

Summaries of Previously Funded Projects

Below are short summaries of completed projects that have received funding through the Youth Health Community Grant program. These summaries provide a snapshot of some of the innovative work being done with young people in our province, and may spark further ideas for projects focused on the prevention of alcohol-related harms and the promotion of sexual health. If you would like more information about the development, implementation, or outcome of a project, please contact info@skprevention.ca or 306-651-4300.

Project Name: *“Start the Conversation”*
Agency: Cypress Health Region Addiction Services

Purpose:

- Provide skills and education to community members regarding tools for adult-youth communication about substance use and abuse, patterns of use in the community, substance-related risks & consequences, and harm reduction.

Main Activities:

- One-time event held at a WHL game.
- Experts spoke to attendees about the harms associated with alcohol and drug use.
- Youth could play a video game wearing vision impairment goggles to demonstrate the harms associated with drinking and driving.
- Youth could talk with peer volunteers about harm reduction.

Barriers:

- As the event was held during students’ winter break, this limited the ability of youth to participate as peer volunteers.

Outcomes:

- Widely attended event (2,252 people).
- Approximately 100 youth participated in the experiential activity, and a similar number of one-on-one discussions occurred with adults about how to discuss substance use with youth.
- Organizers created a pre-event outline of individual roles, required resources, and other logistics, which they identified as a helpful tool that could be used for other projects.

Project Name: “Youth Leadership Group/Students Keeping it Together (SKIT)”
Agency: La Loche Community School Dene Building

Purpose:

- Help student leaders plan and implement a youth-led conference at La Loche Community School to engage students on barriers to attendance and school success, and ultimately improve the student experience.

Main Activities:

- A weekend facilitation workshop in Regina for student leaders, to increase their leadership skills and capacity to run the conference.
- Student leaders facilitated the one-day school-wide conference, guiding their peers through discussions of issues affecting school attendance and success.

Outcomes:

- Both youth and their adult allies reported feeling more confident about their leadership skills and ability to facilitate the conference after attending the workshop.
- At the conference, a number of things that students liked and disliked about school, barriers to attendance and academic success, and suggestions for change were identified.

Moving Forward:

- Adult allies are continuing to facilitate the student leadership group and provide training opportunities that help them engage their peers and community to enact positive change.

Project Name: “Not Right Now Campaign”
Agency: Planned Parenthood Regina

Purpose:

- Initiate a campaign to increase young people’s knowledge of risk factors for unplanned pregnancy, their knowledge of and access to services/resources, and their use of birth control. The ultimate goal of the project is to reduce unplanned pregnancies in Regina and surrounding area.

Main Activities:

- A Youth Conference, where students from multiple communities designed campaign messages (linked to the hashtag #NotRightNow).
- Campaign messages were then turned into posters, postcards, stickers, cellphone card pockets, and markers.

Barriers:

- The youth-driven nature of campaign development and promotion resulted in some project timing delays.

Outcomes:

- Packages of campaign materials were provided to schools, health centers, and other groups in and around Regina, with an initial 23 places distributing 2,300 promotional materials.

Moving Forward:

- The campaign continued after the end of the grant period, with thousands of promotional materials available to be distributed.
- Planned Parenthood Regina will track any relevant feedback or changes in statistics (e.g., clinic visits) that may be related to the campaign.

**Project Name: “Thinking About Your Drinking”
Agency: What’s Your Cap?**

Purpose:

- Promote healthy living among undergraduate students through a binge drinking prevention campaign.

Main Activities:

- Five participants were recruited to abstain from drinking alcohol for a month and share their experiences publically with their peers via planned events and blogs on Facebook.
- An outreach event was held at the beginning of the project where participants shared their thoughts about how it had affected them thus far.
- Another outreach event was held at the end of the project where participants shared their insights on the impacts of not drinking.

Barriers:

- A challenge throughout the project was making it clear that it was a moderation-based campaign based on conversations about drinking habits, not preaching abstinence.

Outcomes:

- Both outreach events were considered successful and involved many positive conversations with students about their drinking and personal consumption goals.
- Many students liked the Facebook page and followed participants’ blogs.
- The 5 participants felt very positively about their participation in the project and reported that it positively impacted their alcohol consumption habits, academic and social lives, spending, and overall energy.

Moving Forward:

- The campaign will be repeated in 2016, and organizers hope to expand its reach through earlier/wider promotion.

- Other goals are to recruit more official participants (to publically abstain for a month), and to ask interested students to make written pledges about their alcohol consumption.

Project Name: “Youth and Binge Drinking”
Agency: Battle River Treaty 6 Health Centre

Purpose:

- Raise awareness and discussion about the impacts of binge drinking, by providing young people with the opportunity to reflect on this topic through photos and words.

Main Activities:

- A photovoice project where 17 young people in communities served by the BRT6 Health Centre took pictures (some were staged to express ideas that were important but couldn't be ethically captured), sorted them into themes, and put words to the images.

Barriers:

- A change from disposable cameras to digital cameras meant a delay in having these supplies for participants.
- The time commitment was challenging for staff and students, especially in June with graduation and end of school activities.

Outcomes:

- Participants took hundreds of pictures, and the results of their work were put on 6 large roll-up banners that participants took pride in and felt captured the impacts of binge drinking.
- The roll-up banners have been showcased in community events and media.
- Youth participants reported that the process was enjoyable, an opportunity to reflect on binge drinking and share their ideas and opinions, and had good potential to impact how others think about binge drinking.

Moving Forward:

- Some of the young people involved in the project are continuing to be involved in the project by sharing their banners at community events (e.g., at a recent workshop on FASD).