

COMMUNITY COMING TOGETHER (CCT)

November, 2012

This month's theme is Addictions



WHAT IS RESILIENCY?

Resiliency is defined as "...bouncing back from risk, stress, and adversity" (Nan Henderson, "What's Resiliency?"). When we have the ability to bend and adapt in positive ways to the inevitable stressors that life throws at us, chances are much greater that we will not need to turn to detrimental ways of coping. It is like resiliency acts as a suit of armour, strengthening us to guard against physical and mental illness. It also helps us avoid choosing coping mechanisms that end up adding to our stress, such as the use of substances. So how do we help youth build their own inner resources so that they can resist the allure of substances?

WHAT CAN CARING ADULTS DO TO HELP?

While it might seem an overwhelming task to figure out how we can be most helpful to youth, research tells us it is not a complicated formula. In fact, "The most powerful protective factor emerging from resiliency studies is that of the presence of a caring, supportive relationship with someone, somewhere in the child's life" (Werner & Smith, 1992). That's it. The number one way that we foster resiliency in youth is by being a presence in their lives or helping them connect to another adult in a meaningful way.

HOW DO WE BUILD A CHILD'S SELF-ESTEEM?

Parents, you have the greatest influence in shaping your children's sense of self worth.

Provide your children with three important traits: **respect for others**, **responsibility** and **resourcefulness**. Self-esteem arises from self-sufficiency, the ability to stand on one's own two feet.



Build good self-esteem in your child by:

- ☆ Providing them with LOVE and ACCEPTANCE
- ☆ Helping them feel SPECIAL and APPRECIATED
- ☆ Helping them DEVELOP PROBLEM-SOLVING and DECISION-MAKING SKILLS
- ☆ Being an EMPATHETIC PARENT and positive ROLE MODEL
- ☆ PROVIDING CHOICES for your child
- ☆ NOT COMPARING siblings or peers
- ☆ HIGHLIGHTING your child's STRENGTHS by providing accurate feedback

Community Partner Corner Medicine Hat Public Library

Nov. 7, 7:00 pm: Teen Night Evening of Improv
Nov. 12, 7:00 pm: Tween Night – Myth & Legend
Busters
Nov. 13, 7-9 pm: Cyberbullying Prevention
Strategies

Upcoming Groups at AHS-Addictions (Call **403-529-3582** for more information or to register):

Family Information Course Understanding Addiction: When an individual has an addiction problem, family members often experience frustration, confusion and fear. This brief course will help adults over the age of 18 to understand the process of addiction, recognize enabling behavior, and learn the skills of detachment with love. Upcoming dates: **Wed, Nov 14** (10 a.m. – 3 p.m.), **Thurs, Nov 22** (5:30 – 9 p.m.), **Wed, Dec 12** (10 a.m. – 3 p.m.).

Evening Information Series: Four 1 hour sessions will be held at the Addiction Services office, Medicine Hat Provincial Building (use the back/2nd Street entrance) every Thursday beginning at 7:30 p.m.

Coming CCT Events

Logo Contest: Win great prizes & help us redesign our CCT logo! Stay tuned for more details!

Nov. 6 at 6:00 pm, McCoy High School Lounge: Family Night. All families of students from St. Mary's, Notre Dame, and McCoy are invited to attend.

Nov. 27, 6:30-8:00 pm, McCoy High School: Triple P Parenting Class. Please contact Ashley Day at NDA (403-527-5118) or McMan Family Services (403-504-0833) for more info & to register.

Nov. 28: Start of the Christmas Hamper campaign. Food donations accepted at your school until Dec. 12.



CCT: Helping kids learn to bounce back!

WHAT IS ALBERTA HEALTH SERVICES – ADDICTIONS?

(formerly AADAC, Alberta Alcohol & Drug Abuse Commission)

AHS-Addictions is mostly known for its addiction treatment services although they also deliver specialized prevention services regarding alcohol, tobacco, drugs and gambling problems to Albertans across the province. One of our priorities is to help youth develop healthy, successful lifestyles. Youth have remarkable challenges in today's world. We would like to help you as parents and caregivers to build resilience, courage and resourcefulness within your children so they can have successful addiction-free lifestyles. A few moments a week can make a world of difference. When you make it a habit to talk to your children about the dangers and issues of substance use, and how to cope with the pressures in life, they will be better equipped to make good decisions.

See the AHS websites for more information:
<http://www.albertahealthservices.ca/2716.asp>

If you or someone you care about is in need of further information contact our office 403.529.3582 or our toll free 24 hour hotline 1-866.332.2322.