



Health Promotion & Education Around Alcohol, Drugs & Gambling



An HPC Resource List

The Health Promotion Clearinghouse would like to extend a very special thank you to the many reviewers who took the time to make suggestions and additions to the draft versions of these lists.

This resource list is a work in progress. Please help us keep it up-to-date by contacting us with suggestions and/or additions.

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Overview

What Material Is Covered In This Resource List?

In the context of this resource list, the term addiction is referring to harmful involvement with alcohol, drugs and/or gambling. Although tobacco is a drug and some resources may encompass tobacco in its scope, a separate HPC Resource List on Tobacco Control has been developed.

What You Will Find In This Document:

Within the “Health Promotion & Education Around Alcohol, Drugs & Gambling” resource list, you will find a variety of information from provincial, national and international sources on the topic of health alcohol use, drug use and gambling. This resource list is organized into five sections: *Overview*, *Documents*, *Organizational Links*, *Other Tools and Resources*, and *Funding Sources*. A brief description of each section is included below:

- *Overview* provides a general description of the topics represented in this resource list.
- *Documents* is made up of toolkits and reports that are available online.
- *Organizational Links* lists relevant provincial, national and international groups affiliated with the use of alcohol, drugs and/or gambling.
- *Other Tools and Resources* includes key websites, databases, and portals related to the use of alcohol, drugs and/or gambling.
- *Funding Sources* is a list of organizations that provide funds that support health promoting initiatives around the use of alcohol, drugs and/or gambling.

Documents

16 Best Practices in School-Based Drug Education for Grades 7-9

Author: Nova Scotia Department of Health Promotion and Protection
Date: 2007
Source: Nova Scotia Department of Health Promotion and Protection
Description: This document presents sixteen best practices in school-based drug education for grades seven through nine. The sixteen statements were created based on a literature review prepared for the Nova Scotia Department of Health Promotion and Protection.
URL: www.gov.ns.ca/hpp/repPub/BestPracticeFactSheet_Feb_07.pdf

1997/98 Nova Scotia Video Lottery Players' Survey

Author: Nova Scotia Department of Health, Problem Gambling Services
Date: 1998
Source: Nova Scotia Department of Health, Problem Gambling Services
Description: The purpose of this document was to develop an extensive and comprehensive profile of video lottery players in the province of Nova Scotia in terms of play behaviours, attitudes, lifestyles and demographic characteristics.
URL: www.gov.ns.ca/heal/downloads/VL_players_survey_9798.pdf

2000 Regular VL Players Follow up: A Comparative Analysis of Problem Development & Resolution - Technical Report

Author: Nova Scotia Department of Health, Addiction Services
Date: 2001
Source: Nova Scotia Department of Health, Addiction Services
Description: This report compares play behaviours, attitudes, lifestyles, coping strategies, characteristics and outcomes for Problem and Non-Problem VL Players who were able to stop or reduce regular video lottery play with those for whom VL gambling continues to be a problem.
URL: www.gov.ns.ca/heal/downloads/VLPlayers_TechnicalReport.pdf

2003 Nova Scotia Gambling Prevalence Study

Author: Schrans, T. and Schellinck, T.
Date: 2004
Source: Nova Scotia Department of Health Promotion and Protection
Description: The 2003 Nova Scotia Gambling Prevalence Study marks the third gambling prevalence study conducted in the province (1993, 1996 and 2003) and the first using the new Canadian Problem Gambling Index measure. This report describes the prevalence of gambling and problem gambling among adults 19 years of age and older who are permanent residents of Nova Scotia, living in private households. This data represents the first opportunity to systematically compare gambling prevalence by type of gambling activity as critical input to planning, management and resource allocation. The results of this study can be used as a resource for various provincial stakeholders for gambling in Nova Scotia.
URL: www.gov.ns.ca/hpp/repPub/2003Gambling_Prevalence_Study_Report.pdf

 **2004 NS VL Self-Exclusion Program Process Test Final Report**

Author: Schrans, T. Schellinck, T. and Grace, J. with Focal Research

Date: 2004

Source: Nova Scotia Department of Health Promotion and Protection

Description: This report highlights 1) the speed at which retailers identify program participants, 2) differences in identification rates of local vs. non local program participants (with and without photo ID), 3) factors influencing retailer identification/compliance rates levels of retailer compliance/non-compliance with program protocols/procedures, 4) participant evaluation of confidentiality and security of “excluder” information, 5) the retailer satisfaction with program protocols and the reporting process, and 6) the satisfaction levels with central registry service and support during the test period.

URL: www.gov.ns.ca/hpp/repPub/NS_VLSEP_Final_Report_Jan_11.pdf

 **Alcohol Indicators Report**

Author: Graham, L.

Date: 2005

Source: Nova Scotia Department of Health Promotion and Protection, and Addiction Services

Description: This document is a framework of alcohol indicators describing the consumption of use, patterns of use, and alcohol-related harms in Nova Scotia. The report includes: estimates for per capita consumption among Nova Scotians fifteen years and older; patterns of use, high-risk drinking, and non-compliance with low-risk drinking guidelines; as well as alcohol-related harms, including alcohol related incidents of traffic offences, treatment, morbidity, mortality, and self-reported harm from one’s own use and from others’ use of alcohol.

