intended for troubled adolescents between **14 to 17** years of age who present or who are at risk for developing problematic substance use.

## Criteria for participation in the program

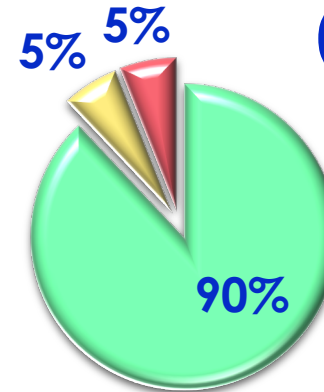
- ▶ Youths with a **“yellow light”** rating (emerging problem).

May also be suitable for...

- ▶ Youths with a **“red light”** rating who are not motivated to receive specialized services for substance use treatment.

# Portrait of substance use among youths, according to different populations

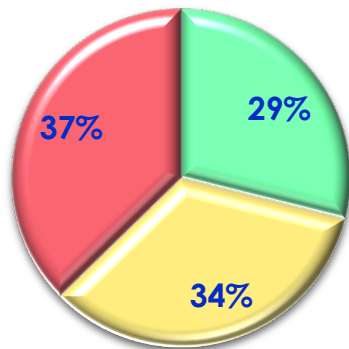
General population (DEP-Ado)



Green light Yellow light Red light

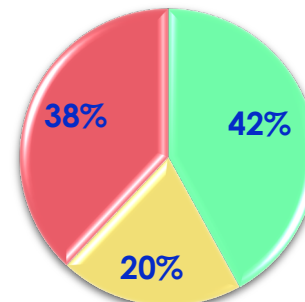
Two out of three troubled youths either have problematic substance use or are at risk for developing problematic substance use

Youths receiving services from Youth Centres (Lavature et al., 2008)



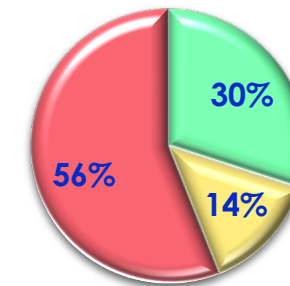
Low consumption Moderate consumption High consumption

Clinical portrait of young substance users in housing (Programme jeunesse du CCSMTL, 2018)



Green light Yellow light Red light

Youths admitted to Youth Centres (housed) (Lambert et Haley, 2012)



