

FACTS ABOUT *FIRST CONTACT*

WHAT IS THE PROGRAM ABOUT?

First Contact:

- is for young people who are willing to look at the impact of their alcohol and/or drug use on their lives, generally, and on their mental health, specifically
- helps youth understand that they are not alone, others are dealing with some of the same concerns
- offers treatment in an accepting atmosphere
- encourages youth to make their own choices and decisions about their lives
- is based on the belief that the first few appointments are important in getting the change process started
- can refer you to additional treatment and follow-up.

HOW DOES IT WORK?

- You will meet with a counsellor to help get a picture of your current situation.
- You will look at the pros and cons of your alcohol or drug use and its effect on your mental health and decide what changes you want to make.
- You will be actively involved in setting your own goals.
- You will identify risky drinking or drug use situations and develop alternative ways of dealing with them.
- Members receive encouragement and suggestions from other youth dealing with many of the same issues.
- How much you participate is up to you. You will not be “put on the spot.”
- Please arrive alcohol and drug-free for your weekly sessions.

You have an appointment with _____

on _____ at _____.

If, for any reason, you cannot keep your appointment, please call.

ALCOHOL USE—YOUTH AGE 15 AND YOUNGER*

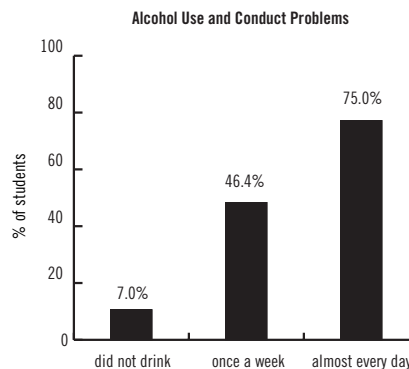
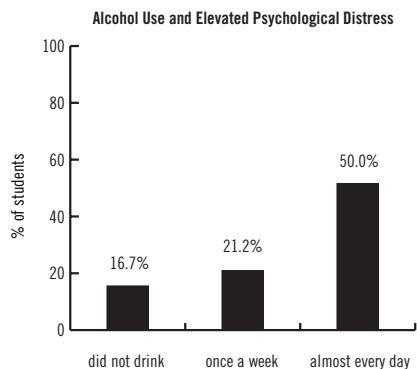
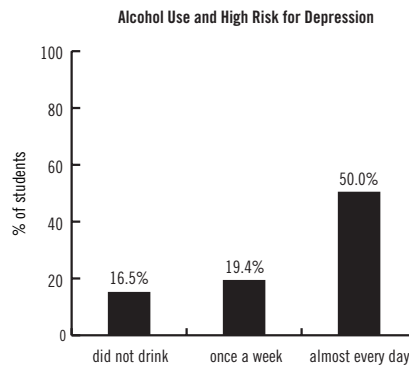
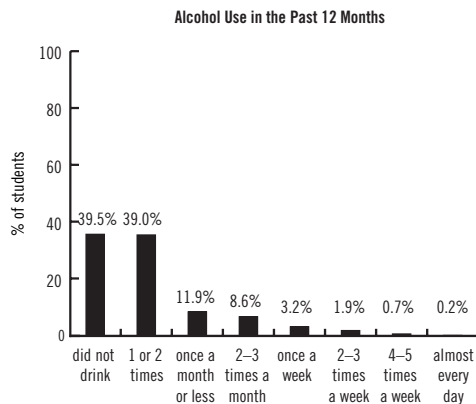
ALCOHOL—THE BIG PICTURE

Next to caffeine, alcohol is the drug that is most widely used by adults. Alcohol is a depressant; if abused, it can impair your ability to think, make decisions and function in day-to-day life.

The graphs show how much students age 15 and younger use alcohol. How does your alcohol use compare?

The student survey also looked at indicators of mental health such as psychological distress, depression and behaviour problems.

The more you drink alcohol, the more likely you are to experience these mental health concerns.



* Findings From the 2001 Ontario Student Drug Use Survey (Adlaf, Paglia, & Beitchman, 2002)
Copyright © 2004, Centre for Addiction and Mental Health

ALCOHOL USE—YOUTH AGE 16 AND OLDER*

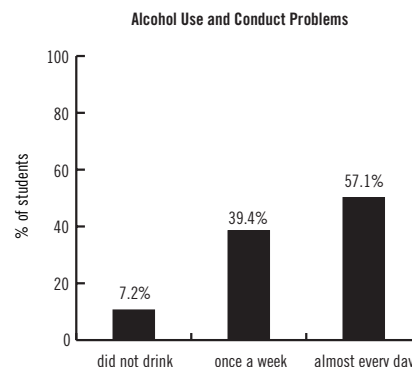
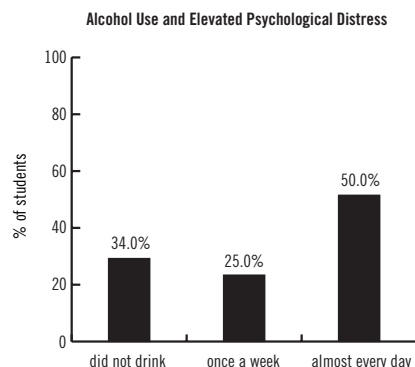
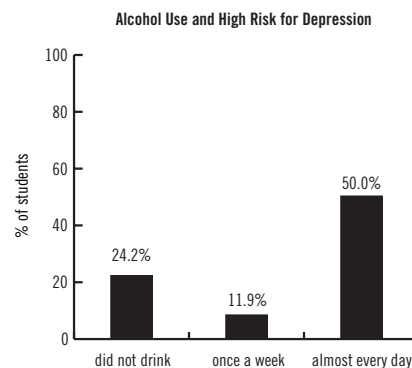
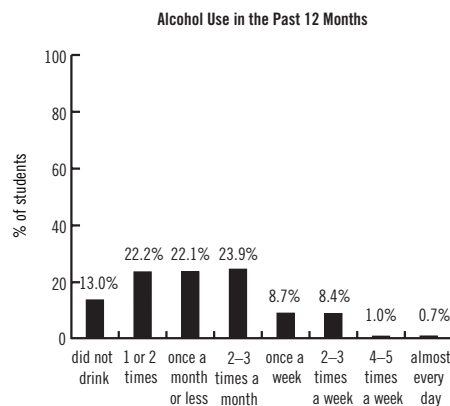
ALCOHOL—THE BIG PICTURE