URL: www.gov.ns.ca/hpp/publications/AlcoholFullFINAL.pdf

 **Best Practices - Concurrent Mental Health and Substance Use Disorders**

Author: Health Canada

Date: 2002

Source: Health Canada

Description: Over the last two decades, the co-occurrence of addiction and mental health problems among people seeking treatment and support has emerged as an important issue for those who plan and fund mental health and addiction programs, as well as for those who provide direct service. Concerns about concurrent disorders have been fuelled by research showing the high prevalence of such co-morbidity and its implications for the course, cost and outcome of treatment and other support services. The purpose of this project was to identify best practices related to concurrent mental health and substance use disorders. Best practice recommendations at the service delivery level are discussed and the recommendations cover three broad areas: 1) screening, 2) assessment and 3) treatment and support

URL: www.hc-sc.gc.ca/hl-vs/alt_formats/hecs-sesc/pdf/pubs/adp-apd/bp_disorder-mp_concomitants/bp_concurrent_mental_health-eng.pdf

🇨🇦 Best Practices - Early Intervention, Outreach and Community Linkages for Women with Substance Use Problems

Author: Health Canada

Date: 2006

Source: Health Canada

Description: The purpose of this project is to present best practice guidelines related to early intervention, outreach and community linkages for women with substance use problems. The report includes: 1) the background, methodology and research activities, 2) a critical analysis of published and unpublished research related to early intervention, outreach and community linkages for women with substance use problems, 3) a summary of the key insights from experts with various backgrounds, including treatment consultants, managers and clinical professionals from provincial and territorial jurisdictions, 4) a summary of the perspectives of women who are or have been in need of early intervention, outreach and community linkages to address substance use, and 5) best practices.

URL: www.hc-sc.gc.ca/hl-vs/alt_formats/hecs-sesc/pdf/pubs/adp-apd/early-intervention-precoce/early-intervention-precoce-eng.pdf

🇨🇦 Best Practices - Methadone Maintenance Treatment

Author: Prepared by Jamieson, Beals, Lalonde and Associates, Inc. for the Office of Canada's Drug Strategy

Date: 2002

Source: Health Canada

Description: This document is intended to help improve the effectiveness of current programs as well as encourage the establishment of new programs related to methadone maintenance treatment. It is an educational tool which synthesizes knowledge about best practices in methadone maintenance treatment design and delivery and it contributes to an ongoing process of knowledge development and education for policy makers and health and social services professionals responding to the issue of opioid dependence.

URL: www.hc-sc.gc.ca/hl-vs/alt_formats/hecs-sesc/pdf/pubs/adp-apd/methadone-bp-mp/methadone-bp-mp-eng.pdf

🇨🇦 Best Practices - Treatment and Rehabilitation for Driving While Impaired Offenders

Author: Health Canada

Date: 2004

Source: Health Canada

Description: Drinking and driving remains a significant cause of mortality and morbidity in Canada. Less is known about the impact of driving impairment due to other drug use, alone or in combination with alcohol, but there are indications that this is also an issue. The aim of this report is to bring together current knowledge on the planning and delivery of driving while impaired (DWI) remedial programs (i.e. education programs and treatment and rehabilitation programs).

URL: www.hc-sc.gc.ca/hl-vs/alt_formats/hecs-sesc/pdf/pubs/adp-apd/bp_treatment-mp_traitement/treatment_rehab_driving_impaired_practices.pdf

🇨🇦 Best Practices - Treatment and Rehabilitation for Seniors with Substance Use Problems

Author: Health Canada

Date: 2002

Source: Health Canada

Description: The purpose of this project is to identify best practices in treatment and rehabilitation for seniors with substance use problems. The outcomes of the research are intended to be a resource for service providers and program planners who deliver specialized substance abuse programs to seniors. It is important to increase awareness among members of the public generally, and seniors specifically, around seniors' substance use problems. Public information and education must be specific to seniors rather than generic to all adults. Further research is needed to develop new, or modify existing, assessment tools to more accurately reflect the needs of seniors.

URL: www.hc-sc.gc.ca/hl-vs/alt_formats/hecs-sesc/pdf/pubs/adp-apd/treat_senior-trait_ainee/treat_senior-trait_ainee-eng.pdf

🇨🇦 Canadian Addiction Survey (CAS): A National Survey of Canadians' Use of Alcohol and Other Drugs, Prevalence of Use and Related Harms: Detailed Report 2005

Author: Adlaf, E.M., Begin, P., & Sawka, E. (Eds.).

Date: 2005

Source: Canadian Centre on Substance Abuse (CCSA)

Description: CAS is the first national survey dedicated to alcohol, cannabis and other drug use since 1994. It provides a detailed picture of how Canadians aged 15 years and older use alcohol, cannabis and other drugs, and the impact that use has on their physical, mental and social well-being. The survey also questions Canadians about their attitudes toward measures to control drug use, and on their beliefs about the availability of drugs and the risks associated with use. This information, when compared with past studies, indicates trends in drug use and harms associated with use. Researchers, addiction specialists and policy-makers can use this information to determine where financial and human resources are most needed. A total of 13,909 Canadians participated in the CAS, with a minimum of 1,000 in each province.

URL: www.ccsa.ca/NR/rdonlyres/6806130B-C314-4C96-95CC-075D14CD83DE/0/ccsa0040282005.pdf

🇨🇦 Canadian Addiction Survey (CAS): A National Survey of Canadians' Use of Alcohol and Other Drugs, Prevalence of Use and Related Harms: Highlights 2004

Author: Canadian Centre on Substance Abuse (CCSA)

Date: 2004

Source: Canadian Centre on Substance Abuse (CCSA)

Description: This report summarizes the 2005 Canadian Addiction Survey (CAS). CAS is the first national survey dedicated to alcohol, cannabis and other drug use since 1994. It provides a detailed picture of how Canadians aged 15 years and older use alcohol, cannabis and other drugs, and the impact that use has on their physical, mental and social well-being. CAS also questions Canadians about their attitudes toward measures to control drug use, and on their beliefs about the availability of drugs and the risks associated with use.

