

# Youth Drug Impact Project- Leduc

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Youth Drug Impact Project (YDIP) is a drug and crime prevention project for youth who have begun using drugs and may have demonstrated behaviours which could involve them in the criminal justice system. The objective of YDIP is to help youth 13-17 years old understand the impact that alcohol and drug use has or could have on their life. As well as understand the possible connection to criminal involvement.

## Youth Component:

Group is 2 hours Tuesdays and Thursdays for 3 weeks. Starts March 5<sup>th</sup> from 3:30pm-5:30pm at the Leduc Public Library and runs until March 21<sup>st</sup>

*See attached session outline and benefits for youth below*

## Parent Component:

6:30pm-8:30pm, Tuesday March 5<sup>th</sup> at Family and Community Support Services (4721-47ave 1<sup>st</sup> floor of the medical arts building)

Topics include: An overview of what your child will be learning in the group, community supports and Alberta Health Services programs available to you.

## Intake:

There is a mandatory intake process. Please contact Youth Development Coordinator Heather Graham at 780-980-7184 or [HGraham@leduc.ca](mailto:HGraham@leduc.ca) for more information or to set up an appointment with one of the intake counsellors.

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# YDIP Sessions

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The YDIP workshop consists of 6 sessions. Each session is focused on a specific theme and includes discussion about Major Life Areas, values and beliefs, assertive communication, and incorporating real life stories. In addition, during the design of YDIP, youth focus groups recommended the project include stories from “people who have been there and done that”. Guest speakers who have made positive changes share their personal experiences with drug use and criminal behaviour with the youth during Week 1 and Week 2 of the workshop.

During the workshop, youth engage in the following activities.

- Experiential activities that help youth identify their Major Life Areas and the impacts of their current behaviour
- Group discussions about values and beliefs, and how to make positive choices
- Assertive communication
- Personal goal setting

## **Week 1 Theme:** The Impact of Drug and Alcohol Use on Major Life Areas

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| Session 1 | Objective: Youth begin to think about the possible impacts of drug use                         |
| Session 2 | Objective: Youth begin to identify the impact of their own drug use on their Major Life Areas. |

## **Week 2 Theme:** The Impact of Criminal Behaviour on Major Life Areas

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| Session 3 | Objective: Youth begin to think about the impact of their decisions and behaviours     |
| Session 4 | Objective: Youth begin to increase their awareness of the consequences of taking risks |

## **Week 3 Theme:** The Connection between Drug and Alcohol Use and Criminal Behaviour

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| Session 5 | Objective: Youth begin to think about how their choices fit with their personal values and beliefs   |
| Session 6 | Objective: Youth reflect on what they have learned and the impacts of their choices. Youth will set a goal related to their personal values and beliefs, which they will discuss at their follow-up meeting. |

# How Will Youth Benefit?

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- Increased knowledge around the impacts of drugs, alcohol and criminal behaviour.
- Increased ability by youth to develop healthier life skills and coping strategies.
- Increased awareness of risky behaviour and an understanding of their protective factors.
- Increased self-awareness of values, beliefs and communication styles.
- Increased understanding of how their drug use and/or criminal behaviour impacts various major life areas.
- Understanding of benefits of setting goals.
- Youth will receive a list of resources and supports available to them.