Next to caffeine, alcohol is the drug that is most widely used by adults. Alcohol is a depressant; if abused, it can impair your ability to think, make decisions and function in day-to-day life.

The graphs show how much students age 16 and older use alcohol. How does your alcohol use compare?

The student survey also looked at indicators of mental health such as psychological distress, depression and behaviour problems.

The more you drink alcohol, the more likely you are to experience these mental health concerns.



* Findings From the 2001 Ontario Student Drug Use Survey (Adlaf, Paglia, & Beitchman, 2002)
Copyright © 2004, Centre for Addiction and Mental Health

CANNABIS USE—YOUTH AGE 15 AND YOUNGER*

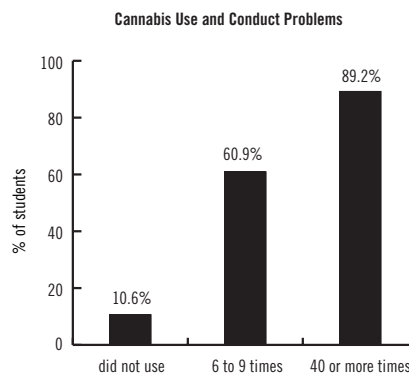
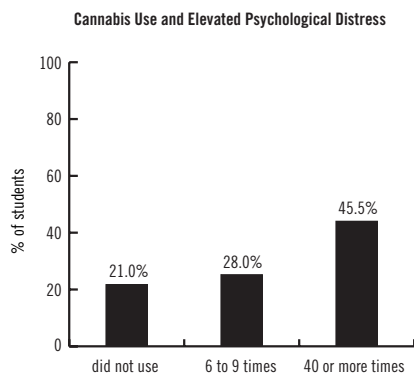
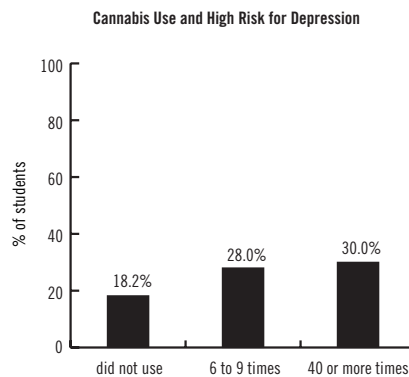
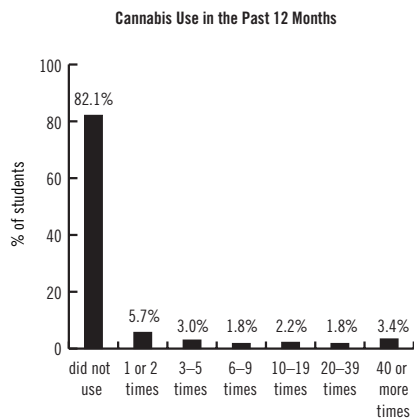
CANNABIS (HASH, WEED, POT)—THE BIG PICTURE

Cannabis is the most widely used illegal drug in Canada. As much as 22 per cent of Canadians between the ages of 15 and 24 have used marijuana or other forms of cannabis at least once in the past year. The graphs below show how often students in Ontario have used cannabis.

“Where do you fit in?”

The student survey also looked at indicators of mental health such as psychological distress, depression and behaviour problems.

The more cannabis you use, the more likely you are to experience these mental health concerns.



* Findings From the 2001 Ontario Student Drug Use Survey (Adlaf, Paglia, & Beitchman, 2002)
Copyright © 2004, Centre for Addiction and Mental Health