URL: www.ccsa.ca/NR/rdonlyres/B2C820A2-C987-4F08-8605-2BE999F E4DFC/0/ccsa0048042004.pdf

🇨🇦 Canadian Addiction Survey: Focus on Gender

Author: Ahmad, N., Flight, J., & Singh, V. A.

Date: 2008

Source: Health Canada

Description: This report is one in a series of follow-up reports from the Canadian Addiction Survey (CAS) (2004). It presents an analysis of alcohol and illicit drug use with respect to gender. Expanding on the detailed report of the CAS which presented the prevalence of alcohol and illicit drug use broken down by key demographic characteristics among the total Canadian population, this secondary report presents each demographic by sex to uncover any key similarities and differences between females and males. Due to the magnitude of the CAS dataset, sample sizes among most sub-populations were large enough to provide reliable estimates.

URL: www.hc-sc.gc.ca/hl-vs/alt_formats/hecs-sesc/pdf/pubs/adp-apd/cas-etc/gender-sexe/gender-sexe-eng.pdf

✂ Canadian Addiction Survey: Nova Scotia Report: Overview

Author: Graham, L.

Date: 2007

Source: Province of Nova Scotia, Department of Health Promotion and Protection

Description: Using data from the 2004 Canadian Addiction Survey (CAS) from Nova Scotia, this document explores: 1) the prevalence of alcohol and illicit drug use in Nova Scotia; 2) the proportion of Nova Scotia drinkers who exceed the low-risk drinking guidelines; 3) the prevalence and types of harms related to alcohol and illicit drug use among Nova Scotians; 4) characteristics of Nova Scotians who drink to excess; 5) characteristics of Nova Scotians who use illicit drugs; 6) associations between quality of life (i.e., self-rated physical and mental health), high-risk alcohol use and exceeding the low-risk drinking guidelines; 7) the proportion of illicit drug users at risk for health and other problems, characteristics of at-risk users, and frequencies of harms reported; 8) the prevalence of drinking, illicit drug use and driving; 9) the attitudes and opinions of Nova Scotians towards alcohol and illicit drugs; and 10) the level of drinking and cannabis use in Nova Scotia compared to the rest of Canada.

URL: www.gov.ns.ca/hpp/publications/canadian_addiction_survey.pdf

🇨🇦 Canadian Addiction Survey (CAS) - Public Opinion, Attitudes and Knowledge - A National Survey of Canadians' Use of Alcohol and Other Drugs

Author: Racine, S., Flight, J., & Sawka, E.

Date: 2006

Source: Health Canada

Description: The Canadian Addiction Survey (CAS) is a comprehensive study on alcohol and illicit drugs in Canada. This report examines results from the survey on opinions, attitudes and knowledge of the Canadian population about alcohol and other drugs use. The objective of this report is to present findings based on further analysis of the CAS data to assess Canadians' opinions, views and knowledge on a range of alcohol and other drugs topics and policies, including identification of possible future policy directions.

URL: www.hc-sc.gc.ca/hl-vs/alt_formats/hecs-sesc/pdf/pubs/adp-apd/cas-etc/opin_att_knowledge-connaiss/opin_att_knowledge.pdf

 **Canadian Addiction Survey (CAS): Substance Use by Canadian Youth - A National Survey of Canadians' Use of Alcohol and Other Drugs**

Author: Flight, J.

Date: 2007

Source: Health Canada

Description: This report is a follow-up to the Canadian Addiction Survey (CAS). While the full report presented some prevalence results for youth, the focus was on national estimates. As such, this report takes a more in-depth look at the use of alcohol and other drugs by youth and young adults aged 15 to 24 as well as the problems they encounter as a result of their use, their reasons for using, and the characteristics associated with such use. The discussions and results are presented with a focus on youth, and in many instances, comparisons are made to the general and adult populations.

URL: www.hc-sc.gc.ca/hl-vs/alt_formats/hecs-sesc/pdf/pubs/adp-apd/cas-etc/youth-jeunes/youth-jeunes-eng.pdf

 **Changing the Culture of Alcohol Use in Nova Scotia: An Alcohol Strategy to Prevent and Reduce the Burden of Alcohol Related Harm in Nova Scotia**

Author: Department of Health Promotion and Protection, Addiction Services Alcohol Task Group

Date: 2007

Source: Nova Scotia Department of Health Promotion and Protection

Description: The goal of the Nova Scotia Alcohol Strategy is to prevent and reduce alcohol-related acute and chronic health, social, and economic harm and costs among individuals, families, and communities in Nova Scotia. Opportunities and recommendations for achieving the provincial Alcohol Strategy's vision and goals have been delineated in five interrelated key directions: 1) Community Capacity and Partnership Building, 2) Communication and Social Marketing, 3) Strengthening Prevention, Early Intervention, and Treatment, 4) Healthy Public Policy and 5) Research and Evaluation

URL: www.gov.ns.ca/hpp/repPub/Alcohol_Strategy.pdf

 **Changing the Culture of Alcohol Use in Nova Scotia - Responding to the Nova Scotia Alcohol Strategy: Provincial Initiatives Led by the Department of Health Promotion and Protection**

Author: Province of Nova Scotia

Date: 2007

Source: Nova Scotia Department of Health Promotion and Protection

Description: This document addresses the five interrelated key directions as identified by the Nova Scotia's Alcohol Strategy and how the Nova Scotia Department of Health Promotion and Protection is currently or planning on addressing them.