Green light Yellow light Red light

# Experimentation of different substances



GROUPE  
DE RÉFLEXION  
SUR LES  
DROGUES



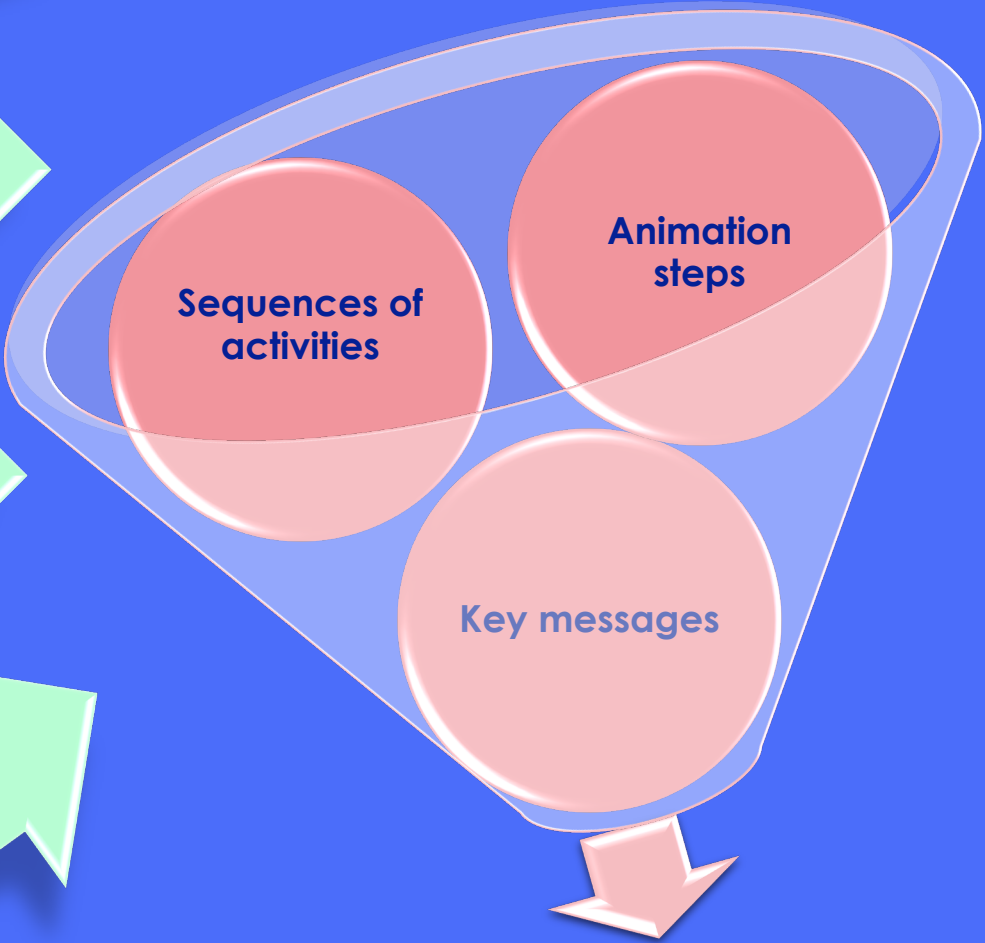
Cognitive  
behavioural  
approach

Psychoeducational  
approach

Harm reduction

Motivational  
approach

# Program principles



“Turnkey Guide”



Everyone has already tried an illegal drug  
at least once in their lives.

TRUE

Cannabis is a less dangerous drug than others because it is  
natural.

1

## FIRST MEETING

LET'S GO!

For the adolescent

► Realize that

Exercise, a cold shower, caffeine and energy  
drinks help to eliminate alcohol more quickly.

TRUE

FA

the subject,  
to learn;  
approach and  
proposed in the GRD.

# 2

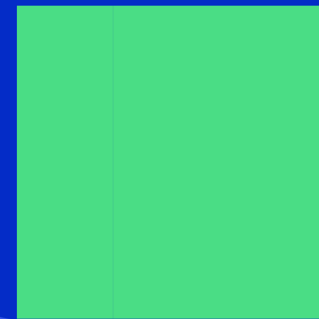
## SECOND MEETING

### THE SUBSTANCES



**For the adolescents to:**

- ▶ **Identify the substance-related factors that affect the risks and consequences associated with substance use.**





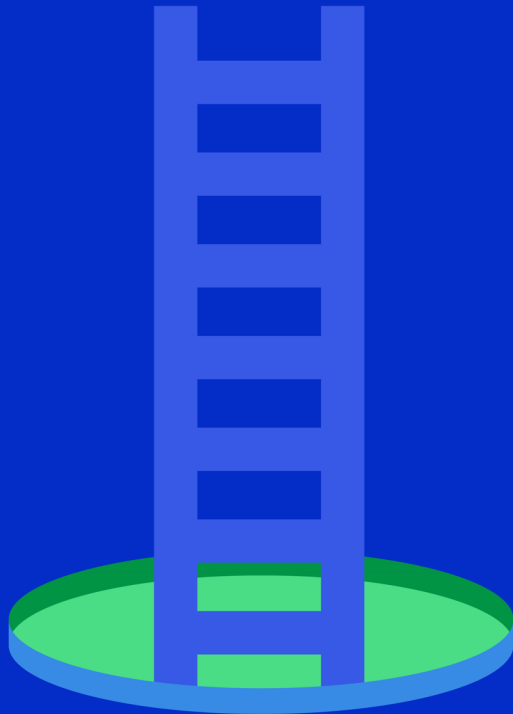
## THIRD MEETING

### THE INDIVIDUAL



**For the adolescents to:**

- ▶ Acquire an understanding of the role that substance use can have on an individual;
- ▶ Learn about the individual characteristics that can increase or reduce the risks and consequences related to substance use.



# 4

## FOURTH MEETING

CONTEXTS AND

THE LAW OF EFFECT

For the adolescents to:

- ▶ Identify the contextual factors that affect the risks and consequences associated with substance use;
- ▶ Understand the law of effect.



# FOURTH MEETING: CONTEXTS AND THE LAW OF EFFECT

## Individual factors

I A 12-YEAR OLD GIRL WHO WANTS TO IMPRESS HER FRIENDS	I A 10-YEAR OLD BOY WHO WANTS TO TRY
I A VERY TIRED PERSON	I A VERY ANGRY MAN
I A YOUNG 16-YEAR OLD WHO IS PREGNANT	I A BORED 16-YEAR OLD TEENAGER
I A YOUTH WHO IS EXPECTING TO HAVE AN ENJOYABLE EFFECT	I A VERY UNHAPPY TEEN WHO IS CONTEMPLATING SUICIDE
I A YOUTH WHO HAS ALREADY HAD A VERY BAD CONSUMPTION EXPERIENCE	I A 16-YEAR OLD YOUTH GOING THROUGH A HEARTBREAK

## Substance-related factors

S SMOKING A JOINT ONCE A WEEK	S DRINKING 13 OUNCES OF VODKA EVERY NIGHT
S SMOKING 1 GRAM OF HASHISH OIL PER WEEK	S INJECTING ¼ GRAM OF COKE ONCE A MONTH
S SMOKING CRACK EVERY DAY	S DRINKING 12 BEERS ONCE A MONTH
S SMOKING A PACK OF CIGARETTES EVERY DAY	S DRINKING AN ENERGY DRINK MIXED WITH ALCOHOL