CANNABIS USE—YOUTH AGE 16 AND OLDER*

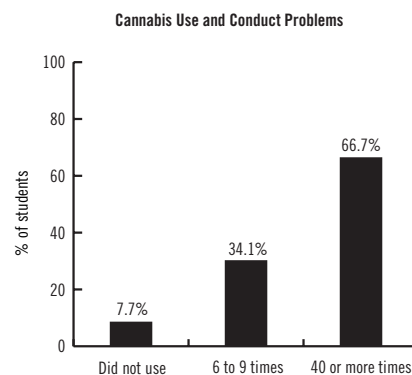
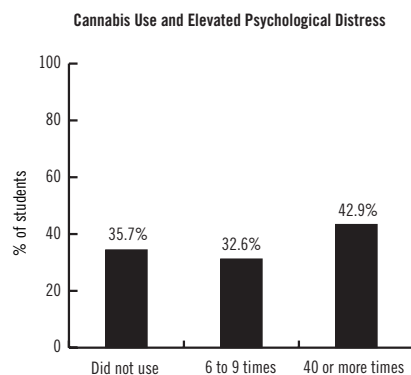
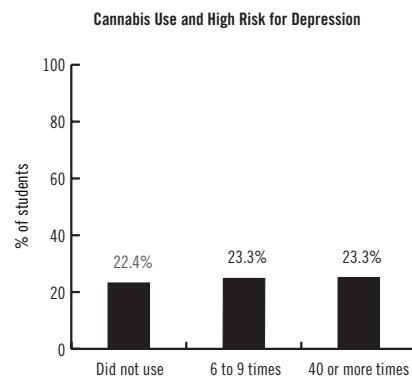
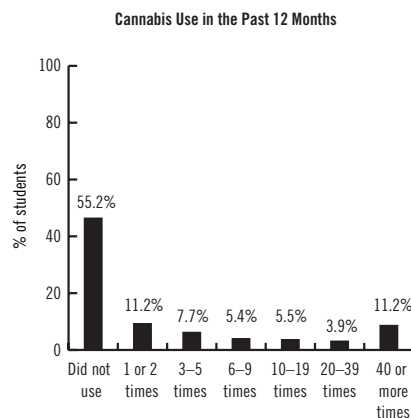
CANNABIS (HASH, WEED, POT)—THE BIG PICTURE

Cannabis is the most widely used illegal drug in Canada. As much as 22 per cent of Canadians between the ages of 15 and 24 have used marijuana or other forms of cannabis at least once in the past year. The graphs below show how often students in Ontario have used cannabis.

“Where do you fit in?”

The student survey also looked at indicators of mental health such as psychological distress, depression and behaviour problems.

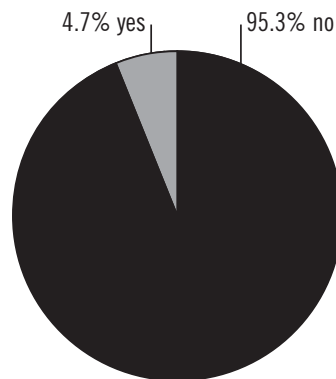
The more cannabis you use, the more likely you are to experience these mental health concerns



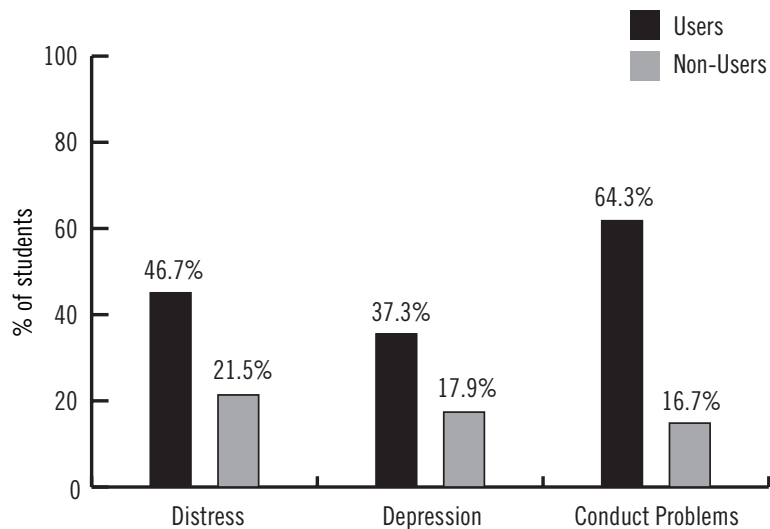
* Findings From the 2001 Ontario Student Drug Use Survey (Adlaf, Paglia, & Beitchman, 2002)
Copyright © 2004, Centre for Addiction and Mental Health

BARBITUATE OR TRANQUILIZER USE—YOUTH AGE 12–15*

Barbiturate or Tranquilizer Use in the Past 12 Months



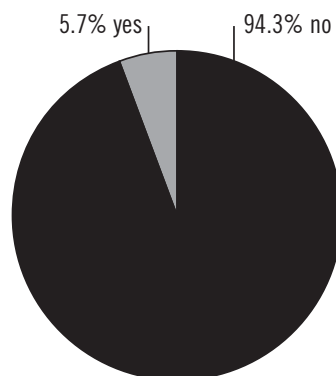
Mental Health Problems Among Users Vs. Non-Users



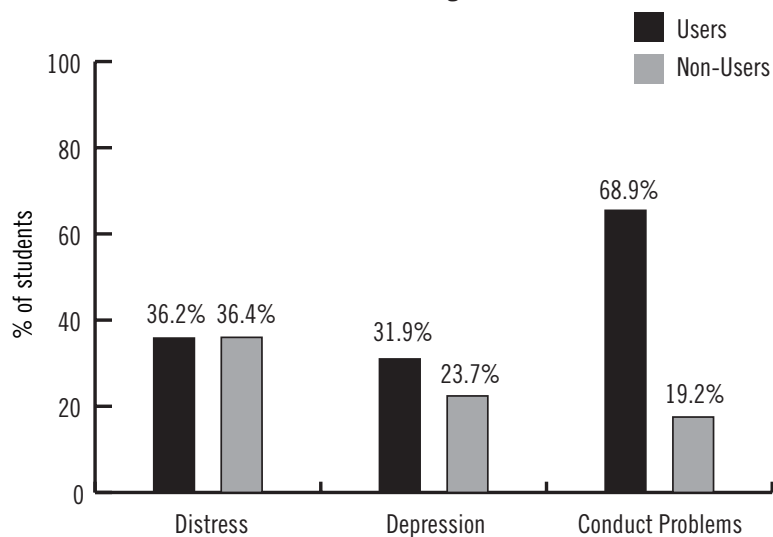
* Findings From the 2001 Ontario Student Drug Use Survey (Adlaf, Paglia, & Beitchman, 2002)
Copyright © 2004, Centre for Addiction and Mental Health