URL: www.gov.ns.ca/hpp/repPub/HPP_Action-Alcohol_Strategy.pdf

 **Cocaine Use: Recommendations in Treatment and Rehabilitation**

Author: Health Canada

Date: 2000

Source: Health Canada

Description: This report is based on a literature review of medical, psychological and sociological journals. Studies referenced in the report were reviewed for methodological rigor. A bibliography of studies of sufficient quality for reference purposes is attached, as well as a brief list of key program resources available through the Web.

URL: www.hc-sc.gc.ca/hl-vs/alt_formats/hecs-sesc/pdf/pubs/adp-apd/cocaine_use-usage_cocaine/cocaine-eng.pdf

 **Culture Counts: Best Practices in Community Education in Mental Health and Addictions with Ethno-racial/Ethno-cultural Communities – Phase One Report**

Author: Agic , B.
Date: 2004
Source: Canadian Centre for Addiction and Mental Health
Description: The Best Practices in Community Education in Mental Health and Addiction with Ethno-racial/ Ethno-cultural Communities Project builds on recent research reports and needs assessments conducted in partnership with culturally diverse communities, and health promotion/population health initiatives undertaken by CAMH. This provincial project aims to research, identify and develop a best practices model for community education and knowledge exchange in mental health and addiction with ethno-cultural communities to ensure that programs effectively address the needs of these communities.
URL: www.camh.net/education/Resources_communities_organizations/culture_counts_jan05.pdf

 **Drawing the Line: A Resource for the Prevention of Problem Gambling: Grades 4-6**

Author: Nova Scotia Department of Health and Nova Scotia Department of Education
Date: 2002
Source: Nova Scotia Department of Health Promotion and Protection
Description: The aim of this resource is to help prevent problem gambling and promote a healthy lifestyle among young Nova Scotians, now and in their adult years. [Transparencies](#)
URL: www.gov.ns.ca/hpp/repPub/DrawingtheLineGr-4-6.pdf

 **Drawing the Line: A Resource for the Prevention of Problem Gambling: Volume I Junior High / À Vous de Jouer: Un manuel sur la prevention des problèmes liés au jeu: Volume I Premier Cycle du secondaire**

Author: Nova Scotia Department of Health, Problem Gambling Services, Drug Dependency and Nova Scotia Department of Education and Culture
Date: 1997
Source: Nova Scotia Department of Health Promotion and Protection
Description: The goal of this resource is to help prevent problem gambling and promote a healthy lifestyle among young Nova Scotians, now and in their adult years. [Transparents en Français](#)
URL/ www.gov.ns.ca/hpp/repPub/DrawingtheLineCV.pdf
L'URL: www.gov.ns.ca/hpp/repPub/A-Vous-de-Jouer-Premier.pdf

 **Drawing the Line: A Resource for the Prevention of Problem Gambling: Volume II Senior High / À Vous de Jouer: Un manuel sur la prevention des problèmes liés au jeu: Volume II Deuxième Cycle du secondaire**

Author: Nova Scotia Department of Health, Problem Gambling Services, Drug Dependency and Nova Scotia Department of Education and Culture
Date: 1997
Source: Nova Scotia Department of Health Promotion and Protection
Description: The goal of this resource is to help prevent problem gambling and promote a healthy lifestyle among young Nova Scotians, now and in their adult years. [Transparencies](#) [Transparents en Français](#)
URL/ www.gov.ns.ca/hpp/repPub/DrawingtheLine-SR-High.pdf
L'URL: www.gov.ns.ca/hpp/repPub/A-Vous-de-Jouer-Deuxieme.pdf

 **Evaluative Research & Concept Testing Among Young Adults (19-29 years): Assessment of Low-Risk Drinking Guidelines Print Materials**

Author: Focal Research Consultants Ltd.

Date: 2006

Source: Nova Scotia Department of Health Promotion and Protection

Description: The following summary report highlights key findings emerging from the combined qualitative research undertaken with young men and women in 2005. Readers are cautioned that results are instructive but should not be considered representative of young adults 19-29 years of age in the population of Nova Scotia at large.

URL: www.gov.ns.ca/hpp/repPub/HIGHLIGHTS_REPORT_FocusGroupsYoungAdultsAges19to29.pdf

 **Evaluative Research and Concept Testing Low-Risk Drinking Guidelines Print Materials: Qualitative Research with Females Aged 19 to 29 Years**

Author: Focal Research Consultants Ltd.

Date: 2005

Source: Nova Scotia Department of Health Promotion and Protection

Description: This document explores the context of young women's alcohol consumption and assessment of their reactions to a series of education materials and messages that highlight low-risk drinking guidelines, personal strategies to reduce consumption and alcohol effects.

URL: www.gov.ns.ca/hpp/repPub/FocusGroupsFullReportFemaleAges19to29FINAL.pdf

 **Evaluative Research and Concept Testing Low-Risk Drinking Guidelines Print Materials: Qualitative Research with Males Aged 19 to 29 Years**

Author: Focal Research Consultants Ltd.

