

PLANET Youth

by ICSRA ®

PARTNER *Lanark County*



Presentation to British Columbia Health Committee

Aug 2, 2022

BIO



David Somppi

David holds BSc and MASc degrees in Electrical Engineering from the University of Waterloo. He has lived in Carleton Place, Ontario, for over 30 years. During that time he was Chair of the Carleton Place and District Memorial Hospital, served on the Champlain Local Health Integration Network board and was a founding member of the Lanark County Municipal Drug Strategy network. He currently is a member of the Royal Ottawa Health Care Group board and chair of Planet Youth Lanark County.

Dr. Paula Stewart

Medical Officer of Health, Leeds, Grenville and Lanark District Health Unit, Ontario.

Lanark County Overview

- Population ~75,000
- 9 Municipalities
 - Small urban, rural region
 - 4 towns > ~6000 – 12,000
- Carleton Place/ Beckwith/ Mississippi Mills population expected to double in 20 years
- Carleton Place is Canada's fastest growing town for past 4 years
- Upper Canada District School Board and Catholic District School Board of Eastern Ontario



PARTNER Lanark County



How Planet Youth Lanark County Started



PARTNER *Lanark County*



**St. James Parish Hall
Carleton Place**

- March 9, 2017 Opioid Information Night
- Pharmacist Mark Barnes guest speaker spoke about harm reduction
- Attendees trained and provided naloxone kits
- During Q+A local doc and resident presented a quick talk on the Icelandic Prevention Model
- March 16, 2017 first grass roots meeting – could the IPM work in Carleton Place?

A Grass Roots Movement



- Monthly meetings led to the conclusion that a Lanark County wide endeavor was required
- Formed a coalition with partners including an existing network of municipal drug strategy committees

Planet Youth Lanark County Steering committee



PARTNER Lanark County

Planet Youth Lanark County
Steering Committee Terms of Reference: Version 1.4



PARTNER Lanark County

Version	Comment	Date
0.9	Initial Version	Adopted in June 2018
1.1	Proposed updates	To be reviewed at Sept 3, 2019 steering committee meeting
1.2	Adds Performance Management Oversight Committee	Nov 2, 2019
1.3	Changes made after initial review	Nov 5, 2019
1.4	Changes after additional review	Nov 6, 2019

- Community-led committee formed June 2018
- No recurring funding/staff
- Everyone is a volunteer.....this is a constraint
- Fundraising/one time grants cover existing costs
- Strongly supported by Leeds, Grenville & Lanark District Health Unit
- Open Doors for Lanark Children & Youth (provincially funded Community child/youth mental health centre) provides back office support, strategic leadership and governance oversight



January 20, 2020

The first County to implement Planet Youth in Canada



Lanark County in Ontario became the first county to launch the Planet Youth model for substance-use prevention in youth in Canada . The launch took place on January 20 in Cartleton Place.

The Planet Youth Lanark County (PYLC) is collaborating with the Catholic District School Board of Eastern Ontario and the Upper Canada District School Board to conduct student surveys in the English language high schools . Survey reports, for each municipality, will allow communities to understand their own risk and protective factors. The surveys will be conducted among grade 10 students and it's anticipated that those surveys will start to roll out in schools this March .

March 2020

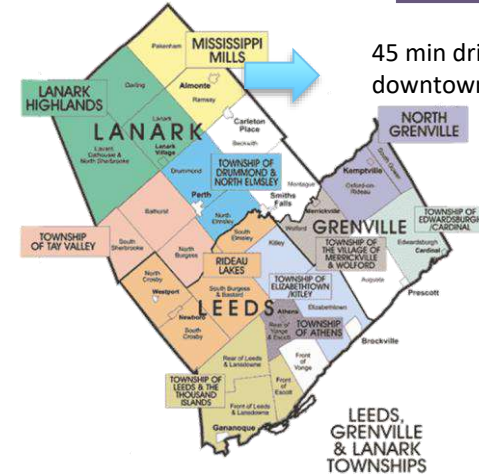


1st Survey February 2022



Local Public Health Role

- Community leadership on Steering Committee
- Support for data collection and interpretation
- School public health nurses support response in schools and parenting
- Municipal public health nurses support response in municipalities
- Supported by provincial initiatives
 - Municipal Drug Strategies
 - Community Well-being and Safety Plans



Lanark County Feb 2022 Grade 10 Survey Summary

- Detailed reports → www.planetyouthlanark.ca
- 70% participation rate – age 15/16.
- High level of Substance Use
- Access to and use of alcohol at home high
- Participation in sport/leisure time activities low
- 67% feel safe at school → 33% do not

Substance Use

Lanark Grade 10 Students March 2022

33%

Tried alcohol at the age 13 or younger

12%

Have been drunk in the last 30 days

21%

Drink alcohol at their own home

20%

Get alcohol from a family member

PLANET
Youth

EVIDENCE BASED DRUG PREVENTION



E-cigarettes

28%

Have smoked an e-cigarette in their lifetime

19%

Smoked an e-cigarette in the last 30 days

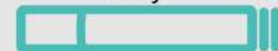
Cigarette Smoking

8%

Tried cigarette smoking at the age 13 or younger

3%

Smoke cigarettes daily



Cannabis Use

21%

Have used cannabis in their lifetime

12%

Used cannabis in the last 30 days



Planet Youth Lanark County Next Steps

- **Scheduling youth engagement session**
 - Planet Youth Reports from Feb 2022 survey → statistical data
 - Asset Mapping from Spring 2022 survey → qualitative data
 - Youth as equal partners in proposing actions to address problematic substance use and mental health challenges
- **Re-building community based coalitions to:**
 - Support each community in responding to its report
 - Choose and act upon 2 or 3 top concerns
- **Consultation with IPM experts via 5 year service agreement**
 - Following the recommended 10 step methodology

Growing Network of North American IPM communities



- **Icelandic Prevention Model - North American Cohort Call**
 - Quarterly meeting chaired by Vermont Afterschool
 - Representation from West Virginia, Kentucky, Alaska and others
- **Icelandic Community of Practice**
 - Quarterly meeting chaired by Southwestern Health Unit, Ontario
 - Multiple Ontario communities are investigating the IPM
- **Canadian communities who have adopted the IPM**
 - New Brunswick → 1st survey later in 2022 (Provincial initiative)
 - Calgary → Announced April 2022 (United Way initiative)
 - Lanark County → Community initiative