## Contextual factors

C AT WORK	C BEFORE DRIVING A CAR
C AFTER SCHOOL	C WITH STRANGERS AT A CONCERT
C DURING AN AFTERNOON BREAK	C BEFORE A MATH EXAM
C WHILE ON A TRIP TO THE USA	C IN THE METRO
C AT THE PARK WITH FRIENDS FROM THE NEIGHBOURHOOD	C AT A PARTY



# 6

## SIXTH MEETING

### TAKING A LOOK AT YOURSELF



**For the adolescents to:**

- ▶ **Take a personal look at their consumption habits and the associated repercussions .**





## SEVENTH MEETING

RESPONDING TO NEEDS USING

WAYS OTHER THAN CONSUMING

**For the adolescents to:**

- ▶ **Recognized that the needs which are being fulfilled while consuming can be met in other ways.**





### Santé:

- Physique
- Psychologique
- Affective

### Relations familiales :

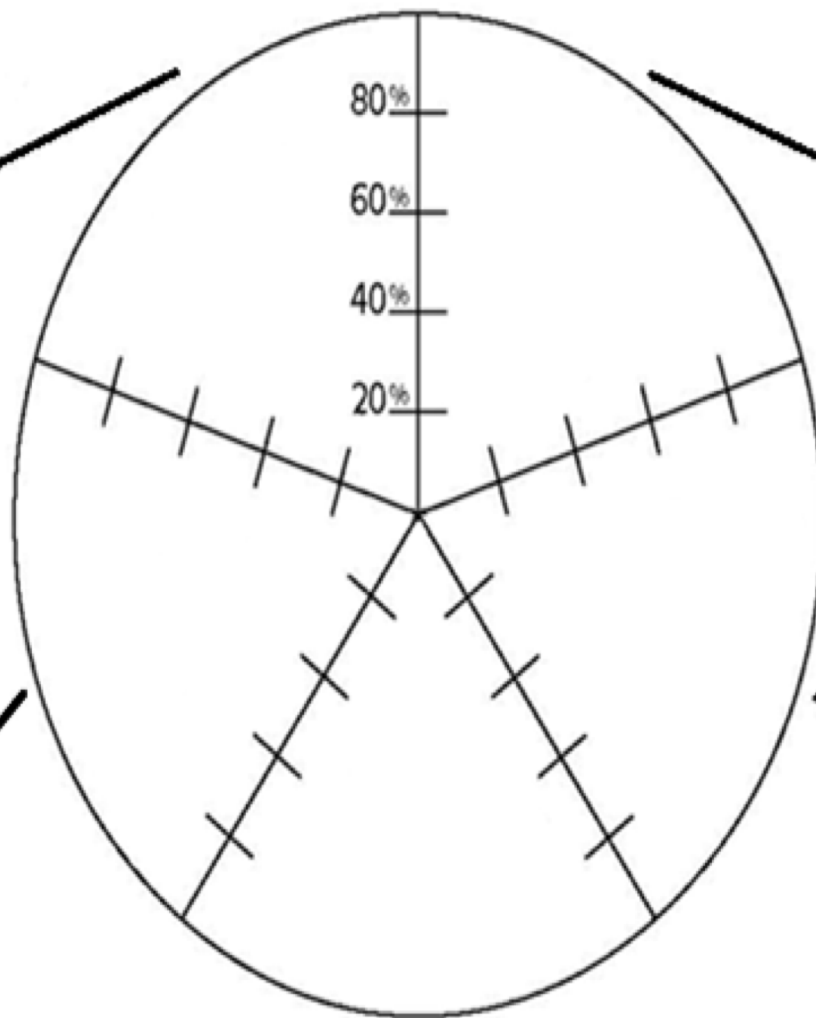
- Mère (Belle-mère)
- Père (Beau-père)
- Frères/sœurs
- Autres selon la situation

### Occupation du temps :

- Travail
- École
- Autres (loisirs, bénévolat, etc.)

### Relations sociales et intimes :

- Amis
- Relations amoureuses
- Autres (connaissances, collègues de travail, etc.)



### Situation financière :

- Nature des dépenses
- Sources de revenu
- Économies



## NINTH MEETING

### RESOURCES AND EVALUATION OF THE APPROACH



#### For the adolescents to:

- ▶ Learn about resources that offer services for youths having substance-related problems;
- ▶ Know how to access substance use treatment services for youths;
- ▶ Evaluate the quality of their approach within the framework of the GRD.

# *Training and support*

1. Pre-implementation interview
2. Signing of the service agreement and training of the support committee
3. Implementation meeting with the support committee
4. 2-day training for animators
5. Follow-up meeting with the support committee during the program animation
6. Post-training meeting with the support committee

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# Thank You!

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