Date: 2005

Source: Nova Scotia Department of Health Promotion and Protection

Description: This document explores the context of young men's alcohol consumption and assessment of their reactions to a series of education materials and messages that highlight low-risk drinking guidelines, personal strategies to reduce consumption and alcohol effects.

URL: www.gov.ns.ca/hpp/repPub/FocusGroupsFullReportMalesAges19to29FINAL.pdf

 **Findings from Enhanced Surveillance of Canadian Street Youth, 1999-2003**

Author: Public Health Agency of Canada

Date: 2007

Source: Public Health Agency of Canada

Description: Substance use is common among street youth. The prevalence of smoking, alcohol use and intoxication, drug use, and drug-use risk behaviours is much higher among street youth than in the general youth population. Despite the detrimental health, psychological and social consequences of substance abuse, it continues to persist in street youth populations, because the challenges of meeting immediate daily needs are considered more pressing than preoccupation with health risks. This report is intended to provide more information on substance use in street youth and is based on Enhanced Surveillance of Canadian Street Youth (E-SYS), a national, multicentre sentinel surveillance system that monitors rates of sexually transmitted infections and blood-borne infections, behaviours and risk determinants in Canada's street youth population. Key findings from 1999, 2001 and 2003 are presented.

URL: www.phac-aspc.gc.ca/sti-its-surv-epi/report07/pdf/csy07_e.pdf

■ ■ Harm Reduction Policies and Programs for Persons of Aboriginal Descent

Author: Dell, C. A. & Lyons, T.

Date: 2007

Source: Canadian Centre on Substance Abuse

Description: This document is intended to provide current, objective and empirically-based information to inform the implementation of policies and programs for promoting the reduction of harms associated with substance abuse in Canada.

URL: www.ccsa.ca/NR/rdonlyres/9D021396-587C-4327-8FB7-42DDABCEED2E/0/ccsa_0115152007.pdf

■ ■ Harm Reduction Policies and Programs for Youth

Author: Poulin, C.

Date: 2006

Source: Canadian Centre on Substance Abuse

Description: This document is intended to provide current, objective and empirically-based information to inform the implementation of policies and programs for promoting the reduction of harms associated with substance abuse in Canada.

URL: www.ccsa.ca/NR/rdonlyres/D0254373-5F2B-459D-BB79-6EE7C22CC303/0/ccsa113402006.pdf

■ ■ Harm Reduction Policies and Programs for Persons Involved in the Criminal Justice System

Author: Thomas, G.

Date: 2005

Source: Canadian Centre of Substance Abuse

Description: This document is intended to provide current, objective and empirically-based information to inform the implementation of policies and programs for promoting the reduction of harms associated with substance abuse in Canada.

URL: www.ccsa.ca/NR/rdonlyres/B092A5D6-C627-4503-8F21-8A1AB8923B3A/0ccsa0039002005.pdf

■ ■ Health Promotion Programs on Mental Health/Illness and Addiction Issues in Ethno-Racial/Cultural Communities: A Literature Review

Author: Agic, B.

Date: 2003

Source: Centre for Addiction and Mental Health

Description: The objective of this report is to provide an overview of research literature addressing: 1) barriers in access to health promotion programs on mental health/illness and addiction issues in ethno-racial/cultural communities, and 2) guidelines on development of culturally and linguistically appropriate mental health promotion programs

URL: www.camh.net/education/ethnocult_healthpromores02.pdf

🇨🇦 International Guidelines for the Estimation of the Avoidable Costs of Substance Abuse

Author: Collins, D., Lapsley, H., Brochu, S., Easton, B., Pérez-Gómez, A., Rehm, J. & Single. E.

Date: 2006

Source: Health Canada

Description: These guidelines were commissioned by Health Canada as part of an international initiative to develop sound methodologies and approaches for estimating the socioeconomic avoidable costs of substance abuse. The current document is meant to provide guidance for developing pilot studies on estimating avoidable costs. It is hoped that these guidelines will be helpful to both developing and developed countries. When undertaking studies, guideline users are strongly advised to focus on a single substance, e.g. alcohol, tobacco, or illicit drugs. As well, before avoidable costs can be estimated, good basic data on aggregate costs of the substance being studied must already exist.

URL: www.hc-sc.gc.ca/hl-vs/alt_formats/hecs-sesc/pdf/pubs/adp-apd/cost-cout-abus/costs-estimation-couts-eng.pdf

✂ Literature Review: Best Practices in School-Based Drug Education for Grades 7-9

Author: Roberts, G.

Date: 2006

Source: Nova Scotia Department of Health Promotion and Protection

Description: The purpose of this report was to complete a review of the school health and drug education literature (both published and grey) from 1995 to the present, and to identify best practices for junior high school drug education in order to inform curriculum supplement development and classroom teacher practice.

URL: www.gov.ns.ca/hpp/repPub/DrugEdLit_2007.pdf

✂ Making a Difference Curriculum Supplement – A Teachers Drug Prevention Resource for Health Education Grades Primary – 6

Author: Nova Scotia Department of Health, Addiction Services, and Nova Scotia Department of Education (English Program Services)

Date: 2003

Source: Nova Scotia Department of Health, Addiction Services, and Nova Scotia Department of Education (English Program Services)

Description: This program was developed to both help prevent and minimize the harms associated with substance use among young people.

