

RESOURCES – SUPPORTING CHILDREN & YOUTH WHO USE SUBSTANCES

Lesson 1: Substance Use Amongst Children and Youth in BC: Epidemiology, Impacts, and Developmental Effects

The Spectrum of Use

- [Substance Use & Youth](#) (Kelty)
- [Substance Use](#) (Foundry)
- [Primary Prevention Approaches to Youth Substance Use](#) (Public Health Agency of Canada)
- [Starting a Conversation: An upstream approach to reducing potentially harmful substance use among BC youth](#) (McCreary Report)
- [Compass Mental Health](#) (BC Children's Hospital)
- [24/7 Clinician Support Line](#) (BC Centre on Substance Use)
- [Health Data Coalition \(HDC\)](#)
- [HDC Enrolment](#)

Examples of indicators (tracked in your EMR or via HDC Discover)

- Anxiety and phobias prevalence age 13-19 ([HDC direct link](#))
- Depressive disorder prevalence age 13-19 ([HDC direct link](#))
- Alcohol use disorder prevalence age 13-19 ([HDC direct link](#))
- Substance use disorder prevalence age 13-19 ([HDC direct link](#))
- Cannabis use documented age 13-19 ([HDC direct link](#))
- Opioid use documented age 13-19 ([HDC direct link](#))
- ADHD prevalence age 13-19 ([HDC direct link](#))
- Eating disorder prevalence age 13-19 ([HDC direct link](#))
- PHQ-9 recorded in the past year ([HDC direct link](#))
- GAD-7 recorded in the past year ([HDC direct link](#))

Lesson 2: Establishing Relationships with Youth: Tips for Sensitive Conversations

Trauma-Informed Care

- [Extended Learning Document: Primary Care Approaches to Addressing the Impacts of Trauma and Adverse Childhood Experiences \(ACEs\)](#) (BCGuidelines)
- [Compass Toolkit: Trauma](#) (Compass)

Harm reduction

- [Lifeguard App](#)
- [Overdose Prevention and Response](#) (Government of BC)
- [Rate your organization: A Discussion Tool \(Harm Reduction and Reducing Substance Use Stigma\)](#) (EQUIP Health Care)
- [Youth Harm Reduction: a Toolkit for Service Providers](#) (Interior Health)
- [Harm Reduction and the Toxic Drug Crisis](#) (First Nations Health Authority)
- [Indigenous Harm Reduction](#) (FNHA)
- [Not Just Naloxone Program](#) (FNHA)
- [Safer Use Series](#) (HeretoHelp)
- [Harm Reduction Strategies and Services Policy and Guidelines](#) (BC Centre for Disease Control)
- [Preventure Program](#) (Foundry)
- [Blueprint for Action](#) (PHE Canada)

Gender-affirming and 2S/LGBTQIA+ care and support

- [Gender Affirming Primary Care](#) (UBC CPD online module)
- [Resources for health professionals](#) (Trans Care BC)
- [We are Allies](#)

Consent and Confidentiality

- [Child and Youth Information Sharing Decision Support Tool](#) (PHSA)
- [The BC Handbook for Action on Child Abuse and Neglect](#) (MCFD)
- [Privacy and Confidentiality](#) (CMPA)
- [Legislative Guidance: Consent of "Minors": Infants Act](#) (CPSBC)
- [Children and Consent to Health Care](#) (People's Law School)

Opening the Conversation

- [Setting the stage for a trustworthy relationship](#) (American Academy of Pediatrics)
- [Why Words Matter](#) (Health Canada)
- [Words Matter - Terms to Use and Avoid When Talking About Addiction](#) (National Institutes of Health)
- [Recommended Terminology for Substance Use Disorders in the Care of Children, Adolescents, Young Adults, and Families](#) (AAP)
- [Substance Use Conversations with Youth: Tips for Adult Allies — A Communication Guide](#) (Canadian Centre on Substance Use and Addiction)
- [Validating and Invalidating Statements and Curious Questions](#) (BC Guidelines)
- [How to Prevent and Reduce Substance Use Harms for Youth: What Youth Say Works](#) (Canadian Centre on Substance Use and Addiction)

Motivational Interviewing

- [Motivational Interviewing](#) (UBC CPD online module)
- [Understanding Motivational Interviewing](#) (MINT)
- [Brief Action Planning](#) (Centre for Collaboration, Motivation & Innovation)

Lesson 3: Screening and Treatment

Health Authority Programs

- [Vancouver Coastal Health](#)
- [Fraser Health](#)
- [Interior Health](#)
- [Northern Health](#)
- [Island Health](#)
- [First Nations Health Authority](#)