BARBITUATE OR TRANQUILIZER USE—YOUTH AGE 16–19*

Barbiturate or Tranquilizer Use in the Past 12 Months



Mental Health Problems Among Users Vs. Non-Users

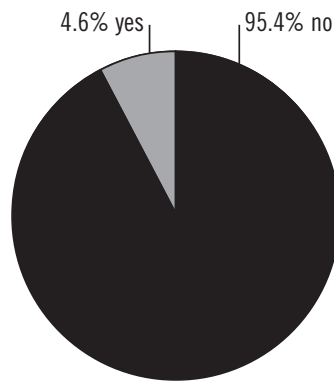


* Findings From the 2001 Ontario Student Drug Use Survey (Adlaf, Paglia, & Beitchman, 2002)
Copyright © 2004, Centre for Addiction and Mental Health

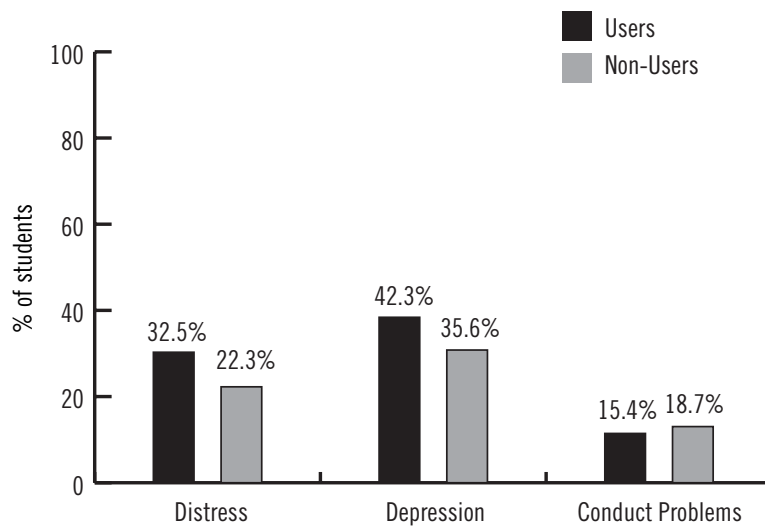
CLUB DRUG USE—YOUTH AGE 12–15*

ECSTASY, ICE, GHB, ROHYPNOL

Club Drug Use in the Past 12 Months**



Mental Health Problems Among Users Vs. Non-Users**

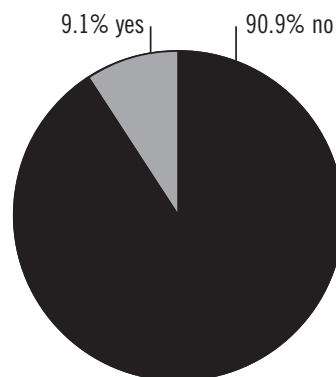


** Findings From the 2001 Ontario Student Drug Use Survey (Adlaf, Paglia, & Beitchman, 2002)
Copyright © 2004, Centre for Addiction and Mental Health

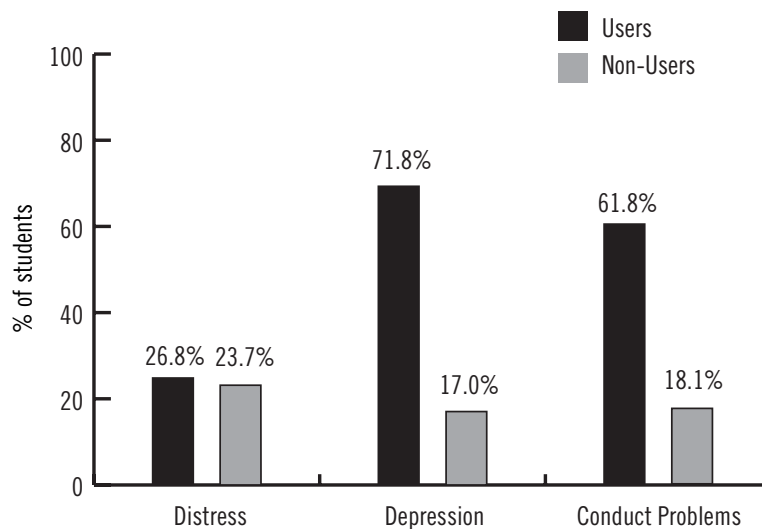
CLUB DRUG USE—YOUTH AGE 16–19*

ECSTASY, ICE, GHB, ROHYPNOL

Club Drug Use in the Past 12 Months**



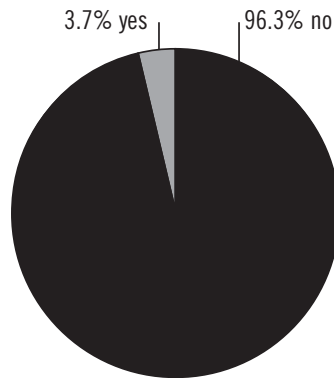
Mental Health Problems Among Users Vs. Non-Users**