URL: ftp://ftp.ednet.ns.ca/pub/educ/curriculum/MakingADifference_WEBFIN.pdf

✂ Nova Scotia Student Drug Use

Author: Addiction Services, Nova Scotia Department of Health, and Dalhousie University

Date: 2002

Source: Nova Scotia Department of Health Promotion and Protection

Description: The Nova Scotia Student Drug Use Survey is a standardized study conducted in collaboration with Prince Edward Island, New Brunswick and Newfoundland and Labrador. The survey provides information about substance use, gambling and problems and risks associated with these behaviours among adolescent students in grades 7, 9, 10 & 12. The 2002 Nova Scotia estimates were based on a randomly selected sample of 4,247 students.

URL: www.gov.ns.ca/hpp/repPub/2002_NSDrugTechnical.pdf

Nova Scotia Student Drug Use 2007: Highlights Report

Author: Poulin, C. & McDonald, W.

Date: 2007

Source: Nova Scotia Department of Health Promotion and Protection

Description: This document highlights findings specific to Nova Scotia from the 2007 Student Drug Use Survey in the Atlantic Provinces. A total of 4486 students in grades 7, 9, 10 and 12 participated in the 2007 Nova Scotia Student Drug Use Survey. Major findings include: 1) Decreases from 2002 to 2007 in the prevalence of cigarette smoking, cannabis use, psilocybin or mescaline use, and the use of non-medical amphetamine and methylphenidate, 2) An increase in the prevalence of use of MDMA (ecstasy) and 3) No change in the prevalence of use of alcohol and 7 other substances.

URL: www.gov.ns.ca/hpp/repPub/NS_Highlights_2007.pdf

Pre-Campaign Gambling Study for Young Adults (19-34 years) in Nova Scotia

Author: Schrans, T. and Schellinck, T. with Focal Research Consultants Ltd.

Date: 2007

Source: Nova Scotia Department of Health Promotion and Protection

Description: In the 2003 Nova Scotia Gambling Prevalence Study, young adults were found to have the highest level of risk for gambling problems. A random, representative survey of 400 adults (aged 19-34) was conducted April 18 to May 31, 2006. The data were segmented and compared by age group, by risk for gambling problems, and measurement period. Results are accurate 19 times out of 20.

URL: www.gov.ns.ca/hpp/repPub/Pre-Campaign_gambling_study.pdf

Reducing the Harm Associated with Injection Drug Use in Canada

Author: F/P/T Advisory Committee on Population Health, F/P/T Committee on Alcohol and Other Drug Issues, F/P/T Advisory Committee on AIDS, and F/P/T Heads of Corrections Working Group on HIV/AIDS

Date: 2001

Source: Health Canada

Description: This report is the federal/provincial/territorial response to a significant number of recent, well-researched papers and consultations recommending action to reduce the harm associated with injection drug use in Canada. It is intended to provide a framework for multi-level strategies and action plans to reduce the harm associated with injection drug use in Canada and to promote a new level of coordinated action and collaboration among various sectors and jurisdictions in adopting policies and practices to address injection drug use and the associated harms.

URL: www.hc-sc.gc.ca/hl-vs/alt_formats/hecs-sesc/pdf/pubs/adp-apd/injection/injectiondrug-eng.pdf

Resources for a Healthier Campus: Helping Students Help

Author: Nova Scotia Department of Health Promotion and Protection & Addiction Services

Date: 2007

Source: Nova Scotia Department of Health Promotion and Protection & Addiction Services

Description: This is a pilot campus awareness and education program for post secondary students in Nova Scotia. The program better informs students on the harms of high risk drinking and gambling and is facilitated by Addiction Services professionals. To view an excerpt from the session workbook, please click here. For further information or to book a session contact Addiction Services office at www.addictionservices.ns.ca

URL: www.gov.ns.ca/hpp/publications/pg/Workbook.pdf

 **Student Drug Use Survey in the Atlantic Provinces 2007: Atlantic Technical Report**

Author: Poulin, C. & Elliott, D.

Date: 2007

Source: Nova Scotia Department of Health Promotion and Protection

Description: The Student Drug Use Survey in the Atlantic Provinces is a collaborative initiative of Nova Scotia, New Brunswick, Newfoundland and Labrador and Prince Edward Island, and Dalhousie University. A total of 17,545 students in grades 7, 9, 10 and 12 in the four provinces participated in the 2007 survey.

URL: www.gov.ns.ca/hpp/repPub/Atl_Tech_Report_2007.pdf

 **The Cost of Substance Abuse in Canada 2002: Highlights**

Author: J. Rehm, D. Baliunas, S. Brochu, B. Fischer, W. Gnam, J. Patra, S. Popova, A. Sarnocinska-Hart, B. Taylor In collaboration with E. Adlaf, M. Recel, E. Single

Date: 2006

Source: Canadian Centre on Substance Abuse

Description: This study examined the impact of substance abuse on Canadian society. This cost was estimated this impact in terms of death, illness and economic costs caused in whole or in part by the abuse of tobacco, alcohol and illegal drugs for the year 2002. In economic terms, abuse occurs when substance use imposes costs on society that exceed the costs to the user of obtaining the substance. These costs are designated as “social” costs. It is important to note that estimating social costs is not a simple accounting exercise. Rather, cost studies are based on well-documented economic theories and assumptions. Measured in terms of the burden on services such as health care and law enforcement, and the loss of productivity in the workplace or at home resulting from premature death and disability, the overall social cost of substance abuse in Canada in 2002 was estimated to be \$39.8 billion.

URL: www.ccsa.ca/NR/rdonlyres/18F3415E-2CAC-4D21-86E2-CEE549EC47A9/0/ccsa0113322006.pdf

 **The Costs and Benefits of Gaming - A Literature Review With Emphasis on Nova Scotia**

Author: Hayward, K.

