

Community Coming Together (CCT)

This month's theme:
Addictions Awareness

November
2013

Mark Your Calendar

November 1

Random Acts of Kindness Day: It's easy to participate:

- Do something kind
- Hand out a Random Acts of Kindness card encouraging the person to pay it forward
- Smile, knowing you have become the change you wish to see in the world!
- Visit <http://rakdaymh.com> for inspiration, to register your Kindness Krew, or to share your stories.

Mid-November – Mid-December

Christmas Hamper collections: we will again be partnering with local Mental Health Capacity Building projects to help families in our community. Exact dates will be announced but donations of food, gift cards, or money are greatly appreciated!

November 18-24th: Addictions Awareness Week

By Maya Lang & Nicole O'Reilly

Addiction doesn't discriminate. It doesn't care who you are, your age, your gender, how much you make in a year or your social status. No one uses substances, in the hopes of becoming addicted. Often people think addiction only affects the individual who is using; however, it affects everyone around them as well. It's important to be aware that November 18-24th marks National Addictions Awareness Week (NAAW). NAAW provides the opportunity to shed light on the problems substance use and addiction can cause, identify solutions on where to go for help if you or someone you know is being impacted by substance use and addiction, and to be aware of what your role can be in addiction awareness and prevention.

"Young people aged 15-24 are the highest risk population for developing mental health and substance use disorders" (CMHA, 2013). It is important to be aware of different life areas that become impacted due to substance use. Some life areas to consider may include: school, spirituality, job, family/friend relationships, legal issues, and financial

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Some changes within CCT!

We have several staff changes this year:

☼ **Melanie Mwaura** (Addictions Worker) is away on maternity leave and her position is being covered by **Leah Hirst**.

Welcome to our Team, Leah, & congratulations to Melanie and her husband on the birth of their son!

☼ **Nicole O'Reilly** (School-based Prevention Worker) will also be on maternity leave as of Nov. 1. Her position will be covered by **Maya Lang**. Welcome to Maya & best wishes to Nicole.

☼ **Dawn Dyck** (Public Health Nurse) has moved to Calgary & her position in the schools will be now be covered by **Heather Anderson**. Welcome to the CCT Team, Heather!

☼ Practicum student, Natasha Bunn, will be with our Team until April when she will complete her Child & Youth Care Diploma program. Glad to have you join us, Natasha!

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problems. If these areas become impacted due to substance use, it may also be affecting future goals. For example, attending college or university is an expensive, yet worthwhile goal many high school students may have. However, if you find your use getting in the way of attending school or completing assignments, being preoccupied with using substances and spending more money than intended on your substances, that goal may no longer be attainable. Somebody else's use may also have a significant impact on you. If you feel like areas of your life are being impacted by somebody else's use there are supports available to you.

If you find yourself questioning if your use is becoming problematic, or if you're concerned about someone else's usage, you don't need to be alone. Supports are available whether it is in your peer group, your family, your school or your community; **ask for help**.

Some of these community supports may include:

- School Addictions Counselor (Leah)
- CCT Resiliency Outreach Worker (Kaley)
- CCT Addiction Prevention, Mental Health Promotion (Maya)
- CCT Spirit Coach (Ashley - Notre Dame, Caitlin - St. Mary's)
- Principals, teachers, support staff
- Addiction and Mental Health Clinic: through your school or at the Provincial Building: 403-529-3500 or 403-529-3582
- Crisis Lines: Kids Help Phone (Youth): 1-800-668-6868
- Mental Health Help Line: 1-877-303-2642

I can't change the direction of the wind, but I can adjust my sails to always reach my destination.

Jimmy Dean

Consider what your role might be in National Addictions Awareness Week. Take the opportunity to see how substance use could impact your or somebody else's life. Make decisions that reflect the person you want to be, and the decisions that align with your morals, values and beliefs.