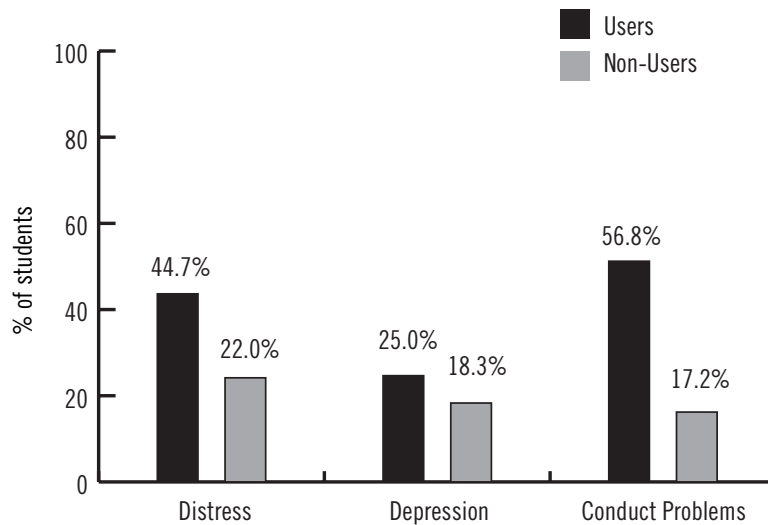
** Findings From the 2001 Ontario Student Drug Use Survey (Adlaf, Paglia, & Beitchman, 2002)
Copyright © 2004, Centre for Addiction and Mental Health

CRACK/COCAINE USE—YOUTH AGE 12–15*

Crack/Cocaine Use in the Past 12 Months



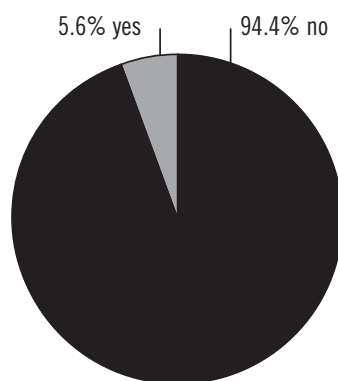
Mental Health Problems Among Users Vs. Non-Users



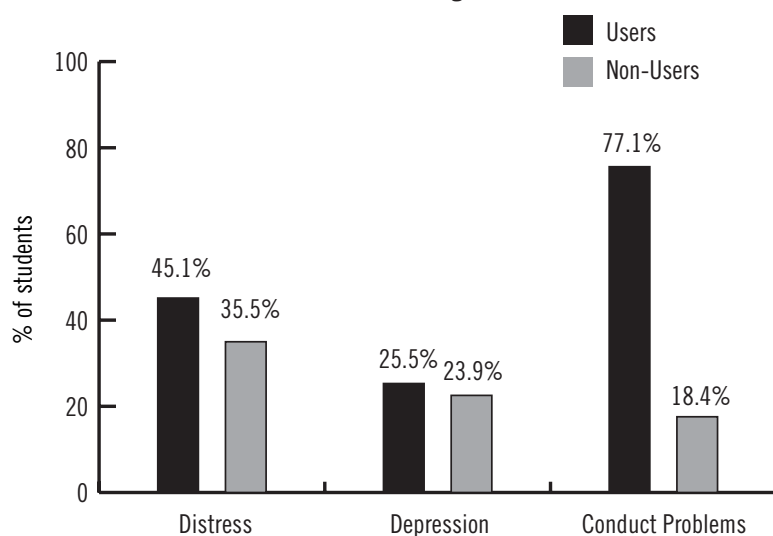
* Findings From the 2001 Ontario Student Drug Use Survey (Adlaf, Paglia, & Beitchman, 2002)
Copyright © 2004, Centre for Addiction and Mental Health

CRACK/COCAINE USE—YOUTH AGE 16–19*

Crack/Cocaine Use in the Past 12 Months



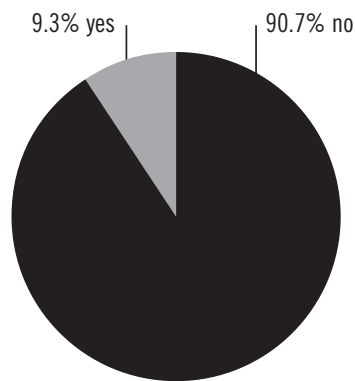
Mental Health Problems Among Users Vs. Non-Users



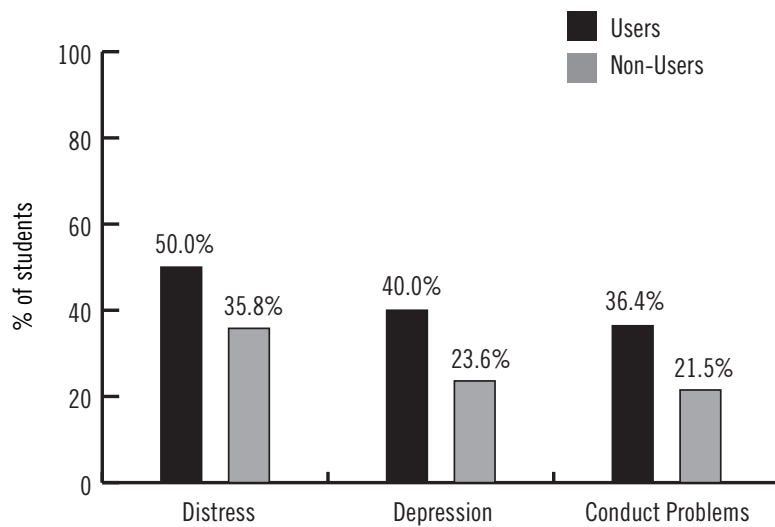
* Findings From the 2001 Ontario Student Drug Use Survey (Adlaf, Paglia, & Beitchman, 2002)
Copyright © 2004, Centre for Addiction and Mental Health