Date: 2004

Source: GPI Atlantic

Description: This document reviews methodological difficulties in determining the costs and benefits of gaming; a summary of the relative risk ratios for costs associated with problem gambling; a summary of research needs and data gaps; a brief review of potential policy implications, interventions, and a framework listing the major costs and benefits of gaming regulation strategies cited in the literature.

URL: www.gpiatlantic.org/pdf/gambling/gambling.pdf

 **Women, Mental Health and Mental Illness and Addiction in Canada: An Overview**

Author: By the Ad Hoc Working Group on Women, Mental Health, Mental Illness and Addictions

Date: 2006

Source: Canadian Women's Health Network

Description: This report was prepared prior to the Standing Senate Committee on Social Affairs, Science and Technology's Final Report on Mental Health, Mental Illness and Addiction in Canada, chaired by Senator Kirby. This document responds to interim reports tabled in 2005. It provides information about issues in women's mental health, illness and addictions and makes recommendations for the next steps.

URL: www.cwhn.ca/PDF/womenMentalHealth.pdf

Organizational Links

Addiction Services – Province of Nova Scotia

Contact: Website: www.addictionservices.ns.ca/

Description: Addiction Services offices are located throughout the province of Nova Scotia to help individuals, families and communities with problems created by the harmful use of alcohol, other drugs and gambling. We help sisters, brothers, moms, dads, husbands, wives, co-workers and friends achieve a safe and healthy lifestyle.

Alcohol Policy Network

Contact: Address: 700 Lawrence Avenue West, Suite 310, Toronto ON M6A 3B4
Telephone: (416) 367-3313
Fax: (416) 367-2844
Website: www.apolnet.ca/Index.html

Description: The Alcohol Policy Network (APN) is a network of over one thousand individuals and organizations across Ontario concerned about the impact of alcohol on our friends, families and communities. APN is a project of the Ontario Public Health Association, an independent charitable organization founded in 1949 to strengthen the impact of people active in public and community health throughout Ontario.

Canadian Centre on Substance Abuse / Centre canadien de cette lutte contre l'alcoolisme et les toxicomanies

Contact: Address: 75 Albert Street, Suite 300 Ottawa, ON K1P 5E7
Telephone: (613) 235-4048
Fax: (613) 235-8101
E-mail: info@ccsa.ca
Website: www.ccsa.ca/

Description: The Canadian Centre on Substance Abuse (CCSA)'s mandate is to provide national leadership and evidence-informed analysis and advice to mobilize collaborative efforts to reduce alcohol- and other drug-related harms.

Canadian Network of Substance Abuse and Allied Professionals / Réseau canadien des professionnels en toxicomanie et de domaines connexes

Contact: Address: 75 Albert Street, Suite 300, Ottawa, ON K1P 5E7 Canada
Telephone: (613) 235-4048, ext. 249
Fax: (613) 235-8101
E-Mail: CanadianNetwork@ccsa.ca
Website: www.cnsaap.ca/

Description: The Canadian Network of Substance Abuse and Allied Professionals is the first national website developed specifically for Canada's substance abuse workforce. This resource aims to facilitate the adoption of evidence-informed practice across the continuum of care and to encourage and support ongoing learning with particular emphasis on emerging trends, quality assurance and cross-disciplinary collaboration.



Centre for Addiction and Mental Health / Centre de toxicomanie et de santé mentale

Contact: Website: www.camh.net/

Description: The Centre for Addition and Mental Health (CAMH) is Canada's leading addiction and mental health teaching hospital. They improve the lives of those affected by addiction and mental health problems and promote the health of people in Ontario and beyond.



National Institute on Drug Abuse

Contact: Address: 6001 Executive Boulevard, Room 5213, Bethesda, MD 20892-9561
USA

Telephone: (301) 443-1124

E-Mail: information@nida.nih.gov

Website: www.nida.nih.gov/

Description: The National Institute on Drug Abuse's (NIDA) mission is to lead the United States in bringing the power of science to bear on drug abuse and addiction. This charge has two critical components. The first is the strategic support and conduct of research across a broad range of disciplines. The second is ensuring the rapid and effective dissemination and use of the results of that research to significantly improve prevention, treatment and policy as it relates to drug abuse and addiction.



Nova Scotia Department of Health Promotion and Protection, Addiction Prevention

Contact: Address: Summit Place, 5th Floor, 1601 Lower Water Street, PO Box 487
Halifax, NS B3J 2R7

Telephone: (902) 424-4807

Toll Free: 1-866-231-3882

Fax: (902) 424-4716

E-Mail: healthpromotion@gov.ns.ca

Website: www.gov.ns.ca/hpp/addictionprevention.html

Description: This is the Department of Health Promotion and Protection's website for their Addiction Prevention Team



Nova Scotia Department of Health Promotion and Protection, Problem Gambling Services

Contact: Address: Summit Place, 5th Floor, 1601 Lower Water Street, PO Box 487
Halifax, NS B3J 2R7

Telephone: (902) 424-4807

Toll Free: 1-866-231-3882

Fax: (902) 424-4716

E-Mail: healthpromotion@gov.ns.ca

Website: www.gov.ns.ca/hpp/gambling/index.asp

Description: This is the Department of Health Promotion and Protection's website for their Problem Gambling Services Team.