Screening Tools, Treatment, and Communication

- [Child & Youth Substance Use Pathway Overview](#)
- [HEADSS](#) (Cumming School of Medicine)
- [SSHADESS](#) (AAP)
- [The CRAFFT Questionnaire](#) (Boston Children's Hospital)
- [Screening, Brief Intervention, and Referral to Treatment \(SBIRT\)](#)
- [BCCH Compass Program](#)
- [BCCSU Clinician Line](#)
- [RACE Line](#)
- [Substance Use Conversations with Youth: Tips for Adult Allies — A Communication Guide](#) (CCSA)

Support for Indigenous Youth

- [Young Bears Lodge](#)
- [Orca Lelum](#)
- [Nengayni](#)
- [Kuu-us Crisis Line](#)
- [Mental Wellness Youth Resources](#) (First Nations Health Authority Poster)
- [BC Association of Aboriginal Friendship Centres](#)
- [With Open Arms: Supportive Conversations Among Friends](#)

Alcohol Use

- [Addiction Care and Treatment Online Course](#) (UBC CPD Online Module)
- [Alcohol Use Disorder](#) (BC Centre on Substance Use)
- [Help with Drinking](#) (BCCSU)
- [Canadian Clinical Guideline: High Risk Drinking and Alcohol Use Disorder](#) (Health Canada)
- [Alcohol fact sheet](#) (Interior Health)
- [Alcohol Use Disorder Prevalence age 0-12](#) (HDC Link)
- [Alcohol Use Disorder Prevalence age 13-19](#) (HDC Link)

Cannabis

- [Addiction Care and Treatment Online Course](#) (UBC CPD Online Module)
- [Cannabis Education for Health Care Providers](#) (UBC CPD Online Module)
- [How to Use Naloxone](#) (Video by Ministry of Health)
- [The Lower Risk Cannabis Use Guidelines for Youth, by Youth](#)
- [The Effects of Cannabis Use during Adolescence](#) (Report, Canadian Centre on Substance Use and Addiction)
- [Cannabis Fact Sheet](#) (Interior Health)
- [Canada's Lower-Risk Cannabis Use Guidelines](#) (Health Canada)
- [Substance Use Conversations with Youth: Tips for Adult Allies — A Communication Guide](#) (CCSA)

Nicotine

- [Addiction Care and Treatment Online Course](#) (UBC CPD Online Module)
- [Smoking and Vaping Cessation resources](#) (Pathways BC - login required)
- [Tobacco Guide](#) (Pathways BC)
- [Quit 4 Life: Handbook for Youth](#) (Health Canada)
- [Quit Now](#) (Quitnow.ca)
 - [Your Vape-Free Life](#)
 - [Helping Youth Quit Vaping: A conversation guide for providers and patients](#)
 - [Smart Steps for Quitting Commercial Tobacco](#)
 - [Tips to Reduce Smoking or Vaping and Tally Sheet](#)
- [Youth Respecting Tobacco](#) (FNHA)
- [Tobacco is Medicine](#) (FNHA)
- [Indigenous Quit Smoking and Vaping Support](#) (Talk Tobacco)
- [Vaping](#) (Foundry)
- [Vaping Toolkit for Parents and Teachers](#) (BC Lung Foundation)

- [Nicotine Info Sheet](#) (Interior Health)
- [Recommendations on interventions for tobacco smoking cessation in adults in Canada](#) (CMAJ)

Opioids

- **UBC CPD Online Modules**
 - [Addiction Care and Treatment Online Course](#)
 - [Provincial Opioid Addiction Treatment Support Program: Family Physicians, Specialists, Nurse Practitioners, and Pharmacists](#)
 - [Provincial Opioid Addiction Treatment Support Program: Registered Nurses & Registered Psychiatric Nurses](#)
 - [Opioids and Benzodiazepines: Safe Prescribing for Midwives](#)
 - [Opioid Prescribing in the Context of Toxic Drug Supply: Navigating Risks and Ensuring Patient Safety \(For International Medical Graduates\)](#)
- [Treatment of Opioid Use Disorder for Youth](#) (BCCSU)
- [A Guideline for the Clinical Management of Opioid Use Disorder](#) (BCCSU)
- [OAT Subsidization Information for Indigenous patients](#) (FNHA)
- [Drug Checking](#) (Help Starts Here)
- [Lifeguard App](#)
- [Youth Informed Guide to Opioid Agonist Treatment](#) (Foundry)
- [Opioid Fact Sheet](#) (Interior Health)[National Overdose Response Service \(NORS\)](#)

Stimulants

- [Addiction Care and Treatment Online Course](#) (UBC CPD Online Module)
- [Managing Acute Stimulant Intoxication and Withdrawal](#) (BCCSU)
- [Stimulant Use Disorder: Practice Update](#) (BCCSU)
- [Stimulants Fact Sheet](#) (Interior Health)
- [Treatment for Stimulant Use Disorders](#) (National Library of Medicine)