GLUE OR SOLVENT USE—YOUTH AGE 12–15*

Glue or Solvent Use in the Past 12 Months



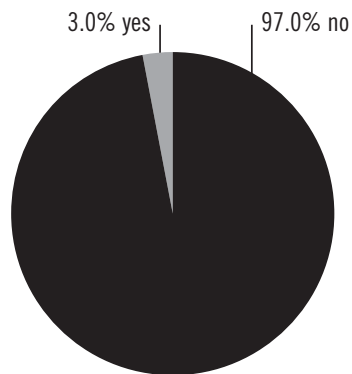
Mental Health Problems Among Users Vs. Non-Users



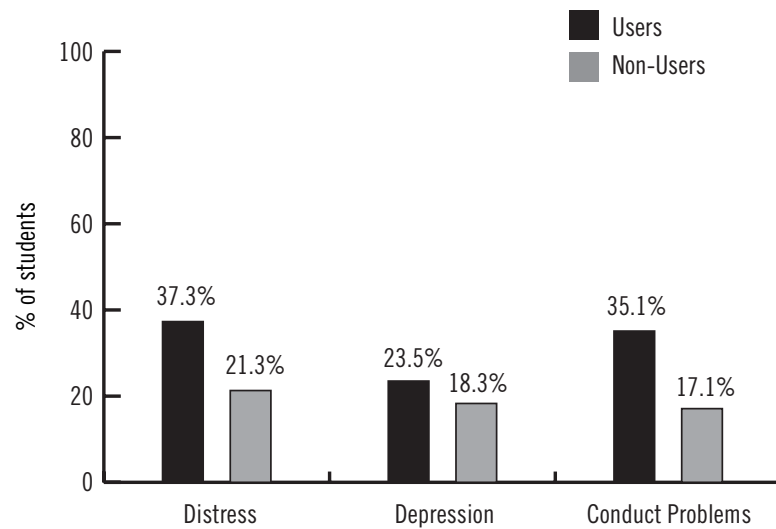
* Findings From the 2001 Ontario Student Drug Use Survey (Adlaf, Paglia, & Beitchman, 2002)
Copyright © 2004, Centre for Addiction and Mental Health

GLUE OR SOLVENT USE—YOUTH AGE 16–19*

Glue or Solvent Use in the Past 12 Months



Mental Health Problems Among Users Vs. Non-Users

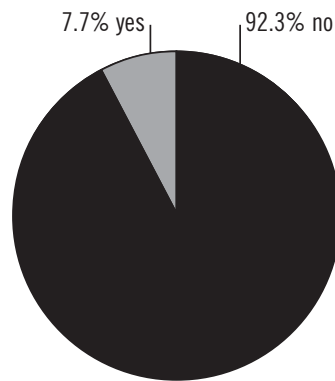


* Findings From the 2001 Ontario Student Drug Use Survey (Adlaf, Paglia, & Beitchman, 2002)
Copyright © 2004, Centre for Addiction and Mental Health

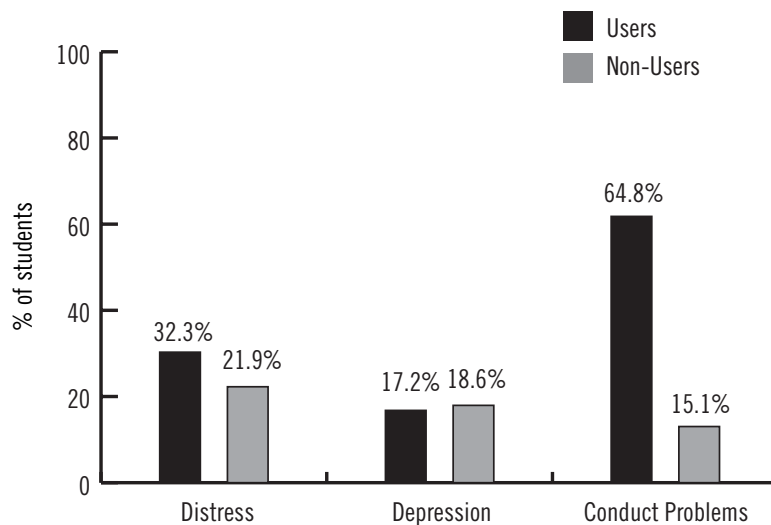
HALLUCINOGEN USE—YOUTH AGE 12–15*

LSD, PCP, MUSHROOMS

Hallucinogen Use in the Past 12 Months



Mental Health Problems Among Users Vs. Non-Users

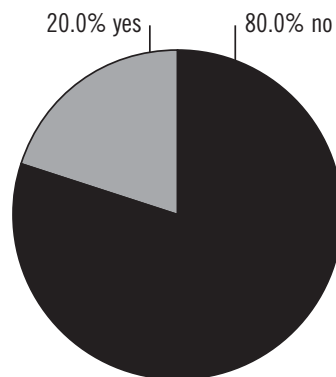


* Findings From the 2001 Ontario Student Drug Use Survey (Adlaf, Paglia, & Beitchman, 2002)
Copyright © 2004, Centre for Addiction and Mental Health