Nova Scotia Gaming Foundation

Contact: Address: 1660 Hollis Street, Suite 305, PO Box 2392, Halifax CRO, Halifax NS, B3J 3E4
Telephone: (902) 424-0963
Toll Free: 1-866-424-0963
Fax: (902) 424-3601
E-Mail: info@nsgamingfoundation.org
Website: www.nsgamingfoundation.org/

Description: The Nova Scotia Gaming Foundation is a not-for-profit, arms-length government organization. The Nova Scotia Gaming foundation operates through a volunteer Board of Directors that is appointed by, and accountable to, the Minister of the Department of Health Promotion and Protection. It is guided by three strategic priorities: 1) Building Capacity to Make a Difference 2) Informing Balanced Dialogue on Gambling Problems & 3) Mitigating or Reducing the Undesirable Effects of Gambling.

Other Tools and Resources

Alcohol Policy 101

Author: Alcohol Policy Network
Date: Last Updated 2008
Source: Alcohol Policy Network
Description: For people who are new to the field of alcohol policy, it is important to understand the context in which they exist, their potential, and their challenges. This website offers a comprehensive overview of the rationale and context of alcohol policy.
URL: www.apolnet.ca/thelaw/policies/ap_101.html

Resource Library

Author: Nova Scotia Gaming Foundation
Date: Last updated 2008
Source: Nova Scotia Gaming Foundation
Description: Each day the Nova Scotia Gaming Foundation monitors dozens of news articles, websites, books, journals and reports on gambling with the goal of providing current information, ideas, resources and statistics while encouraging balanced dialogue on the surrounding issues. Each category contains a list of suggested websites and resources. Categories include: Cross cultural issues in gambling, Financial impacts of gambling, Gender impacts of gambling, Internet gambling, Prevention, Public policy issues, Seniors and problem gambling, Understand problem gambling, What's new in research, when someone you care about gambles, and Youth gambling.
URL: www.nsgamingfoundation.org/pages/Resource-Library.aspx

National Anti-Drug Strategy Overview

Author: Government of Canada
Date: Last updated 2008
Source: Government of Canada
Description: The National Anti-Drug Strategy provides a focused approach involving three action plans to deliver on priorities aimed at reducing the supply of and demand for illicit drugs, as well as addressing the crime associated with illegal drugs. This approach takes action in three priority areas: preventing illicit drug use; treating illicit drug dependency; and combating the production and distribution of illicit drugs.
URL: www.nationalantidrugstrategy.gc.ca/pdf/plan.pdf

Policy & Position Papers

Author: Alcohol Policy Network
Date: Last Updated 2008
Source: Alcohol Policy Network
Description: This page includes a wide variety of policy and position papers on a variety of topics: Aboriginal Peoples, Advertising, Boating and Alcohol, Campuses: Colleges and Universities, Cancer and Alcohol, Fetal Alcohol Spectrum Disorder, Federal Substance Abuse Policies, Harm Reduction, Homeless Persons, Impaired Driving, Liquor Licensing, Low-Risk Drinking Guidelines, Mental Illness, Privatization, Schools and Alcohol, Taxation, Warning Labels, Workplace and Alcohol, and Youth and Alcohol.
URL: www.apolnet.ca/resources/pubs/pospapers/pospaperlistings.html



Professional Toolkits / Trousses d'outils

Author: Canadian Network of Substance Abuse and Allied Professionals

Date: Unknown

Source: Canadian Network of Substance Abuse and Allied Professionals

Description: Toolkit topics include: Assessment, Cognitive Behaviour Therapy (CBT), Community Reinforcement Approach, Concurrent Disorders, Manual-Driven Treatment, Motivational Interviewing, Prevention, Relapse Prevention, Screening, Seniors, and Treatment Planning. Each toolkit contains a selection of resources that will support and enhance the work of substance abuse and allied professionals. All of the information in the toolkits collection has been selected using quality assurance criteria reflective of current best practices and emerging knowledge. Some resources have been selected for their ease of use and immediate application, while others have been selected to encourage substance abuse and allied professionals to dig deeper into the topic, enriching your understanding of and expertise in a particular skill-set or strategy. Each toolkit also contains "The Essentials", a resource that outlines basic information on a topic, including a definition, purpose, process, techniques and tools, roles and responsibilities, etc.

URL/ www.cnsaap.ca/cnsaap/ProfessionalToolkits?Language=EN

L'URL: www.cnsaap.ca/cnsaap/ProfessionalToolkits/index.htm?Language=FR&LnkLang=true

Funding Opportunities

Nova Scotia Gaming Foundation

Contact: Address: 1660 Hollis Street, Suite 305, PO Box 2392, Halifax CRO, Halifax NS, B3J 3E4
Telephone: (902) 424-0963
Toll Free: 1-866-424-0963
Fax: (902) 424-3601
E-Mail: info@nsgamingfoundation.org
Website: www.nsgamingfoundation.org/

Description: The Nova Scotia Gaming Foundation is a not-for-profit, arms-length government organization. The Nova Scotia Gaming Foundation operates through a volunteer Board of Directors that is appointed by, and accountable to, the Minister of the Department of Health Promotion and Protection. It is guided by three strategic priorities: 1) Building Capacity to Make a Difference, 2) Informing Balanced Dialogue on Gambling Problems, and 3) Mitigating or Reducing the Undesirable Effects of Gambling. They encourage and support the independent response to problem gambling in Nova Scotia. This is accomplished, in part, by providing funding to community groups and researchers to help address the consequences of problem gambling. Eligible projects are those developed to support problem gambling prevention, education, treatment, remedial intervention and research across the province.
