

Substances reported as causing the most problems for Saskatchewan youth are alcohol, marijuana, and nicotine.

Almost 95 percent of youth reported harms associated with their own alcohol or drug use, while five percent reported experiencing harms associated with someone else's alcohol or drug use.

The chart below evidences the increasing pattern of alcohol use and binge drinking among Canadian students from Grades 7—12.

Grade	% of Students who have consumed alcohol	% of Students who have engaged in binge drinking
7	45.5	19.1
8	59.6	37.9
9	70.3	49.6
10	79.8	61.9
11	83.1	72.5
12	85.3	75.3

Statistics from Saskatchewan Ministry of Health Fact Sheets.

Presentations are created to meet the specific needs of your students and staff.

For more information please contact  
Addiction Services,  
Youth Counsellor at:

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**Mental Health & Addiction Services**

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## Addiction Services and the School



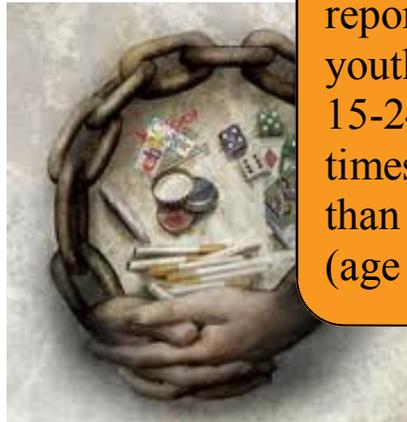
*Youth face a unique set of stressors and experiences, often times including or resulting in drug and/or alcohol use. As well, many students are affected by the alcohol or drug use of their family or friends. Addiction Services provides quality, individualized counselling, education and prevention services to those who are affected by substance abuse, dependency or problem gambling related issues. Along with this, we are available to assist school staff in understanding and working with youth experiencing these difficulties.*

**Of youth referred to Saskatchewan Addiction Services, 20 percent were referred by their school, 26 percent by their family/self, and 28 percent by legal services.**

The youth counsellor provides individual counselling services for students within the school setting or at our office, making access to services more convenient.

### **Question: Why do youth use?**

**Answer:** There are a lot of reasons why youth use alcohol and/or drugs. Some reasons include accessibility, attitudes of friends and family, portrayal of alcohol and drugs in the media, boredom, curiosity, lack of alternative & healthy activities, coping, as well as modeling learned practices.



**Harms reported by youth (age 15-24) are 10 times higher than adults (age 25+).**

### **Question: What does Saskatchewan youth alcohol use look like?**

**Answer:** A Saskatchewan study done in 2008 reports the majority of youth drink alcohol between one and three times per month. Over 23 per cent of 14 year olds and 70 percent of 17 year olds reported drinking 5 or more drinks within a 2-hour period (“binge drinking”) at least once in the past month.

Not only does the Addiction Counsellor provide counselling services to students, but is also available to provide classroom presentations.

This Counsellor is also a support for teachers and staff working with youth struggling with substance use of their own, or being affected by the use of family and friends.

Addiction Services can provide a number of print resources for students and staff throughout the year.

The Saskatchewan Addictions Awareness Week runs annually during the second week of November. This may be a great opportunity for building resources and involvement within the school, using the Addiction Counsellor as a support for events.

***It is the vision of  
Sun Country Health Region  
to create and assist  
“Healthy People  
in Healthy Communities.”***