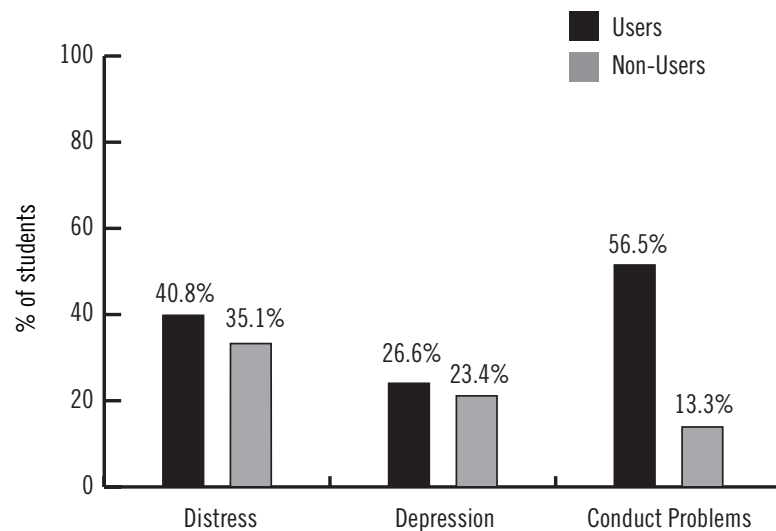
HALLUCINOGEN USE—YOUTH AGE 16–19*

LSD, PCP, MUSHROOMS

Hallucinogen Use in the Past 12 Months



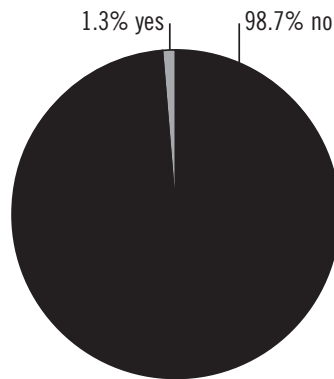
Mental Health Problems Among Users Vs. Non-Users



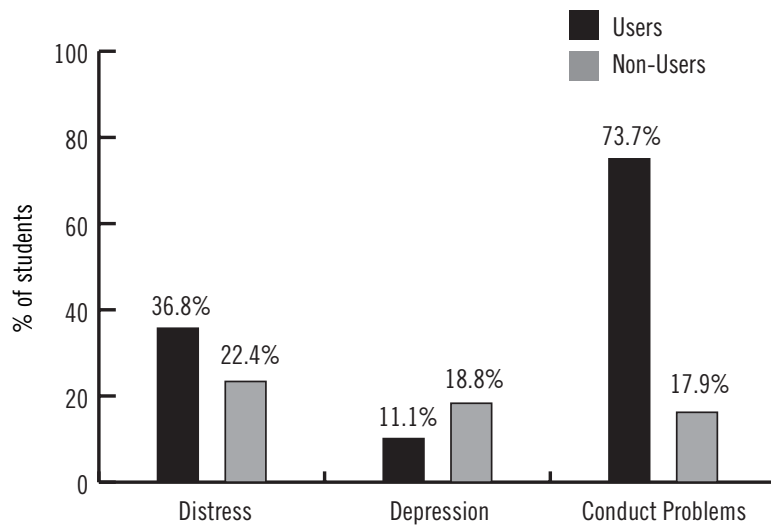
* Findings From the 2001 Ontario Student Drug Use Survey (Adlaf, Paglia, & Beitchman, 2002)
Copyright © 2004, Centre for Addiction and Mental Health

HEROIN USE—YOUTH AGE 12–15*

Heroin Use in the Past 12 Months



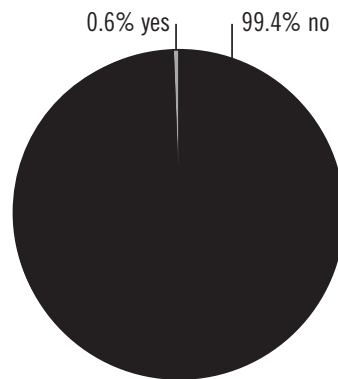
Mental Health Problems Among Users Vs. Non-Users



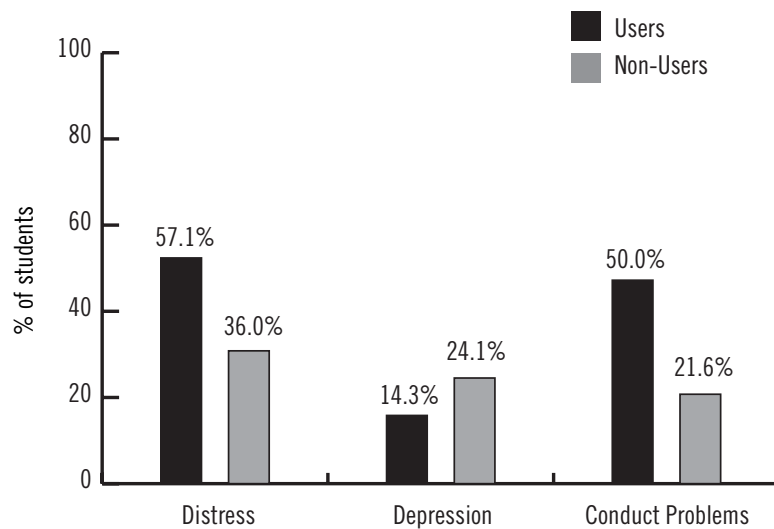
* Findings From the 2001 Ontario Student Drug Use Survey (Adlaf, Paglia, & Beitchman, 2002)
Copyright © 2004, Centre for Addiction and Mental Health

