

Stress Lessons:

**A Mental Illness and Addictive Disorders
Prevention Program for Grade 7 Students**

BET SYSTEM IMPACT
BUILD • ENGAGE • TRANSLATE

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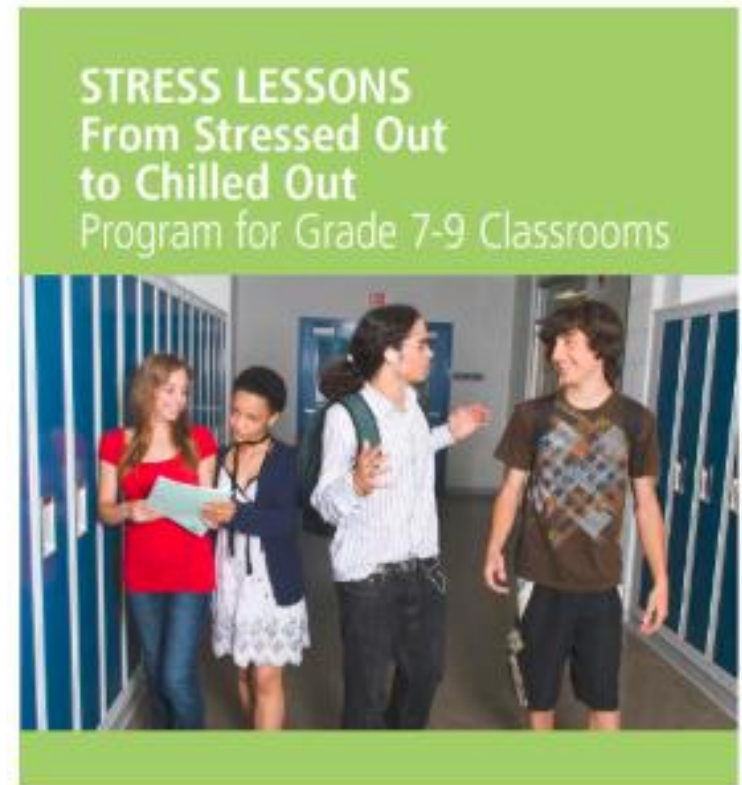
Purpose

- To pilot test the delivery of a comprehensive, evidence-based, teacher-led mental health, substance-use and addiction prevention program
- Alignment with GREO's objectives:
 - Upstream and population health approach
 - Provides skill-building for youth
- Partner with Dufferin Coalition for Kids (DuCK)
 - Mental Health, Substance Misuse and Addiction Prevention (MHSMAP) Action Group
 - Includes our local school boards



Stress Lessons

- Psychology Foundation of Canada
 - Collaboration with educators, counsellors, psychologists
 - Primary prevention approach – relevant for all students
 - Linked with the existing curriculum
- Create teachable moments to introduce stress-management strategies and skills
- Build emotional resiliency in students
- Help students understand what “normal” stress is and when it is time to seek help