Process Addictions

- [Problem Gambling](#) (Centre for Addiction and Mental Health)
- [Gaming: Growing Up Online Toolkit for Providers](#) (Alberta Health Services)
- [Screen use and digital media: Advice for parents of school-aged children and teens](#) (Caring for Kids)
- [Helping your Child Manage Digital Technology](#) (School Mental Health Ontario)

Lesson 4: Concurrent Conditions

General Considerations

- [HEADSS](#) (American Academy of Pediatrics)
- [SSHADESS](#) (AAP)
- [Youth Substance Use/Concurrent Disorders](#) (Compass Toolkit)

Anxiety

- [Looking Beyond a Diagnosis: Child & Youth Mental Health, Lesson 3: Anxiety Disorders](#) (UBC CPD Online Module)
- [Anxiety Disorders](#) (CAMH)
- [Anxiety](#) (Foundry)
- [Compass Toolkit: Anxiety](#) (Compass)

Mood Disorders

- [Looking Beyond a Diagnosis: Child & Youth Mental Health, Lesson 2: Major Depressive Disorder](#) (UBC CPD Online Module)
- [Low Mood and Depression](#) (Foundry)
- [Centre for Youth Bipolar Disorder](#) (CAMH)
- [Compass Toolkit: Depression](#) (Compass)

ADHD

- [Looking Beyond a Diagnosis: Child & Youth Mental Health, Lesson 4: ADHD](#) (UBC CPD Online Module)
- [Canadian ADHD Resource Alliance](#) (CADDRA)
- [CADDRA Toolkit](#) (CADDRA)
- [Compass Toolkit: ADHD](#) (Compass)

Autism Spectrum Disorder (ASD)

- [Autism And Neurodiversity In Primary Care – Recognize and Refer](#) (UBC CPD Online Module)
- [Autism Assessment Network](#) (PHSA)
- [Autism Information Services BC](#) (Government of BC)

Eating Disorders

- [Beyond a Diagnosis: Child & Youth Mental Health, Lesson 6: Eating Disorders](#) (UBC CPD Online Module)
- [Provincial Specialized Eating Disorders Program](#) (BC Children's Hospital)
- [Compass Toolkit: Eating Disorders](#) (Compass)
- [Eating Disorders: Clinical Tools and Resources](#) (Kelty)
- [Point of Care Child and Youth Eating Disorders Care Pathway](#) (Pathways BC)
- [Integrated Care for Substance Use and Eating Disorders](#) (BC Provincial Eating Disorders Network)
- [Eating Disorder Prevalence age 0-12](#) (HDC Link)
- [Eating Disorder Prevalence age 13-19](#) (HDC Link)

Psychosis

- [Early Psychosis Intervention](#)
- [BC Early Psychosis Intervention Services](#)

Suicidal Ideation/Intent

- [Ask Suicide-Screening Questions](#) (National Institute of Mental Health)
- [Suicide Risk Assessment Toolkit](#) (Mental Health Commission of Canada)
- [Columbia Suicide Severity Rating Scale](#) (Education Development Centre)
- [Safety Plan Template](#) (Government of BC)
- [Hope, Help, and Healing: A Planning Toolkit for First Nations and Aboriginal Communities to prevent and respond to suicide](#) (FNHA)
- [Hope: Suicide Safety Planning app](#) (CAMH)
- [My Safety Plan: online interactive template](#) (Vibrant Emotional Health)
- [Compass Toolkit: Suicide Risk Assessment](#) (Compass)

Lesson 5: Transfer of Care, Implementation, and Follow-Up

Common Management Considerations

- [Health Care Provider Support \(Compass\)](#)
- [Rapid Access to Consultative Expertise \(RACE\) line](#)
- [LearningHub](#)
- [Foundry](#)
- [Youth Harm Reduction: A Toolkit for Service providers](#) (Interior Health)

Transitions in Care

- [Mental Health Act Toolkit](#) (BC Children's Hospital)
- [Forms Pathway - Implementing the Mental Health Act](#) (BC Children's Hospital)
- [Detained: Rights of children and youth under the Mental Health Act](#) (Representative for Children and Youth)

Follow-up and Other Resources

- [RACE line](#)
- [COMPASS](#)
- [BC Centre on Substance Use](#)
- [Foundry](#)
- [SMART Recovery](#)
- [Dan's Legacy](#)
- [FamilySmart](#)
- [Moms Stop the Harm](#)
- [Vancouver Aboriginal Child and Family Services Society \(VACFSS\)](#)