HEROIN USE—YOUTH AGE 16–19*

Herion Use in the Past 12 Months



Mental Health Problems Among Users Vs. Non-Users

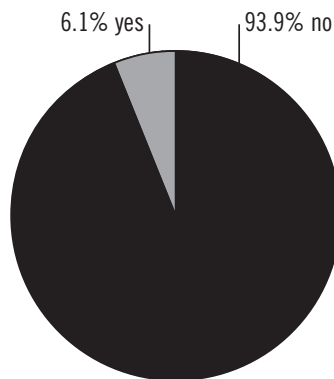


* Findings From the 2001 Ontario Student Drug Use Survey (Adlaf, Paglia, & Beitchman, 2002)
Copyright © 2004, Centre for Addiction and Mental Health

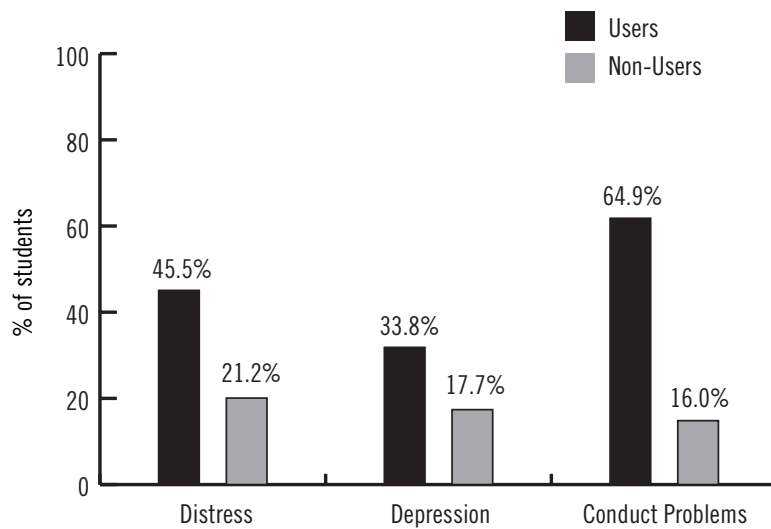
STIMULANT USE—YOUTH AGE 12–15*

METHAMPHETAMINES, SPEED, UPPERS, DIET PILLS

Stimulant Use in the Past 12 Months



Mental Health Problems Among Users Vs. Non-Users

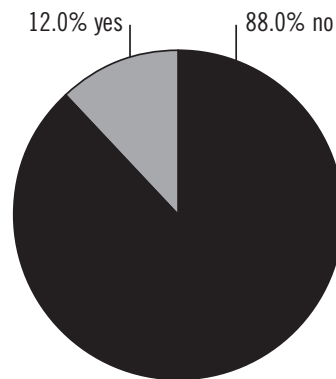


* Findings From the 2001 Ontario Student Drug Use Survey (Adlaf, Paglia, & Beitchman, 2002)
Copyright © 2004, Centre for Addiction and Mental Health

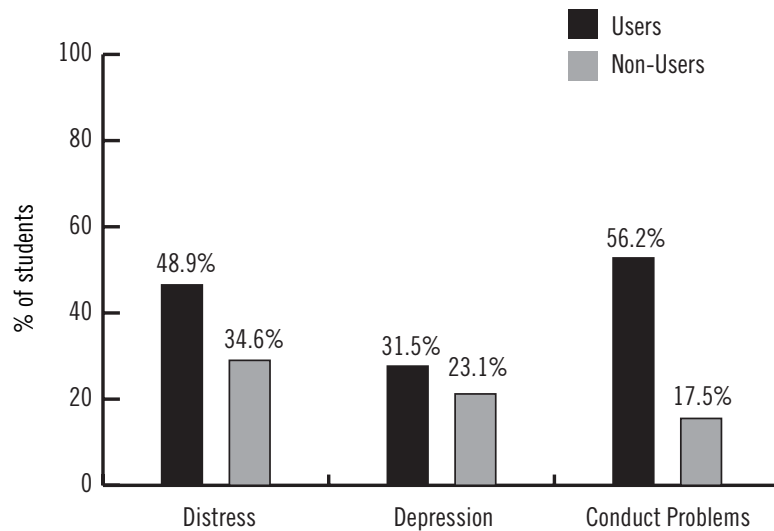
STIMULANT USE—YOUTH AGE 16–19*

METHAMPHETAMINES, SPEED, UPPERS, DIET PILLS

Stimulant Use in the Past 12 Months



Mental Health Problems Among Users Vs. Non-Users



* Findings From the 2001 Ontario Student Drug Use Survey (Adlaf, Paglia, & Beitchman, 2002)
Copyright © 2004, Centre for Addiction and Mental Health