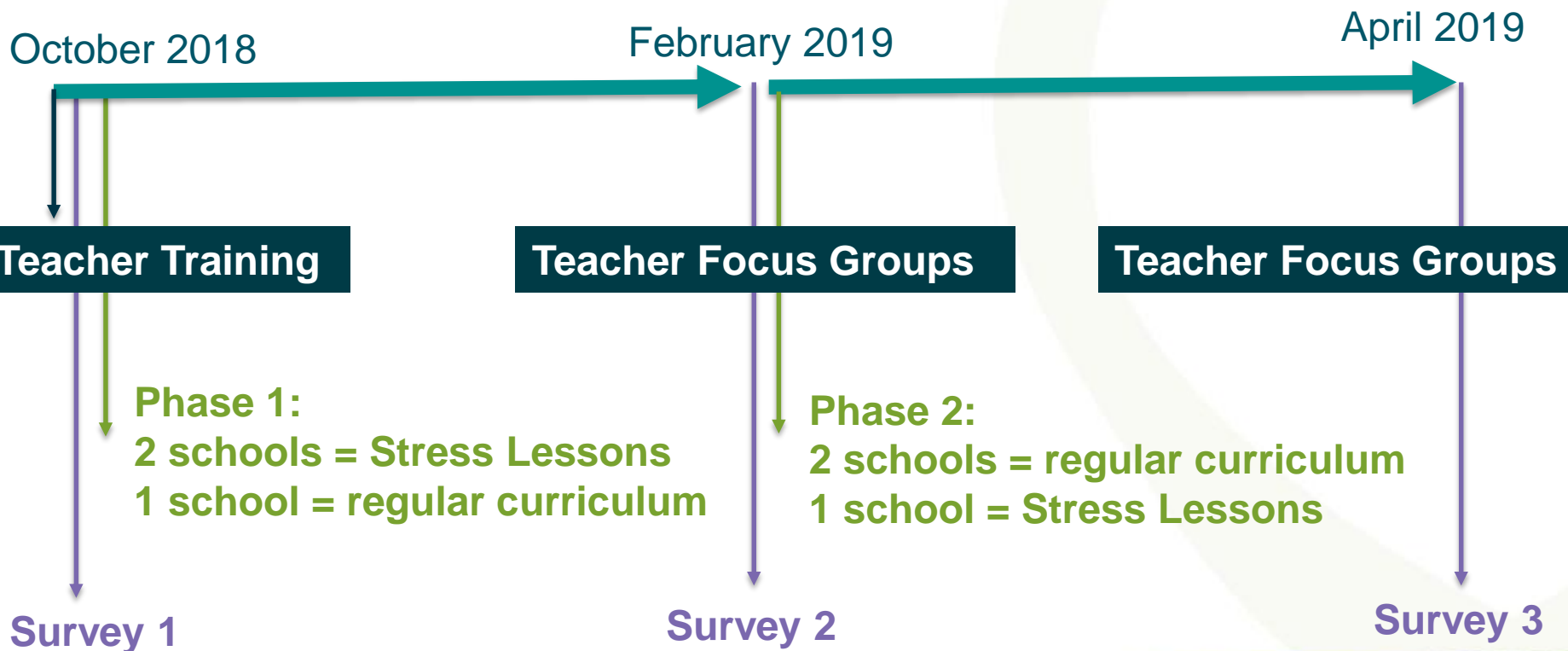


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Pilot Project

- 105 grade 7 students and six elementary teachers
- Three schools in Dufferin County



Stress Lessons Training Day

- Lead trainer from Psychology Foundation of Canada ran full-day, in-person training for teachers
 - Introduced stress management strategies
 - Reviewed all seven lessons
 - Practiced student activities
- Gambling harm-reduction adaptation
 - Lesson 5: Making Positive Choices
 - Created two scenarios for teachers to use as class examples
 - Consultation with school staff and GREO
 - Youth using gambling and/or gaming activities to cope with stress
 - Candy Crush game on phone
 - Multiplayer online games

Data Collection - Measures



- **Student surveys:**
 - Perceived Stress Scale
 - General Self-Efficacy Scale
 - Children's Coping Strategies Checklist
 - Active;
 - Avoidance;
 - Distraction coping;
 - Support seeking strategies
- **Teacher focus groups:**
 - How easy/challenging it was to implement lessons?
 - How well the lessons fit with curriculum requirements?
 - Any observed changes in student behaviour from lessons?

Knowledge Translation



- Create interactive data report
 - Share with participating schools/teachers
 - Share with Mental Health Promotion – CoP
- Teacher training supplement document
 - Share with Psychology Foundation of Canada

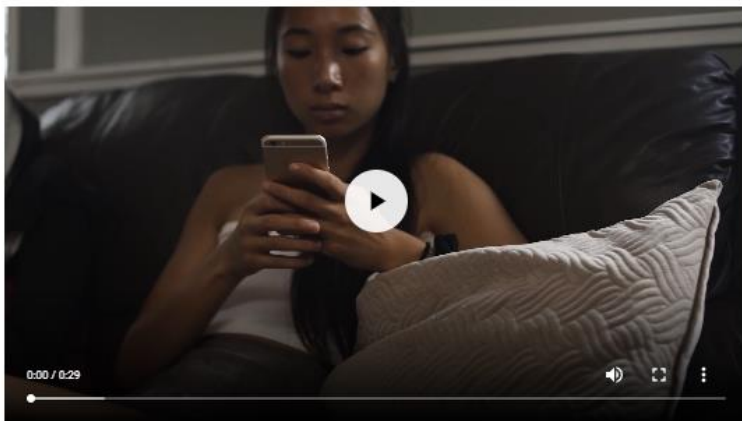
Cannabis Information Campaign

- Increasing awareness and knowledge about the health effects of cannabis use, and ways to reduce harm



Weed and Young People

Facts about cannabis for those under the age of 19.



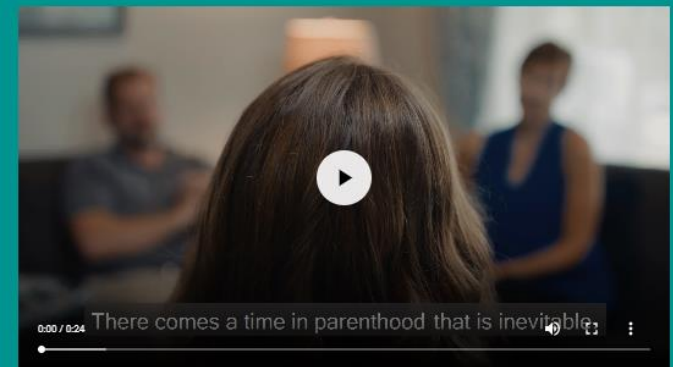
LEARN MORE

talking about weed

...s, pot, marijuana ... whatever you
...re here to help you make inform
...s about using it after it becomes
...legal on October 17, 2018.

Weed and Your Health

Cannabis will be legal but that doesn't mean it's safe for everyone. Cannabis can affect your health, and the health of your kids.



LEARN MORE

www.talkingaboutweed.ca

A stylized graphic of a plant with three leaves and a curved stem, rendered in light green and grey tones, positioned on the right side of the slide.

Thank you!

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